10 Mile Club Champs - Cabbage Patch 10
19th October 2025
41 runners inc 1 at GSR
Medal winners in bold

Position	Name	Time	Age-graded score	Medal*
1	**Carlisle King**	**01:00:42**	**71.25%**	**M1**
2	**Nat Lowis**	**01:01:21**	**70.50%**	**M2**
3	**Tim Murray**	**01:03:45**	**75.19%**	**M3 & AG4**
4	Ronnie Patel - **Great South Run**	01:07:39	64.70%	
5	Faheem Rokadiya	01:07:43	63.92%	
6	**Alicky Sussman**	**01:12:05**	**76.37%**	**F1 & AG3**
7	Adam Williams	01:12:41	68.88%	
8	Darren Cheek	01:12:42	66.50%	
9	**Sara Bredemear**	**01:14:16**	**78.81%**	**F2 & AG2**
10	**Paul Conway**	**01:17:03**	**71.32%**	**AG5**
11	Jamie Brockbank	01:17:04	58.70%	
12	**Melissa Barrett**	**01:19:58**	**66.61%**	**F3**
13	**Susan Smith**	**01:25:07**	**82.30%**	**AG1**
14	Andrea Bauer	01:25:51	70.87%	
15	Mark Schofield	01:28:19	56.69%	
16	Lucy Ross	01:29:33	62.21%	
17	Jenya Brown	01:30:19	60.24%	
18	Rachel Griffiths	01:31:30	63.97%	
19	Jenn Owen	01:32:43	56.10%	
20	Sara Scott	01:33:42	55.51%	
21	Alison May	01:33:58	52.27%	
22	Emma Raleigh	01:36:17	51.72%	
23	Tess Davies	01:38:46	49.17%	
24	Jess Hodgson	01:40:47	50.63%	
25	Jo Spencer	01:41:47	51.10%	
26	Juliette Gray	01:41:47	50.60%	
27	Ruth Wise	01:43:34	63.78%	
28	Oghene Aaron	01:44:21	55.39%	
29	Emma Embleton	01:47:17	44.66%	
30	Claire Stevens	01:51:06	49.55%	
31	Sally Lewis	01:51:08	52.01%	
32	Rachel Wylie	01:54:44	47.42%	
33	Lucy White	01:55:55	41.06%	
34	Ali Woolley	01:56:40	46.09%	
35	Clementina Cross	01:58:27	46.48%	
36	Maurice McParland	02:09:14	42.11%	
37	Peggy Panagiotopoulou Cosgrove	02:11:58	39.83%	
38	Alex Markovich	02:12:03	41.20%	
39	Mary Mangan	02:14:36	45.80%	
40	Claire Ronzeau -James	02:14:37	41.89%	
41	Pamela Mucci	02:15:30	42.13%	

*

F = Female

M = Male

AG = Age graded