

# 2025 5-Mile Club Champs - Dulwich Park

5th October 2025

37 runners

Medal winners in bold

| Position | First Name       | Second Name       | Time            | Age-graded score | Medal*              |
|----------|------------------|-------------------|-----------------|------------------|---------------------|
| 1        | <b>Tim</b>       | <b>Murray</b>     | <b>00:32:00</b> | <b>73.16</b>     | <b>M1 &amp; AG4</b> |
| 2        | <b>Faheem</b>    | <b>Rokadiya</b>   | <b>00:32:44</b> | <b>64.44</b>     | <b>M2</b>           |
| 3        | <b>Chris</b>     | <b>Knights</b>    | <b>00:32:48</b> | <b>64.72</b>     | <b>M3</b>           |
| <b>1</b> | <b>Amanda</b>    | <b>Larrington</b> | <b>00:32:55</b> | <b>77.03</b>     | <b>F1 &amp; AG1</b> |
| 4        | Derek            | Arnold            | 00:34:00        | 66.68            |                     |
| 5        | Andrew           | Wells             | 00:34:53        | 66.58            |                     |
| 6        | Ben              | Frankel           | 00:35:08        | 66.1             |                     |
| 2        | <b>Alicky</b>    | <b>Sussman</b>    | <b>00:35:10</b> | <b>76.2</b>      | <b>F2 &amp; AG2</b> |
| 7        | Darren           | Cheek             | 00:35:17        | 66.9             |                     |
| 3        | <b>Charlotte</b> | <b>Day</b>        | <b>00:37:19</b> | <b>63.68</b>     | <b>F3</b>           |
| 8        | Sam              | Duong             | 00:39:34        | 60.66            |                     |
| 4        | <b>Andrea</b>    | <b>Bauer</b>      | <b>00:39:40</b> | <b>74.42</b>     | <b>AG3</b>          |
| 5        | Martha           | Brownlow          | 00:39:50        | 57.79            |                     |
| 9        | Jeremy           | Heald             | 00:41:34        | 52.15            |                     |
| 10       | Dominic          | Collard           | 00:41:54        | 56.81            |                     |
| 6        | Jenny            | Wilson            | 00:42:22        | 54.46            |                     |
| 7        | <b>Diane</b>     | <b>Suter</b>      | <b>00:42:36</b> | <b>71.1</b>      | <b>AG5</b>          |
| 8        | Sian             | Clarke            | 00:43:20        | 53.76            |                     |
| 9        | Alison           | May               | 00:43:28        | 55.01            |                     |
| 10       | Rachel           | Griffiths         | 00:43:55        | 64.75            |                     |
| 11       | Matthias         | Richter           | 00:44:11        | 49.74            |                     |
| 11       | Midge            | Cameron           | 00:44:30        | 67.19            |                     |
| 12       | Colin            | Butcher           | 00:45:05        | 56.84            |                     |
| 12       | Nuala            | Milligan          | 00:45:25        | 53.81            |                     |
| 13       | Alan             | Brown             | 00:45:48        | 57.71            |                     |
| 13       | Jessica          | Hodgson           | 00:46:39        | 53.31            |                     |
| 14       | Surya            | Bala              | 00:46:56        | 46.82            |                     |
| 14       | Tess             | Davies            | 00:49:00        | 48.22            |                     |
| 15       | Ruth             | Wise              | 00:49:21        | 64.76            |                     |
| 16       | Jenny            | Kalogera          | 00:49:24        | 58.27            |                     |
| 17       | Helen            | Branch            | 00:50:10        | 54.76            |                     |
| 18       | Raj              | Blanchard         | 00:50:19        | 51.47            |                     |
| 19       | Tess             | Le                | 00:50:52        | 50.92            |                     |
| 20       | Lyn              | Donovan           | 00:51:35        | 53.8             |                     |
| 21       | Audrey           | Walter-Harris     | 00:53:23        | 47.03            |                     |
| 22       | Claire           | Stevens           | 00:53:23        | 50.2             |                     |
| 23       | Sally            | Lewis             | 00:53:26        | 52.57            |                     |