



Club Records

Category	1 Mile	2 Mile Handicap pre 2019	2 Mile Handicap post 2019	2 mile Handicap in the park	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	Andrew Tappin 11:12	James Hewlett 11:36 February 2023	Carlisle King 11.05 June 2023	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 06:08:00 July 2008	Jo Woods 13:48 March 2010	Hannah Miles 13:43 December 2020	Amanda Larrington 12.56 July 2023	Victoria Pritchard 21:37 Dec 2006	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 Toolis 05:32 July 2006	Eric Richardson 12:31 May 2010	Zach Bredeamer 11:56 February 2022	Zach Bredemear 11.52 August 2023	Zach Bredemear 17.52 Dulwich Aug 5 2023 (when over 50)	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	Susan Smith 14:08	Emma Heath 14:30 May 2021	Amanda Larrington 12.56 July 2023	Sue Woodhead 21:37 Dulwich April 2014	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 3:26:51 Am'dam 16.10.05 (when over 50)
Veteran 2 Male 50-59	Zach Bredemear 05:22 June 2023	Dave Smith 12:58 April 2012	Beth Simpson 12:34 December 2019	Zach Bredemear 11.52 August 2023	Zach Bredemear 17.52 Dulwich August 2023	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 01/07/08	Susan Smith 14:13	Lucy Ross 15:19 June 2022	Alicky Sussman 13.08 June 2023	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 Mullany 06:11 September 2018		David Mullany 14:18 December 2021	David Mullany 13:57 June 23	David Mullany 21:42 Dulwich Nov 18	Bernard Simmons 37:23 Perivale 7.12.08	Bernard Simmons 45:45 Hyde Park 01.01.09	Simmons/Hodgson 1:16:49 15.02.08 / 04.10.15	Derek Hodgson 1:42:34 Gt Nth Run 16.9.15		Derek Hodgson 3:54:53 London 26.4.15
Veteran 3 Female 60-69	Susan Smith 6:55 Dulwich 14.7.15		Susan Smith 15:41 May 2022	Gillian Cavell 17.28 May 2023	Susan Smith 22:23 Dulwich Nov 2015	Susan Smith 38:17 Vic Park Apr 2018	Susan Smith 49:08 Gunners June 2017	Susan Smith 1:17:08 Cabb Patch Oct 19	Susan Smith 1:41:29 Big Half Mar 2020		Susan Smith 3:50:38 Abingdon 23.10.16
Veteran 4 Male 70-79	Bernard Simmons 07:29 September 2018				Bernard Simmons 25:01 November 2018	Bernard Simmons 42:40 June 2018	Bernard Simmons 52:17 February 2018	Bernard Simmons 01:30:39 October 2018	Bernard Simmons 01:53:47 April 1918		
Veteran 4 Female			Angela Emmott	Angela Emmott	Angela Emmott		Angela Emmott				