

List of competitors Category			Race One		Race Two		Race Three		Race Four		Race Five		Race Six		
No	Name	UKA Club	Category	Pos	Time	Pos	Time	Pos	Time	Pos	Time	Pos	Time	Pos	Time
316	AMAL, Joseph		Male 20-39			86	0:25:25								
238	ABRAHAM'S, Jane		Female 55-59	268	0:38:51	192	0:39:58								
307	ADAM, Mark	Domse Runners	Male 45-49			34	0:21:34								
355	ADBY, Lynda		Female 50-54					197	0:37:33	211	0:35:43				
100	AKERS, Michael	Poole Runners	Male 20-39	20	0:19:55	17	0:20:15							24	0:21:00
416	ALAN-WILLIAMS, Natasha		Female 20-39							165	0:29:54	140	0:29:50	179	0:31:00
234	ALAN-WILLIAMS, Gareth		Male 40-44	4	0:19:07	6	0:18:57	7	0:18:57	6	0:18:58	5	0:19:03	8	0:18:53
235	ALBERRY, Tish	Purbeck Runners	Female 50-54	184	0:28:30										
196	ALLEN, Trudy	Purbeck Runners	Female 20-39	242	0:33:18					225	0:40:53				
115	AMBROSEN, Helen	Bournemouth AC	Female 55-59	131	0:26:08	108	0:26:38								
20	AMOS, Steve	Poole Runners	Male 20-39	49	0:22:15	56	0:22:59			87	0:25:04	77	0:25:15	61	0:23:36
330	ANDREWS, Thomas	Lytchett Manor Striders	Male 20-39			14	0:19:59	22	0:20:26	19	0:20:05			17	0:19:54
349	ANGELL, Tracy		Female 20-39			167	0:31:32			185	0:31:40				
320	ARALLIO-LOPEZ, Pili	TriPurbec	Female 40-44			163	0:30:52								
291	ARCHIBOLD, Chris	Littledown Harriers	Male 45-49			147	0:28:51			182	0:31:03				
290	ARCHIBOLD, Dominc		Male 14-19			159	0:30:06			177	0:30:56				
219	ARMSTRONG, Julie		Female 55-59	265	0:38:30										
425	ASH, Dawn	Poole AC	Female 50-54							79	0:24:24				
227	ASH, Rosemary	Bournemouth Joggers	Female 55-59	255	0:36:08	185	0:35:49							201	0:35:40
160	ASHLEY, Tracy	Littledown Harriers	Female 40-44	120	0:25:42	92	0:25:59								
123	ASHTON, Matthew	Poole AC	Male 20-39	19	0:19:54			11	0:19:35	8	0:19:03	6	0:19:13	9	0:18:55
283	ATKINS, Matthew	Purbeck Runners	Male 14-19	163	0:27:28					106	0:26:17				
47	AYLMORE, James	Poole Runners	Male 55-59	32	0:21:09					30	0:21:12	28	0:21:47		
437	BAKER, Abigail	Purbeck Runners	Female 20-39							188	0:32:20				
237	BAKER, Carol	Hamworthy Harriers	Female 55-59	207	0:29:47									161	0:29:31
222	BAKER, Liz	Lytchett Manor Striders	Female 60-64	196	0:29:12			154	0:29:24	159	0:29:07			152	0:28:50
204	BALL, Adam		Male 20-39	180	0:28:18	55	0:22:59			45	0:22:11	44	0:22:47		
240	BARNES, Chris		Male 40-44	94	0:24:36										
251	BARNES, Suzanne	Purbeck Runners	Female 45-49	266	0:38:30										
285	BARNETT, Paul	Dorset Police	Male 50-54	157	0:27:15							82	0:25:29	97	0:25:23
303	BARNES, Chris		Male 40-44			65	0:23:38								
241	BARRET, Sarah	Poole Runners	Female 65-69	175	0:28:07	137	0:28:10			132	0:27:26	105	0:26:49	118	0:27:04
92	BARRON, Michael	Purbeck Runners	Male 55-59	225	0:31:09	148	0:29:07					162	0:32:07	156	0:28:57
351	BASSETT, Julie	Littledown Harriers	Female 20-39			124	0:27:32	142	0:28:33			116	0:27:50	120	0:27:11
344	BASSINDER, John	Poole AC	Male 45-49			5	0:18:53	3	0:18:47			8	0:19:26	10	0:19:13
181	BAYLISS, Moon	Poole AC	Female 40-44	194	0:29:07	127	0:27:50								
4	BAYNE-AZCARATE, Marbellys	Poole Runners	Female 40-44	244	0:33:36									210	00:37:44
342	BEACH, Tony	Lytchett Manor Striders	Male 50-54			106	0:26:35	77	0:24:47	115	0:26:31				
313	BECKETT, Jennifer	Littledown Harriers	Female 20-39			104	0:26:17			121	0:26:53	151	0:30:44	101	0:25:38
361	BELL, Lisa		Female 20-39					203	0:39:35						
183	BELLOWS, Guy	Westbourne Running Club	Male 40-44	138	0:26:24										
239	BENMENT, Liz	Purbeck Runners	Male 20-39	81	0:23:49										
419	BERRY, Chris		Male 20-39							148	0:28:14				
266	BESSANT, David		Male 45-49	164	0:27:30										
446	BILLINGHURST, Christopher	Lytchett Manor Striders	Male 40-44							127	0:27:14				
489	BILLINGS, Julie		Female 50-54											214	0:40:12
166	BIRD, Helen	Bournemouth Joggers	Female 40-44	270	0:39:15	188	0:36:32	191	0:35:54	209	0:35:25	184	0:35:53	200	0:35:07
132	BOLAR, Belinda	Purbeck Runners	Female 45-49	195	0:29:10										
89	BOWEN, Gareth	Poole Runners	Male 20-39	146	0:26:41										
3	BRADSHAW, Christopher	Poole AC	Male 20-39	101	0:24:48	78	0:24:44					112	0:27:23		
107	BRAIN, Heather	Lytchett Manor Striders	Female 55-59	254	0:35:55			192	0:36:39	208	0:34:47	169	0:33:26	175	0:30:47

55	HITCHING, Ian	Poole AC	Male 50-54	90	0:24:33	74	0:24:30	79	0:25:01	107	0:26:20	68	0:24:36	70	0:24:16
504	HODGE, Nick	Dorset Police	Male 45-49											37	0:21:55
247	HODGMAN, Oliver	Muddy Runners	Male 20-39	67	0:23:06							61	0:23:54		
462	HOLDER, Marilees		Female 55-59									190	0:38:35		
421	HOLLYWOOD, Lucy	Purbeck Runners	Female 20-39							193	0:32:33				
215	HORSWICK, Laura		Female 20-39	247	0:33:53					183	0:31:14				
401	HOSIER, Mathew	Poole AC	Male 45-49					100	0:25:50						
305	HOULTON, Zoe	Poole AC	Female 50-54			151	0:29:19								
194	HOWARD-TOMES, Darren	Littledown Harriers	Male 20-39	10	0:19:25										
36	HOWSE, Claudia	Poole Runners	Female 50-54					159	0:29:41			121	0:28:22		
267	HOYLE, Mike		Male 20-39	55	0:22:36										
172	HUBBARD, John	Westbourne Running Club	Male 50-54	140	0:26:31			132	0:28:07	143	0:28:00	100	0:26:33	100	0:25:36
491	HUCKLE, Sam		Male 50-54											128	0:27:45
221	HUGHES, Daniel		Male 20-39	84	0:24:15										
29	HUGHES, Michael	Hamworthy Harriers	Male 65-69	115	0:25:27			98	0:25:48			91	0:26:01	108	0:26:13
220	HUGHES, Nigel		Male 45-49	85	0:24:15	63	0:23:27								
128	HUMPHREYS, Andrew	Zoom Tri Club	Male 40-44	18	0:19:53										
119	HUNT, Denizl	Poole AC	Male 60-64	93	0:24:33			81	0:25:07	91	0:25:15				
467	INFANTE, Francesca	Poole Runners	Female 20-39									130	0:28:46		
218	INGHAM, Carole	Poole Runners	Female 60-64	224	0:31:04			168	0:30:48	179	0:30:58			176	0:30:53
496	INGHAM, Catherine	Poole Runners	Female 20-39											177	0:30:53
94	INGHAM, Paul	Poole Runners	Male 60-64	109	0:25:03			67	0:24:19	81	0:24:26				
388	INGHAM, Vicki	Poole Runners	Female 20-39					57	0:23:20	41	0:21:46				
103	ISAAC, Andrew	Westbourne Running Club	Male 20-39	136	0:26:19			47	0:22:47	64	0:23:03			40	0:22:14
39	IVES, Jacqui	Westbourne Running Club	Female 40-44	213	0:29:56			165	0:30:09	162	0:29:39	144	0:29:57	168	0:29:56
328	JACKSON, Nigel		Male 55-59			82	0:24:58			82	0:24:30			67	0:24:05
445	JAFFER, Adam	Lytchett Manor Striders	Male 20-39							118	0:26:47				
317	JAMES, Murray		Male 55-59			143	0:28:42							133	0:27:47
42	JANSSON, Lars	Poole Runners	Male 70-74	139	0:26:29			110	0:26:43	114	0:26:31	99	0:26:31	126	0:27:40
48	JOHNSON, Matthew	Poole AC	Male 20-39							70	0:23:17			63	0:23:44
156	JONES, David	Poole AC	Male 20-39	5	0:19:12										
278	JONES, Doug	Poole AC	Male 65-69	221	0:30:54	160	0:30:14	170	0:31:12	170	0:30:22			164	0:29:49
277	JONES, Emma	Poole AC	Female 40-44	103	0:24:50	79	0:24:44	75	0:24:42	84	0:24:44			78	0:24:36
478	JONES, Garry	Egdon Heath Harriers	Male 55-59											154	0:28:52
380	JONES, Jasmine	Lytchett Manor Striders	Female 20-39					157	0:29:31						
249	JONES, Susan	Lytchett Manor Striders	Female 45-49	129	0:26:04	94	0:26:02	106	0:26:27			141	0:29:50		
485	JULYAN, Barry	Westbourne Running Club	Male 40-44											202	0:35:43
105	JULYAN, Clare	Westbourne Running Club	Female 40-44	201	0:29:33					191	0:32:31	136	0:29:17	157	0:28:59
110	KEEBLE, Helen	Poole Runners	Female 20-39	153	0:26:53										
184	KEENAN, Adam		Male 40-44	177	0:28:16										
284	KEEP, Sheena	Purbeck Runners	Female 55-59	226	0:31:10										
104	KELSEY, Dave		Male 55-59	248	0:33:53			181	0:34:03	212	0:35:43			195	0:33:25
162	KILBY, Glenn		Male 40-44	117	0:25:38										
480	KIMBER, Helen		Female 20-39											211	0:38:58
151	KINGDON, Adam	Purbeck Runners	Male 55-59	118	0:25:39										
198	KNIGHT, Michelle		Female 50-54	198	0:29:21										
255	KNOWLES, Richard		Male 50-54	134	0:26:15					102	0:26:08				
435	LANGER, Alex	Lytchett Manor Striders	Male 20-39							174	0:30:47				
74	LANGER, Melanie	Poole Runners	Female 20-39	51	0:22:19										
224	LAWTON-ARCHER, Paula	Purbeck Runners	Female 45-49	170	0:28:00										
33	LEABOURNE, David	Poole Runners	Male 20-39	152	0:26:50	114	0:27:00								
138	LEACH, Andrew	Lytchett Manor Striders	Male 40-44	46	0:22:05	38	0:21:51	39	0:22:26	46	0:22:13			50	0:22:50
450	LEHMANN, Reinhard	Poole Runners	Male 20-39									119	0:28:14		
406	LESLIE, Ian	sailing ac	Male 55-59					88	0:25:21	52	0:22:36				

38	LEWIS, Alan	Poole Runners	Male 65-69	59	0:22:45	51	0:22:42	43	0:22:35	55	0:22:38	37	0:22:26	51	0:22:53
62	LEWIS, Helen		Female 50-54	98	0:24:44	68	0:24:06					146	0:30:14		
50	LEWIS, Howard	Poole Runners	Male 45-49	148	0:26:44			128	0:27:47			103	0:26:39	123	0:27:31
340	LEWIS, Ian		Male 20-39			118	0:27:14								
387	LITTLECOTT, Stephen	Lytchett Manor Striders	Male 60-64					87	0:25:18	96	0:25:27			96	0:25:20
79	LIVEMORE, Emma	Poole Runners	Female 20-39					101	0:25:52					146	0:28:42
157	LLEWELLYN, John	Poole Runners	Male 20-39	13	0:19:34										
413	LOHK, Lea		Female 50-54							89	0:25:06	71	0:24:45	81	0:24:46
7	LOMAX, John	Littledown Harriers	Male 55-59	251	0:34:30	180	0:34:16			204	0:34:21	180	0:35:06	198	00:34:17
246	LONERGAN, Kirsty	Muddy Runners	Female 20-39	160	0:27:19							126	0:28:38		
144	LONG, Brian		Male 65-69	76	0:23:42	64	0:23:28	63	0:23:47	68	0:23:17	59	0:23:47	49	0:22:48
431	LONG, Richard	Purbeck Runners	Male 60-64							126	0:27:07	124	0:28:32		
106	LONNEN, Gareth		Male 45-49	223	0:31:03	166	0:31:27	169	0:30:58			168	0:30:05	159	0:29:25
25	LOVE Gareth		Male 20-39											169	0:29:58
26	LUCAS, Maureen		Female 50-54	210	0:29:52	150	0:29:18								
182	LUKE, Ian	Poole Runners	Male 40-44	15	0:19:38			16	0:19:55						
179	MANSELL, Wendy	Purbeck Runners	Female 50-54	204	0:29:38										
111	MARSHALL, Andrea		Female 45-49	229	0:31:25	165	0:31:14	167	0:30:16	187	0:32:07	153	0:30:53		
99	MARTIN, Clare	Purbeck Runners	Female 20-39	41	0:21:49					31	0:21:17	29	0:21:48	30	0:21:21
408	MARTIN, Emma	Poole AC	Female 14-19					44	0:22:38	42	0:21:57	26	0:21:37		
503	MARTINEZ, Harold	Dorset Police	Male 40-44												
22	MAY, Charis		Female 20-39	215	0:30:07										
71	MCCAFFEREY, James	Westbourne Running Club	Male 20-39	22	0:20:08	18	0:20:22	23	0:20:51	22	0:20:45	16	0:20:11	21	0:20:03
341	MCCURDY, Karen	Poole AC	Female 50-54			183	0:35:10								
272	MCGRORY, Kevin	Poole AC	Male 50-54	112	0:25:19			69	0:24:28						
226	MCLINTIC, Paul		Male 50-54	227	0:31:14										
225	MCLINTIC, Tara	Purbeck Runners	Female 40-44	239	0:32:21										
289	MEGGETS, Ron		Male 60-64							196	0:32:49	170	0:33:30	194	0:33:22
466	MESTON, Rich	Poole Runners	Male 20-39									47	0:22:53		
458	MIDDLETON, Melissa		Female 20-39									135	0:29:08		
41	MIDDLETON, Catherine	Westbourne Running Club	Female 45-49	264	0:38:14	186	0:36:18	200	0:38:00	226	0:40:58	191	0:40:09	213	0:40:08
418	MILES, Paula		Female 50-54							172	0:30:31				
477	MILES, Sanchia		Female 20-39											190	0:33:04
360	MILES, Tamsin		Female 20-39					187	0:34:51	203	0:34:06	173	0:33:59	189	0:33:00
334	MILLER, Graeme	Bournemouth AC	Male 40-44			26	0:21:04	17	0:19:59						
403	MITCHELL, Barry	Poole Runners	Male 70-74					143	0:28:38	166	0:29:56	117	0:28:09		
376	MOGG, Annette		Female 60-64					172	0:31:37			152	0:30:53	166	0:29:51
213	MOLYNEAU, Daniel		Male 20-39	65	0:22:56	54	0:22:54	51	0:23:02			42	0:22:41	62	0:23:43
214	MOLYNEAU, Suzanne Kim		Female 50-54	209	0:29:49	155	0:29:47			163	0:29:51	137	0:29:23	160	0:29:27
374	MONCASTER, Brian	Poole Runners	Male 45-49												
126	MOORE, Darren	Poole AC	Male 45-49	33	0:21:16										
191	MOORE, Lesley	Poole AC	Female 20-39	52	0:22:22	41	0:22:07	33	0:21:57	37	0:21:33			36	0:21:48
207	MOORS, Daniel	Poole AC	Male 20-39	133	0:26:12	89	0:25:50	96	0:25:34	88	0:25:06	70	0:24:44	76	0:24:32
505	MORRIS, John	Lytchett Manor Striders	Male 55-59											52	0:22:55
275	MOYSE, Graham	Poole Runners	Male 55-59	97	0:24:44										
375	MULRYAN, Daniel	Poole Runners	Male 20-39					1	0:18:15	2	0:17:51			1	0:17:33
23	MUMFORD, Jason	Poole Runners	Male 40-44	58	0:22:43	53	0:22:48			60	0:22:54	34	0:22:14	77	0:24:33
270	MURRAY, Barbara	Purbeck Runners	Male 55-59	141	0:26:33					134	0:27:29				
271	MURRAY, Hamish	Purbeck Runners	Male 60-64					25	0:21:04	29	0:21:08	22	0:21:21		
422	MURRAY, Jenna	Lytchett Manor Striders	Female 20-39	27	0:20:38					76	0:23:59			72	0:24:23
297	MURRAY, Rob	Purbeck Runners	Male 20-39			20	0:20:36			21	0:20:09	18	0:20:29		
441	MURRELL, Julie		Female 50-54							200	0:33:34				
394	NEAL, Jane	Poole AC	Female 55-59					104	0:26:15	98	0:25:35	78	0:25:25	85	0:24:56
60	NETHERCOTT, Heather	Lytchett Manor Striders	Female 50-54	142	0:26:33	109	0:26:42	135	0:28:14	109	0:26:24				

61	NETHERCOTT, Steve	Lytchett Manor Striders	Male 20-39	104	0:24:51	81	0:24:53	89	0:25:21	86	0:24:55						
43	NEWBURY, Gavin		Male 20-39	35	0:21:41	46	0:22:24	62	0:23:46	40	0:21:46	35	0:22:19	42	0:22:19		
332	NEWBURY, Ian	Run blandford	Male 50-54			110	0:26:45	121	0:27:14								
402	NEWBURY, Stephanie		Female 20-39					83	0:25:12								
233	NGUGI, Sarah	Poole AC	Female 20-39	174	0:28:07												
292	NICHOLSON, David	Christchurch Runners	Male 45-49			15	0:20:08	15	0:19:54					15	0:19:48		
24	NIPPARD, Kaye	Lytchett Manor Striders	Female 50-54					92	0:25:27	95	0:25:25						
190	NOONE, Julia	Purbeck Runners	Female 45-49	272	0:39:40					224	0:40:50						
345	NYE, Kylie		Female 20-39			179	0:34:07										
453	O'BRIEN, Owen		Male 14-19									65	0:24:10	111	0:26:25		
274	O'CONNOR, Serena	Poole Runners	Female 14-19	6	0:19:13			14	0:19:51	15	0:19:45	12	0:19:44	12	0:19:31		
273	O'CONNOR, Simon		Male 50-54					48	0:22:52	54	0:22:38	39	0:22:29	38	0:21:58		
206	OFFER, Jayne	Poole AC	Female 50-54	183	0:28:30												
56	OGLES, Stephen	Poole Runners	Male 40-44	26	0:20:37	22	0:20:44	36	0:22:10	39	0:21:43			23	0:20:50		
46	OVERTON, Lloyd	Poole Runners	Male 20-39	158	0:27:17												
308	OXBOROUGH, Nicola		Female 40-44			139	0:28:24										
384	OZANNE, David	Poole Runners	Male 55-59					66	0:24:01			53	0:23:08				
465	OZANNE, Maria	Poole Runners	Female 55-59									181	0:35:11				
358	OZDEMIR, Esref		Male 40-44					50	0:23:00			60	0:23:52	48	0:22:47		
333	PARFITT, Scott	Lytchett Manor Striders	Male 20-39			13	0:19:51										
459	PATEMAN, Christine		Female 55-59									186	0:36:14				
63	PEEDEL, Karen	Poole AC	Female 50-54	169	0:27:57	120	0:27:20			125	0:27:01						
130	PEPPER, Rupert	Poole Runners	Male 40-44	228	0:31:22	169	0:31:52							167	0:29:56		
10	PHILLPOTTS, Kate	Poole Runners	Female 20-39	71	0:23:24	61	0:23:24	64	0:23:54	77	0:24:03	57	0:23:19	60	0:23:33		
367	POATE, Valeria		Female 20-39					189	0:35:22								
175	PORTER, Mark		Male 45-49	150	0:26:45	90	0:25:54	107	0:26:35	103	0:26:11	89	0:25:49	107	0:26:09		
447	PORTIOL, Peter	Purbeck Runners	Male 50-54							146	0:28:08						
414	PRATT, Kristy		Female 20-39							223	0:39:05	183	0:35:29				
468	PRICE, Joe	Bournemouth AC	Male 20-39									46	0:22:51				
469	PRICE, Will	Bournemouth AC	Male 60-64									157	0:31:26				
21	PRINT, Ben		Male 40-44	69	0:23:12	49	0:22:30	41	0:22:30	57	0:22:49	51	0:23:04				
59	RABJOHNS, Kate	Lytchett Manor Striders	Female 50-54	171	0:28:03	135	0:28:06			138	0:27:55			147	0:28:43		
444	RABJOHNS, Peter	Poole AC	Male 40-44							139	0:27:55			29	0:21:20		
424	RAMSDEN, Dane		Male 20-39							48	0:22:16						
228	REED, Anna	Purbeck Runners	Female 55-59	235	0:32:06												
322	REES, David	Lordshill Road Runners	Male 20-39			71	0:24:15										
353	REMINGTON, Stewart	Westbourne Running Club	Male 20-39			164	0:30:56					143	0:29:55				
244	RENWICK, Paul	Muddy Runners	Male 40-44	168	0:27:52	121	0:27:20			123	0:26:58	108	0:27:11	121	0:27:19		
415	RICHARDS, Helen	Lytchett Manor Striders	Female 40-44							124	0:27:01						
200	RICHARDS, Jabe	Run Blandford AC	Female 50-54	219	0:30:43												
185	RIDLEY, Andrew	Poole AC	Male 50-54	2	0:18:32												
323	RIGHBELL, Sarah		Female 20-39			174	0:33:21										
177	RITCHE, Dave	Poole AC	Male 50-54	149	0:26:44	99	0:26:10	119	0:27:05	130	0:27:24						
176	RITCHE, Vanya	Poole AC	Female 50-54	167	0:27:50	122	0:27:21	146	0:28:53	136	0:27:38						
243	ROAST, Andrew	Muddy Runners	Male 20-39	57	0:22:39	57	0:23:04	58	0:23:23	56	0:22:42			57	0:23:16		
398	ROAST, Gayle	Lytchett Manor Striders	Female 20-39					173	0:31:49			156	0:31:25				
463	ROBBIS, Pat	Bournemouth AC	Male 40-44									7	0:19:24				
168	ROBERTS, Karen		Female 50-54	260	0:37:07			202	0:38:58								
69	ROBERTS, Kevin	Poole AC	Male 45-49	246	0:33:53					214	0:35:59						
64	ROBERTS, Melanie	Littledown Harriers	Female 40-44	206	0:29:45			161	0:29:49								
407	ROGERS, Peter		Male 55-59							169	0:30:11	138	0:29:27	163	0:29:44		
211	ROGERSON, Nigel	Poole AC	Male 40-44	29	0:20:46	23	0:20:47	20	0:20:18	17	0:19:55	13	0:19:49	14	0:19:37		
102	ROLLE, Phillipa	Lytchett Manor Striders	Female 40-44	187	0:28:42	125	0:27:35										
381	ROWELL, Nicola		Female 20-39					188	0:34:57	207	0:34:42	176	0:34:26				

