

## Blackmoor Vale

### Poole Runner Ladies Positions

Paula	INGHAM	30-34	01:29:53
Victoria	BASEY	30-34	01:39:48
Paula	BARKER	50-54	01:41:31
Sharon	SHAW	40-44	01:42:07
Lucy	WELLS	25-29	01:46:38
Kelly	AMOS	25-29	01:47:42
Sarah	SWIFT	45-49	01:49:08
Emma	SHORE	35-39	01:53:59
Esther	DOWNES	35-39	01:54:28
Marion	FRAMPTON	55-59	02:06:04
Kate	SOMMERS	40-44	02:08:59

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### Poole Runner Mens Positions

Chris	STRATFORD	35-39	01:27:22
Joe	GODDEN	35-39	01:27:52
Nick	CLAYTON	45-49	01:28:53
David	CARTWRIGHT	65-69	01:33:38
Tim	JONES	40-44	01:34:20
Neil	SEXTON	40-44	01:34:34
Tom	HICKS	50-54	01:39:59
Dale	HOLLAND	40-44	01:40:52
Alan	LEWIS	65-69	01:44:03
David	OZANNE	55-59	01:44:19
David	HEATH	65-69	01:45:57
Graeme	BECKETT	40-44	01:46:34
Darrell	FROUD	25-29	01:48:53
Robert	FRAMPTON	55-59	01:49:56
James	ALLEN	40-44	01:54:16
Gary	DWYER	55-59	01:54:22
Khalil	GHABAE	55-59	01:54:43
Adam	WALKLEY	40-44	01:57:25