

Ultra-marathons events completed:

(18 outright wins)

99. 2016 August 12-13th

CLAN 24 Hour Track Challenge, Kirkwall

178.364km/110.83 miles

98. 2016 May 29th

Comrades Marathon (Down) 89kms, South Africa

9:29:02 (M60 31st)

97. 2016 March 27th

British 100km Championships, Perth

10:13:37 17th overall (M60 2nd)

96. 2015 November

Bislett 48 Hour Indoor, Oslo

315.565km World M60 record 3rd overall (M60 1st)

95. 2015 September 19th – 20th

Sri Chinmoy 24 Hour track, Tooting Bec, London

189.485km/117.74 miles 3rd man (M60 1st)

94. 2015 August 16th-19th

“La Ultra-The High”, Ladakh, Indian Kashmir

Three races run on the same, point-to-point course – 111km, 222km and 333km/207 miles. Successfully completed the 111km and 222km but forced to stop at 277km/172 miles.

93. 2015 May 6th – 12th

Balaton 6 Day Road, Hungary

603.034kms/374.71 miles 22nd (M60 3rd)

92. 2015 March 8th

Barry 40 Mile track race

5:47:35 (M60 1st)

6hr: 66.557 km/41.36 miles

91. 2014 June 15th – August 6th

Sri Chinmoy Self Transcendence 3100 Mile Road, New York

50 Day 15:06:04 6th man. Oldest ever finisher and first ever over 60 to finish

90. 2014 February 14-16

Taipei 48 Hour Road

251.17km/156.07 miles 14th

89. 2013/2014 December 28/January 2nd

“Across the Years” 6 Day Road, Phoenix, USA

761.470kms/473.16 miles 4th overall (M60 1st)

88. 2013 November 16-24

No Finish Line 8 Day Road, Monaco

858.695km/533.57 miles 2nd overall

87. 2013 August 11-17

British UltraFest 6 Day Track, Abingdon

829.972kms/515.720 miles 2nd overall

86. 2013 May 8-14

Balaton 6 Day Road, Hungary

755.20km/469.26 miles 5th

85. 2012 November 17-25

No Finish Line 8 Day Road, Monaco

1019.712 km / 633.62 miles 2nd

84. 2012 August 24-26

Skovde 48 Hour Track, Sweden

303.70km /188.71 miles 5th overall

83. 2012 April

Sri Chinmoy 6 Day Road, New York

741.91 km/461 miles 3rd overall

82. 2012 February

Evreux 48 Hour Treadmill Challenge, France

240.06km/149.16 miles 5th

81. 2011 November

No Finish Line 8 Day Road, Monaco

1002.290kms/622.80 miles **WINNER (18)**

80. 2011 September 25th

Commonwealth 24 Hour Championships Road, Llandudno

157.269km/97.72 miles 22nd

79. 2011 July 15-17

Cologne 48 Hour World Cup Track, Germany

334.65km/ 207.941 miles **WINNER (17)**

78. 2011 May

Balaton 6 Day Road, Hungary

834.134km/518.31 **WINNER (16)**

77. 2011 April 3rd

Crawley 12 Hour Track

113.420 kms/70.48 miles 4th

76. 2010 December 2-4

Evreux 48 Hour Indoor, France

326.565 km/ 202.919 miles 2nd

75. 2010 October

Royan 48 Hour Road, France

320.96kms/199.44 miles 5th

74. 2010 September

Perth UltraFest 24 Hour Road

119.2 miles/191.781km 5th

73. 2010 March 15th-31st

Athens 1000 Mile World Cup

13:20:08:01 2nd

72. 2010 January 30-31

Espoo 24 Hour Indoor, Finland

175.95kms/ 109.33 miles

71. 2009 September 17-18

**Commonwealth 24 Hour Championships,
Keswick**

214.006 km/ 132.98 miles 13th

70. 2009 July

Hull 24 Hour Track Race

187.428km **WINNER (15)** (male)

69. 2009 April 3-10

Athens 7 Day Road

805Km/500.20 miles **WINNER (14)**

68. 2008/2009 December 29th – Jan 1st

“Across the Years” 72 Hour Road, Phoenix AZ

433.50kms/269.36 miles **WINNER (13)**

67. 2008 September 18-19

Sri Chinmoy 24 Hour Track

200.49 kms/124.58 miles

66. 2008 September 13-14

Perth 24 Hour Road

201.69kms/125.326 miles 2nd

65. 2008 June 29th-July 5th

Hamm 6 Day Track, Germany

857.07km/532.56 miles **WINNER (12)**

64. 2008 May 16-18

Surgeres 48 Hour Track, France

340.797km/211.7 miles 5th

63. 2008 March 27-28

Athens 24 Hour Road

190km/118.06 miles

62. 2007 November 17-25

No Finish Line 6 Day Road, Monaco

809.23kms/502.83 miles **WINNER (11)**

61. 2007 September 28-29

Spartathlon, 153 miles, Greece

29:01:29 9th

60. 2007 July 22-23

Worschach 24 Hour Road, Austria

216.443km/134.49 miles 3rd

59. 2007 May 7-8

Basel 24 Hour Road

187.635km/116.59 miles 17th

58. 2007 March 16-18

Brno 48 Hour Indoor, Czech Republic

344.267kms/213.92 miles

57. 2006 November 18-26

No Finish Line 6 Day Road, Monaco

770.247kms/478.61 miles **WINNER (10)**

56. 2006 October 15-16

Sri Chinmoy 24 Hour, Tooting

176.87km/109.9 miles 14th

55. 2006 July 24-26

Badwater/Death Valley 135 Miles Road, USA

31:36:12 7th

54. 2006 May 26-27

Apeldoorn 24 Hour Road, Holland

149.92kms/93.16 miles

53. 2006 March 24-26

Brno 48 Hour Indoor, Czech Republic

264.250kms/164.20 miles

52. 2005 November 26-27

No Finish Line 24 Hour Road, Monaco

165.00 kms/102.526 miles 5th

51. 2005 September 30th-October 1st

Spartathlon, 153 miles, Greece

33:14 37th

50. 2005 July 19-20

Worschach 24 Hour Road, Austria

146km/90.72 miles

49. 2005 May 8th
Basel 24 Hour Road
118kms/73miles
48. 2004/5 December 31st-1st
"Across the Years" 24 Hour, Phoenix, AZ
219.50km/136.39 miles **WINNER (9)**
47. 2004 September
IAU World & European 24 Hour Championships, Brno, Czech Republic
214.628kms/133.36 miles
46. 2004 August 7th
Devil O' the Highlands 43 Mile Trail
6:37:06 2nd
45. 2004 May
Apeldoorn 24 Hour Road, Holland
216.314km/134.411 miles
44. 2004 May 7-8
Basel 24 Hour Road
116.470kms/72.37 miles
43. 2004 March 19-21
Brno 48 Hour Indoor
211.632kms/131.50 miles
42. 2003 October 11-13
1st World Challenge 24 Hour Road, Holland
204.814kms/127.27 miles 66th
41. 2003 August 23rd
Two Bridges 35 Miles 498 Yds Road, Scotland
4:07:30
40. 2003 July 11-13
Sri Chinmoy 48 Hour Road, Cologne
254.757kms/158.30 miles
39. 2003 May 3-4
Basel 24 Hour Road
218.70km/135.89 miles
38. 2003 March 2nd
Barry 40 Mile Track, Wales
4:41:40 4th
37. 2002 November 30th-December 1st
World 24 Hour Treadmill, Kirkwall
100 miles: 21:31 & 24 Hours: 182.08kms/112.46 miles, both Guinness World Records
36. 2002 October
RRC 100 Miles Track Race, Crystal Palace
15:17:47 3rd
35. 2002 September 14th
Winschoten 100km
7:51:11
34. 2002 July 12-13
Sri Chinmoy 24 Hour Road Cologne
188.294kms/117.00 miles
33. 2001 August 4-5
Boston Games 12 Hour Track, Sheffield
141.46kms/87.90 miles **WINNER (8)**
32. 2001 May
European 24 Hour Championships Road, Holland
200.599kms/124.65 miles 33rd
31. 2001 April 28th
George Littlewood 6 Hour Track, Sheffield
76.01kms/47.23 miles
30. 2001 March 3-4
IAU Asia Cup Soochow 24 Hour track, Taipei
188.60km/117.20 miles
29. 2000 October 21-22
European 24 Hour road Championships, Holland
159.144km/98.88 miles
28. 2000 July 9th
Anglo-Celtic Plate 100km, Edinburgh
8:51:39
27. 2000 May
Apeldoorn 24 Hour Road
122.011km
26. 2000 May 13-14
Basel 24 Hour
246.704km/153.30 miles **WINNER (7)**
25. 2000 April 16th
Speyside Way 50km trail
3:26:54 2nd

24. 1999 December 1st-2nd
24 Hour Cyber Race Leicester, versus Toronto
224.388kms/139.40 miles **WINNER (6)**

23. 1999 September 25th-26th
IAU European 24 Hour Individual Track Challenge, Verona, Italy
172.326km

22. 1999 July 18th
British 100km Championships, Edinburgh
7:32:19 **WINNER (5)**

21. 1999 June 19th
Anglo-Celtic Plate 100km, Dublin
7:32:40 4th overall

20. 1999 May 15th
World 100km Championships, France
7:30:53 45th

19. 1999 April 11th
Speyside Way 50km trail
3:30:04 5th

18. 1998 November 7-8
Niort 24 Hour Road, France
240.291km/149.30 miles 3rd

17. 1998 October 18th
World 100km Championships, Japan
7:46:26 22nd

16. 1998 September 12th
Masters World 100km Championships, Winschoten
7:16:24 M40 **WINNER (4)**

15. 1998 June 19th
European 100km Championships, Belgium
7:21:31 27th

14. 1998 May 10th
British 100km Championships, Greenwich
7:26:33 2nd

13. 1997 November 19th
100km Track, Jarrow
7:08:21 **WINNER (3)**

12. 1997 September
World 100km, Winschoten
7:27:56 46th (Post cancer surgery)

11. 1997 May 31st
European 100km Championships, Florence, Italy
7:44:59 20th

1997 April 12th
Rodenbach 100km, Germany
DNF 60km (4:13:28). Blood in sputum.

10. 1996 October 12th-13th
Sri Chinmoy 24 Hour track, Tooting
202.55kms/125 miles 1510 yds **WINNER (2)**

9. 1996 August 25th
European 100km Championships, Winschoten
7:31:46

8. 1996 June 21-22
Night of Vlanders 100km, Belgium
7:07:49

7. 1996 May 4th
World 100km, Moscow (GB debut)
7:19:11 25th

6. 1995 September 16th
World 100km, Winschoten
7:17:39

5. 1995 July 30th
Scottish 100km Championships, Edinburgh
7:28:18 2nd

4. 1995 May 21st
Robin Hood 100km, Nottingham
7:32:09 3rd

3. 1994 October 2nd
London to Brighton 55 Miles
6:37:58 M40 1st

2. 1994 July 31st
Scottish 100km Championships, Edinburgh
8:01:10 **WINNER (1)**

1. 1994 May 30th
Isle of Man TT 40 Mile
First Ultra 4:29:57 2nd

Marathons & Half-Marathons

1999 August 8th

13th World Veterans Athletics Championships

Marathon, Gateshead

2:56:51 M45 17th

1998 March 29th

Alloa Half Marathon

1:14:59 26th

1996 April 21st

London Marathon

2:49:48 443rd (Training run prior to World 100km)

1995 April

London Marathon

2:38:17 251st

1994 April 17th

London Marathon

2:42:19 471st

1993 October

Flying Fox Marathon

2:39:13 M40 3rd

1993 July 18th

Luton Marathon

2:39:49 7th

1993 April 18th

London Marathon

2:44:02 482nd

1992 October 31st

Black Isle Marathon

2:53:46 12th place

1992 August 23rd

Great Scottish Run Half Marathon

1:22:52 249th

1992 June 14th

Hoy Half Marathon

1:26:39

1981 May 10th

First Marathon

Birmingham People's Marathon

2:43:49 54th place