



### Club Records

| Category                  | 1 Mile                                      | 2 Mile Handicap pre 2019             | 2 Mile Handicap post 2019                | 5 Kilometre   | 5 Mile                                       | 10 Kilometre                                   | 10 Mile   | 13.1 Mile (1/2 M)                              | 20 Mile  | 26.2 Mile (M)   |
|---------------------------|---|--------------------------------------|--|---|--|--|---|--|--|---|
| Senior Male<br>18-39      | Paul Griffiths<br>4:54<br>Dulwich 11.7.06   | Andrew Tappin<br>11:12               | James Hewlett<br>11:36<br>February 2023  | Paul Griffiths<br>16:46<br>Dulwich 3.12.05                    | John Quaintance<br>27:01<br>Bromley 17.8.86  | John Quaintance<br>33:20<br>Battersea 2.8.87   | John Burcham<br>56:06<br>Woking 7.3.93            | Andy Tappin<br>1:17:01<br>Pdk Wood 1.4.12      | Andy Tappin<br>2:09:57<br>Surrey Spitfire 18.03.12 | Paul Griffiths<br>2:44:25<br>London 23.4.06                 |
| Senior Female<br>18-39    | Victoria Pritchard<br>06:08:00<br>July 2008 | Jo Woods<br>13:48<br>March 2010      | Hannah Miles<br>13:43<br>December 2020   | Victoria Pritchard<br>21:37<br>Dec 2006                       | Susan Blackett<br>28:55<br>Welwyn 5.4.99     | Susan Blackett<br>37:53<br>Wimbledon 8.3.98    | Susan Blackett<br>59:52<br>Cab. Patch 26.3.99     | Debbie Lewis<br>1:19:39<br>Harrow 6.11.94      | Emma Embleton<br>3:00:06<br>Kingston Mar 2015      | Debbie Lewis<br>3:17:22<br>Dublin 25.10.93                  |
| Veteran 1 Male<br>40-49   | Paul Toolis<br>05:32<br>July 2006           | Eric Richardson<br>12:31<br>May 2010 | Zach Bredeamer<br>11:56<br>February 2022 | Zach Bredemear<br>19:02<br>Dulwich Nov 2022<br>(when over 50) | John Quaintance<br>27:28<br>Battersea 6.5.89 | Brian Everitt<br>35:16<br>Dulwich 8.10.89      | John Quaintance<br>57:35<br>Cantebury 28.1.90     | Brian Everitt<br>1:19:40<br>Tilbury 22.10.89   | Steve Fletcher<br>2:34:17<br>Thanet 7.3.04         | John Quaintance<br>2:43:49<br>London 22.4.90                |
| Veteran 1 Female<br>40-49 | Sue Woodhead<br>06:31<br>2015               | Susan Smith<br>14:08                 | Emma Heath<br>14:30<br>May 2021          | Sue Woodhead<br>21:37<br>Dulwich April 2014                   | Susan Smith<br>33:32<br>Pitsea 14.11.99      | Susan Smith<br>43:33<br>Dulwich 10.10.99       | Susan Smith<br>69:18<br>Woking 5.3.96             | Susan Smith<br>1:34:09<br>Harrow 5.11.95       | Susan Smith<br>2:37:36<br>Thanet 2.3.03            | Susan Smith<br>3:26:51<br>Am'dam 16.10.05<br>(when over 50) |
| Veteran 2 Male<br>50-59   | Michael Gamlin<br>05:51<br>July 1996        | Dave Smith<br>12:58<br>April 2012    | Beth Simpson<br>12:34<br>December 2019   | Zach Bredemear<br>19:02<br>Dulwich Nov 2022                   | Brian Everitt<br>29:31<br>Southwark 26.6.94  | Brian Everitt<br>37:18<br>Dulwich 9.10.94      | Brian Everitt<br>62:55<br>Woking 6.3.95           | Dave Smith<br>1:24:11<br>Pdk Wood 1.4.12       | John Turner<br>2:24:10<br>Thanet 2.3.03            | Mike Hawthorne<br>3:09:45<br>Harrow 7.11.93                 |
| Veteran 2 Female<br>50-59 | Susan Smith<br>06:40<br>01/07/08            | Susan Smith<br>14:13                 | Lucy Ross<br>15:19<br>June 2022          | Susan Smith<br>20:34<br>Dulwich 29.11.08                      | Susan Smith<br>35:09<br>Perivale 7.12.08     | Susan Smith<br>42:47<br>Dulwich 5.10.08        | Susan Smith<br>73:14<br>Dartford 27.1.07          | Susan Smith<br>1:37:50<br>Brnes Grn 29.10.06   | Susan Smith<br>2:41:28<br>Thanet 5.3.06            | Susan Smith<br>3:26:51<br>Am'dam 16.10.05                   |
| Veteran 3 Male<br>60-69   | David Mullany<br>06:11<br>September 2018    |                                      | David Mullany<br>14:18<br>December 2021  | David Mullany<br>21:42<br>Dulwich Nov 18                      | Bernard Simmons<br>37:23<br>Perivale 7.12.08 | Bernard Simmons<br>45:45<br>Hyde Park 01.01.09 | Simmons/Hodgson<br>1:16:49<br>15.02.08 / 04.10.15 | Derek Hodgson<br>1:42:34<br>Gt Nth Run 16.9.15 |  | Derek Hodgson<br>3:54:53<br>London 26.4.15                  |
| Veteran 3 Female<br>60-69 | Susan Smith<br>6:55<br>Dulwich 14.7.15      |                                      | Susan Smith<br>15:41<br>May 2022         | Susan Smith<br>22:23<br>Dulwich Nov 2015                      | Susan Smith<br>38:17<br>Vic Park Apr 2018    | Susan Smith<br>49:08<br>Gunners June 2017      | Susan Smith<br>1:17:08<br>Cabb Patch Oct 19       | Susan Smith<br>1:41:29<br>Big Half Mar 2020    |  | Susan Smith<br>3:50:38<br>Abingdon 23.10.16                 |
| Veteran 4 Male<br>70-79   | Bernard Simmons<br>07:29<br>September 2018  |                                      |  | Bernard Simmons<br>25:01<br>November 2018                     | Bernard Simmons<br>42:40<br>June 2018        | Bernard Simmons<br>52:17<br>February 2018      | Bernard Simmons<br>01:30:39<br>October 2018       | Bernard Simmons<br>01:53:47<br>April 1918      |  |   |
| Veteran 4 Female          |   |                                      | Angela Emmott                            | Angela Emmott   |  | Angela Emmott                                  |   |  |  |   |