AGE-ADJUSTED CLUB CHAMPIONSHIP 2025

| Club Gold Hill 10k | | | 19 Jan | 10 km | |
|--------------------|-----|--------|----------|-------|--------|
| RUNNER | AGE | ACTUAL | ADJUSTED | MALE | FEMALE |
| KONNEK | AGE | TIME | TIME | RANK | RANK |
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| Lytchett 10 | | | 09 Feb | 10 miles | |
|-------------|-----|--------|----------|----------|--------|
| RUNNER | AGE | ACTUAL | ADJUSTED | MALE | FEMALE |
| KONNEK | AGE | TIME | TIME | RANK | RANK |
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| Pen Selwood | | | 13 Apr | 10 km | |
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| RUNNER | AGE | ACTUAL | ADJUSTED | MALE | FEMALE |
| KONNEK | AGE | TIME | TIME | RANK | RANK |
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| Broad Oak Hilly | | | 24 Apr | 4 miles | |
|------------------------|-----|--------|----------|---------|--------|
| RUNNER | AGE | ACTUAL | ADJUSTED | MALE | FEMALE |
| KONNEK | AGE | TIME | TIME | RANK | RANK |
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| Egdon Easy | | | 24 May | 10 km | |
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| RUNNER | AGE | ACTUAL | ADJUSTED | MALE | FEMALE |
| KONNEK | AGE | TIME | TIME | RANK | RANK |
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| Puddletown Plod | | | 08 Jun | Half | |
|-----------------|--------------------|--------|----------|------|--------|
| RUNNER | ۸GE | ACTUAL | ADJUSTED | MALE | FEMALE |
| KONNEK | AGE TIME TIME RANK | RANK | | | |
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AGE-ADJUSTED CLUB CHAMPIONSHIP 2025

| Coombe Keynes 10k | | | 22 Jun | 10km | |
|-------------------|-----|--------|----------|------|--------|
| RUNNER | AGE | ACTUAL | ADJUSTED | MALE | FEMALE |
| KONNEK | AGE | TIME | TIME | RANK | RANK |
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| Club Stickler | | | 20 Jul | 9.5 miles | |
|---------------|-----|--------|----------|-----------|--------|
| RUNNER | AGE | ACTUAL | ADJUSTED | MALE | FEMALE |
| KONNEK | AGL | TIME | TIME | RANK | RANK |
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| The Beast 07 Sep 11.97 miles | | | | | |
|------------------------------|-----|--------|----------|------|--------|
| RUNNER | AGE | ACTUAL | ADJUSTED | MALE | FEMALE |
| CONNEX | AGE | TIME | TIME | RANK | RANK |
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| Studland Stampede | | | 05 Oct | 7 miles | |
|-------------------|-----|--------|----------|---------|--------|
| RUNNER | AGE | ACTUAL | ADJUSTED | MALE | FEMALE |
| KONNEK | AGE | TIME | TIME | RANK | RANK |
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| Wimborne 10 | | | 16 Nov | 10 miles | |
|-------------|-----|--------|----------|----------|--------|
| RUNNER | AGE | ACTUAL | ADJUSTED | MALE | FEMALE |
| KONNEK | AGE | TIME | TIME | RANK | RANK |
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| Stur 5 | | | 04 Dec | 5 miles | |
|--------|-----|--------|----------|---------|--------|
| RUNNER | AGE | ACTUAL | ADJUSTED | MALE | FEMALE |
| KONNEK | AGE | TIME | TIME | RANK | RANK |
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AGE-ADJUSTED CLUB CHAMPIONSHIP 2025

| Best Marathon | Whenever 26.2 Miles | | | | | | | | | | |
|---------------|---------------------|--------|----------|------|--------|-------|------|--|--|--|--|
| RUNNER | AGE | ACTUAL | ADJUSTED | MALE | FEMALE | EVENT | DATE | | | | |
| | | TIME | TIME | RANK | RANK | | | | | | |
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| Best 5K (Excluding Park Runs) | | | Whenever | 5K | | | |
|-------------------------------|-----|----------------|------------------|--------------|----------------|-------|------|
| RUNNER | AGE | ACTUAL TIME | ADJUSTED TIME | MALE RANK | FEMALE RANK | EVENT | DATE |
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