

U 13 3,000m			U 15 3,000m			U 17 3,000m		
1	1998 Sam Hall	9:51.1	2009 Matthew McLaughlin	8:57.38	2022 Henry Dover	8:15.36		
2	1985 David O'Donovan	9:53.4	2012 Jamie Dee	9:02.90	2014 Jamie Dee	8:22.82		
3	1982 Mario Dicesare	10:29.6	1997 Stephen Murphy	9:05.1	2011 Michael Callegari	8:28.89		
4	1982 Colin Godfrey	10:41.5	2017 Isaac Hirshman Chandler	9:05.82	2010 Richard Charles	8:33.66		
5	1982 Amechi Udo	11:07.2	1987 Ben Ahmed	9:06.7	2019 Mukhtar Musa	8:34.47		
6	1999 Daniel Nolan (2)	11:17.	2009 Michael Calegari	9:10.22	2009 Richard Goodman	8:34.97		
7	1982 David Holme	11:45.1	1985 Wayne Dart	9:12.7	1978 David Sweeney	8:39.0		
8	1982 Antony Devitt	11:49.4	1999 Sam Hall	9:13.2	2023 Gianleo Stubbs	8:39.04		
9	1982 Andrew Hemington	11:51.4	1976 Phil Llewellyn	9:15.0	2016 Elliot Dee	8:39.32		
10	1982 Paul Drinkwater	12:50.	1987 David O'Donovan	9:18.0	2012 Liam Dee	8:40.10		
11			2011 Joseph Brennan	9:21.59	1988 David O'Donovan	8:42.5		
12			2018 Luca Stubbs	9:24.23	1985 Paul Kerbey	8:42.6		
13			2001 Daniel Russell	9:24.6	2017 Thomas Patrick	8:44.64		
14			1986 Gerald Fox	9:25.8	2011 Phillip Crout	8:44.79		
15			1983 Juan Hacelas	9:27.0	1988 Jamie Godden	8:45.9		
16			1989 David Bullock	9:27.4	1992 James Lovell	8:46.8		
17			1986 Martin Snowden	9:28.8	2016 Jeremy Dempsey	8:46.89		
18			2014 Thomas Fulton	9:30.98	1975 Malcolm Roberts	8:48.8		
19			1994 Andrew Murphy	9:31.6	2013 Robert Lightowler	8:50.16		
20			2014 George Groom	9:31.6	1986 Robert Draper	8:51.1		
21			1998 Tom Bedford	9:35.1	1991 David Bullock	8:51.20		
22			2023 Arthur Phillips	9:35.36	1986 Laurence Freeman	8:51.3		
23			1978 David Pombeah	9:35.6	1979 Nigel Stops	8:52.0		
24			1988 Nick Gillingham	9:35.9	2006 Dominic Easter	8:52.15		
25			2006 Niall Fleming	9:37.19	1998 Richard Williams	8:53.7		
26			1996 Richard Williams	9:37.3	2020 Theo Machin-Paley	8:54.31		
27			2015 David Stone	9:39.67	2017 David Stone	8:55.79		
28			1991 Adam Buck	9:40.1	2017 Ben Winfield	8:55.96		
29			2003 Chris Purdue	9:40.6	1985 Paul Whelan	8:56.3		
30			2015 Henry Rocha	9:41.11	1998 Stephen Murphy	8:56.4		
31			2019 Samuel Greenstein	9:41.34	2008 Niall Fleming	8:56.92		
32			1990 James Lovell	9:41.5	2010 Matthew McLaughlin	8:58.67		
33			1981 Barry Cox	9:44.0	1997 Paul Murphy	9:00.78		
34			1998 Daniel Lewis (1)	9:44.65	2002 Sam Hall	9:01.24		
35			1988 Charlie Ward	9:45.9	1980 David Pombeah	9:01.8		
36			1985 Ronan Breen	9:46.2	1985 Alex Caulder	9:02.0		
37			1985 Damian Keogh	9:46.8	2012 Mark Pearce	9:02.1		
38			1996 Sam Goater	9:49.3	1979 Andrew Smith	9:02.2		
39			1991 Kevin Sinclair	9:50.0	2012 Sam Wilson	9:02.5		
40			1978 Paul Simons	9:50.2	2009 Frank Bailey	9:02.88		
41			1982 Clifford Sullivan	9:50.2	1987 Gerald Fox	9:04.0		
42			1980 Eric Kimani	9:50.8	2016 George Groom	9:04.55		
43			2004 Dominic Easter	9:51.0	1986 Mario Dicesare	9:04.6		
44			1981 Cormack Connolly	9:51.3	1979 Phil Cunningham	9:06.0		
45			1977 Andrew Smith	9:52.2	2015 Hamza Kadir	9:06.07		
46			1980 Chris Milnes	9:53.7	2000 Tom Bedford	9:07.0		
47			1985 Colin Godfrey	9:54.2	1974 Danny Felsenstein	9:07.2		
48			1984 Laurence Freeman	9:54.6	2018 Isaac Hirshman Chandler	9:07.30		
49			1995 Paul Murphy	9:55.5	1999 Daniel Lewis (1)	9:08.0		
50			1988 Paul Ryan	9:55.9	2021 Abdirahim Hamud	8:49.73		
					2021 Samuel Greenstein	8:55.62		

