

## 5000m Trophy [SM only]

1985 – Russell Dennehy (Bedford & County AC)	1986 – Russell Dennehy (Bedford & County AC)
1987 – Russell Dennehy (Bedford & County AC)	1988 – Russell Dennehy (Bedford & County AC)
1989 – Mick Shotbolt (Bedford & County AC)	1990 – David Allen (Bedford & County AC)
1991 – A. Phillips	1992 – A. Phillips
1993 – K Sadler 16:09.9 (Vauxhall AC)	1994 – A. West (Luton United)
1995 – <i>Jonathan Roots 15:24.3 (BCAC)</i>	1996 – <i>Andy Blair 14:49.5 (BCAC)</i>
1999 – Steve Goodlad 18:04.92 (LBAC)	2000 – Rob Palmer 15:19.8 (Vauxhall AC)
2002 – <i>Paul Farmer 16:04.6 (LUAC)</i>	2003 – <i>Andy Stowe 16:46.4 (LUAC)</i>
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]