

| LADIES<br>Club Champs | Age Cat | Lytchett<br>10 Points | B'mth<br>Bay Half<br>points | Poole<br>Parkrun<br>points | NDVM<br>points | DCC<br>300m<br>points | May 5<br>points | Club<br>Mile<br>points | Purbeck<br>10k<br>points | Blackmore<br>Vale Half<br>points | B'mth<br>ParkRun<br>points | Stur<br>Half<br>points | Round the<br>Lakes 10k<br>time | Round<br>the Lakes<br>10k<br>points | TOTAL<br>AFTER<br>12<br>EVENTS | B'mth<br>Supernova<br>5k time | B'mth<br>Supernova<br>5k points | TOTAL<br>AFTER<br>13<br>EVENTS | Total<br>Races<br>Done | All 3<br>distances<br>done |
|-----------------------|---------|-----------------------|-----------------------------|----------------------------|----------------|-----------------------|-----------------|------------------------|--------------------------|----------------------------------|----------------------------|------------------------|--------------------------------|-------------------------------------|--------------------------------|-------------------------------|---------------------------------|--------------------------------|------------------------|----------------------------|
| Lauren Baker-Little   | 35-39   | 48                    | 49                          | 49                         |                |                       | 46              | 49                     | 49                       |                                  |                            | 49                     | 41:56                          | 50                                  | 343                            |                               |                                 | 343                            | 8                      | ✓                          |
| Lillian Docherty      | 35-39   | 46                    |                             | 47                         | 50             | 48                    | 45              | 45                     | 46                       | 50                               | 48                         | 48                     | 47:07                          | 49                                  | 340                            |                               |                                 | 340                            | 11                     | ✓                          |
| Emma Shore            | 45-49   | 40                    | 45                          | 43                         | 49             |                       | 40              |                        | 42                       |                                  | 46                         | 47                     | 52:42                          | 46                                  | 318                            |                               |                                 | 318                            | 9                      | ✓                          |
| Penny Jarvis          | 75-79   | 38                    | 48                          | 44                         |                | 46                    | 43              |                        | 45                       |                                  |                            | 46                     |                                |                                     | 310                            |                               |                                 | 310                            | 7                      | ✓                          |
| Karen Wallace         | 35-39   | 42                    | 44                          | 45                         |                |                       | 42              | 39                     |                          |                                  | 47                         |                        | 51:17                          | 48                                  | 307                            |                               |                                 | 307                            | 7                      | ✓                          |
| Kelly Lawson          | 40-44   | 44                    |                             | 46                         |                | 47                    |                 | 44                     |                          |                                  | 49                         |                        |                                |                                     | 230                            | 23:42                         | 50                              | 280                            | 6                      |                            |
| Angela Holland        | 55-59   | 36                    |                             |                            |                |                       | 37              | 35                     | 36                       |                                  | 43                         | 44                     | 1:07:03                        | 42                                  | 273                            |                               |                                 | 273                            | 7                      | ✓                          |
| Jane Chandler         | 65-69   | 35                    |                             | 35                         |                |                       | 36              | 36                     | 35                       |                                  | 42                         |                        | 1:11:33                        | 41                                  | 260                            |                               |                                 | 260                            | 7                      | ✓                          |
| Paula Barker          | 55-59   |                       |                             | 37                         |                |                       |                 | 37                     | 38                       |                                  | 45                         | 45                     | 56:55                          | 45                                  | 247                            |                               |                                 | 247                            | 6                      | ✓                          |
| Amy Cull              | 45-49   | 43                    | 47                          |                            |                |                       | 39              | 42                     | 44                       |                                  |                            |                        |                                |                                     | 215                            |                               |                                 | 215                            | 5                      | ✓                          |
| Esther Downes         | 40-44   | 41                    | 46                          |                            |                |                       | 41              | 41                     | 43                       |                                  |                            |                        |                                |                                     | 212                            |                               |                                 | 212                            | 5                      | ✓                          |
| Hailey Higgins        | 40-44   |                       | 43                          | 48                         |                | 49                    |                 | 46                     |                          |                                  |                            |                        |                                |                                     | 186                            |                               |                                 | 186                            | 4                      |                            |
| Rebecca Ody           | 18-34   |                       |                             | 38                         |                |                       |                 | 38                     | 40                       | 48                               |                            |                        | 56:56                          | 44                                  | 170                            |                               |                                 | 170                            | 5                      | ✓                          |
| Hannah Ryan           | 50-54   | 37                    |                             |                            |                |                       | 38              |                        |                          |                                  |                            |                        | 58:12                          | 43                                  | 118                            | 28:55                         | 49                              | 167                            | 4                      |                            |

|                       | Age Cat | Lytchett<br>10 Points | B'mth<br>Bay Half<br>points | Poole<br>Parkrun<br>points | NDVM<br>points | DCC<br>300m<br>points | May 5<br>points | Club<br>Mile<br>points | Purbeck<br>10k<br>points | Blackmore<br>Vale Half<br>points | B'mth<br>ParkRun<br>points | Stur<br>Half<br>points | Round the<br>Lakes 10k<br>time | Round<br>the Lakes<br>10k<br>points | TOTAL<br>AFTER<br>12<br>EVENTS | B'mth<br>Supernova<br>5k time | B'mth<br>Supernova<br>5k points | TOTAL<br>AFTER<br>13<br>EVENTS | Total<br>Races<br>Done | All 3<br>distances<br>done |
|-----------------------|---------|-----------------------|-----------------------------|----------------------------|----------------|-----------------------|-----------------|------------------------|--------------------------|----------------------------------|----------------------------|------------------------|--------------------------------|-------------------------------------|--------------------------------|-------------------------------|---------------------------------|--------------------------------|------------------------|----------------------------|
| Mens Club Champs      |         |                       |                             |                            |                |                       |                 |                        |                          |                                  |                            |                        |                                |                                     |                                |                               |                                 |                                |                        |                            |
| Myles Peacham         | 18-34   | 49                    | 48                          | 50                         |                | 50                    | 50              | 48                     | 48                       |                                  | 50                         |                        | 35:48                          | 48                                  | 345                            |                               |                                 | 345                            | 9                      | ✓                          |
| Mark Peddle           | 45-49   |                       | 50                          | 44                         |                |                       | 49              | 44                     | 47                       | 49                               | 49                         | 48                     | 36:47                          | 47                                  | 339                            |                               |                                 | 339                            | 9                      | ✓                          |
| Jimmy Redford         | 50-54   | 45                    | 47                          | 42                         |                | 47                    | 44              | 38                     | 44                       | 46                               | 46                         | 37                     | 41:18                          | 42                                  | 319                            | 19:43                         | 49                              | 324                            | 12                     | ✓                          |
| Dominic Bevan         | 18-34   |                       | 45                          | 41                         |                |                       | 46              | 43                     | 43                       |                                  | 48                         | 46                     | 39:37                          | 44                                  | 315                            | 18:51                         | 50                              | 322                            | 9                      | ✓                          |
| Esref Ozdemir         | 50-54   |                       | 44                          | 40                         |                | 46                    | 42              | 35                     | 42                       |                                  | 45                         |                        |                                |                                     | 294                            |                               |                                 | 294                            | 7                      | ✓                          |
| Maurice Richardson    | 55-59   | 44                    |                             | 39                         |                | 44                    | 41              | 30                     |                          |                                  | 44                         | 42                     |                                |                                     | 284                            |                               |                                 | 284                            | 7                      | ✓                          |
| Julian Critchlow      | 65-69   |                       | 49                          | 46                         |                |                       | 48              |                        | 46                       | 48                               |                            |                        | 37:49                          | 46                                  | 283                            |                               |                                 | 283                            | 6                      | ✓                          |
| Simon Allen           | 35-39   | 31                    | 37                          | 28                         |                | 43                    | 33              | 19                     | 33                       | 40                               | 38                         | 39                     | 52:50                          | 34                                  | 264                            | 25:23                         | 46                              | 277                            | 12                     | ✓                          |
| Steve Claxton         | 50-54   | 47                    |                             |                            |                |                       | 47              | 40                     | 45                       | 45                               | 47                         |                        |                                |                                     | 271                            |                               |                                 | 271                            | 6                      | ✓                          |
| Peter Ferenczy        | 60-64   | 39                    |                             | 36                         |                |                       | 38              | 31                     | 40                       | 44                               | 42                         |                        |                                |                                     | 270                            |                               |                                 | 270                            | 7                      | ✓                          |
| Jamie Cooper          | 18-34   |                       |                             | 43                         |                | 48                    | 45              | 41                     |                          |                                  |                            | 47                     | 40:00                          | 43                                  | 267                            |                               |                                 | 267                            | 6                      | ✓                          |
| James Hooper          | 18-34   | 36                    | 42                          | 27                         |                |                       | 37              | 29                     | 39                       |                                  | 41                         |                        | 46:02                          | 38                                  | 262                            |                               |                                 | 262                            | 8                      | ✓                          |
| Matt Holman           | 35-39   | 33                    | 38                          | 32                         |                |                       | 34              | 25                     |                          |                                  | 40                         |                        | 47:44                          | 36                                  | 238                            | 22:08                         | 47                              | 260                            | 8                      | ✓                          |
| Ben Lees-Smith        | 40-44   |                       |                             | 38                         |                |                       | 40              | 39                     | 41                       | 47                               |                            | 45                     |                                |                                     | 250                            |                               |                                 | 250                            | 6                      | ✓                          |
| Christopher Hemming   | 55-59   | 30                    | 34                          | 24                         | 48             |                       |                 |                        |                          | 39                               |                            | 38                     | 52:59                          | 32                                  | 245                            |                               |                                 | 245                            | 7                      | ✓                          |
| David Heath           | 75-79   | 28                    | 33                          | 25                         |                | 42                    | 32              | 14                     | 32                       | 38                               |                            | 36                     | 54:18                          | 31                                  | 244                            |                               |                                 | 244                            | 10                     | ✓                          |
| Khalil Ghabaee        | 60-64   | 29                    | 32                          |                            |                |                       | 31              | 13                     | 31                       | 41                               | 36                         | 40                     | 54:46                          | 30                                  | 241                            |                               |                                 | 241                            | 9                      | ✓                          |
| David Penwarden       | 50-54   |                       |                             | 47                         |                |                       |                 | 45                     | 49                       | 50                               |                            | 50                     |                                |                                     | 241                            |                               |                                 | 241                            | 5                      | ✓                          |
| Steve Hawes           | 40-44   | 42                    |                             | 34                         | 50             |                       | 39              | 21                     |                          |                                  |                            |                        |                                |                                     | 186                            | 25:23                         | 46                              | 232                            | 6                      | ✓                          |
| Andrew Smith          | 18-34   | 48                    |                             | 48                         |                |                       |                 | 50                     |                          |                                  | 35                         |                        | 35:39                          | 49                                  | 230                            |                               |                                 | 230                            | 5                      | ✓                          |
| Robert Campbell-smith | 55-59   | 25                    | 29                          | 15                         |                | 41                    | 29              | 11                     | 30                       |                                  |                            |                        | 1:04:34                        | 29                                  | 198                            | 30:34                         | 44                              | 227                            | 9                      | ✓                          |
| Dale Holland          | 50-54   | 34                    |                             |                            |                |                       | 35              |                        | 36                       |                                  | 39                         | 41                     | 48:52                          | 35                                  | 220                            |                               |                                 | 220                            | 6                      | ✓                          |
| Cam Clarke            | 18-34   | 50                    |                             |                            |                |                       |                 | 47                     | 50                       |                                  |                            |                        | 33:17                          | 50                                  | 197                            |                               |                                 | 197                            | 4                      | ✓                          |
| Iain Ferguson         | 35-39   | 46                    |                             | 49                         |                | 49                    |                 | 46                     |                          |                                  |                            |                        |                                |                                     | 190                            |                               |                                 | 190                            | 4                      |                            |
| Paul Jackson          | 40-44   |                       |                             |                            |                |                       |                 |                        | 35                       |                                  |                            | 44                     | 44:46                          | 40                                  | 119                            | 21:52                         | 48                              | 167                            | 4                      |                            |
| Calum Docherty        | 45-49   |                       |                             | 37                         |                | 45                    |                 | 34                     |                          |                                  | 43                         |                        |                                |                                     | 159                            |                               |                                 | 159                            | 4                      |                            |
| Tony Bevan            | 45-49   | 38                    | 35                          |                            |                |                       |                 |                        | 37                       | 42                               |                            |                        |                                |                                     | 152                            |                               |                                 | 152                            | 4                      |                            |
| James Hall            | 45-49   | 32                    | 36                          | 29                         |                |                       |                 | 18                     |                          |                                  |                            |                        | 52:55                          | 33                                  | 148                            |                               |                                 | 148                            | 5                      | ✓                          |
| Rupert Tory           | 45-49   | 40                    |                             |                            |                |                       | 36              | 20                     |                          |                                  |                            | 43                     |                                |                                     | 139                            |                               |                                 | 139                            | 4                      | ✓                          |
| Martin Shore          | 50-54   | 27                    | 30                          | 18                         |                |                       |                 |                        | 28                       |                                  |                            |                        |                                |                                     | 103                            |                               |                                 | 103                            | 4                      | ✓                          |

Key to race categories:



- Long
- Medium/long (can be counted in either category
- Short
- Medium