

# UK All Time Bests:

## Male

### 1 HOUR

20,855m	Carl Thackery (ENG)	2	La Flèche, FRA	31 Mar 1990
20,471m	Ron Hill (ENG)	1	Leicester	9 Nov 1968
20,340m	Trevor Wright (ENG>NZL)	1	Colombes, FRA	2 Oct 1971
20,303m	Ron Grove (ENG)	2	Leicester	9 Nov 1968
20,200m	Jim Alder (SCO)	3	Leicester	9 Nov 1968
20,121m	Nick Rose (ENG)	6	La Flèche, FRA	31 Mar 1990
20,010m	Mike Turner (ENG)	1	Ewell	12 Aug 1969
20,005m+	Mike Freary (ENG)	m	Bolton	21 Jul 1965
19,831m+	Ian Thompson (ENG)	m	Oulu, FIN	15 May 1975
19,823m+	Tim Johnston (ENG)	m	London (CP)	5 Sep 1970
19,783m	Fred Norris (ENG)	1	Blackburn	25 Oct 1958
19,737m+	Jim Hogan (ENG<IRL)	m	Walton-on-Thames	12 Nov 1966
19,678m	Pat Maclagan (SCO)	2	Edinburgh	21 Aug 1971
19,592m	Don Shelley (ENG)	4	Leicester	9 Nov 1968
19,505m	Mick Gowan (ENG)	1	London (TB)	20 Mar 1967
19,485m	Gerry North (ENG)	1	Walton-on-Thames	20 Oct 1962
19,484m	Lachie Stewart (SCO)	1	Dunoon	25 Aug 1967
19,474m	Brian Kilby (ENG)	1	Dublin (S), IRL	6 May 1962
19,428m	Jim Wright (SCO)	1	Warley	24 Jun 1968
19,382m	Keith Angus (ENG)	5	Leicester	9 Nov 1968

### notes

*20,471m Hill, 20,200m Alder & 20,010m Turner - some statisticians round off (not down) on conversion from imperial to 20,472m, 20,201m & 20,011m respectively*

## Female

### 1 HOUR

16,392m	Tina Wilde (ENG)	1	Wellington, NZL	10 Mar 1979
16,364m	Alison Fletcher (ENG)	1	Bromley	3 Sep 1997
16,272m	Zina Marchant (ENG)	1	London (TB)	30 Mar 1988
15,693m	Dot Fellows (ENG)	1=	Stoke	17 Sep 1986
15,693m	Elaine Statham (ENG)	1=	Stoke	17 Sep 1986
15,600m>+	Carolyn Hunter-Rowe (ENG)	m	Barry	6 Mar 1994
15,034m	Hilary Johnson (ENG)	1	Leamington	2 Sep 1987
14,609m	Louise Davies (ENG)	1	Bebington	15 Oct 1991
14,580m	Paula Simpson (ENG)	1	Bebington	20 Oct 1993
14,506m	Jayne Mumford (ENG)	1	Leamington	16 Jun 1981

### indoors

16,460m	Bronwen Cardy-Wise (WAL)	1	Birmingham	8 Mar 1992
15,720m	Carolyn Hunter-Rowe (ENG)	2	Birmingham	8 Mar 1992
15,680m	Diane Underwood (ENG)	3	Birmingham	8 Mar 1992
14,900m	Valerie Ackrill (ENG)	4	Birmingham	8 Mar 1992

### relay leg

16,495m	Michaela McCallum (ENG)	-	Asti, ITA	2 Apr 2000
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### notes

*intermediate marks appended with >+ represent distances covered on completion of last whole lap started prior to 1 hour - estimates based on lap times are: 15,919m+ Hunter-Rowe 6 Mar 1994; 14,556m+ Ann Franklin 4 Mar 1990*