

10k Club Champs - Regents Park Summer League**26.07.2026****40 runners****Medal winners in bold**

Position	Name	Time	Age-graded score	Medal*
1	Zachary Bredemear	00:37:04	82.23%	M1 & AG1
2	Nathaniel Lowis	00:39:28	66.89%	M2
3	James Blatchley-Asfa	00:40:11	67.70%	M3
4	Tim Murray	00:40:40	72.45%	AG2
5	Faheem Rokadiya	00:40:48	64.92%	
6	Jake Morgan-Stead	00:41:25	63.77%	
7	Alexander Callaghan	00:45:10	58.45%	
8	Darren Cheek	00:45:39	65.08%	
9	Evie Richards	00:45:43	62.92%	F1
10	Ben Frankel	00:46:45	61.98%	
11	Charlotte Day	00:47:01	63.58%	F2
12	Andrew Wells	00:47:11	62.14%	
13	Amber Keatley	00:48:06	63.43%	F3
14	Paul Conway	00:48:09	69.97%	AG5
15	David Mullany	00:48:33	72.16%	AG3
16	Jamie Gibbs	00:50:26	54.32%	
17	Nuala Milligan	00:55:01	55.89%	
18	David Whitehead	00:56:00	49.46%	
19	Adrian Frost	00:56:17	62.24%	
20	Katia Hadaschik	00:56:24	60.54%	
21	Grace Major	00:56:38	51.95%	
22	Matthias Richter	00:56:48	48.61%	
23	Jess Hodgson	00:56:48	54.59%	
24	Patrick Clancey	00:57:42	57.84%	
25	Alan Brown	00:57:52	57.67%	
26	Gillian Cavell	00:58:06	70.40%	AG4
27	Nasreen Moini	00:58:08	50.61%	
28	Alison May	00:58:35	51.35%	
29	Lucy Ross	00:59:17	57.60%	
30	Ilaria Arcese	01:01:35	50.35%	
31	Andrea Richards	01:01:38	61.18%	
32	Sarah McPoland	01:01:46	48.12%	
33	Catherine McLaughlin	01:01:49	50.16%	
34	Indre Rusyte	01:02:44	47.13%	
35	Rachel Jones	01:03:16	55.27%	
36	Ruth Wise	01:04:29	62.55%	
37	Tess Le	01:05:37	49.14%	
38	Kate Crowe	01:08:56	53.31%	
39	Susan Smith	01:11:10	60.02%	
40	Blanche Armstrong	01:12:47	42.60%	

*

F = Female

M = Male

AG = Age graded

