

No	Name	UKA Club	Category	Pace One		Race Two		Race Three		Race Four		Race Five		Race Six		No of Races	Best Time
				Pos	Time	Pos	Time	Pos	Time	Pos	Time	Pos	Time	Pos	Time		
110	ADAMS, Daniel	Poole Runners	Male 18 to 39	137	0:27:41	127	0:26:59	120	0:27:45	81	0:26:42					4	00:26:42
31	ALAN-WILLIAMS, Gareth	Poole AC	Male 40-44	8	0:20:02	5	0:19:47	2	0:19:23							3	00:19:23
114	ALCOCK, Thomas		Male 14-17	42	0:22:53	57	0:23:31	45	0:23:03							3	00:22:53
239	ALLEN, James	Poole Runners	Male 40-44	100	0:26:12	103	0:25:52	90	0:26:02	73	0:26:22					4	00:25:52
282	ALLEN, Trudy	Purbeck Runners	Female 40-44	286	0:35:15											1	00:35:15
14	AMOS, Kelly	Poole Runners	Female 18-39	113	0:26:31	183	0:29:36	117	0:27:28	82	0:26:48					4	00:26:31
15	AMOS, Steve	Poole Runners	Male 18 to 39	70	0:24:40	176	0:29:15	62	0:24:18	49	0:25:02					4	00:24:18
300	ANDERSON, Hilary	Purbeck Runners	Female 55-59	334	0:45:27											1	00:45:27
189	ARMSTRONG, Josie	Lytchett Manor Striders	Female 40-44	215	0:31:08	217	0:31:58	166	0:29:53	122	0:29:02					4	00:29:02
106	ASHTON, Matthew	Poole AC	Male 18 to 39	4	0:19:30	4	0:19:33	4	0:19:49	5	0:20:18					4	00:19:30
450	AVEY, Suzanne		Female 45-49					209	0:32:29	171	0:31:56					2	00:31:56
461	AYLMORE, James	Poole Runners	Male 55-59					56	0:23:40	38	0:24:15					2	00:23:40
267	BAKER, Abigail	Purbeck Runners	Female 18-39	167	0:28:47											1	00:28:47
227	BAKER, Anthony		Male 18 to 39	46	0:23:09	47	0:23:11									2	00:23:09
186	BAKER, Liz	Lytchett Manor Striders	Female 60-64					227	0:34:20	185	0:34:07					2	00:34:07
399	BALLINGALL, Paul		Male 18 to 39					7	0:20:00							1	00:20:00
249	BARLOW, Sharon	Poole AC	Female 45-49	126	0:27:10	133	0:27:08	119	0:27:36							3	00:27:08
204	BARNES, Ian	Poole Runners	Male 70-74	74	0:24:47	78	0:24:40	63	0:24:38	46	0:24:55					4	00:24:38
270	BARRON, Michael	Purbeck Runners	Male 55-59	321	0:39:56											1	00:39:56
460	BASSETT, Julie	Bournemouth Joggers	Female 18-39					153	0:29:26							1	00:29:26
310	BASSINDER, John	Poole AC	Male 50-54	12	0:20:33	9	0:20:14									2	00:20:14
161	BAYNE-AZCRATE, Marbellys	Poole Runners	Female 45-49	300	0:36:51	270	0:36:39	233	0:34:54							3	00:34:54
485	BEAMISH, Nigel		Male 55-59					228	0:34:21							1	00:34:21
130	BECKETT, Andrew		Male 40-44	199	0:30:16	105	0:26:04	67	0:24:52	70	0:26:12					4	00:24:52
398	BECKETT, Graeme	Poole Runners	Male 40-44			95	0:25:21	85	0:25:52	64	0:26:05					3	00:25:21
287	BELLOWS, Guy	Westbourne Running Club	Male 40-44	120	0:26:51	122	0:26:45									2	00:26:45
491	BENNETT, MAXINE	Littledown Harriers	Female 55-59					212	0:32:40	174	0:32:07					2	00:32:07
82	BENSON, Stefan		Male 45-49	285	0:35:14			254	0:38:24	210	0:37:15					3	00:35:14
81	BENSON, Vikki		Female 45-49	326	0:42:28			271	0:42:20	222	0:40:05					3	00:40:05
179	BIRCHALL, Jenna		Female 18-39													0	
94	BIRD, Helen	Bournemouth Joggers	Female 40-44	323	0:41:21	292	0:41:53	268	0:41:34	224	0:40:57					4	00:40:57
176	BISHOP, Leigh		Male 18 to 39													0	
370	BOGDAN, Rotariu		Male 18 to 39	25	0:21:41	32	0:21:50	33	0:22:01							3	00:21:41
361	BOLAR, Belinda	Purbeck Runners	Female 45-49	203	0:30:30	177	0:29:16									2	00:29:16
226	BOSANQUET, Matt	Lytchett Manor Striders	Male 45-49	48	0:23:16	56	0:23:29	44	0:22:58							3	00:22:58
328	BOWDLER, Lorraine	Poole AC	Female 55-59	342	0:46:57			277	0:44:40							2	00:44:40
258	BOWERMAN-ELLIS, Seamus		Male 40-44	85	0:25:29			95	0:26:21	170	0:31:52					3	00:25:29
304	BOWLES, Steven	Purbeck Runners	Male 60-64	60	0:23:41											1	00:23:41
320	BRADNICK, Shari-Anne		Female 18-39	275	0:34:35											1	00:34:35
302	BRASSINGTON, Angela	Purbeck Runners	Female 55-59	328	0:43:09											1	00:43:09
155	BRAZIER, Joseph		Male 14-17	209	0:30:47	166	0:28:49	150	0:29:22	110	0:28:29					4	00:28:29
154	BRAZIER, Scott		Male 40-44	265	0:34:08	239	0:33:34	215	0:32:51	167	0:31:20					4	00:31:20
134	BREWIN, Will		Male 18 to 39	1	0:18:35	1	0:18:17	1	0:18:38							3	00:18:17
231	BRIDGES, Paula		Female 18-39	327	0:42:34			272	0:42:31							2	00:42:31
200	BRIERLEY, Howard	Poole AC	Male 65-69	116	0:26:41	111	0:26:20	94	0:26:19							3	00:26:19
237	BROADLEY, David	Poole AC	Male 18 to 39	6	0:19:48	3	0:19:26									2	00:19:26
210	BROOKE, Jon	WSX Orienteers	Male 50-54	190	0:29:43	167	0:28:49	196	0:31:14							3	00:28:49
252	BROWN, David	Purbeck Runners	Male 45-49	21	0:21:16											1	00:21:16
380	BROWN, Matt		Male 40-44			278	0:37:34	246	0:37:00							2	00:37:00
410	BROWN, Matthew	Littledown Harriers	Male 18 to 39			14	0:20:43									1	00:20:43
17	BROWN, Robert	Poole Runners	Male 50-54	156	0:28:23	160	0:28:38	136	0:28:51	114	0:28:40					4	00:28:23
388	BRUCE, Hannah		Female 14-17					158	0:29:39	148	0:30:06					2	00:29:39
483	BRUCE, Ian		Male 50-54					80	0:25:25							1	00:25:25
271	BULLER, Steven	Poole AC	Male 50-54	207	0:30:43	180	0:29:25	151	0:29:23							3	00:29:23
392	BUNTING, Alistair	Wimborne AC	Male 40-44			23	0:21:03									1	00:21:03

184	BURGESS, Nikki	Lytchett Manor Striders	Female 45-49	125	0:27:02	142	0:27:47	103	0:26:35	83	0:26:48					4	00:26:35
315	CARD, Alan		Male 55-59	150	0:28:15											1	00:28:15
500	CARTER, Steven	Poole Runners	Male 18 to 39							75	0:26:25					1	00:26:25
100	CARTWRIGHT, Jim	Poole Runners	Male 18 to 39	83	0:25:21	101	0:25:44	73	0:25:05	62	0:25:59					4	00:25:05
393	CHANDLER, Jane	Poole Runners	Female 60-64			273	0:37:04	264	0:39:34	226	0:41:40					3	00:37:04
269	CHASOKELA, Zodwa	Purbeck Runners	Female 60-64	281	0:34:53											1	00:34:53
11	CHURCHILL, Karen	Purbeck Runners	Female 45-49													0	
301	CHURCHOUSE, Porche		Female 45-49	213	0:31:03	175	0:29:14			137	0:29:32					3	00:29:14
498	CLARK, Anthony	Bournemouth AC	Male 40-44							6	0:20:23					1	00:20:23
83	CLARKE, Lisa		Female 40-44	313	0:37:57					223	0:40:46					2	00:37:57
261	CLARKE, Rose	Purbeck Runners	Female 45-49	310	0:37:39											1	00:37:39
449	CLAXTON, Steve	Poole Runners	Male 40-44					17	0:21:01	12	0:21:11					2	00:21:01
137	CLAYTON, Alison		Female 50-54	338	0:46:09	305	0:45:49	278	0:45:01							3	00:45:01
6	CLAYTON, Nick	Poole Runners	Male 45-49													0	
359	CLEALL, Joanne	Poole Runners	Female 18-39	165	0:28:47	163	0:28:41	154	0:29:28	133	0:29:14					4	00:28:41
228	COGGINS, Matthew	Purbeck Runners	Male 18 to 39	37	0:22:38	34	0:21:59									2	00:21:59
74	COLE, Stephen	Lytchett Manor Striders	Male 60-64	176	0:29:19	171	0:28:56			142	0:29:55					3	00:28:56
305	COLLINS, Rebecca	Hamworthy Harriers	Female 40-44	171	0:29:04	159	0:28:36	152	0:29:25							3	00:28:36
279	COLQHOUN, Sarah	Purbeck Runners	Female 50-54	254	0:33:44											1	00:33:44
285	CONEY, Michelle	Lytchett Manor Striders	Female 18-39	179	0:29:29	173	0:29:07	163	0:29:47	119	0:28:54					4	00:28:54
112	CONEY-LAX, Joanne	Poole Runners	Female 18-39	253	0:33:35	243	0:33:42	213	0:32:45	178	0:32:43					4	00:32:43
102	CONROY, Luke	Poole AC	Male 18 to 39	40	0:22:46	43	0:22:38	51	0:23:29							3	00:22:38
502	CONVERY, Bryan	Lytchett Manor Striders	Male 70-74							181	0:33:27					1	00:33:27
503	CONVERY, Collette	Lytchett Manor Striders	Male 50-54							179	0:33:11					1	00:33:11
493	CONWAY, Sarah	Birchfield	Female 18-39							39	0:24:15					1	00:24:15
147	COOK, Hannah	Poole Runners	Female 18-39	109	0:26:24	126	0:26:56	109	0:27:06	100	0:27:57					4	00:26:24
367	COOK, Jon		Male 18 to 39	196	0:30:03			170	0:30:06	143	0:29:55					3	00:29:55
89	COOK, Steve	Poole AC	Male 45-49	23	0:21:33	21	0:21:02									2	00:21:02
250	COOKE, Paul		Male 50-54	146	0:28:02											1	00:28:02
266	COOPER, Duncan	Poole AC	Male 50-54	5	0:19:37	6	0:19:57	5	0:19:50	7	0:20:46					4	00:19:37
286	COOPER, Roger	Lytchett Manor Striders	Male 60-64	139	0:27:46	151	0:28:12									2	00:27:46
329	COOPER, Sally	Lytchett Manor Striders	Female 45-49	211	0:30:58											1	00:30:58
415	CORBIN, Adam	Westbourne Running Club	Male 18 to 39			17	0:20:47	13	0:20:45							2	00:20:45
88	CORBIN-JONES, Darryl	Westbourne Running Club	Male 18 to 39	34	0:22:29	45	0:22:47	43	0:22:55	24	0:23:10					4	00:22:29
207	CORBY, Meghan		Female 18-39	162	0:28:41	146	0:27:57	114	0:27:22							3	00:27:22
260	CORNWELL, Laura	Poole Runners	Female 40-44	224	0:31:31	218	0:31:59	195	0:31:11	173	0:32:02					4	00:31:11
79	COWAN, Rose		Female 18-39	244	0:32:46	229	0:32:47			203	0:36:19					3	00:32:46
463	COX, Emily	Poole Runners	Female 18-39					168	0:29:56	126	0:29:06					2	00:29:06
193	COX, Lucy		Female 18-39	266	0:34:10	241	0:33:37			193	0:34:57					3	00:33:37
259	CRAIG, Hilary	Poole Runners	Female 45-49	252	0:33:35			207	0:32:21							2	00:32:21
222	CRAKE, Matt		Male 40-44	278	0:34:44	254	0:34:25	245	0:36:54	235	0:48:58					4	00:34:25
426	CRIBB, Susan		Female 65-69			286	0:39:47	261	0:39:12	214	0:38:02					3	00:38:02
280	CROCKER, Robert	OS Runners	Male 18 to 39	95	0:25:59	113	0:26:20	186	0:30:35	154	0:30:32					4	00:25:59
146	CROWLEY, Martin		Male 45-49	223	0:31:24	223	0:32:22			156	0:30:35					3	00:30:35
444	CROWLEY, Szvi		Female 40-44					265	0:39:37							1	00:39:37
229	CUMMINGS, Kerstin	Bournemouth Joggers	Female 50-54	163	0:28:43											1	00:28:43
512	CURRAH, Paul	Poole Runners	Male 18 to 39							14	0:21:17					1	00:21:17
223	CURRELL, Sarah		Male 50-54	315	0:38:32											1	00:38:32
118	DAVIDSON, Ben	Poole Runners	Male 18 to 39	136	0:27:36	124	0:26:47	122	0:27:51	84	0:26:49					4	00:26:47
432	DAVIES, Ed	Poole AC	Male 18 to 39			7	0:20:04									1	00:20:04
181	DAVIS, Simon	Wimborne AC	Male 40-44	20	0:21:14											1	00:21:14
3	DAVIS, Steve	Poole Runners	Male 50-54	132	0:27:29	138	0:27:28			104	0:28:07					3	00:27:28
341	DAY, Anthony	Poole AC	Male 45-49	272	0:34:30											1	00:34:30
383	DAY, Bill	Poole Runners	Male 40-44			20	0:21:00									1	00:21:00
492	DEAKIN, Rob	Birchfield	Male 18 to 39							23	0:23:04					1	00:23:04
65	DE-BENEDICTS, Luke	Poole Runners	Male 18 to 39													0	
253	DENNISON, Graham	Poole Runners	Male 40-44	123	0:27:00											1	00:27:00
54	DEVERILL, Ann	Poole AC	Female 50-54	305	0:37:18	283	0:38:55	250	0:37:41	211	0:37:26					4	00:37:18
170	DOBSON, Amy		Female 18-39	231	0:31:59			218	0:33:01	200	0:36:07					3	00:31:59

396	JANSSON, Lars	Poole Runners	Male 70-74			205	0:30:47			117	0:28:51					2	00:28:51
209	JARVIS, Penny	Poole Runners	Female 65-69	174	0:29:12					158	0:30:43					2	00:29:12
5	JOHNS, Andy	Poole Runners	Male 40-44	50	0:23:23	60	0:23:41									2	00:23:23
273	JONES, Kelsey	Lytchett Manor Striders	Female 18-39	175	0:29:17					108	0:28:24					2	00:28:24
420	JONES, Susan	Lytchett Manor Striders	Female 45-49			195	0:30:18	194	0:31:07							2	00:30:18
156	JONES, Tim	Poole Runners	Male 40-44	41	0:22:50	42	0:22:34									2	00:22:34
203	JURD, Mike	Wimborne AC	Male 55-59	47	0:23:12	53	0:23:25									2	00:23:12
182	KARNATZ, Alisa	Poole AC	Female 18-39	312	0:37:54	280	0:37:45									2	00:37:45
347	KEIGHTLEY, Ben	Poole Runners	Male 18 to 39	14	0:20:37											1	00:20:37
471	KEIGHTLEY, Steve		Male 55-59					147	0:29:19							1	00:29:19
442	KEIR, Jim		Male 55-59			162	0:28:39									1	00:28:39
257	Francesca	Poole Runners	Male 40-44	143	0:27:52	153	0:28:16			105	0:28:14					3	00:27:52
496	KETCHLEY, Sally		Female 40-44							232	0:43:48					1	00:43:48
28	KIMBER, Fern	Poole Runners	Female 14-17	32	0:22:16	38	0:22:15	40	0:22:36	21	0:22:51					4	00:22:15
29	KIMBER, Helen		Female 40-44	308	0:37:25	272	0:36:54	252	0:37:51	205	0:36:32					4	00:36:32
288	KING, Lisa	Poole Runners	Female 18-39	200	0:30:22	210	0:30:59									2	00:30:22
419	KNOWLES, Richard		Male 50-54			144	0:27:52			153	0:30:31					2	00:27:52
141	KYTE, Vanessa		Female 50-54	263	0:34:03	251	0:34:15	237	0:35:02	184	0:34:02					4	00:34:02
303	LANGDON, Lucy	Purbeck Runners	Female 45-49	339	0:46:53											1	00:46:53
459	LANHAM, Sarah		Female 45-49					172	0:30:09	159	0:30:49					2	00:30:09
433	LAUSTE, Harry	Poole AC	Male 18 to 39			8	0:20:10									1	00:20:10
117	LAW, Faye	Poole Runners	Female 18-39			207	0:30:51	184	0:30:35							2	00:30:35
243	LAWTON-ARCHER, Paula	Purbeck Runners	Female 50-54	169	0:28:55											1	00:28:55
263	LAY, Sarah		Female 18-39	172	0:29:07	154	0:28:17	149	0:29:20							3	00:28:17
323	LEACH, Andrew	Lytchett Manor Striders	Male 45-49	56	0:23:34	49	0:23:14	49	0:23:20	27	0:23:15					4	00:23:14
322	LEACH, Jack		Male 14-17	155	0:28:20	158	0:28:34			146	0:29:59					3	00:28:20
57	LEE, Laura		Female 40-44	302	0:37:08	256	0:34:41			194	0:35:07					3	00:34:41
437	LENTON, Bren		Male 18 to 39			119	0:26:31			57	0:25:31					2	00:25:31
447	LEWIN, Carl		Male 40-44					82	0:25:38							1	00:25:38
10	LEWIS, Alan	Poole Runners	Male 65-69	94	0:25:55	121	0:26:41	68	0:24:59	55	0:25:23					4	00:24:59
138	LEWIS, Andrew		Male 18 to 39	194	0:29:54	192	0:30:13	143	0:29:13	127	0:29:08					4	00:29:08
330	LEWIS, Ceri		Female 18-39	270	0:34:27											1	00:34:27
120	LEWIS, Helen		Female 55-59	103	0:26:16	130	0:27:04									2	00:26:16
166	LEWIS, Howard	Poole Runners	Male 45-49	121	0:26:56	143	0:27:49			76	0:26:33					3	00:26:33
212	LLEWELLYN, John	Poole Runners	Male 18 to 39	17	0:21:04											1	00:21:04
211	LLEWELLYN, Rhodri		Male 60-64	184	0:29:37	189	0:29:57									2	00:29:37
33	LONG, Brian		Male 70-74	79	0:25:05	90	0:25:06	89	0:25:59	61	0:25:50					4	00:25:05
337	LONNEN, Gareth		Male 45-49	250	0:33:30	237	0:33:26									2	00:33:26
478	LOVEGROVE, Robin		Male 40-44					18	0:21:08							1	00:21:08
484	LUCAS, Laurence		Male 50-54					201	0:31:38							1	00:31:38
214	LUCAS, Maureen		Female 55-59	246	0:32:52											1	00:32:52
16	MAJEWSKI, Artur	Poole Runners	Male 18 to 39	129	0:27:21	129	0:27:02	124	0:28:00	140	0:29:39					4	00:27:02
73	MARGETTS, Ron		Male 65-69	304	0:37:16											1	00:37:16
64	MARSHALL, Andrea	Lytchett Manor Striders	Female 50-54	221	0:31:24	196	0:30:20	171	0:30:08	121	0:28:54					4	00:28:54
192	MARSHALL, Chris	Dorchester AC	Male 45-49	108	0:26:24			115	0:27:23	118	0:28:54					3	00:26:24
264	MARTIN, Clare	Purbeck Runners	Female 18-39	30	0:22:12	35	0:22:02	36	0:22:25							3	00:22:02
467	MARTIN, Emma	Wimborne AC	Female 18-39					190	0:30:57							1	00:30:57
468	MARTIN, Hilary		Female 50-54					31	0:21:51							1	00:21:51
80	MARTIN, Rachel		Female 45-49	283	0:35:04	271	0:36:46	256	0:38:26	217	0:38:45					4	00:35:04
60	MARTIN, Sarah	Poole Runners	Female 18-39	227	0:31:48	220	0:32:03			176	0:32:31					3	00:31:48
71	MCCAFFEREY, James	Poole AC	Male 18 to 39	9	0:20:05					8	0:20:48					2	00:20:05
298	MCGRORY, Kevin	Poole AC	Male 50-54	69	0:24:35	79	0:24:44									2	00:24:35
297	MCGRORY, Maggie	Poole AC	Female 50-54	191	0:29:49	199	0:30:28									2	00:29:49
284	MCLINTIC, Tara	Purbeck Runners	Female 45-49	256	0:33:49											1	00:33:49
510	MELDRUM, Liam		Male 18 to 39							26	0:23:14					1	00:23:14
489	MELLOR, Bryan		Male 50-54					156	0:29:36							1	00:29:36
177	MESTON, Rich	Poole AC	Male 40-44	45	0:23:04	87	0:24:57	79	0:25:24							3	00:23:04
143	MIDGLEY, Catherine	Poole AC	Female 45-49	290	0:36:08	260	0:35:20	223	0:33:40	192	0:34:44					4	00:33:40
391	MIDWINTER, Damian		Male 50-54			200	0:30:33									1	00:30:33

316	PAYNE, TED		Male 65-69	210	0:30:53			197	0:31:17	161	0:30:55					3	00:30:53
440	PEACH, Tony	Lytchett Manor Striders	Male 50-54			72	0:24:17	160	0:29:41	56	0:25:28					3	00:24:17
142	PEARCE, Steve		Male 45-49	153	0:28:17											1	00:28:17
429	PEARSON, Denise		Female 55-59			289	0:41:06	263	0:39:19							2	00:39:19
332	PEDELL, Karen	Poole AC	Female 55-59	183	0:29:33	185	0:29:38	211	0:32:40	145	0:29:57					4	00:29:33
148	PERKINS, Danni		Female 18-39	311	0:37:53			257	0:38:45	213	0:37:47					3	00:37:47
515	PERRY, David		Male 45-49							87	0:27:02					1	00:27:02
38	PHILLPOTTS, Kate	Poole Runners	Female 18-39	63	0:24:05			57	0:23:42	35	0:24:08					3	00:23:42
9	PICKERING, Alan		Male 65-69	208	0:30:45	194	0:30:17	180	0:30:29							3	00:30:17
321	PORTER, Mark		Male 50-54	188	0:29:40	157	0:28:29	141	0:29:11	128	0:29:08					4	00:28:29
311	PORTNOI, Peter	Poole Runners	Male 65-69	104	0:26:16					90	0:27:21					2	00:26:16
452	PRICE, Tracey	Westbourne Running Club	Female 55-59					157	0:29:38							1	00:29:38
20	PRINT, Ben		Male 45-49													0	
44	PULLEN, Lee	Lytchett Manor Striders	Male 18 to 39	73	0:24:44	75	0:24:28			36	0:24:13					3	00:24:13
312	PYNE, Jack		Male 18 to 39	225	0:31:37											1	00:31:37
164	QUARTERMAN, Sarah-Jane		Female 40-44	160	0:28:29	148	0:28:02	125	0:28:03	111	0:28:32					4	00:28:02
126	RABJOHNS, Kate	Lytchett Manor Striders	Female 55-59	180	0:29:29			178	0:30:24	160	0:30:55					3	00:29:29
160	RANDLE, Samantha		Female 18-39	133	0:27:29	131	0:27:06	148	0:29:20							3	00:27:06
296	REDOUT, Christine		Female 65-69	335	0:45:27											1	00:45:27
283	REED, Ann	Purbeck Runners	Female 55-59	264	0:34:06											1	00:34:06
293	REES, David	Lordshill Road Runners	Male 18 to 39	115	0:26:38	114	0:26:23									2	00:26:23
371	REMNANT, Nicola		Female 50-54	343	0:52:36			280	0:52:25	236	0:49:14					3	00:49:14
407	RENDELL, Becky	Poole AC	Female 18-39			62	0:23:45	55	0:23:37							2	00:23:37
405	RENWICK, Paul	Muddy Runners	Male 40-44			170	0:28:55	142	0:29:11	168	0:31:20					3	00:28:55
477	RIDLEY, Andrew	Veterans AC	Male 50-54					15	0:20:55	1	0:20:03					2	00:20:03
395	RIDOUT, Hannah		Female 18-39			149	0:28:04			92	0:27:26					2	00:27:26
425	RIGBY, Steven	Dorset Doodlers	Male 18 to 39			13	0:20:37	10	0:20:28							2	00:20:28
247	RISK, Emma	Purbeck Runners	Female 45-49	276	0:34:42											1	00:34:42
354	RITCHIE, Dave	Poole AC	Male 55-59	164	0:28:44	161	0:28:39	146	0:29:17	130	0:29:12					4	00:28:39
70	RITCHIE, Deena		Female 45-49													0	
355	RITCHIE, Vanya	Poole AC	Female 55-59	178	0:29:29	188	0:29:55	155	0:29:33	131	0:29:12					4	00:29:12
235	ROAST, Andrew	Muddy Runners	Male 18 to 39	66	0:24:15			69	0:25:01	42	0:24:44					3	00:24:15
87	ROBBINS, Matt	Poole Runners	Male 18 to 39													0	
26	ROBERTS, Kevin	Poole AC	Male 50-54	295	0:36:33	269	0:36:23	249	0:37:11	208	0:36:54					4	00:36:23
224	ROBINS, Jason	Lytchett Manor Striders	Male 45-49	27	0:21:48	29	0:21:25	25	0:21:28							3	00:21:25
163	ROLLE, Phillipa	Lytchett Manor Striders	Female 45-49	177	0:29:26											1	00:29:26
406	ROWLAND, John	Poole AC	Male 60-64			110	0:26:20									1	00:26:20
152	RYALL, Lucy		Female 18-39	222	0:31:24	211	0:31:01	188	0:30:54							3	00:30:54
153	RYALL, Michelle		Female 50-54	299	0:36:47	279	0:37:36	248	0:37:05	207	0:36:45					4	00:36:45
509	SADLER, Katie		Female 18-39							89	0:27:15					1	00:27:15
465	SADLER, Ryan		Male 14-17					84	0:25:50	80	0:26:42					2	00:25:50
441	SAGE, Natasha	Lytchett Manor Striders	Female 18-39			174	0:29:11			135	0:29:21					2	00:29:11
338	SAUNDERS, Richard	Poole AC	Male 50-54	77	0:25:00	80	0:24:44	64	0:24:42							3	00:24:42
368	SAWYER, Nicola	Poole AC	Female 45-49	197	0:30:03											1	00:30:03
268	SELDON, Danny	Purbeck Runners	Male 40-44	16	0:20:50	22	0:21:02	19	0:21:12	16	0:21:35					4	00:20:50
499	SEXTON, Neil	Poole Runners	Male 40-44							22	0:22:57					1	00:22:57
299	SEYMOUR, Tim	Purbeck Runners	Male 55-59	257	0:33:49											1	00:33:49
401	SHARMA, Sanjai	Bournemouth AC	Male 55-59			27	0:21:14	28	0:21:40							2	00:21:14
24	SHAW, Sharon	Poole Runners	Female 40-44	89	0:25:37	94	0:25:20	231	0:34:50	67	0:26:08					4	00:25:20
481	SHEPHERD-WALWYN, Kian	Poole Runners	Male 14-17					50	0:23:25	30	0:23:29					2	00:23:25
475	SHIELD, Jerry	Wimborne AC	Male 50-54					39	0:22:36							1	00:22:36
476	SHIELD, Jessica	Wimborne AC	Female 18-39					173	0:30:10							1	00:30:10
77	SHORE, Emma	Poole Runners	Female 18-39	158	0:28:25	198	0:30:28	131	0:28:29							3	00:28:25
78	SHORE, Martin	Poole Runners	Male 40-44	205	0:30:33	187	0:29:46			141	0:29:52					3	00:29:46
43	SHORT, Lita	Poole Runners	Female 14-17	81	0:25:09	96	0:25:26	111	0:27:16	60	0:25:49					4	00:25:09
150	SHYLOCK, Izabala	Poole Runners	Female 18-39	124	0:27:02	156	0:28:26	139	0:29:04	103	0:28:06					4	00:27:02
422	SIMONS, Billy		Male 18 to 39			82	0:24:47									1	00:24:47
394	SIMPSON, Colin	Reading AC	Male 50-54			55	0:23:27			31	0:23:30					2	00:23:27

