

Year	10 50 100		
	Event Sub	Male 5,000m Sub	Sub
2006	1	22	44
2007	1	21	41
2008	0	34	50
2009	2	28	65
2010	2	25	63
2011	0	33	75
2012	1	35	73
2013	0	28	68
2014	2	30	59
2015	2	33	77
2016	1	33	80
2017	3	27	87
2018	3	39	96
2019	6	51	115
2020	2	16	28
2021	4	55	97
2022	9	49	87
2023	9	50	88
2024	9	41	79
2025	9	58	90

Year	10 50 100		
	Event Sub	Male 5k Road Sub	Sub
2006	0	11	74
2007	0	15	91
2008	0	14	89
2009	0	11	69
2010	0	24	90
2011	0	22	99
2012	0	29	100
2013	0	22	84
2014	0	20	79
2015	0	32	112
2016	0	41	136
2017	1	38	123
2018	0	31	128
2019	1	50	171
2020	4	49	66
2021	3	34	106
2022	0	76	224
2023	3	110	272
2024	6	140	342
2025	11	162	381

Year	10 50 100		
	Event Sub	Male 10,000m Sub	Sub
2006	1	3	6
2007	1	5	8
2008	0	7	13
2009	2	5	9
2010	0	11	15
2011	1	7	18
2012	1	10	18
2013	2	12	21
2014	4	15	24
2015	3	10	17
2016	2	16	28
2017	4	11	24
2018	6	13	33
2019	2	18	37
2020	0	0	0
2021	6	13	18
2022	9	20	31
2023	6	18	28
2024	4	10	19
2025	7	9	19

Year	10 50 100		
	Event Sub	Male 10k Road Sub	Sub
2006	1	20	105
2007	2	20	101
2008	3	25	100
2009	1	25	97
2010	5	34	100
2011	3	39	95
2012	4	33	98
2013	5	34	92
2014	3	39	113
2015	7	31	118
2016	6	29	110
2017	4	34	123
2018	6	39	116
2019	10	50	173
2020	4	16	51
2021	9	56	119
2022	7	64	173
2023	12	71	201
2024	12	72	180
2025	18	80	209

Year	10 50 100		
	Event Sub	Male HM Sub	Sub
2006	0	8	41
2007	0	12	40
2008	1	11	41
2009	2	14	34
2010	2	17	45
2011	4	18	40
2012	4	20	46
2013	2	20	45
2014	3	23	62
2015	4	14	61
2016	9	20	65
2017	4	21	58
2018	4	17	69
2019	2	24	74
2020	8	21	44
2021	4	15	39
2022	11	37	94
2023	12	39	108
2024	4	36	109
2025	16	51	120

Year	10 50 100		
	Event Sub	Male MARA Sub	Sub
2006	0	4	20
2007	0	2	17
2008	0	4	17
2009	1	4	23
2010	3	10	25
2011	1	6	16
2012	1	10	22
2013	2	8	25
2014	2	9	25
2015	2	9	33
2016	4	10	32
2017	3	9	47
2018	2	10	33
2019	4	16	56
2020	0	2	5
2021	3	14	49
2022	6	20	68
2023	5	20	81
2024	6	24	91
2025	7	34	89

Year	10 50 100		
	Event Sub	Female 5,000m Sub	Sub
2006	0	4	11
2007	0	3	14
2008	1	4	12
2009	2	4	13
2010	3	6	14
2011	2	8	9
2012	2	11	18
2013	5	11	20
2014	4	12	23
2015	5	14	21
2016	5	14	30
2017	4	20	28
2018	2	11	24
2019	5	15	25
2020	1	3	6
2021	6	14	21
2022	7	23	31
2023	7	18	24
2024	4	15	23
2025	5	16	29

Year	10 50 100		
	Event Sub	Female 5k Road Sub	Sub
2006	0	8	29
2007	0	4	27
2008	0	5	28
2009	1	6	23
2010	1	7	39
2011	0	11	47
2012	0	10	44
2013	0	12	33
2014	1	13	49
2015	0	14	42
2016	1	17	55
2017	0	13	52
2018	0	20	38
2019	3	14	53
2020	1	15	32
2021	3	15	41
2022	4	26	61
2023	2	31	99
2024	4	46	106
2025	6	62	135

Year	10 50 100		
	Event Sub	Female 10,000m Sub	Sub
2006	1	2	3
2007	1	1	5
2008	1	1	3
2009	1	1	3
2010	1	2	2
2011	0	1	2
2012	1	4	6
2013	0	2	5
2014	2	2	7
2015	1	4	7
2016	1	4	7
2017	4	7	14
2018	3	4	7
2019	5	9	13
2020	0	0	0
2021	3	3	4
2022	4	4	6
2023	2	3	6
2024	4	6	9
2025	1	1	5

Year	10 50 100		
	Event Sub	Female 10k Road Sub	Sub
2006	4	8	29
2007	2	8	34
2008	3	8	28
2009	2	12	27
2010	4	17	42
2011	2	13	42
2012	4	20	46
2013	3	19	53
2014	5	21	52
2015	2	24	57
2016	4	18	50
2017	5	16	44
2018	5	14	44
2019	7	21	47
2020	2	5	13
2021	4	11	37
2022	6	18	45
2023	8	23	62
2024	9	30	70
2025	8	31	82

Year	10 50 100		
	Event Sub	Female HM Sub	Sub
2006	4	10	24
2007	3	8	21
2008	2	7	20
2009	1	5	19
2010	2	6	20
2011	2	11	24
2012	4	13	25
2013	5	17	27
2014	2	12	27
2015	2	11	32
2016	6	15	34
2017	2	9	22
2018	3	11	30
2019	4	13	29
2020	4	10	16
2021	2	3	10
2022	3	11	30
2023	8	20	38
2024	9	20	50
2025	10	26	56

Year	10 50 100		
	Event Sub	Female MARA Sub	Sub
2006	4	12	14
2007	4	12	17
2008	3	7	18
2009	3	8	20
2010	5	11	22
2011	6	9	17
2012	6	10	32
2013	8	19	36
2014	10	20	36
2015	8	18	44
2016	7	14	29
2017	8	18	30
2018	5	11	25
2019	6	14	32
2020	2	3	5
2021	3	11	20
2022	5	22	86
2023	5	25	46
2024	7	28	52
2025	10	27	54