

| 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 11.27 October 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 | John Quaintance 2:43:49 London 22.4.90 (when over 40) Debbie Lewis 3:17:22 Dublin 25.10.93 |
| Senior Female 18-39 | Victoria Pritchard 06:08:00 July 2008 | Jo Woods 13:48 March 2010 | Alicky Sussman 13.10 Feb 2024 | 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 | John Quaintance 2:43:49 London 22.4.90 (when over 40) 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 Bredeamer 11.52 August 2023 | Zach Bredeamer 21:37 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 | Alicky Sussman 13.10 Feb 2024 | Amanda Larrington 12.56 July 2023 | Sue Woodhead 21:37 Dulwich April 2014 | Susan Smith 33:32 Pitsea 14.11.99 | Susan Smith 42:47 Dulwich 5.10.08 (when over 50) | 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 Bredeamer 05:22 June 2023 | Dave Smith 12:58 April 2012 | Beth Simpson 12:34 December 2019 | Zach Bredeamer 11.52 August 2023 | Zach Bredeamer 17.52 Dulwich August 2023 | Brian Everitt 29:31 Southwark 26.6.94 | Zach Bredeamer 36:37 Battersea Aug 2023 | Brian Everitt 62:55 Woking 6.3.95 | Zach Bredeamer 1:23:36 Big Half Sept 2023 | 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 | Alicky Sussman 13.10 Feb 2024 | 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 | | | | |