

## AGE-ADJUSTED CLUB CHAMPIONSHIP 2022

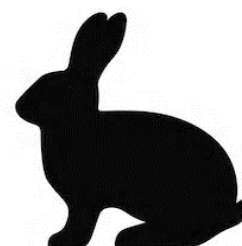
Milborne 10		22 Jan 10 miles				
RUNNER	AGE	ACTUAL TIME	ADJUSTED TIME	MALE RANK	FEMALE RANK	
Lynda Faulkner	56	1:10:48	0:57:48		1	
Ian Barnes	61	1:11:45	0:58:04	1		
Michael Peters	60	1:11:57	0:58:46	2		
Justin Perry	49	1:10:08	1:03:12	3		
Arabelle De SK	43	1:11:38	1:07:45		2	
Flora Brooke	70	1:42:02	1:09:22		3	
Chris Perrett	55	1:22:25	1:11:07	4		
Craig White	61	1:28:10	1:11:21	5		
Neil Cranidge	55	1:24:57	1:12:39	6		
Jane Feather	67	1:45:07	1:13:40		4	
Tim Cotton	57	1:27:25	1:14:05	7		
John Townsend	52	1:27:25	1:16:46	8		
Jill Watson	49	1:30:48	1:20:48		5	
Paul Russell	48	1:32:04	1:23:41	9		
Geoff Hammond	64	1:47:54	1:24:50	10		
Jane Ward	53	1:42:02	1:26:30		6	



Lytchett 10		12 Feb 10k				
RUNNER	AGE	ACTUAL TIME	ADJUSTED TIME	MALE RANK	FEMALE RANK	
Michael Peters	61	1:13:55	0:59:49	1		
Ian Barnes	61	1:14:00	0:59:53	2		
Arabella de S-K	44	1:17:14	1:12:26		1	
Sally Hunt	40	1:17:23	1:15:15		2	
Mark Damen	36	1:17:51	1:15:58	3		
Jane Feather	67	1:50:12	1:17:14		3	
Matthais Weber	37	1:22:25	1:21:16	4		
Ines Braun	56	2:00:30	1:39:38		4	

Up On The Downs Half		05 Mar 13.1 miles				
RUNNER	AGE	ACTUAL TIME	ADJUSTED TIME	MALE RANK	FEMALE RANK	
Ian Barnes	61	1:49:27	1:28:43	1		
Sally Hunt	40	1:55:39	1:51:47		1	
Ali Blaney	42	2:03:16	1:57:30		2	
Mark Damen	36	2:03:30	2:02:31	2		
Angela Jamieson	50	2:42:33	2:22:53		3	
Jill Watson	50	2:42:35	2:22:55		4	
Adam Frampton	51	2:42:29	2:24:21	3		

Marnhull 12k		16 Apr 12k				
RUNNER	AGE	ACTUAL TIME	ADJUSTED TIME	MALE RANK	FEMALE RANK	
Gary Blaber	49	0:45:24	0:40:47	1		
Stephen Page	56	0:50:18	0:42:32	2		
Stuart Martin	62	0:54:00	0:43:13	3		
Michael Peters	61	0:55:24	0:44:45	4		
Paul Stockley	55	0:56:30	0:48:12	5		
David Jackson	64	1:04:19	0:50:30	6		
Stewart McConnell	59	1:02:14	0:51:13	7		
David Hurst	56	1:01:14	0:51:47	8		
Chris Perrett	55	1:02:25	0:53:15	9		
Flora Brooke	70	1:19:38	0:53:18		1	
Roger Teasdale	47	0:58:34	0:53:30	10		
Andrew Tuffin	49	1:00:35	0:54:26	11		
Craig White	62	1:09:56	0:55:58	12		



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John	Willis	37	0:58:33	0:57:36	13	
Jane	Ward	54	1:09:52	0:58:30		2
Jane	Feather	67	1:26:15	1:00:27		3
Sarah	Perrett	49	1:13:28	1:05:22		4
Ines	Braun	56	1:26:40	1:10:45		5

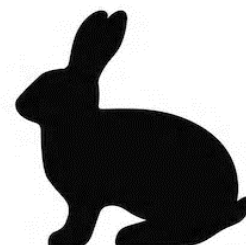


Broad Oak Hilly		27 Apr		4 miles		
RUNNER	AGE	ACTUAL TIME	ADJUSTED TIME	MALE RANK	FEMALE RANK	
Micheal	Peters	62	30:05	24:15	1	
Lynda	Faulkner	57	30:24	24:57		1
Paul	Russell	49	29:42	26:26	2	
Mark	Riley	45	29:12	27:00	3	
Stewart	McConnell	59	34:07	27:59	4	
Nick	Hall	35	28:49	28:21	5	
Richard	Hull	54	32:59	28:26	6	
Andrew	Tuffin	49	32:16	28:43	7	
Roger	Teasdale	47	32:28	29:21	8	
Flora	Brooke	70	43:01	29:42		2
Steve	Rigby	40	32:28	31:09	9	
John	Willis	37	32:07	31:15	10	
Jane	Feather	67	46:48	33:43		3
Barry	Jenkins	58	46:48	39:02	11	

Hardy Half		14 May		10 km		
RUNNER	AGE	ACTUAL TIME	ADJUSTED TIME	MALE RANK	FEMALE RANK	
Michael	Peters	62	1:55:21	1:33:30	1	
Jane	Ward	55	2:36:27	2:11:00		1
Neil	Cranidge	57	2:36:27	2:11:41	2	
Craig	White	62	2:52:43	2:18:39	3	
Angela	Jamieson	49	2:44:59	2:25:04		2
Sarah	Perrett	50	2:44:13	2:26:07		3
Adam	Frampton	52	2:44:59	2:26:34	4	
Barry	Jenkins	58	3:17:18	2:46:04	5	
Rebecca	White	36	2:54:31	2:54:10		4

Tarrant Valley 10k		18 Jun		10 miles		
RUNNER	AGE	ACTUAL TIME	ADJUSTED TIME	MALE RANK	FEMALE RANK	
Ian	Barnes	62	0:45:59	0:37:07	1	
Lynda	Faulkner	57	0:47:36	0:38:38		1
Chris	Perrett	55	0:53:26	0:45:31	2	
Sharon	Hutchings	26	0:46:50	0:46:50		2
Jane	Feather	67	1:09:51	0:58:25		3
Barry	Jenkins	58	1:12:42	1:00:51	3	
Sarah	Perrett	50	1:06:01	1:06:01		4

The Beast		03 Sep		12.5 miles		
RUNNER	AGE	ACTUAL TIME	ADJUSTED TIME	MALE RANK	FEMALE RANK	
David	Jackson	65	2:19:45	1:48:54	1	
Fabrizio	Terzaghi	58	2:14:22	1:52:00	2	
Ian	Barnes	62	2:20:07	1:52:27	3	
Chris	Perrett	55	2:29:32	2:08:08	4	
Richard	Bryant	46	2:26:40	2:15:55	5	
Jane	Ward	55	2:55:45	2:25:19		1
Neil	Cranidge	57	2:55:45	2:27:52	6	
Angela	Jamieson	49	3:02:26	2:40:25		2
Adam	Frampton	52	3:02:26	2:41:59	7	
Sarah	Perrett	50	3:19:11	2:55:09		3



## AGE-ADJUSTED CLUB CHAMPIONSHIP 2022

<b>Black Hill 10K</b>		<b>24 Sep 10 km</b>				
RUNNER	AGE	ACTUAL TIME	ADJUSTED TIME	MALE RANK	FEMALE RANK	
Michael Peters	62	0:54:37	0:43:40	1		
Phil Reese	42	0:46:07	0:43:46	2		
Chris Perrett	55	0:59:14	0:50:28	3		
Jane Ward	55	1:06:11	0:55:06		1	
Neil Cranidge	57	1:06:12	0:55:24	4		
Sarah Perrett	50	1:13:19	1:04:53		2	
Barry Jenkins	58	1:19:10	1:05:40	5		

<b>Round The Lakes 10K</b>		<b>24 Sep 10 km</b>				
RUNNER	AGE	ACTUAL TIME	ADJUSTED TIME	MALE RANK	FEMALE RANK	
Ian Barnes	62	0:43:04	0:34:26	1		
Dave Jackson	65	0:44:43	0:34:45	2		
Richard Palmer-Smyth	51	0:55:27	0:48:54	3		

*For Best Marathon and Best 5k rankings see foot of document*

<b>Gold Hill 10k</b>		<b>08 Oct 10 km</b>				
RUNNER	AGE	ACTUAL TIME	ADJUSTED TIME	MALE RANK	FEMALE RANK	
Gary Blaber	50	0:42:37	0:37:54	1		
Ian Barnes	62	0:47:46	0:38:11	2		
Chris Wright	37	0:39:21	0:38:39	3		
Steve Rigby	40	0:41:45	0:40:15	4		
Justin Perry	51	0:47:13	0:41:38	5		
Tim Cotton	57	0:56:01	0:46:53	6		
Jonny Hayes		0:49:46	0:48:37	7		
Chris Perrett	55	0:57:26	0:48:56	8		
Flora Brooke	70	1:12:31	0:48:57		1	
David Hurst	56	1:00:55	0:51:26	9		
Jane Ward	55	1:04:52	0:54:00		2	
Amanda Jenkins	46	1:01:26	0:56:53		3	
Richard Palmer-Smyth	51	1:04:52	0:57:12	10		
Dawn Blaber	49	1:04:14	0:57:31		4	
Sarah Perrett	50	1:10:05	1:02:01		5	
Jane Feather	67	1:31:10	1:04:25		6	
Nick Summons	50	1:31:10	1:21:04	11		

<b>New Forest Stinger</b>		<b>26 Nov 10 miles</b>				
RUNNER	AGE	ACTUAL TIME	ADJUSTED TIME	MALE RANK	FEMALE RANK	

<b>STUR 5</b>		<b>07 Dec 5 miles</b>				
RUNNER	AGE	ACTUAL TIME	ADJUSTED TIME	MALE RANK	FEMALE RANK	



## AGE-ADJUSTED CLUB CHAMPIONSHIP 2022

Best Marathon		Whenever 26.2 Miles						
RUNNER		AGE	ACTUAL	ADJUSTED	MALE	FEMALE	EVENT	DATE
Nick	Reynolds	44	02:40:13	02:31:03	1		Chester	08-Oct
Steve	Rigby	39	02:37:52	02:32:30	2		Manchester	16-Apr
Stuart	Martin	62	03:29:55	02:48:31	3		NDVM	30-Apr
Chris	Wright	37	02:53:56	02:53:28	4		Bedford Autodrome	24-Sep
David	Jackson	65	03:43:05	02:53:52	5		Goodwood Running	02-Jul
Phil	Reese	41	03:10:16	03:03:46	6		London	23-Apr
Ian	Barnes	61	03:48:38	03:05:20	7		NDVM	30-Apr
Tom	Mitchell	28	03:14:41	03:14:41	8		Copenhagen	14-May
Justin	Perry	50	03:44:16	03:20:58	9		Brighton	02-Apr
Neil	Cranidge	56	04:07:01	03:29:50	10		London	23-Apr
Arabella	De S-K	44	03:50:08	03:36:28		1	London	23-Apr
David	Hurst	56	04:15:54	03:37:23	11		NDVM	30-Apr
Chris	Perrett	55	04:18:13	03:41:21	12		NDVM	30-Apr
Jane	Ward	54	04:29:10	03:44:55		2	Brighton	02-Apr
Fabs	Terzaghi	57	04:18:27	03:49:24	13		Giants Head	17-Jun
John	Townsend	52	04:22:21	03:51:02	14		NDVM	30-Apr
Mark	Riley	45	04:11:15	03:54:55	15		Race On The Chase	08-Oct
Julia	Slade	47	04:18:08	03:55:28		3	London	23-Apr
Lucy	Edwards	44	04:22:21	04:06:46		4	NDVM	30-Apr
Craig	White	62	05:08:30	04:07:40	16		London	23-Apr
Tim	Cotton	57	05:17:05	04:26:53	17		Giants Head	17-Jun
Lynda	Faulkner	57	05:59:34	04:48:35		5	Race The Tide	20-May
Helena	Bastable	32	05:14:12	05:13:51		6	Southampton	02-Apr
Damian	Patterson	55	07:08:20	06:07:10	18		Race The Tide	20-May

Best 5K		Whenever 5K						
RUNNER		AGE	ACTUAL	ADJUSTED	MALE	FEMALE	EVENT	DATE
Stephen	Rigby	40	16:06	15:15	1		Poole	04-Aug
Gary	Blaber	49	17:48	15:47	2		Blandford	10-Jun
Duncan	Ward	53	18:38	16:01	3		Gunnorsbury	28-Jan
Ian	Barnes	61	20:01	16:08	4		Yeovilton 5k	09-Aug
Graham	Smith	68	21:35	16:23	5		Blandford	11-Feb
Dave	Jackson	65	21:21	16:39	6		Yeovilton 5k	13-Sep
Nick	Brooke	70	22:49	16:58	7		Blandford	30-Sep
Michael	Peters	61	21:23	17:15	8		Weymouth	18-Jan
Justin	Perry	51	19:46	17:16	9		Blandford	13-Sep
Lynda	Faulkner	57	21:02	17:22		1	Blandford	29-Apr
Tom	Mitchell	29	17:35	17:35	10		Yeovilton 5k	13-Sep
Ian	Buckingham	64	22:24	17:37	11		Blandford	04-Mar
Paul	Russell	49	20:39	18:19	12		Blandford	18-Mar
Paul	Stockley	55	21:39	18:20	13		Blandford	13-Sep
Neil	Cranidge	57	22:19	18:36	14		Bushy Park	17-Jun
Nick	Berry	49	21:07	18:44	15		Henstridge	12-Aug
Phil	Reese	42	20:09	18:49	16		The Great Field	13-Sep
Roger	Teasdale	47	21:34	19:25	17		Blandford	15-Apr
Ian	Moore	52	22:41	19:40	18		Henstridge	03-Jun
Craig	White	62	24:39	19:43	19		Blandford	13-Sep
Nick	Reynolds	43	21:35	20:00	20		Blandford	15-Apr
Flora	Brooke	70	28:53	20:12		2	Blandford	06-May
Sharon	Hutchings	26	20:14	20:14		3	Blandford	26-Aug
Nick	Summons	50	23:16	20:29	21		Blandford	08-Jul
David	Hurst	56	24:28	20:33	22		Blandford	30-Sep
Shams	Wahab	60	25:19	20:35	23		Blandford	23-Sep
Phil	Monk	53	24:13	20:50	24		Blandford	17-Jun
Nick	Hall	41	22:13	20:54	25		Severn Bridge	12-Aug
Colin	Ryall	59	25:31	20:55	26		Blandford	13-Sep
Matthias	Weber	37	21:59	21:14	27		Blandford	28-Jan
John	Willis	37	22:16	21:31	28		Blandford	04-Feb

## AGE-ADJUSTED CLUB CHAMPIONSHIP 2022

Jane	Ward	54	25:58	22:12		4	Victoria Docks	22-Apr
Suzanna	Baker	41	23:05	22:20		5	Blandford	24-Jun
Richard	Palmer-Smyth	50	25:26	22:23	29		Blandford	10-Jun
Mark	Riley	44	24:52	22:53	30		Blandford	22-Apr
Dawn	Blaber	49	26:03	23:32		6	Blandford	30-Sep
Adam	Frampton	51	27:10	23:34	31		Blandford	08-Apr
Barry	Shea	47	26:14	23:37	32		Henstridge	25-Feb
Geoff	Hammond	65	31:28	24:32	33		Blandford	30-Sep
Sarah	Perrett	50	27:45	24:48		7	Blandford	30-Sep
John	Townsend	52	29:00	25:08	34		Blandford	28-Jan
Chris	Willis	64	35:47	25:44		8	Henstridge	04-Mar
Stephen	James	52	30:33	26:29	35		Henstridge	27-May
Amanda	Adams	45	30:51	29:00		9	Henstridge	29-Jul
Barry	Jenkins	57	35:03	29:12	36		Henstridge	11-Mar
John	Cowley	66	45:35	35:14	37		Henstridge	11-Mar

