

Men's 1500m Event Booklet Updates

DOMESTIC CHAMPIONSHIPS

AAA/NATIONAL CHAMPIONSHIPS

2002	Tony Whiteman 3:38.24	John Mayock 3:38.97	Michael East 3:39.18
2003	Michael East 3:42.29	Tom Mayo 3:42.66	Tony Whiteman 3:43.22
2004	Chris Mulvaney 3:50.14	Andrew Baddeley 3:50.40	Michael Skinner 3:50.77
2005	Nick McCormick 3:37.05	Andrew Baddeley 3:37.08	Michael East 3:37.23
2006	Andrew Baddeley 3:41.18	Stephen Davies 3:42.52	Neil Speaight 3:43.17
2007	Andrew Baddeley 3:43.25	Stephen Davies 3:45.29	Tom Lancashire 3:45.64
2008	Tom Lancashire 3:38.92	Mo Farah 3:39.66	Chris Warburton 3:39.98
2009	Jermaine Mays 3:41.26	Lee Emanuel 3:41.82	Nick McCormick 3:42.21
2010	Andy Baddeley 3:41.49	Colin McCourt 3:41.95	Nick McCormick 3:42.52
2011	James Shane 3:36.22	Andy Baddeley 3:39.44	Nick McCormick 3:41.66
2012	Andy Baddeley 3:47.99	Ross Murray 3:48.20	Chris O'Hare 3:48.63
2013	Chris O'Hare 3:51.36	James Brewer 3:51.92	Lee Emanuel 3:52.34
2014	Charlie Grice 3:46.97	Will Paulson 3:48.16	Richard Peters 3:48.33
2015	Charlie Grice 3:50.66	Chris O'Hare 3:51.03	Dale Clutterbuck 3:51.24
2016	Charlie Grice 3:43.41	Chris O'Hare 3:43.68	Jake Wightman 3:43.90
2017	Chris O'Hare 3:47.28	Josh Kerr 3:47.71	Jake Wightman 3:47.74
2018	Chris O'Hare 3:46.72	Jake Wightman 3:46.86	Neil Gourley 3:46.87
2019	Neil Gourley 3:48.36	Josh Kerr 3:48.51	Jake Wightman 3:48.69

AGE GROUP CHAMPIONS

U23

2002	Chris Bolt 3:53.19
2003	Chris Thompson 3:47.73
2004	Chris Warburton 3:57.27
2005	Chris Warburton 3:52.15
2006	Alan Wales 3:49.93
2007	Ross Toole 3:52.51
2008	Andy Vernon 3:54.0
2009	James Brewer 3:44.55
2010	Daniel Clorley 3:50.98
2011	James Shane 3:40.44
2012	Jonny Hay 3:45.03
2013	Adam Cotton 3:45.80
2014	William Paulson 3:51.33
2015	Neil Gourlay 3:56.6
2016	William Paulson 3:48.36
2017	Neil Gourlay 3:44.25
2018	Jamie Williamson 3:45.90
2019	Piers Copeland 3:50.49

U17

2002	Lee Bowron 3:58.19
2003	Richard Newton 3:55.49
2004	Kris Gauson 3:56.34
2005	Jordan West 4:02.94
2006	David Forrester 3:57.74
2007	Josh Moody 3:59.04
2008	Alex Cornwell 3:59.13
2009	Tom Curr 3:55.73
2010	Luke Carroll 4:05.09
2011	Shaun Wyllie 3:53.11
2012	Matt Shirling 3:49.04
2013	Jack Crabtree 4:04.66
2014	Josh Kerr 3:52.46
2015	Ben Dijkstra 3:56.85
2016	Hamza Kadir 4:01.06

U20

Derek Watson 3:58.73
Tom Lancashire 3:49.33
Tom Lancashire 3:48.30
Anthony Moran 3:54.94
Kris Gauson 3:50.31
Ricky Stevenson 3:51.34
David Forrester 4:12.99
Simon Horsfield 3:46.92
Ronnie Sparke 3:50.38
Jonny Hay 3:44.78
Robbie Farnham-Rose 3:52.68
Shaun Wyllie 3:54.37
Shaun Wyllie 3:50.55
Josh Kerr 3:49.86
Jake Heyward 3:55.63
Jake Heyward 3:57.97
Jake Heyward 3:54.05
Joshua Lay 3:53.88

U15

Adam Hickey 4:08.03
Jordan West 4:06.5
Simon Lawson 4:07.75
Ryan Parker 4:11.14
Shane Quinn IRE 4:04.19
Peter Devaney 4:15.44
Karnvir Hayer 4:08.61
Jack Gleave 4:13.75
Ahmed Hassan SOM 4:09.00
George Duggan 4:08.59
Josh Kerr 4:05.87
Ben Greenwood 4:06.47
Adam Scott 4:13.56
Hayden Bailey 4:08.07
Alfie Bould 4:17.51

2017	Oliver Dustin 3:53.62	Ethan Hussey 4:10.95
2018	Will Bellamy 4:03.04	Felix Vaughan 4:19.59
2019	Benjamin Reynolds 3:56.37	Lewis Sullivan 4:18.44

INDOORS

2002	Tony Whiteman 3:52.44	Angus Maclean 3:52.67	Matt Shone 3:52.70
2003	James Thie 3:41.84	Edward Jackson 3:42.78	Graeme Hood CAN 3:42.83
2004	Michael East 3:44.93	James Thie 3:46.76	Matt Shone 3:47.23
2005	Neil Speaight 3:45.87	James Nolan IRL 3:46.04	Chris Moss 3:46.34
2006	Colin McCourt 3:41.71	Neil Speaight 3:41.76	Stephen Davies 3:42.18
2007	Chris Warburton 3:56.47	Colin McCourt 3:56.64	James Thie 3:56.66
2008	James McIlroy 3:44.90	Michael East 3:45.05	James Brewer 3:45.27
2009	Mo Farah 3:40.57	Neil Speaight 3:42.63	Chris Warburton 3:43.04
2010	Colin McCourt 4:04.83	Tim Bayley 4:04.96	Scott Overall 4:05.99
2011	Nick McCormick 3:45.30	Lewis Moses 3:45.57	Colin McCourt 3:45.63
2012	Lewis Moses 3:45.58	James Brewer 3:45.66	Frank Baddick 3:46.88
2013	Matthew Fayers 3:47.77	Lee Emanuel 3:48.28	Charlie Grice 3:48.34
2014	Lee Emanuel 3:48.15	Chris O'Hare 3:48.68	Charlie Grice 3:48.69
2015	Charlie Grice 3:49.79	Ben Coldray 3:52.28	John Ashcroft 3:52.48
2016	Charlie Grice 3:46.50	James Brewer 3:46.70	Lewis Moses 3:48.51
2017	Elliot Giles 3:45.59	Tom Lancashire 3:46.45	James West 3:47.36
2018	Jake Wightman 3:43.83	Charlie Grice 3:44.57	Tom Marshall 3:47.52
2019	Neil Gourley 3:44.76	Elliot Giles 3:44.93	Piers Copeland 3:45.85
2020	George Mills 3:50.69	Thomas Keen 3:52.50	Jonathan Kay 3:52.56

U20

2002	Ian Carter 4:04.20
2003	Colin Costello IRE 3:53.33
2004	Colin Costello IRE 3:49.98
2005	Colin Costello IRE 3:55.89
2006	James Mills 3:57.58
2007	Brian Markham IRE 4:03.56
2008	Noel Collins IRE 4:04.63
2009	Chris Carter 3:56.90
2010	Paul Robinson IRE 3:52.73
2011	Adam Cotton 3:51.43
2012	Matthew Fayers 3:53.20
2013	Elliott Dorey 3:56.23
2014	Kyran Roberts 3:53.72
2015	James West 3:51.79
2016	Piers Copeland 3:57.52
2017	Ben Davies 3:51.82
2018	Luke Duffy 4:02.65
2019	Remi Adebisi 3:58.67
2020	Henry Johnson 3:57.94

U17

Colin Costello IRE 4:07.97
Matt Wood 3:59.71
Brian Markham IRE 4:11.24
Simon Lawson 4:04.37
Kenny Boyd 4:09.56
Noel Collins IRE 4:09.52
Sean Bowden 4:10.07
Stuart Ferguson 4:13.54
Andrew Monaghan 3:57.65
James Lamswood 4:01.79
Kyran Roberts 4:04.08
Patrick Dever 3:59.70
Markhim Lonsdale 4:15.07
Markhim Lonsdale 4:01.62
Max Pearson 4:03.68
Luke Duffy 4:03.42
Dominic McDougall 4:11.86
Henry Johnson 3:58.57
Alfie Spear 4:09.35

Scot

2002	Jon McCallum 3:49.45
2003	Iain Murdoch 3:50.07
2004	Darren Gauson 3:54.10
2005	Darren Gauson 3:56.55
2006	Ross Toole and Kris Gauson 3:49.71
2007	Colin Birmingham AUS 3:49.71
2008	Colin Birmingham AUS 3:47.25
2009	Colin Birmingham AUS 3:42.56
2010	Alistair Hay 3:57.44
2011	Mark Mitchell 3:51.11
2012	Mark Mitchell 3:50.55
2013	Kris Gauson 3:59.57

N Ireland

Conor Sweeney IRE 3:48.87
Brian Murray IRE 3:49.38
Noel Pollock 4:05.39
Noel Pollock 3:50.17
Gareth Turnbull IRE 3:49.54
Paul Pollock IRE 3:56.38
Gareth Hill 3:57.57
Stephen Scullion IRE 3:51.49
James Mills 4:12.19
Daniel Mooney IRE 3:51.72
Conor Bradley 4:05.37
Danny Mooney IRE 3:47.51

Wales

Matt Shone 3:53.09
Chris Davies 3:44.67
Chris Davies 3:43.27
James Thie 3:54.69
Stephen Davies 3:48.64
Chris Gowell 3:57.62
James Mills 3:55.11
Jorge Thomas 3:48.80
James Mills 4:12.19
Adam Bitchell 3:54.52
Adam Bitchell 3:49.80
Tom Marley 4:10.17

2014	Grant Muir 4:13.06	Danny Mooney IRE 3:43.86	Tom Marshall 3:47.56
2015	Myles Edwards 3:54.20	Danny Mooney IRE 3:59.32	Tom Marshall 4:01.3
2016	Matthew White 3:50.34	Conor Bradley 3:57.13	Tom Marshall 3:57.51
2017	Dale Colley 3:56.85	Danny Mooney IRE 3:44.40	Rowan Axe 3:47.46
2018	Neil Gourley 3:48.86	Neil Johnston 3:57.90	Ieuan Thomas 3:46.44
2019	Michael Ferguson 3:59.52	Conall Kirk IRE 4:00.23	Ieuan Thomas 3:49.27

England

2010 Nick McCormick 3:42.67
 2011 James Brewer 3:51.37
 2012 Steve Mitchell 3:50.8

South

2002 Mike Skinner 3:50.15
 2003 Mo Farah 3:45.57
 2004 Mike Skinner 3:47.57
 2005 Tim Bayley 3:50.92
 2006 Jamie Atkinson 3:47.49
 2007 Gareth Balch 3:48.03
 2008 Ross Clarke 3:56.61
 2009 Alex Tovey 3:54.57
 2010 Robert Heaney 3:53.01
 2011 Martin Mashford 3:57.60
 2012
 2013 Adam Hickey 3:51.16
 2014 Dominic Brown 3:52.21
 2015 Tom Phillips 3:54.78
 2016 Matthew Wilsmore 3:44.48
 2017 Phil Norman 3:50.40
 2018 Sean Molloy 3:58.62
 2019 Jonathan Davies 3:51.45

Midlands

Paul Richardson 3:56.11
 Paul Richardson 3:52.72
 Matthew Almond 4:00.9
 Martin Williams 3:54.39
 Tom Gayle 3:54.44
 Garry Davenport 3:56.72
 Tom Russell 3:55.10
 Paul Richardson 3:55.69
 Tim Dalton 3:54.62
 James Trollope 3:54.28
 Steve Mitchell 3:50.8
 Sam Mitchell 3:58.4
 Stuart King 3:57.06
 Alex George 3:50.61
 Stuart King 4:00.86
 Daniel Owen 4:12.01
 James McCrae 3:54.54
 Thomas Beasley 4:05.59

North

Darren Middleton 3:57.15
 Matt Barnes 3:51.92
 Rob Watkinson 3:59.35
 Phillip Tedd 3:54.27
 Tom Doe 3:49.3
 Matt Barnes 3:51.90
 Garry Bristow 3:50.57
 Garry Bristow 3:52.69
 Philip Hurst 3:54.78
 Nick Hooker 3:52.51
 Harry Harper 3:51.6
 Dan Garbutt 3:58.73
 Richard Weir 3:43.71
 Dan Garbutt 3:53.91
 Richard Weir 3:49.71
 Matthew Wigelsworth 3:55.54
 Jethro McGraw 3:57.03
 Matthew Wigelsworth 3:52.87

CAU (1 mile)

2002 James Mayo Staffs 4:06.09
 2003 Matt Shone Kent 4:02.79
 2004 Mike Skinner Kent 4:12.43
 2005 Lee Merrien Guern 4:12.92
 2006 Nick McCormick NE Cos 4:04.07
 2007 Gareth Balch Berks 4:21.40
 2008 Stephen Davies E Wales 4:27.75
 2009 Gary Bradbury 4:14.06
 2010 Shaun Moralee NE Counties 4:06.46
 2011 Tim Egerton Cheshire 4:19.17
 2012 not held
 2013 Dan Stepney Sussex 4:14.26
 2014 Sam Mitchell Combined Serv's 4:11.96
 2015 Nick Goolab 4:08.09
 2016 Alex Tovey 4:07.22
 2017 Jonathan Davies 4:00.58
 2018 Jacob Brown 4:33.01
 2019 George Mills 4:09.68

CAREER MARKS

JOHN MAYOCK: 1987: 4:00.02, 1988: 3:48.46, 1989 3:45.9, 1990: 3:48.05, 1991: 3:41.68, 1992: 3:37.36

ANTHONY WHITEMAN: 1990: 4:14, 1991 c3:54, 1992: 3:47.1

	TOM LANCASHIRE	MICHAEL EAST	JOHN MAYOCK	ANTHONY WHITEMAN	JAMES THIE	NICK McCORMICK	MO FARAH	ANDREW GRAFFIN
1993			3:37.76	3:36.1				
1994		ANDY 4:02.60	3:37.20	3:41.92				3:59.68
1995		BADDELEY 4:18.1	3:34.05	3:41.28			4:43.9	3:48.9
1996			3:50.48	3:33.38	3:34.47	3:54.94		3:47.8
1997			3:47.48	3:31.86	3:32.34	3:48.5	4:06.41	3:46.3
1998		4:01.5	3:44.86	3:32.82	3:32.69	3:45.8	3:58.24	3:57.67
1999	4:19.4	3:52.59	3:42.37	3:33.97	3:37.02	3:43.15	3:48.07	3:55.78
2000		3:46.36	3:40.13	3:34.69	3:34.93	3:42.85	3:45.19	3:49.60
2001	3:55.77	3:52.15	3:38.94	3:34.43	3:34.88	3:44.51	3:46.84	3:46.1
2002	3:48.91	3:45.96	3:37.35	3:34.89	3:32.43	3:41.06	3:42.73	3:47.78
2003	3:44.70	3:45.87	3:35.49	3:37.59	3:35.49	3:41.18i		3:43.17
2004	3:42.48	3:39.11	3:32.37	3:36.55	3:37.60	3:37.06	3:39.50	3:43.4+
2005	3:38.92	3:36.43	3:33.32		3:39.54i	3:33.9+	3:38.62	3:38.02
2006	3:40.62	3:36.72	3:40.64		3:41.14i	3:38.04	3:38.04	3:38.02
2007	3:40.60	3:34.74			3:42.75	3:38.46	3:45.8i+	3:39.66
2008	3:35.33	3:34.36+	3:36.48		3:41.17	3:37.75	3:39.66	3:33.98
2009	3:34.29	3:35.07			3:44.38	3:41.47	3:33.98	
2010	3:33.96	3:34.50		3:50.72i	3:40.97	3:37.97		
2011		3:36.47		3:42.40	3:43.13	3:37.00		
2012	3:38.00	3:35.19		3:42.02	3:43.14	3:40.80	3:34.66	
2013	3:46.75i+	3:58.7 Mile		3:45.21	3:44.25	3:43.99	3:28.81	
2014	3:42.38			3:47.28	3:47.12	3:47.12		
2015	3:38.02			3:43.99			3:28.93	
2016	3:37.47	3:43.41					3:31.74	
2017	3:38.52i						3:34.19	

	COLIN McCOURT	LEE EMANUEL	JAMES BREWER	JAMES SHANE	ROSS MURRAY	JERMAINE MAYS	RICHARD PETERS	NEIL SPEIGHT
2001	3:54.54	4:00.20				3:52.7		
2002	3:44.67	3:50.06	4:24.3	5:05.0		3:48.15		3:44.89
2003	3:45.09	3:55.27	4:17.7	4:32.14	4:57.8	3:44.85		3:41.49
2004	3:43.91		3:59.4	4:07.15	4:32.5	3:51.37	4:12.79	
2005	3:41.36		4:07.3	3:52.68	4:16.49	3:47.61	4:03.63	3:40.62
2006	3:38.51	4:03.6	3:54.8	3:53.58	3:59.72	3:44.05	3:53.60	3:38.65
2007		3:44.83	3:46.77	3:52.78	3:51.75	3:39.85	3:53.69	3:38.33
2008	3:49.62	3:40.77	3:41.89i	3:45.29	3:47.50	3:45.60	3:48.28	3:39.56
2009	3:37.55	3:37.25	3:37.17		3:43.93	3:39.92		3:39.17i
2010	3:37.06	3:38.79	3:41.46	3:42.81	3:43.51	3:39.84	3:45.53	3:48.08
2011	3:38.71i	3:41.91	3:41.10	3:36.22		3:43.15	3:58.26i Mile	
2012	3:45.21		3:38.03i		3:34.76	3:41.57	3:42.69	
2013		3:36.55	3:41.22	3:38.77			3:37.67	
2014		3:38.99i		4:03.0	3:41.96		3:38.83	
2015		3:35.66	3:46.25		3:37.76	3:46.34	3:45.13	
2016		3:36.29	3:46.70i		3:47.88			

CHRIS
O'HARE
2003: 4:40.5

	NEIL GOURLAY	JAMES WEST	JAKE WIGHTMAN	WILLIAM PAULSON	JAKE HEYWARD	CHARLIE GRICE
2005						4:28.18
2006	5:01.21i					4:05.56
2007	4:51.58	ROBBIE FITZGIBBON				4:01.68
2008	JOSH KERR 4:42.74	4:43.1	JAKE PAULSON		4:45.66	4:15.08
2009	4:38.25	4:40.76	4:43.8	4:38.8	4:21.6	4:22.47
2010	4:30.86	4:12.80i	4:29.88	4:21.26	5:10.20	4:13.89
2011	4:19.62	3:59.67	4:25.86	4:14.22	4:43.32	3:59.37
2012	4:05.26	3:50.40	3:55.86	3:56.90	4:22.39	3:46.91
2013	3:58.87	3:57.61	3:49.46	3:48.47	4:12.79	3:46.48
2014	3:52.46	3:48.62	3:46.27	3:49.19	4:00.44	3:43.81
2015	3:44.12	3:41.14	3:44.34	3:44.80	3:57.31i	3:40.05
2016	3:41.08	3:39.92	3:39.03	3:40.0	3:46.50	3:46.24
2017	3:35.99	3:40.52	3:36.97	3:39.65	3:42.12	3:42.23
2018	3:35.01	3:35.98	3:39.27	3:36.59	3:36.90	3:39.51
2019	3:32.52	3:35.95	3:42.0i	3:35.74	3:39.38+	3:36.86