



Club Records - July 2026

Category	1 Mile	2 Mile Handicap pre 2019	2 Mile Handicap/Dash post 2019	2 mile 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 18-39	Paul Griffiths 4:54 Dulwich 11.7.06	Andrew Tappin 11:12	James Hewlett/Carlisle King 11:05 February 2025/April 2025	Carlisle King 10:55 May 2024	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 23.04.06
Senior Female 18-39	Victoria Pritchard 6:08:00 July 2008	Jo Woods 13:48 March 2010	Katy Billington 12:51 March 2026	Katy Billington 12:57 May 2026	Kate Gardiner 20:20 Dulwich 5.7.25	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 03:00:06 Kingston March 2025	Debbie Lewis 3:17:22 Dublin 25.10.93
Veteran 1 Male 40-49	Tim Murray 05:31 20.5.25	Eric Richardson 12:31 May 2010	Zachary Bredeamer 11:56 February 2022	Steve Lewis 11:58 May 2023	Zachary Bredemear 18:48 Dulwich Nov 2021	John Quaintance 27:28 Battersea 6.5.89	Brian Everitt 35:16 Dulwich 8.10.89	John Quaintance 57:35 Canterbury 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	Amanda Larrington 06:10 May 2025	Susan Smith 14:08	Amanda Larrington 13:08 March 2024	Amanda Larrington 12:30 June 2026	Amanda Larrington 19:38 Dulwich 1.11.25	Amanda Larrington 32:55 Dulwich 5.10.25	Amanda Larrington 43:02 Battersea 11.8.24	Susan Smith 1:09:18 Woking 5.3.96	Amanda Larrington 1:31:32 Walton-on-T 26.10.25	Amanda Larrington 2:31:53 Lydd 29.03.26	Amanda Larrington 3:20:32 Valencia 7.12.25
Veteran 2 Male 50-59	Zachary Bredemear 05:22 June 2023	Dave Smith 12:58 April 2012	Beth Simpson 12:34 December 2019	Zachary Bredemear 11:44 June 2024	Zachary Bredemear 17:16 Battersea 01.12.24	Zachary Bredemear 29:10 Dulwich 12.7.26	Zachary Bredemear 36:37 Battersea Aug 2023	Zachary Bredemear 1:00:35 Cabb Patch Oct 24	Zachary Bredemear 1:21:52 Pdk Wood 8.3.26	John Turner 2:24:10 Thanet 2.3.03	Zachary Bredemear 2:49:41 Jönköping 31.08.24
Veteran 2 Female 50-59	Alicky Sussman 06:12 May 2024	Susan Smith 14:13	Alicky Sussman 13:10 Feb 2024	Alicky Sussman 12:36 May 2024	Susan Smith 20:34 Dulwich 29.11.08	Alicky Sussman 34:13 Perivale 30.06.24	Susan Smith 42:47 Dulwich 5.10.08	Alicky Sussman 01:12:05 Cabbage P 19.10.25	Alicky Sussman 1:35:52 Hackney H May 2024	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 13:56 May 2024	David Mullany 21:42 Dulwich Nov 18	Bernard Simmons 37:23 Perivale 7.12.08	Bernard Simmons 45:45 Hyde Park 01.01.09	B. Simmons/D. Hodgson 1:16:49 15.02.08/4.10.15	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 March 2020		Susan Smith 3:50:38 Abingdon 23.10.16
Veteran 4 Male 70-79	Bernard Simmons 07:29 September 2018		Dave Harris 18:56 April 2026	Dave Harris 18:21 July 2026	Bernard Simmons 25:01 November 2018	Bernard Simmons 42:40 June 2018	Bernard Simmons 52:17 February 2018	Bernard Simmons 01:30:39 Cabbage P Oct 2018	Bernard Simmons 01:53:47 April 2018		
Veteran 4 Female 70-79	Susan Smith 7:53 Dulwich 18.6.25		Angela Emmott 23:20 February 2020	Rosemary Harris 16:00 July 2026	Rosemary Harris 25:14 Dulwich 16.11.24	Rosemary Harris 40:57 Dulwich 6.10.24	Susan Smith 51:14 Battersea 10.8.25	Susan Smith 01:25:07 Cabbage P 19.10.25	Susan Smith 01:58:18 Big Half 7.9.25		Susan Smith 04:16:07 Malaga 14.12.25

Overall Club Records, regardless of age category, are in bold