

Sub 3 hour Marathons

| | Name of Club Member | Time | Location | Year | |
|----|---------------------|------|-----------|------|--|
| 1 | Dennis Smith | 2.31 | London | 1982 | (60 Marathons including consecutive first 16 London's) |
| 2 | John Coombes | 2.52 | London | 1990 | |
| 3 | John Etheridge | 2.53 | London | 1991 | |
| 4 | Roger Francis-Darby | 2.59 | Rotterdam | 1991 | |
| 5 | Len Bradford | 2.59 | London | 1991 | |
| 6 | Lyndon Dunsbee | 2.59 | London | 1991 | |
| 7 | Roy Kaigan | 2.59 | Amsterdam | 1993 | |
| 8 | Keith Leutchford | 2.34 | London | 1993 | |
| 9 | Chris Young | 2.46 | London | 1992 | |
| 10 | James Maguire | 2.37 | London | 1995 | |
| 11 | Theo Bately | 2.46 | London | 1998 | |
| 12 | Gary Butcher | 2.56 | London | 2000 | |
| 13 | Theo Bately | 2.42 | London | 2001 | |
| 14 | Gary Butcher | 2.52 | Thanet | 2001 | |
| 15 | Gary Butcher | 2.51 | London | 2002 | |
| 16 | Neil Renault | 2.57 | Paris | 2002 | |
| 17 | Ray Skelton | 2.57 | London | 2002 | |
| 18 | Roger Newson | 2.59 | London | 2003 | |
| 19 | Gary Butcher | 2.59 | London | 2003 | |
| 20 | Gary Butcher | 2.5 | London | 2004 | |
| 21 | Stuart Reilly | 2.58 | Berlin | 2004 | |
| 22 | Gary Butcher | 2.46 | London | 2005 | |

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|----|----------------|---------|-----------|------|
| 23 | Ian Godden | 2.57 | London | 2005 |
| 24 | Stuart Reilly | 2.59 | London | 2005 |
| 25 | Gary Butcher | 2.42 | London | 2006 |
| 26 | Gordon Findlay | 2.59 | Amsterdam | 2006 |
| 27 | Gary Butcher | 2.50.24 | London | 2008 |
| 28 | Gordon Findlay | 2.58.50 | London | 2008 |
| 29 | Shaun Chandler | 2.48.23 | Boston | 2008 |

Ladies Sub 3:15 Marathon

| | Name of Club Member | Time | Location | Year |
|---|---------------------|---------|----------|------|
| 1 | Jill Cliff | 3.14.15 | London | 2008 |