

DUCHY MARATHON MALE ALL TIME LIST
SUB 3 HOUR PERFORMANCES

COURSE USED

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|---|-----------|---|
| 1 | 1977-1988 | LAND'S END TO REDRUTH |
| 2 | 1989-1997 | PENWITH PENINSULA |
| 3 | 1998-1999 | REDRUTH- PORTREATH-HAYLE-PRAZE-FOUR LANES-REDRUTH |
| 4 | 2000- | REDRUTH-NORTH CLIFFS-POOL-REDRUTH (2 laps) |

| RANK | YEAR | COURSE | NAME | CLUB | TIME |
|-------------|-------------|---------------|------------------|--------------------------|-------------|
| 1 | 1979 | 1 | Alan McGee | Bolton Harriers | 2.22.08 |
| 2 | 1977 | 1 | Dave Francis | Westbury Harriers | 2.24.12 |
| 3 | 1978 | 1 | Hugh Jones | Liverpool University | 2.25.12 |
| 4 | 1977 | 1 | Alan Rowling | City of Plymouth AC | 2.25.18 |
| 5 | 1979 | 1 | Malcolm Firth | Manchester Harriers & AC | 2.26.53 |
| 6 | 1979 | 1 | Calvin Woodward | Leamington AC | 2.27.10 |
| 7 | 1981 | 1 | Ian Thompson | Luton United Harriers | 2.27.53 |
| 8 | 1980 | 1 | John Hurt | Bournemouth AC | 2.28.06 |
| 9 | 1977 | 1 | Lyn Hughes | Bath & Percy AC | 2.28.10 |
| 10= | 1977 | 1 | Ian Wilton-Jones | Solihull AC | 2.28.30 |
| 10= | 1983 | 1 | Steve Brown | Cheltenham & County H | 2.28.30 |
| 12 | 1983 | 1 | Dave Catlow | Cheltenham & County H | 2.28.36 |
| 13 | 1979 | 1 | Rob Williams | Tiverton Harriers | 2.28.56 |
| 14 | 1980 | 1 | Martin Daykin | Gloucester AC | 2.29.08 |
| 15 | 1982 | 1 | G Flanagan | Milocarians AC | 2.29.34 |
| 16 | 1979 | 1 | David Sykes | Liverpool University | 2.29.37 |
| 17 | 1978 | 1 | Terry Parker | West Cornwall AC | 2.30.14 |
| 18 | 1980 | 1 | A Smith | Leamington AC | 2.30.19 |
| 19 | 1989 | 2 | Greg Dell | Vale of Aylesbury | 2.30.33 |
| 20 | 1979 | 1 | Dave Milner | Harringay AC | 2.30.36 |
| 21 | 2005 | 4 | Takao Komatsu | Cambridge & Coleridge AC | 2.30.46 |
| 22 | 1985 | 2 | Mark Guichard | Dartford Harriers | 2.31.00 |
| 23 | 1982 | 1 | Mark Pickard | Epsom & Ewell Harriers | 2.31.49 |
| 24 | 1979 | 1 | Paul Bryan | Havering AC | 2.32.16 |
| 25 | 1978 | 1 | T Rodan | South London Harriers | 2.32.40 |
| 26 | 1985 | 1 | Bob Manison | Cornwall AC | 2.33.06 |
| 27 | 1982 | 1 | K Willis | Cheltenham & County H | 2.33.12 |
| 28= | 1978 | 1 | M Thompson | Leamington AC | 2.33.34 |
| 28= | 1982 | 1 | Dave Collins | City of Plymouth AC | 2.33.34 |
| 28= | 1982 | 1 | N McCurron | Letterkenny AC | 2.33.34 |
| 31 | 1980 | 1 | D McNamee | Cheltenham & County H | 2.33.41 |
| 32= | 1979 | 1 | S Smith | Burton AC | 2.34.18 |
| 32= | 1979 | 1 | N Thomas | Gloucester AC | 2.34.18 |
| 34 | 1979 | 1 | M Exton | Holbeach AC | 2.34.32 |
| 35 | 1980 | 1 | Vance Webster | Duchy of Cornwall AC | 2.34.50 |
| 36 | 1979 | 1 | C O'Carroll | Gloucester AC | 2.35.04 |
| 37 | 1991 | 2 | Shaun Milford | Newquay Road Runners | 2.35.18 |
| 38 | 1979 | 1 | Martin Summers | City of Plymouth AC | 2.35.21 |
| 39 | 1987 | 1 | Ken Payne | Exeter Harriers | 2.35.27 |
| 40 | 1983 | 1 | S Carley | Cheltenham & County H | 2.35.38 |

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| 41 | 1985 | 1 | A Lamb | North Shields | 2.36.05 |
| 42 | 1978 | 1 | T Wood | Epsom & Ewell Harriers | 2.36.18 |
| 43 | 1989 | 2 | M Penrose | Chard Road Runners | 2.36.22 |
| 44 | 1980 | 1 | J McMahon | Elliotts AC | 2.36.29 |
| 45= | 1989 | 2 | Ray Wilcox | Newquay Road Runners | 2.36.40 |
| 45= | 1980 | 1 | P Goodwin | Thetford AC | 2.36.40 |
| 46 | 1990 | 2 | Trevor Hawes | Swansea Harriers | 2.36.52 |
| 47 | 1996 | 2 | I Stoneman | South West Road Runners | 2.37.01 |
| 48 | 1979 | 1 | S Colvin | Cheltenham & County H | 2.37.15 |
| 49 | 1978 | 1 | Phil Hampton | City of Plymouth AC | 2.37.18 |
| 50 | 1977 | 1 | P Watts | Westbury Harriers | 2.37.32 |
| 51 | 2001 | 4 | Eddie Richards | Wells City Harriers | 2.37.48 |
| 52= | 1980 | 1 | P Lake | Tiverton Harriers | 2.37.51 |
| 52= | 1988 | 1 | Vic Johnson | Exmouth Harriers | 2.37.51 |
| 53 | 1991 | 2 | Dave Simons | Cornwall AC | 2.38.00 |
| 54 | 1977 | 1 | Edward Phillips | City of Plymouth AC | 2.38.04 |
| 55 | 1980 | 1 | J Smith | Westbury Harriers | 2.38.29 |
| 56 | 1994 | 2 | Ronnie James | Cornwall AC | 2.38.32 |
| 57 | 1989 | 2 | D Dobson | Unattached | 2.38.36 |
| 58 | 1980 | 1 | Graham French | City of Plymouth AC | 2.38.56 |
| 59 | 1977 | 1 | Paul Muddeman | Leamington AC | 2.39.00 |
| 60 | 1982 | 1 | Dave Dowdle | Gloucester AC | 2.39.01 |
| 61 | 1989 | 2 | M Bungley | East Cornwall Harriers | 2.39.04 |
| 62 | 1985 | 1 | D Nicholson | Royal Irish Rangers | 2.39.06 |
| 63 | 1989 | 2 | R Grey | British Marathon Running Club | 2.39.17 |
| 64 | 1982 | 1 | Martin Green | City of Plymouth AC | 2.39.22 |
| 65 | 1979 | 1 | T Howlett | Unattached | 2.39.24 |
| 66 | 1979 | 1 | E McLaughlin | Stourport AC | 2.39.28 |
| 67 | 2007 | 4 | David Symons | Thames Hare & Hounds | 2.39.43 |
| 68 | 1993 | 2 | Craig Dryden | Falmouth Road Runners | 2.40.02 |
| 69 | 1986 | 1 | Peter Leach | Harborough AC | 2.40.14 |
| 70 | 1996 | 2 | R Evans | Wells City Harriers | 2.40.20 |
| 71 | 1982 | 1 | D Davies | Carmarthen Harriers | 2.40.27 |
| 72 | 1979 | 1 | M Coventry | Epsom & Ewell Harriers | 2.40.31 |
| 73 | 1980 | 1 | Vince Phillips | City of Plymouth AC | 2.40.33 |
| 74 | 1978 | 1 | G Kay | Unattached | 2.40.35 |
| 75 | 1978 | 1 | K Brownsey | Westbury Harriers | 2.40.40 |
| 76 | 1982 | 1 | V Johnson | Royal Marines | 2.40.43 |
| 77 | 1979 | 1 | G Kenyon | Longwood Harriers | 2.40.44 |
| 78 | 1983 | 1 | R Dalby | Gloucester AC | 2.41.05 |
| 79 | 1983 | 1 | J Morgan | Westbury Harriers | 2.41.49 |
| 80 | 1989 | 2 | John Burton | Unattached | 2.42.05 |
| 81= | 1979 | 1 | Clive Mills | Torbay AC | 2.42.10 |
| 81= | 1983 | 1 | John Adlington | Duchy of Cornwall AC | 2.42.10 |
| 83 | 2010 | 1 | Ollie Gibson | Newquay Road Runners | 2.42.17 |
| 84 | 1982 | 1 | J Carswell | Cheltenham & County H | 2.42.26 |
| 85 | 1986 | 1 | A Battye | Woodstock Harriers | 2.42.37 |
| 86 | 1989 | 2 | M Woodrow | City of Plymouth AC | 2.42.44 |
| 87 | 1980 | 1 | P Brooks | Lochaber AC | 2.42.45 |
| 88 | 1978 | 1 | C Gray | Queens Park Harriers | 2.42.48 |

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| 89 | 1979 | 1 | P Whittaker | Longwood Harriers | 2.43.04 |
| 90 | 1992 | 1 | Chris Birch | Bournemouth AC | 2.43.13 |
| 91 | 1979 | 1 | Ed Gutteridge | Hillingdon AC | 2.43.27 |
| 92= | 1989 | 2 | John Foster | Wycombe Phoenix | 2.44.02 |
| 92= | 1985 | 1 | Gordon Thomas | City of Plymouth AC | 2.44.02 |
| 94 | 1988 | 1 | I Burgess | Southampton & Eastleigh | 2.44.04 |
| 95 | 1997 | 2 | Dominic Croft | Pewsey Vale | 2.44.14 |
| 96 | 1978 | 1 | C White | Bristol AC | 2.44.18 |
| 97 | 1980 | 2 | Alan Gray | Cornwall AC | 2.44.28 |
| 98 | 1998 | 3 | Arthur Johns | Poole Road Runners | 2.44.33 |
| 99 | 1982 | 1 | G Hawkes | Leamington AC | 2.44.35 |
| 100 | 1979 | 1 | A Gibbons | Thames Hare & Hounds | 2.44.45 |
| 101 | 1982 | 1 | R Brownsey | Westbury Harriers | 2.44.46 |
| 102 | 1982 | 1 | P Sugden | Reading AC | 2.44.55 |
| 103 | 1983 | 1 | John Butler | West Cornwall AC | 2.45.00 |
| 104= | 1982 | 1 | L Williams | Mynyddnyr De Cyhrv | 2.45.03 |
| 104= | 1985 | 1 | F Thomas | Chelmsford AC | 2.45.03 |
| 106 | 1980 | 1 | K Talbot | Queens Park Harriers | 2.45.06 |
| 107 | 2011 | 4 | Justin Thomas | Cornwall AC | 2.45.12 |
| 108= | 1978 | 1 | Keith Cawley | City of Plymouth AC | 2.45.18 |
| 108= | 1980 | 1 | J Bryant | Thames Hare & Hounds | 2.45.18 |
| 110 | 1979 | 1 | N Griffiths | South London Harriers | 2.45.25 |
| 111 | 2002 | 4 | John Lane | RAF | 2.45.28 |
| 112 | 1980 | 1 | G Hamilton | Westbury Harriers | 2.45.34 |
| 113 | 1978 | 1 | C Newberry | Tiverton Harriers | 2.45.35 |
| 114 | 1989 | 2 | Stewart Gray | Cornwall AC | 2.45.36 |
| 115 | 1989 | 2 | Mark Jackett | Falmouth Road Runners | 2.45.50 |
| 116= | 1986 | 1 | D Williams | Les Croupiers AC | 2.45.55 |
| 116= | 2003 | 4 | Noel Kindon | Carn Runners | 2.45.55 |
| 118 | 2005 | 4 | Matthew Stephenson | RAF Triathlon Association | 2.45.57 |
| 119 | 1982 | 1 | N Green | City of Plymouth AC | 2.46.04 |
| 120= | 2006 | 4 | Bob Brown | East Cornwall Harriers | 2.46.07 |
| 120= | 1993 | 2 | Chris Mitten | Mile High | 2.46.07 |
| 122 | 1982 | 1 | A McFadyan | Hillingdon AC | 2.46.15 |
| 123 | 1982 | 1 | D Slann | Surrey AC | 2.46.19 |
| 124 | 1984 | 1 | D Goodwin | Thetford AC | 2.46.26 |
| 125 | 1992 | 2 | Gary Graves | Cornwall AC | 2.46.51 |
| 126 | 1979 | 1 | D Williams | Ranelagh Harriers | 2.46.52 |
| 127 | 1982 | 1 | T Lintern | Crawley AC | 2.47.00 |
| 128= | 1979 | 1 | Roger Essery | City of Plymouth AC | 2.47.02 |
| 128= | 1985 | 1 | W Burke | Royal Irish Rangers | 2.47.02 |
| 130 | 1985 | 1 | Chris Davies | Cornwall AC | 2.47.03 |
| 131= | 1982 | 1 | E Jones | Cambridge Harriers | 2.47.05 |
| 131= | 1985 | 1 | Geoff Austin | Cornwall AC | 2.47.05 |
| 133= | 1986 | 1 | Stewart Townend | Sefton Harriers | 2.47.07 |
| 133= | 1984 | 1 | John Garland | Cornwall AC | 2.47.07 |
| 135 | 1979 | 1 | Mike Chambers | Duchy of Cornwall AC | 2.47.17 |
| 136 | 1989 | 2 | M Bulger | Seaford Striders | 2.47.21 |
| 137 | 1979 | 1 | F Brodbury | Southport Waterloo | 2.47.35 |
| 138 | 1982 | 1 | G Whitty | Aldershot F & D AC | 2.47.39 |

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| 139 | 1986 | 1 | C Malsbury | Crawley AC | 2.47.51 |
| 140 | 1982 | 1 | C Norris | Winchester AC | 2.47.54 |
| 141 | 1988 | 1 | K Hagley | Tiverton Harriers | 2.48.05 |
| 142 | 1989 | 2 | J Harris | Amesbury AC | 2.48.14 |
| 143 | 2010 | 2 | Lazloe Boden | Witney RR | 2.48.23 |
| 144 | 1979 | 1 | M Giddy | South London Harriers | 2.48.25 |
| 145 | 1979 | 1 | R Brigden | Bath & Percy AC | 2.48.40 |
| 146 | 1978 | 1 | D Macquistan | Vegetarian Cycling & AC | 2.48.43 |
| 147 | 2010 | 3 | Adrian Ball | Cornwall AC | 2.48.44 |
| 148 | 1980 | 1 | C Sowden | Torbay AC | 2.48.46 |
| 149 | 1982 | 1 | D Walton | Altringham AC | 2.49.02 |
| 150= | 1982 | 1 | G Jones | Belgrave Harriers | 2.49.05 |
| 150= | 1983 | 1 | Mike Bennetts | Duchy of Cornwall AC | 2.49.05 |
| 152 | 1982 | 1 | S Bach | Redditch AC | 2.49.09 |
| 153 | 2011 | 4 | Andy Norris | Unattached | 2.49.18 |
| 154 | 2011 | 4 | Duncan Oakes | St Austell RC | 2.49.37 |
| 155 | 1977 | 1 | J Williams | Longwood Harriers | 2.49.24 |
| 156 | 1978 | 1 | S Mummery | St Paul's College Cheltenham | 2.49.46 |
| 157 | 1983 | 1 | L Palmer | City of Plymouth AC | 2.49.53 |
| 158 | 1979 | 1 | C Dickens | Epsom & Ewell Harriers | 2.50.06 |
| 159 | 1990 | 2 | Paul Grayling | Mile High | 2.50.09 |
| 160 | 1980 | 1 | K Buckle | Cheltenham & County H | 2.50.11 |
| 161= | 1989 | 2 | Pat Lockett | Newquay Road Runners | 2.50.13 |
| 161= | 1982 | 1 | J Cock | Epsom & Ewell Harriers | 2.50.13 |
| 163 | 1983 | 1 | C Burch | Bournemouth AC | 2.50.25 |
| 164 | 2011 | 4 | Rob Burnham | Newquay RR | 2.50.32 |
| 165 | 1987 | 1 | C McFadyen | Hillingdon AC | 2.50.35 |
| 166 | 1978 | 1 | D Williams | City of Westminster | 2.50.36 |
| 167 | 1978 | 1 | John Sawyer | Longwood Harriers | 2.50.51 |
| 168= | 1985 | 1 | John Street | Cornwall AC | 2.51.01 |
| 168= | 1985 | 1 | T Foster | AAA | 2.51.01 |
| 170 | 1980 | 1 | Frank Squibb | Duchy of Cornwall AC | 2.51.02 |
| 171 | 1985 | 1 | Peter Torr | Cornwall AC | 2.51.04 |
| 172 | 1982 | 1 | Z Grzywna | Hillingdon AC | 2.51.06 |
| 173 | 1989 | 2 | Michael Carrier | Cornwall AC | 2.51.20 |
| 174 | 1982 | 1 | J Kerley | Salisbury AC | 2.51.23 |
| 175 | 1982 | 1 | Paul Varney | Leamington AC | 2.51.24 |
| 176= | 1982 | 1 | L Davies | Gloucester AC | 2.51.31 |
| 176= | 2007 | 4 | Tony Symons | Tavistock AC | 2.51.31 |
| 178 | 1977 | 1 | R Morris | Leamington AC | 2.51.36 |
| 179 | 1979 | 1 | Ron Soul | City of Plymouth AC | 2.51.40 |
| 180 | 1977 | 1 | Bruce Slade | Exeter Harriers | 2.51.44 |
| 181 | 1982 | 1 | B Goodfellow | Cambridge AC | 2.51.51 |
| 182 | 1993 | 2 | F Hughes | Rainford Runners, Liverpool | 2.51.56 |
| 183 | 1980 | 1 | W Humphreys | South London Harriers | 2.52.12 |
| 184 | 2006 | 4 | Richard Davis | Carn Runners | 2.52.14 |
| 185 | 1992 | 2 | A Roberts | Unattached | 2.52.18 |
| 186 | 1990 | 2 | D Barrett | RNAS Culdrose | 2.52.20 |
| 187 | 1983 | 1 | Eddie Edwards | City of Plymouth AC | 2.52.23 |
| 188 | 1980 | 1 | A Johns | South London Harriers | 2.52.25 |

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| 189 | 1977 | 1 | V.C. Brookes | Exeter University CCC | 2.52.26 |
| 190 | 1980 | 1 | K Leyshon | Gloucester AC | 2.52.27 |
| 191 | 1982 | 1 | N Giddey | South London Harriers | 2.52.53 |
| 192= | 1983 | 1 | A Reed | City of Plymouth AC | 2.52.57 |
| 192= | 1984 | 1 | Keith Naylor | RNAS Culdrose | 2.52.57 |
| 193 | 1982 | 1 | A Evans | Rhymney Valley AC | 2.53.03 |
| 194 | 1993 | 2 | Steve Gwynne | Carn Runners | 2.53.14 |
| 195 | 1986 | 1 | C Found | Bideford AC | 2.53.20 |
| 196= | 1978 | 1 | C McCall | Solihull AC | 2.53.34 |
| 196= | 1982 | 1 | V Johnson | Dundee Hawkhill Harriers | 2.53.34 |
| 198 | 1978 | 1 | J Offley | Thames Valley Harriers | 2.53.44 |
| 199 | 1983 | 1 | D Parkinson | South London Harriers | 2.53.45 |
| 200 | 1993 | 2 | D Rickard | Newquay Road Runners | 2.53.57 |
| 201 | 1985 | 1 | J Lee | St Helens AC | 2.54.01 |
| 202 | ? | 1 | A Vince | Sherborne Foresters | 2.54.12 |
| 203 | 2006 | 4 | Glyn Davis | Carn Runners | 2.52.14 |
| 204= | 1982 | 1 | J Tombling | Milocariarns AC | 2.54.19 |
| 204= | 1988 | 1 | M Evans | Amman Valley Harriers | 2.54.19 |
| 206 | 1986 | 1 | Mike Anderson | RNAS Culdrose | 2.54.20 |
| 207 | 1982 | 1 | M Capewell | Royal Sutton Coldfield | 2.54.26 |
| 208 | 1989 | 2 | P Grayling | Mile High | 2.54.29 |
| 209 | 2005 | 4 | Richard Watkinson | Unattached | 2.54.36 |
| 210 | 1977 | 1 | V.M. Laker | South London Harriers | 2.54.38 |
| 211 | 1982 | 1 | P Howlett | Aldershot F & D AC | 2.54.44 |
| 212 | 1979 | 1 | M Mummery | Ranelagh Harriers | 2.54.47 |
| 213 | 1983 | 1 | D Williams | Ilford AC | 2.54.52 |
| 214= | 1984 | 1 | R Snelson | Unattached | 2.55.04 |
| 214= | 2004 | 4 | Tony Laver | Reading AC | 2.55.04 |
| 216 | 1987 | 1 | P Burton | Unattached | 2.55.08 |
| 217 | 1982 | 1 | S Lane | Unattached | 2.55.16 |
| 218 | 1978 | 1 | D Funnell | Epsom & Ewell Harriers | 2.55.25 |
| 219 | 1992 | 2 | P Baylis | Axe Valley | 2.55.27 |
| 220 | 2009 | 4 | Chris Ledgard | Great Western Runners | 2.55.31 |
| 221 | 2004 | 4 | Peter Jenkins | Reading AC | 2.55.32 |
| 222 | 1980 | 1 | D Heyward | Avon Fire Brigade | 2.55.37 |
| 223= | 1982 | 1 | J Smith | Grennock Park Harriers | 2.55.58 |
| 223= | 2011 | 4 | Alex Daniels | Newquay Road Runners | 2.55.58 |
| 224 | 2003 | 4 | Chris Monk | Newquay Road Runners | 2.56.04 |
| 225 | 1979 | 1 | M Lockyer | Tiverton Harriers | 2.56.08 |
| 226= | 1978 | 1 | John Flatters | Westbury Harriers | 2.56.09 |
| 226= | 1983 | 1 | J Taylor | Heaton Harriers | 2.56.09 |
| 227 | 2006 | 4 | Richard Gurd | 100 Marathon Club | 2.56.10 |
| 228 | 1987 | 1 | Chris Barretto | City of Plymouth AC | 2.56.11 |
| 229 | 1977 | 1 | P Allen | RNAS Culdrose | 2.56.12 |
| 230 | 1983 | 1 | P Hawksworth | West Cornwall AC | 2.56.16 |
| 231 | 2008 | 4 | John Sidebotham | St Austell RC | 2.56.17 |
| 232 | 1979 | 1 | M Lloyd | Cannock Chase AC | 2.56.28 |
| 233 | 1982 | 1 | G Lee | St Helens AC | 2.56.34 |
| 234 | 1979 | 1 | P Wearne | Liverpool University | 2.56.46 |
| 235 | 2011 | 4 | Jerry Shield | Wimborne AC | 2.56.49 |

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| 236= | 1979 | 1 | G Riddler | Amsterdam AC Holland | 2.56.56 |
| 236= | 1992 | 2 | F Hughes | Raunford Runners | 2.56.56 |
| 238 | 2011 | 4 | Steve Marks | Newquay Road Runners | 2.56.59 |
| 239= | 1985 | 1 | B Hiscock | New Forest | 2.57.01 |
| 239= | 1988 | 1 | Mike Kestle | Newquay Road Runners | 2.57.01 |
| 239= | 1990 | 2 | Ron Shapland | Newquay Road Runners | 2.57.01 |
| 242 | 1982 | 1 | W Beckett | Gloucester AC | 2.57.02 |
| 243 | 1980 | 1 | B Grasson | East Kilbride AC | 2.57.03 |
| 244 | 1985 | 1 | M Davies | Thetford AC | 2.57.06 |
| 245 | 1979 | 1 | D Reay | Haledanen AC | 2.57.07 |
| 246 | 1979 | 1 | R Gibson | Unattached | 2.57.09 |
| 247 | 1986 | 1 | D Beattie | Crawley AC | 2.57.12 |
| 248 | 1988 | 1 | Rod Andrews | East Cornwall Harriers | 2.57.22 |
| 249 | 1979 | 1 | S Mottershead | Shrewsbury & District AC | 2.57.24 |
| 250 | 2005 | 4 | Nick Holmes | Fleet 7 Crookham AC | 2.57.25 |
| 251 | 1988 | 1 | Kenny Porter | Cornwall AC | 2.57.27 |
| 252 | 2001 | 4 | Dave Hoskins | Newquay Road Runners | 2.57.28 |
| 253 | 2008 | 4 | Andy Drake-Norris | Tamar Trotters | 2.57.31 |
| 254 | 1991 | 2 | Kelvin Taylor | Cornwall AC | 2.57.42 |
| 255= | 1980 | 1 | George Chambers | RNAS Culdrose | 2.57.44 |
| 255= | 1982 | 1 | I Earl | City of Plymouth AC | 2.57.44 |
| 257 | 1980 | 1 | Pete Hart | Leamington AC | 2.57.50 |
| 258 | 2001 | 4 | Al Williams | Cornwall AC | 2.57.51 |
| 259= | 1979 | 1 | A Rich | RNAS Culdrose | 2.57.52 |
| 259= | 1986 | 1 | B Costello | South West Road Runners | 2.57.52 |
| 259= | 2003 | 4 | Alasdair Lackie | Truro Running Club | 2.57.52 |
| 262 | 1990 | 2 | Terry Baker | Stroud AC | 2.57.54 |
| 263 | 1982 | 1 | B Glover | Stone Master Marathoners | 2.57.55 |
| 264 | 1980 | 1 | John Willis | West Cornwall AC | 2.57.57 |
| 265 | 2006 | 4 | Duncan Gilmour | Unattached | 2.58.22 |
| 266 | 1982 | 1 | A Holmes | Unattached | 2.58.23 |
| 267 | 1984 | 1 | L/Cpl Burke | Royal Irish Rangers | 2.58.33 |
| 268 | 2011 | 4 | Bernard Genge | Chard Road Runners | 2.58.38 |
| 269= | 1987 | 1 | M Briars | City of Plymouth AC | 2.58.40 |
| 269= | 1996 | 2 | R Hedges | 3M Gorseinon RR | 2.58.40 |
| 271 | 2010 | 5 | Chris Sabine | Unattached | 2.58.42 |
| 272 | 1983 | 1 | Maurice Saddington | St Piran's Runners | 2.58.44 |
| 273= | 2008 | 4 | Jason Pascoe | Cornwall AC | 2.58.47 |
| 273= | 2002 | 4 | Tony Wright | Newquay Road Runners | 2.58.47 |
| 275= | 1988 | 1 | T Stevens | Folkstone AC | 2.59.01 |
| 275= | 2002 | 4 | Mark Heard | Launceston Road Runners | 2.59.01 |
| 277 | 1985 | 1 | R Johnson | Unattached | 2.59.05 |
| 278 | 2006 | 4 | Chris Hodge | Carn Runners | 2.59.07 |
| 279 | 1987 | 1 | Keith Braddon | City of Plymouth AC | 2.59.14 |
| 280 | 1982 | 1 | S Bachard | Unattached | 2.59.28 |
| 281 | 1982 | 1 | A Randell | South London Harriers | 2.59.30 |
| 282 | 1989 | 2 | P Langley | Llanbedrog | 2.59.32 |
| 283 | 1997 | 2 | R Bennett | Felixstowe | 2.59.33 |
| 284 | 1982 | 1 | P Fyfe | Unattached | 2.59.40 |
| 285 | 2010 | 6 | Chris Jackson | Unattached | 2.59.42 |

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| 286 | 1984 | 1 | Stan Stennett | RAF St Mawgan | 2.59.52 |
| 287 | 2009 | 4 | Ian Holey | Votwo.co.uk | 2.59.53 |