

5000m Trophy [SM only]

1981 – Russell Dennehy 15:17.1 (BCAC)

1985 – Russell Dennehy (Bedford & County AC) 1986 – Russell Dennehy (Bedford & County AC)

1987 – Russell Dennehy (Bedford & County AC) 1988 – Russell Dennehy 15:59.2 (Bedford & County AC)

1989 – Mick Shotbolt (Bedford & County AC) 1990 – David Allen (Bedford & County AC)

1991 – Andrew Phillips 16:01.7 (Biggleswade AC) 1992 – Andrew Phillips 16:15.2 (Biggleswade AC)

1993 – Kevin Sadler 16:09.9 (Vauxhall AC) 1994 – Andy West (Luton United)

1995 – *Jonathan Roots 15:24.3 (BCAC)* 1996 – *Andy Blair 14:49.5 (BCAC)*

1999 – Steve Goodlad 18:04.92 (LBAC) 2000 – Rob Palmer 15:19.8 (Vauxhall AC)

2002 – *Paul Farmer 16:04.6 (LUAC)* 2003 – *Andy Stowe 16:46.4 (LUAC)*

2007 – Gareth Edwards 17:41.7 (Leighton Buzzard AC) 2008 – Ben Corfield 17:22.1 (Leighton Buzzard AC)

2009 – Ben Corfield 16:14.8 (Leighton Buzzard) 2010 – Rob Palmer 15:43.30 (Luton AC)

2011 – Ben Corfield 15:51.4 (Leighton Buzzard) 2012 – Ben Corfield 16:04.4 (Leighton Buzzard)

2013 – Martin Beare 18:30.3 (Amphill Flitwick Flyers) 2014 – Ben Corfield 17:58.9 (Leighton Buzzard)

2015 – Simon Coombes 15:56.22 (Leighton Buzzard) 2016 – Tim Harris 16:11.42 (Amphill Flitwick Flyers)

2017 – Simon Coombes 16:02.8 (Herne Hill Harriers) 2018 – Simon Bell 19:16.3 (Nene Valley Harriers)

2019 – Sam Dear 18:18.5 (Leighton Buzzard) 2020 – No competition [COVID-19]

2021 – Craig Emmerson 15:52.22 (BCAC) 2022 – Craig Emmerson 15:26.17 (BCAC)

2023 – No competitors