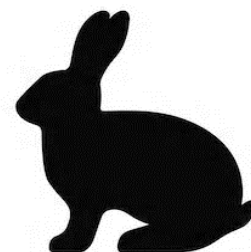


## AGE-ADJUSTED CLUB CHAMPIONSHIP 2021

Virtual 5 Mile		January 5 miles				
RUNNER	AGE	ACTUAL TIME	ADJUSTED TIME	MALE RANK	FEMALE RANK	
Roger	Teasdale	45	30:34	27:49	1	
Spencer	Mogridge	48	31:42	28:10	2	
Dave	Jackson	62	36:33	28:53	3	
Siobhan	McFeely	61	42:24	31:12		1
Flora	Brooke	67	46:36	31:39		2
Sharon	Hutchings	24	33:25	33:25		3
Michael	Peters	59	37:48	33:40	4	
Paul	Russell	47	34:18	33:44	5	
Mark	Damen	34	34:35	34:02	6	
Shamsul	Wahab	57	41:53	34:34	7	
Chris	Cussens	70	54:43	34:41	8	
Neil	Cranidge	54	41:04	34:46	9	
Rachel	Harrison	48	38:55	35:21		4
Andrew	Tuffin	46	39:44	35:52	10	
Christopher	Frear	36	36:59	35:59	11	
John	Cowley	64	46:32	36:07	12	
Ali	Blaney	40	37:49	36:29		5
Richard	Bryant	43	40:08	37:05	13	
Jane	Ward	52	43:43	37:08		6
John	Townsend	50	42:53	37:31	14	
Angela	Jamieson	48	43:19	38:46		7
Jill	Watson	48	43:34	38:59		8
Julia	Slade	45	43:31	40:16		9
Barry	Jenkins	55	48:30	40:43	15	
Adam	Frampton	49	48:35	42:50	16	
Amanda	Ackroyd	42	45:14	43:00		10
Nick	Summons	48	48:34	43:10	17	
Lucy	Brown	42	45:38	43:23		11
Sarah	Perrett	47	49:59	45:16		12
Mel	Mitchell	34	48:26	48:05		13
Victoria	West	45	52:14	48:20		14
Alie	Madders	43	54:45	51:37		15

Virtual Half Marathon		February 13.1 miles				
RUNNER	AGE	ACTUAL TIME	ADJUSTED TIME	MALE RANK	FEMALE RANK	
Dave	Jackson	62	1:35:04	1:16:19	1	
Stuart	Martin	60	1:41:54	1:23:23	2	
Nick	Berry	47	1:33:29	1:25:57	3	
Spencer	Mogridge	48	1:35:15	1:26:50	4	
Michael	Peters	59	1:46:58	1:28:22	5	
Duncan	Ward	51	1:40:08	1:28:58	6	
Siobhan	McFeely	62	2:00:40	1:30:54		1
Roger	Teasdale	45	1:38:58	1:32:32	7	
Lee	Collier	45	1:39:47	1:33:18	8	
Steve	Rigby	37	1:34:35	1:33:28	9	
Paul	Russell	47	1:45:59	1:37:27	10	
Ali	Blaney	40	1:41:34	1:38:10		2
Patrick	Hurst	37	1:39:35	1:38:24	11	
Chris	Frear	36	1:39:47	1:38:59	12	
Rachel	Harrison	48	1:51:47	1:40:38		3
David	Hurst	54	1:57:32	1:41:40	13	
Neil	Cranidge	54	1:57:47	1:41:53	14	
Shams	Wahab	57	2:01:55	1:42:37	15	
John	Cowley	64	2:10:36	1:42:48	16	
Angela	Jamieson	48	1:58:11	1:46:24		4



## AGE-ADJUSTED CLUB CHAMPIONSHIP 2021

Jill	Watson	48	1:58:40	1:46:50		5
Jane	Ward	52	2:04:42	1:47:02		6
Tom	Mitchell	26	1:48:55	1:48:55	17	
Craig	White	60	2:13:18	1:49:05	18	
Stephen	James	50	2:02:20	1:49:37	19	
Adam	Frampton	49	2:01:46	1:50:04	20	
Julia	Slade	45	1:58:37	1:50:14		7
Mark	Damen	34	1:51:14	1:50:56	21	
Lucy	Brown	42	1:56:46	1:51:19		8
Richie	Bryant	43	1:58:19	1:52:28	22	
Ruth	Readman	37	1:54:31	1:52:31		9
Barry	Jenkins	55	2:15:00	1:55:43	23	
Sarah	Perret	47	2:25:44	2:12:41		10
Steve	Fowles	48	2:25:33	2:12:42	24	
Sandra	Fowles	50	2:36:36	2:17:42		11
Victoria	West	46	2:29:46	2:19:11		12
Jane	Fowles	46	2:35:20	2:22:55		13
Kim	Crane	40	2:36:33	2:31:19		14

Virtual 10K		March 10 km				
RUNNER	AGE	ACTUAL TIME	ADJUSTED TIME	MALE RANK	FEMALE RANK	
Dave	Jackson	62	0:41:31	0:33:12	1	
Duncan	Ward	51	0:38:06	0:33:36	2	
Nick	Berry	47	0:39:15	0:35:47	3	
Roger	Teasdale	45	0:38:46	0:35:56	4	
Steven	Rigby	37	0:37:01	0:36:21	5	
Spencer	Mogridge	48	0:40:14	0:36:23	6	
Nick	Brooke	68	0:48:17	0:36:26	7	
Michael	Peters	59	0:45:34	0:37:27	8	
Richie	Bryant	43	0:42:24	0:39:56	9	
Siobhan	McFeely	62	0:52:48	0:40:05		1
Paul	Russell	47	0:44:39	0:40:42	10	
Neil	Cranidge	54	0:48:02	0:41:17	11	
Chris	Frear	36	0:42:29	0:41:56	12	
Flora	Brooke	68	0:59:23	0:41:57		2
Sharon	Hutchings	24	0:43:04	0:43:04		3
Shams	Wahab	57	0:51:35	0:43:10	13	
Nick	Summons	48	0:48:25	0:43:47	14	
Rachel	Harrison	48	0:48:37	0:44:03		4
Ali	Blaney	40	0:45:48	0:44:29		5
Craig	White	60	0:54:52	0:44:41	15	
Stephen	James	50	0:51:48	0:46:04	16	
Barry	Jenkins	55	0:54:53	0:46:45	17	
Anthony	Guppy	45	0:50:30	0:46:48	18	
Piotr	Sulecki	41	0:49:03	0:46:55	19	
Guy	Readman	39	0:48:21	0:46:56	20	
Andrew	Tuffin	47	0:51:38	0:47:04	21	
Jane	Ward	52	0:54:34	0:47:09		6
John	Cowley	64	1:00:31	0:47:29	22	
Steven	Fowles	48	0:53:15	0:48:09	23	
Chris	Cussen	71	1:06:44	0:48:45	24	
Tom	Mitchell	26	0:48:46	0:48:46	25	
Dave	Gedge	49	0:54:32	0:48:54	26	
Angela	Jamieson	48	0:54:06	0:49:01		7
Sandra	Fowles	50	0:55:27	0:49:04		8
Arabella	de S-Khandwala	42	0:51:12	0:49:05		9
Charlotte	Townsend	49	0:56:50	0:50:54		10
Sarah	Perrett	47	0:55:54	0:51:13		11

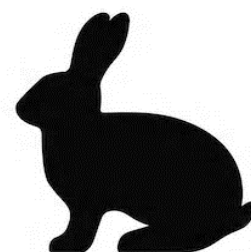


## AGE-ADJUSTED CLUB CHAMPIONSHIP 2021

Adam	Frampton	49	0:57:24	0:51:29	27	
Jill	Watson	48	0:56:54	0:51:33		12
Julie	Wareham	57	1:04:11	0:52:05		13
Julia	Slade	45	0:56:54	0:53:12		14
Amanda	Ackroyd	42	0:58:14	0:55:49		15
Victoria	West	46	1:02:15	0:58:12		16
Laura	Eckett	32	0:59:25	0:59:21		17
Jen	Lynch	36	1:01:24	1:00:46		18
Jane	Fowles	46	1:06:53	1:01:56		19

Dorset Ooser		18 Apr 13.1 miles				
RUNNER		AGE	ACTUAL TIME	ADJUSTED TIME	MALE RANK	FEMALE RANK
David	Jackson	62	1:46:33	1:25:32	1	
Tracy	Cook	49	1:48:02	1:36:08		1
Lee	Collier	45	1:43:23	1:36:23	2	
Lynda	Faulkner	55	2:00:01	1:39:14		2
Justin	Perry	48	1:51:04	1:41:16	3	
Tim	Cotton	55	2:07:02	1:48:54	4	
Richie	Bryant	43	1:54:38	1:48:58	5	
Damian	Patterson	53	2:07:02	1:50:52	6	
Paul	Russell	47	2:00:42	1:50:59	7	
Nick	Summons	48	2:07:48	1:56:48	8	
Arabella	de S-Khandwala	42	2:04:27	1:58:38		3
John	Townsend	50	2:15:38	2:01:32	9	
Siobhan	McFeely	62	2:41:59	2:02:01		4
Rachel	Harrison	48	2:16:11	2:02:36		5
Matt	Clayton	61	2:31:30	2:02:48	10	
Jill	Watson	48	2:16:59	2:03:20		6
Charlotte	Townsend	49	2:20:26	2:04:57		7
Mark	Damen	34	2:11:28	2:11:07	11	
John	Cowley	64	2:51:47	2:15:14	12	
Angela	Jamieson	48	2:33:31	2:18:13		8
Jane	Ward	52	2:51:43	2:27:23		9
Neil	Cranidge	54	2:51:43	2:28:32	13	
Amanda	Ackroyd	42	2:36:20	2:29:02		10
Barry	Jenkins	55	2:56:13	2:31:03	14	
Stephen	James	50	2:51:36	2:33:46	15	
Lucy	Brown	42	2:41:59	2:34:25		11
Adam	Frampton	49	2:51:36	2:35:07	16	
Chris	Cussen	71	3:37:32	2:39:19	17	
Victoria	West	46	2:54:59	2:42:37		12

Broad Oak Hilly		20 May 4 miles				
RUNNER		AGE	ACTUAL TIME	ADJUSTED TIME	MALE RANK	FEMALE RANK
David	Jackson	63	28:18	22:25	1	
Nick	Berry	47	25:41	23:41	2	
Spencer	Mogridge	48	26:32	23:48	3	
Michael	Peters	59	30:27	24:58	4	
Paul	Russell	47	28:45	25:59	5	
Chris	Frear	36	26:53	26:19	6	
Tom	Mitchell	26	26:39	26:39	7	
Paul	Stockley	53	30:56	26:40	8	
Richie	Bryant	43	29:23	27:23	9	
Lynn	Hutchings	56	33:01	27:25		1
Neil	Cranidge	55	32:28	27:32	10	
Colin	Ryall	57	33:16	27:45	11	
David	Hurst	54	32:31	27:48	12	



## AGE-ADJUSTED CLUB CHAMPIONSHIP 2021

Richard	Hull	51	31:49	27:52	13	
John	Cowley	64	36:36	28:44	14	
Simon	Partridge	51	32:50	28:46	15	
Craig	White	60	35:24	28:47	16	
Andrew	Tuffin	47	32:26	29:19	17	
Steve	Fowles	48	32:54	29:30	18	
Stephen	James	50	33:36	29:40	19	
Jill	Watson	48	32:38	29:43		2
Anthony	Guppy	45	32:32	29:52	20	
Chris	Perrett	53	34:56	30:21	21	
Jane	Ward	52	36:54	32:07		3
Sarah	Perrett	47	36:58	34:01		4

Purbeck 10k		18 Jun		10 km		
RUNNER	AGE	ACTUAL TIME	ADJUSTED TIME	MALE RANK	FEMALE RANK	
Nick	Brooke	68	0:44:41	0:33:43	1	
Dave	Jackson	63	0:42:58	0:34:02	2	
Nick	Summons	48	0:44:48	0:40:31	3	
Neil	Cranidge	55	0:48:12	0:41:04	4	
John	Cowley	65	0:54:54	0:42:40	5	
Flora	Brooke	68	1:03:05	0:43:54		1
Adam	Frampton	49	0:50:08	0:44:58	6	
Jill	Watson	48	0:49:52	0:45:11		2
Steve	James	50	0:52:07	0:46:21	7	
Frank	Wilson	36	0:47:06	0:46:29	8	
Barry	Jenkins	55	0:56:49	0:48:24	9	
Angela	Jamieson	48	0:53:33	0:48:31		3

Marnhull 12K		22 Jul		12 km		
RUNNER	AGE	ACTUAL TIME	ADJUSTED TIME	MALE RANK	FEMALE RANK	
Dave	Jackson	63	0:53:51	0:42:41	1	
Barry	Shea	46	0:49:30	0:45:36	2	
Nick	Brooke	68	1:01:16	0:46:15	3	
Tom	Mitchell	27	0:51:43	0:51:43	4	
Ian	Buckingham	63	1:05:14	0:51:43	5	
Paul	Stockley	54	1:00:50	0:52:49	6	
Sharon	Hutchings	25	0:53:28	0:53:28		1
Neil	Cranidge	55	1:02:58	0:53:43	7	
Paul	Russell	48	1:00:05	0:54:54	8	
Roger	Teasdale	46	0:59:22	0:55:08	9	
Nick	Summons	48	1:01:17	0:55:31	10	
Chris	Frear	37	0:56:18	0:55:38	11	
Dave	Hurst	55	1:06:41	0:55:40	12	
Richie	Bryant	44	1:00:49	0:57:24	13	
John	Cowley	65	1:16:39	0:59:36	14	
Anthony	Guppy	45	1:04:40	1:00:03	15	
Simon	Partridge	52	1:12:50	1:03:47	16	
Flora	Brooke	68	1:32:16	1:04:13		2
Angela	Jamieson	49	1:12:25	1:05:37		3
Jane	Ward	53	1:22:16	1:10:13		4
Amanda	Ackroyd	43	1:16:32	1:12:48		5
Sarah	Perrett	48	1:22:16	1:14:32		6
Victoria	West	46	1:24:19	1:18:04		7



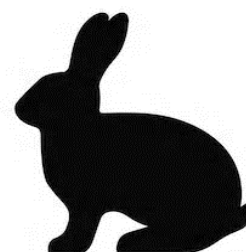
## AGE-ADJUSTED CLUB CHAMPIONSHIP 2021

<b>Lytchett 10</b>		<b>22 Aug</b>		<b>10 miles</b>		
RUNNER		AGE	ACTUAL TIME	ADJUSTED TIME	MALE RANK	FEMALE RANK
Nick	Brooke	68	1:15:26	0:56:59	1	
David	Jackson	63	1:13:50	0:58:37	2	
Nick	Reynolds	42	1:02:52	1:00:02	3	
Nick	Summons	48	1:18:19	1:11:11	4	
Chris	Frear	37	1:13:32	1:12:31	5	
Suzanna	Baker	40	1:17:32	1:14:57		1
Neil	Cranidge	55	1:28:25	1:15:37	6	
John	Cowley	65	1:38:34	1:16:44	7	
Flora	Brooke	68	1:52:02	1:17:20		2
Jill	Watson	49	1:27:34	1:18:50		3
Barry	Jenkins	56	1:45:25	1:29:20	8	
Ines	Braun	54	2:00:06	1:40:34		4

<b>Black Hill 10K</b>		<b>26 Sep</b>		<b>10 km</b>		
RUNNER		AGE	ACTUAL TIME	ADJUSTED TIME	MALE RANK	FEMALE RANK
Nick	Brooke	68	00:52:13	00:39:13	1	
Michael	Peters	60	00:52:30	00:42:46	2	
David	Jackson	63	00:54:47	00:43:24	3	
Nick	Summons	48	00:50:34	00:45:44	4	
Neil	Cranidge	55	00:56:38	00:48:15	5	
Flora	Brooke	68	01:18:48	00:54:51		1
Jane	Ward	53	01:10:25	01:00:06		2
John	Townsend	51	01:05:25	09:41:00	6	

<b>Helstone Half Marathon</b>		<b>24 Oct</b>		<b>13.1 miles</b>		
RUNNER		AGE	ACTUAL TIME	ADJUSTED TIME	MALE RANK	FEMALE RANK
Nick	Brooke	68	2:01:22	1:31:46	1	
Justin	Perry	49	2:01:45	1:50:03	2	
Carlos	Blanco	58	2:13:07	1:51:00	3	
John	Cowley	65	2:45:05	2:08:05	4	
Jane	Ward	53	2:35:24	2:11:45		1
Chris	Perrett	53	2:31:42	2:12:24	5	
Neil	Cranidge	55	2:35:24	2:13:13	6	
Stephen	James	51	2:31:58	2:15:00	7	
Jill	Watson	49	2:30:45	2:15:43		2
Sarah	Perrett	48	3:14:20	2:54:57		3
Victoria	West	46	3:15:42	3:00:04		4

<b>Wimborne 10</b>		<b>21 Nov</b>		<b>10 miles</b>		
RUNNER		AGE	ACTUAL TIME	ADJUSTED TIME	MALE RANK	FEMALE RANK
Duncan	Ward	52	1:03:42	0:55:56	1	
Nick	Brooke	68	1:14:24	0:56:13	2	
David	Jackson	63	1:13:39	0:58:28	3	
Michael	Peters	60	1:13:37	1:00:08	4	
Justin	Perry	49	1:11:18	1:04:15	5	
Neil	Cranidge	55	1:18:34	1:07:11	6	
Nick	Summons	48	1:15:44	1:08:50	7	
Jane	Ward	53	1:25:56	1:12:51		1
Flora	Brooke	68	1:46:36	1:13:35		2
Suzanna	Baker	40	1:18:24	1:15:47		3
John	Cowley	65	1:36:48	1:15:48	8	
Jill	Watson	49	1:25:47	1:16:20		4
Sarah	Perrett	48	1:41:54	1:31:44		5



## AGE-ADJUSTED CLUB CHAMPIONSHIP 2021

<b>STUR 5</b>		<b>05 Dec</b>		<b>5 miles</b>		
RUNNER		AGE	ACTUAL TIME	ADJUSTED TIME	MALE RANK	FEMALE RANK
Nick	Brooke	68	37:51	28:36	1	
Mike	Peters	60	36:45	29:54	2	
Chris	Wright	<30	30:20	30:20	3	
Ian	Buckingham	63	39:41	31:25	4	
Orlando	Brooke	38	32:45	31:50	5	
Paul	Stockley	54	37:20	31:59	6	
Neil	Cranidge	55	38:51	33:01	7	
Tim	Cotton	55	39:01	33:09	8	
Tom	Mitchell	27	33:45	33:45	9	
Nick	Summons	48	38:11	34:23	10	
Richie	Bryant	44	37:02	34:25	11	
Dave	Hurst	55	40:40	34:33	12	
Flora	Brooke	68	50:48	35:43		1
Nigel	Legg	50	40:42	36:03	13	
Jane	Ward	53	42:20	36:17		2
Rachel	Harrison	49	41:40	37:25		3
John	Cowley	65	50:30	39:16	14	
Angela	Jamieson	49	46:19	41:19		4
Barry	Jenkins	56	50:55	42:54	15	
Sarah	Perrett	48	48:42	44:14		5

<b>Best Marathon</b>		<b>Whenever</b>		<b>26.2 Miles</b>				
RUNNER		AGE	ACTUAL	ADJUSTED	MALE	FEMALE	EVENT	DATE
Steve	Rigby	38	02:40:28	02:37:51	1		London	03-Oct
Nick	Reynolds	42	02:48:38	02:41:37	2		London	03-Oct
David	Jackson	63	03:26:06	02:43:51	3		Newport	24-Oct
Tracey	Cook	49	03:36:04	03:14:53		1	Dorset Ooser	18-Apr
Nick	Summons	48	03:40:17	03:20:50	4		Manchester	10-Oct
Tom	Mitchell	27	03:34:33	03:34:33	5		Manchester	10-Oct
Dave	Fitzsiomn	42	03:51:33	03:41:55	6		London	03-Oct
Jill	Watson	48	04:23:51	03:57:32		2	London	03-Oct
John	Cowley	65	05:08:37	04:00:32	7		London	03-Oct
David	Hurst	54	04:41:05	04:03:08	8		Virtual VLM	03-Oct
Siobhan	McFreely	62	05:23:58	04:03:19		3	Dorset Ooser	19-Apr
Nick	Abraham	47	04:25:48	04:04:24	9		Shere	21-Aug
Nigel	Legg	49	04:41:40	04:14:36	10		Manchester	10-Oct
Justin	Perry	49	04:51:50	04:23:47	11		Shere	21-Aug
Paul	Russell	47	05:08:18	04:43:29	12		Paris	17-Oct
Amanda	Ackroyd	43	05:08:18	04:51:46		4	Paris	17-Oct
Richard	Bryant	44	05:12:51	04:54:57	13		Hellstone	24-Oct
Damian	Patterson	53	05:48:48	05:04:26	14		Shere	21-Aug
Stephen	James	50	05:43:13	05:07:33	15		Dorset Ooser	20-Apr
Lucy	Brown	42	05:23:58	05:09:02		5	Dorset Ooser	21-Apr
Sarah	Perrett	48	05:43:25	05:09:09		6	Virtual VLM	03-Oct
Adam	Frampton	49	05:43:13	05:10:14	16		Dorset Ooser	22-Apr
John	Townsend	51	05:53:35	05:14:07	17		Shere	21-Aug
Victoria	West	46	05:47:45	05:20:04		7	Virtual VLM	03-Oct
Alie	Madders	43	06:38:06	06:16:45		8	Crafty Fox	12-Jun
Mel	Mitchell	35	06:30:23	06:26:43		9	Purbeck	19-Sep
Barry	Jenkins	56	06:30:24	06:30:24	18		Purbeck	19-Sep
Laura	Eckett	32	06:54:57	06:54:03		10	Purbeck	18-Sep

## AGE-ADJUSTED CLUB CHAMPIONSHIP 2021

Best 5K		Whenever 5K						
RUNNER		AGE	ACTUAL	ADJUSTED	MALE	FEMALE	EVENT	DATE
Duncan	Ward	52	17:57	15:33	1		Park Run	13-Nov
Graham	Smith	67	21:46	16:41	2		Park Run	18-Sep
Nick	Berry	48	19:18	17:15	3		Park Run	21-Aug
Michael	Peters	60	21:33	17:31	4		Park Run	04-Dec
Justin	Perry	49	20:51	18:29	5		Park Run	14-Aug
Ian	Buckingham	63	23:29	18:37	6		Park Run	06-Nov
Carlos	Blanco	58	22:53	18:55	7		Park Run	07-Aug
Paul	Russell	48	21:10	19:03	8		Park Run	16-Oct
Paul	Stockley	54	22:19	19:03	9		Park Run	06-Nov
Ian	Moore	50	22:17	19:37	10		Park Run	02-Oct
Neil	Cranidge	55	23:12	19:38	11		Park Run	13-Nov
Roger	Teasdale	46	21:51	19:49	12		Park Run	04-Dec
Nick	Summons	48	22:25	20:02	13		Park Run	23-Oct
Phil	Monk	52	23:07	20:02	14		Park Run	20-Nov
Colin	Ryall	57	24:19	20:16	15		Park Run	18-Sep
Nigel	Legg	50	23:30	20:41	16		Park Run	21-Aug
Chris	Chapman	40	23:05	21:01	17		Park Run	06-Nov
Flora	Brooke	68	29:36	21:17		1	Park Run	06-Nov
Tom	Mitchell	27	21:26	21:26	18		Park Run	13-Nov
Jane	Ward	53	25:46	22:17		2	Park Run	20-Nov
Nick	Reynolds	42	23:54	22:19	19		Park Run	14-Aug
John	Cowley	65	28:45	22:25	20		Park Run	06-Nov
Craig	White	61	28:14	22:57	21		Park Run	31-Jul
Anthony	Guppy	45	25:55	23:41			Park Run	04-Dec
John	Townsend	51	23:44	23:44	22		Park Run	23-Oct
Julia	Slade	46	26:18	24:30		3	Park Run	21-Aug
Chris	Cussens	71	33:52	24:52	23		Park Run	13-Nov
Amanda	Adams	43	28:11	26:55		4	Park Run	18-Sep
Jen	Lynch	36	28:35	28:19		5	Park Run	04-Sep
Laura	Eckett	33	33:13	33:08		6	Park Run	25-Sep
David	Hurst	55	40:52	34:52	24		Park Run	07-Aug
Christine	Willis	63	33:15	31:00		7	Park Run	06-Nov

