



Club Records April 2026

Category	1 Mile	2 Mile Handicap pre 2019	2 Mile Handicap/Dash post 2019	2 mile Handicap/Dash 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	Paul Griffiths	Andrew Tappin	James Hewlett / Carlisle King	Carlisle King	Paul Griffiths	John Quaintance	John Quaintance	John Burcham	Andy Tappin	Andy Tappin	John Quaintance
18-39	4:54 Dulwich 11.7.06	11:12	11.05 February 2025 / April 2025	10.55 May 2024	16:46 Dulwich 3.12.05	27:01 Bromley 17.8.86	33:20 Battersea 2.8.87	56:06 Woking 7.3.93	1:17:01 Pdk Wood 1.4.12	2:09:57 Surrey Spitfire 18.03.12	2:43:49 (when over 40) London 22.4.90
Senior Female	Victoria Pritchard	Jo Woods	Katy Billington	Alicky Sussman	Amanda Larrington	Susan Blackett	Susan Blackett	Susan Blackett	Debbie Lewis	Amanda Larrington	Debbie Lewis
18-39	06:08:00 July 2008	13:48 March 2010	12:51 March 2026	12.36 May 2024	19.38 Dulwich 1.11.25 (when over 40)	28:55 Welwyn 5.4.99	37:53 Wimbledon 8.3.98	59:52 Cab. Patch 26.3.99	1:19:39 Harrow 6.11.94	2:31:53 Lydd 29.3.26 (when over 40)	3:17:22 Dublin 25.10.93
Veteran 1 Male	Zach Bredemear	Eric Richardson	Zach Bredeamer	Zach Bredemear	Zach Bredemear	John Quaintance	Brian Everitt	John Quaintance	Brian Everitt	Steve Fletcher	John Quaintance
40-49	05:22 June 2023	12:31 May 2010	11:56 February 2022	11.44 June 2024	17.16 Battersea 01 Dec 2024 (when over 50)	27:28 Battersea 6.5.89	35:16 Dulwich 8.10.89	57:35 Cantebury 28.1.90	1:19:40 Tilbury 22.10.89	2:34:17 Thanet 7.3.04	2:43:49 London 22.4.90
Veteran 1 Female	Amanda Larrington	Susan Smith	Amanda Larrington	Alicky Sussman	Amanda Larrington	Amanda Larrington	Susan Smith	Susan Smith	Amanda Larrington	Amanda Larrington	Amanda Larrington
40-49	06:10 May 2025	14:08	13.08 March 2024	12.36 May 2024	19.38 Dulwich 1.11.25	32:55 Dulwich 5.10.25	42:47 Dulwich 5.10.08 (when over 50)	69:18 Woking 5.3.96	1:31:32 Walton-on-T 26.10.25	2:31:53 Lydd 29.03.26	3:20:32 Valencia 7.12.25
Veteran 2 Male	Zach Bredemear	Dave Smith	Beth Simpson	Zach Bredemear	Zach Bredemear	Brian Everitt	Zach Bredemear	Zach Bredemear	Zach Bredemear	John Turner	Zach Bredemear
50-59	05:22 June 2023	12:58 April 2012	12:34 December 2019	11.44 June 2024	17.16 Battersea 01 Dec 2024	29:31 Southwark 26.6.94	36:37 Battersea Aug 2023	60:35 Cabb Patch Oct 24	1:21:52 Pdk Wood 8.3.26	2:24:10 Thanet 2.3.03	02:49:41 Jönköping, Sweden 31.08.24
Veteran 2 Female	Alicky Sussman	Susan Smith	Alicky Sussman	Alicky Sussman	Susan Smith	Alicky Sussman	Susan Smith	Alicky Sussman	Alicky Sussman	Susan Smith	Susan Smith
50-59	06:12 May 2024	14:13	13.10 Feb 2024	12.36 May 2024	20:34 Dulwich 29.11.08	34.13 Perivale 30.06.24	42:47 Dulwich 5.10.08	01:12:05 Cabbage P 19.10.25	1:35:52 Hackney May 2024	2:41:28 Thanet 5.3.06	3:26:51 Am'dam 16.10.05
Veteran 3 Male	David Mullany		David Mullany	David Mullany	David Mullany	Bernard Simmons	Bernard Simmons	Simmons/Hodgson	Derek Hodgson		Derek Hodgson
60-69	06:11 September 2018		14:18 December 2021	13:56 May 2024	21:42 Dulwich Nov 18	37:23 Perivale 7.12.08	45:45 Hyde Park 01.01.09	1:16:49 15.02.08 / 04.10.15	1:42:34 Gt Nth Run 16.9.15		3:54:53 London 26.4.15
Veteran 3 Female	Susan Smith		Susan Smith	Gillian Cavell	Susan Smith	Susan Smith	Susan Smith	Susan Smith	Susan Smith		Susan Smith
60-69	6:55 Dulwich 14.7.15		15:41 May 2022	17.28 May 2023	22:23 Dulwich Nov 2015	38:17 Vic Park Apr 2018	49:08 Gunners June 2017	1:17:08 Cabb Patch Oct 19	1:41:29 Big Half Mar 2020		3:50:38 Abingdon 23.10.16
Veteran 4 Male	Bernard Simmons		Dave Harris	Dave Harris	Bernard Simmons	Bernard Simmons	Bernard Simmons	Bernard Simmons	Bernard Simmons		
70-79	07:29 September 2018		18:56 April 2026	18:50 June 2024	25:01 November 2018	42:40 June 2018	52:17 February 2018	01:30:39 Cabbage P Oct 2018	01:53:47 April 2018		
Veteran 4 Female	Susan Smith		Angela Emmott	Angela Emmott	Rosemary Harris	Rosemary Harris	Susan Smith	Susan Smith	Susan Smith		Susan Smith
70-79	07:53 Dulwich 18.6.25		23:20 February 2020	25.03 May 2023	25:14 Dulwich 16.11.24	40.57 Dulwich 6.10.24	51:14 Battersea 10.8.25	01:25:07 Cabbage P 19.10.25	01:58:18 Big Half 7.9.25		04:16:07 Malaga 14.12.25