



Club Records

Category	1 Mile	2 Mile Handicap	5 Kilometre	5 Mile	10 Kilometre	10 Mile	13.1 Mile (1/2 M)	20 Mile	26.2 Mile (M)
Senior Male 18-39	Paul Griffiths 4:54 Dulwich 11.7.06	Sam Hainsworth 11:53 October 2020	Paul Griffiths 16:46 Dulwich 3.12.05	John Quaintance 27:01 Bromley 17.8.86	John Quaintance 33:20 Battersea 2.8.87	John Burcham 56:06 Woking 7.3.93	Andy Tappin 1:17:01 Pdk Wood 1.4.12	Andy Tappin 2:09:57 Surrey Spitfire 18.03.12	Paul Griffiths 2:44:25 London 23.4.06
Senior Female 18-39	Victoria Pritchard 06:06 8.7.08	Hannah Miles 13:43 December 2020	Victoria Pritchard 21:37 02.12.06	Susan Blackett 28:55 Welwyn 5.4.99	Susan Blackett 37:53 Wimbledon 8.3.98	Susan Blackett 59:52 Cab. Patch 26.3.99	Debbie Lewis 1:19:39 Harrow 6.11.94	Emma Embleton 3:00:06 Kingston Mar 2015	Debbie Lewis 3:17:22 Dublin 25.10.93
Veteran 1 Male 40-49	Paul Toplis 05:32 11.07.06	Will Simpson 12:24 June 2019	Eric Richardson 19:42 3.11.12	John Quaintance 27:28 Battersea 6.5.89	Brian Everitt 35:16 Dulwich 8.10.89	John Quaintance 57:35 Cantebury 28.1.90	Brian Everitt 1:19:40 Tilbury 22.10.89	Steve Fletcher 2:34:17 Thanet 7.3.04	John Quaintance 2:43:49 London 22.4.90
Veteran 1 Female 40-49	Sue Woodhead 06:31 2015	Liz Stuart 14:06 September 2019	Sue Woodhead 21:37 Dulwich 19.4.14	Susan Smith 33:32 Pitsea 14.11.99	Susan Smith 43:33 Dulwich 10.10.99	Susan Smith 69:18 Woking 5.3.96	Susan Smith 1:34:09 Harrow 5.11.95	Susan Smith 2:37:36 Thanet 2.3.03	Susan Smith 3:42:41 Sth Coast 28.4.96
Veteran 2 Male 50-59	Michael Gamlen 05:51 11.07.96	Will Simpson 12:34 December 2019	Michael Gamlen 20:23 2.12.06	Brian Everitt 29:31 Southwark 26.6.94	Brian Everitt 37:18 Dulwich 9.10.94	Brian Everitt 62:55 Woking 6.3.95	Dave Smith 1:24:11 Pdk Wood 1.4.12	John Turner 2:24:10 Thanet 2.3.03	Mike Hawthorne 3:09:45 Harrow 7.11.93
Veteran 2 Female 50-59	Susan Smith 06:40 11.7.06	Sue Woodhead 15:55 February 2020	Susan Smith 20:34 Dulwich 29.11.08	Susan Smith 35:09 Perivale 7.12.08	Susan Smith 42:47 Dulwich 5.10.08	Susan Smith 73:14 Dartford 27.1.07	Susan Smith 1:37:50 Brnes Grn 29.10.06	Susan Smith 2:41:28 Thanet 5.3.06	Susan Smith 3:26:51 Am'dam 16.10.05
Veteran 3 Male 60-69	David Mullanv 6:11 Dulwich 11.9.18	David Mullanv 14:37 August 2020	David Mullanv 21:42 Dulwich 17.11.18	Bernard Simmons 37:23 Perivale 7.12.08	Bernard Simmons 45:45 Hyde Park 01.01.09	Simmons/Hodqson 1:16:49 15.02.08 / 04.10.15	Derek Hodqson 1:42:34 Gt Nth Run 16.9.15		Derek Hodqson 3:54:53 London 26.4.15
Veteran 3 Female 60-69	Susan Smith 6:55 Dulwich 14.7.15	Rosemary Harris 15:49 October 2020	Susan Smith 22:23 Dulwich 14.11.15	Susan Smith 38:17 Victoria Pk 14.4.18	Susan Smith 49:08 Gunnersburv 4.6.17	Susan Smith 1:17:08 Cabbage P 13.10.19	Susan Smith 1:41:29 Biq Half 1.3.20		Susan Smith 3:50:38 Abinadon 23.10.16
Veteran 4 Male 70-79	Bernard Simmons 07:29 Dulwich 11.9.18	Angela Emmott 24:44	Bernard Simmons 25:01 Dulwich 17.11.18	Bernard Simmons 42:40 Harrow 17.6.18	Bernard Simmons 52:17 Battersea 17.2.18	Bernard Simmons 1:30:39 Cabbage P 13.10.19	Bernard Simmons 1:53:47 Pdk Wood 7.4.19		