

No		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		
203	ABDALLA, Moussa	Male Youths 14-19	Poole Runners	34	0:23:00							194	0:36:48			2	00:23:00
468	ADAMS, Daniel	Male 20-39										146	0:30:35	131	0:29:32	2	00:29:32
308	AKERS, Michael	Male 20-39	Poole Runners			19	0:22:16									1	00:22:16
199	ALAN-WILLIAMS, Natasha	Female 20-39		140	0:29:40	129	0:29:14									2	00:29:14
344	ALAN-WILLIAMS, Gareth	Male 40-44	Poole AC			8	0:20:33									1	00:20:33
69	ALAXENDER, Angela	Female 55-59	Poole Runners	187	0:32:23	180	0:33:01	140	0:33:27	182	0:31:56	171	0:33:07			5	00:31:56
465	ALLEN, James	Poole Runners	Male 40-44									75	0:25:54	71	0:26:04	2	00:25:54
219	ALLEN, Karen	Female 55-59		196	0:33:06											1	00:33:06
434	ALLEN, Trudy	Female 20-39	Purbeck Runners							241	0:40:26					1	00:40:26
18	AMOS, Kelly	Female 20-39	Poole Runners	172	0:31:08	73	0:26:09	70	0:26:48	74	0:25:28			72	0:26:07	5	00:25:28
19	AMOS, Steve	Male 20-39	Poole Runners	85	0:26:18	160	0:30:57			64	0:24:45			58	0:24:53	4	00:24:45
327	ANDERSON, Stuart	Male 40-44				57	0:25:20			98	0:26:44	69	0:25:41			3	00:25:20
463	ANDREWS, Thomas	Male 20-39	Lytchett Manor Striders									12	0:20:54			1	00:20:54
85	ARMSTRONG, Josie	Female 40-44	Poole Runners	203	0:33:33	197	0:34:32	168	0:37:20	189	0:32:42	177	0:33:36			5	00:32:42
84	ARMSTRONG, Paul	Male 50-54	Poole Runners	241	0:38:21	227	0:38:07	177	0:39:22	223	0:37:08	193	0:36:27			5	00:36:27
158	ASHTON, Matthew	Male 20-39	Poole AC	3	0:19:39	3	0:19:47					3	0:19:53			3	00:19:39
289	AUDRAIN, Philip	Male 50-54	Poole AC	165	0:31:02					178	0:31:42					2	00:31:02
290	AUDRAIN, Sarah	Female 40-44	Poole AC	82	0:26:09					130	0:28:21					2	00:26:09
55	AYRES, Jenni	Female 20-39		252	0:42:09			190	0:42:38							2	00:42:09
58	AYRES, Valerie	Female 60-64		261	0:44:21	248	0:46:38	193	0:46:32							3	00:44:21
410	BAILEY, Patrick	Male 20-39	Littledown Harriers							28	0:22:16					1	00:22:16
169	BAKER, Abigail	Female 20-39	Purbeck Runners	179	0:31:27	192	0:33:59			159	0:29:57	132	0:29:48	136	0:29:57	5	00:29:48
328	BAKER, Richard	Male 20-39				175	0:32:27									1	00:32:27
184	BARNES, Ian	Male 70-74	Poole Runners	61	0:24:54	42	0:24:27			53	0:24:07	48	0:23:59	46	0:24:06	5	00:23:59
360	BARNETT, Paul	Male 55-59	Dorset Police			96	0:27:53					110	0:28:19	105	0:27:53	3	00:27:53
440	BARRATT, Ella	Female Youths 14-19	Poole Runners							38	0:23:12					1	00:23:12
210	BARRON, Michael	Male 55-59	Purbeck Runners	212	0:34:13	208	0:36:10									2	00:34:13
89	BASSETT, Julie	Female 20-39	Littledown Harriers	106	0:27:37	143	0:30:01			138	0:28:51	124	0:28:58	130	0:29:29	5	00:27:37
450	BASSINDER, John	Male 50-54	Poole AC							6	0:20:10	4	0:19:58	5	0:19:56	3	00:19:56
7	BAYNE-AZCRATE, Marbellys	Female 40-44	Poole Runners	209	0:34:05	190	0:33:40									2	00:33:40
291	BECKETT, Jennifer	Female 20-39	Littledown Harriers	103	0:27:29	85	0:26:59	88	0:28:21	91	0:26:20	131	0:29:47	92	0:27:19	6	00:26:20
153	BELLOWS, Guy	Male 40-44	Westbourne Running Club	124	0:28:35	106	0:28:15	83	0:28:03	106	0:27:14			101	0:27:49	5	00:27:14
171	BENNETT, Laura	Female 40-44		173	0:31:11											1	00:31:11
26	BENSON, Vikki	Female 45-49				246	0:45:59	198	0:49:46	248	0:45:21					3	00:45:21
258	BIRCHALL, Jenna	Female 20-39		190	0:32:33	155	0:30:54			168	0:30:44	153	0:31:22			4	00:30:44
125	BIRD, Helen	Female 40-44	Bournemouth Joggers	227	0:36:58	223	0:37:23	169	0:37:57	209	0:35:57	188	0:35:59	176	0:35:53	6	00:35:53
256	BISHOP, Leigh	Male 20-39		93	0:26:41	156	0:30:54	46	0:25:02	76	0:25:32	61	0:24:47			5	00:24:47
388	BLANCO, Seila	Male 20-39						97	0:28:51							1	00:28:51
497	BOWDLER, Lorraine	Female 55-59												203	0:46:02	1	00:46:02
189	BRADSHAW, Patricia	Female 20-39	Poole AC	150	0:30:15					187	0:32:28					2	00:30:15
48	BRAIN, Heather	Female 60-64	Lytchett Manor Striders					182	0:40:03	215	0:36:21	214	0:41:29			3	00:36:21
41	BREAKS, Liza	Female 45-49	Poole Runners	141	0:29:43											1	00:29:43
24	BRIDGES, Jo	Female 40-44		262	0:44:39	250	0:48:28	199	0:49:52	251	0:46:23	222	0:46:18	204	0:46:08	6	00:44:39
27	BRIDGES, Paula	Female 20-39		236	0:38:04	236	0:38:50			245	0:42:23	208	0:40:42	194	0:40:08	5	00:38:04
224	BRIERLEY, Howard	Male 65-69		102	0:27:25	100	0:28:03			75	0:25:31	65	0:25:21	57	0:24:51	5	00:24:51
492	BROADLEY, David	Male 20-39	Poole AC											2	0:19:06	1	00:19:06
57	BRODIE, William	Male Youths 14-19	Poole Runners	69	0:25:33	26	0:22:55	15	0:22:15	24	0:21:58	27	0:22:54	25	0:22:14	6	00:21:58
172	BROLAN, Christopher	Male 20-39	Poole Runners													0	
273	BROOKER, Matt	Male 40-44	Lytchett Manor Striders	86	0:26:20	78	0:26:30	66	0:26:29							3	00:26:20
180	BROWN, Angela	Female 45-49	Poole Runners	185	0:32:18					199	0:33:40			182	0:36:53	3	00:32:18
46	BROWN, Robert	Male 45-49	Poole Runners	95	0:26:52	187	0:33:17	125	0:30:42	114	0:27:34	103	0:27:50			5	00:26:52
399	BRUCE, Hannah	Female Youths 14-19	Poole Runners							177	0:31:38	145	0:30:35			2	00:30:35
398	BRUCE, Marijke	Female 45-49								210	0:35:57	185	0:35:02			2	00:35:02
205	BUFFERY, Mark	Male 45-49	Wimborne AC	117	0:28:09											1	00:28:09
63	BULLER, Steven	Male 45-49	Poole AC	186	0:32:21			155	0:35:16	181	0:31:48	156	0:31:47	146	0:30:52	5	00:30:52

374	DENNISON, Graham	Male 40-44	Poolers Runners					116	0:30:07			111	0:28:22			2	00:28:22
393	DEVERILL, Ann	Poolers AC	Female 50-54							233	0:38:34					1	00:38:34
130	DIFFEY, Ian	Male 20-39	Lytchett Manor Striders			134	0:29:34									1	00:29:34
166	DOMINEY, Alwyn	Male 65-69	Poolers Runners	139	0:29:38	140	0:29:48	138	0:32:46			166	0:32:20			4	00:29:38
154	DOWNES, Esther	Female 20-39	Poolers Runners	105	0:27:36	87	0:27:02	107	0:29:42	122	0:27:49	108	0:28:07	86	0:26:58	6	00:26:58
155	DRAYSON, Kevin	Male 20-39	Westbourne Running Club	23	0:22:05	15	0:21:44	9	0:21:29	13	0:21:04	16	0:21:29	14	0:21:11	6	00:21:04
347	DRIVER, Ian	Male 60-64	Poolers Runners			54	0:24:54									1	00:24:54
207	DUNNING, Jacob	Male Youths 14-19	Poolers Runners			66	0:25:50					86	0:26:44	69	0:25:56	3	00:25:50
163	DURLLEY-WHITE, Sarah	Female 40-44	Poolers AC	168	0:31:05	189	0:33:28	144	0:34:07	195	0:33:25	173	0:33:16			5	00:31:05
486	DWYER, Angela	Female 40-44	Chapel Allerton											169	0:34:15	1	00:34:15
225	DWYER, Gary	Male 55-59	Poolers Runners	109	0:27:48	127	0:29:13	84	0:28:06	133	0:28:28	98	0:27:22			5	00:27:22
292	DYBLE, Liz	Female 50-54	Westbourne Running Club	198	0:33:14											1	00:33:14
432	DYKE, Terry	Male 50-54	Purbeck Runners							201	0:34:07					1	00:34:07
357	DYKE, Tia	Female 40-44				165	0:31:27									1	00:31:27
87	EAST, Matt	Male 40-44	Poolers Runners	26	0:22:24	17	0:21:56	14	0:22:12	20	0:21:49	18	0:21:51	20	0:21:57	6	00:21:49
86	EAST, Tom	Male Youths 14-19	Poolers Runners	5	0:19:51			7	0:21:10	19	0:21:42	5	0:20:06	11	0:20:51	5	00:19:51
148	ECKARDT, Sandra	Female 20-39		161	0:30:46	164	0:31:23	166	0:37:07	183	0:32:10	159	0:31:54	132	0:29:37	6	00:29:37
315	EDWARDES, Cat	Female 45-49				200	0:34:45	151	0:35:00							2	00:34:45
356	EL YAUTI, Karim	Male 20-39				31	0:23:24	27	0:23:48							2	00:23:24
453	ELLIOTT, David	Male 20-39										83	0:26:32	74	0:26:21	2	00:26:21
277	ELLIOTT, Jim	Male 65-69		213	0:34:31	191	0:33:58	150	0:34:53	194	0:33:11	176	0:33:34	160	0:32:23	6	00:32:23
452	ELLIOTT, Melissa	Female 20-39										95	0:27:08	73	0:26:16	2	00:26:16
364	ELSON, Steve	Male 55-59	Littledown Harriers					51	0:25:15							1	00:25:15
496	EMBERSON, Ron	Male 40-44											110	0:28:11	3	00:28:11	
229	ENGLAND, Jane	Female 50-54	Run Blandford	216	0:34:54	206	0:35:46									2	00:34:54
448	EVANS, Jonny	Male 20-39								81	0:25:58	73	0:25:52	64	0:25:12	3	00:25:12
299	EVANS, Michelle	Female 50-54		248	0:39:39											1	00:39:39
309	FARMER, Adam	Male 20-39				167	0:31:35									1	00:31:35
157	FARRELL, Scott	Male 40-44		88	0:26:22					119	0:27:41	104	0:27:52	91	0:27:17	4	00:26:22
211	FERENCZY, Peter	Male 50-54	Poolers Runners	44	0:23:41											1	00:23:41
2	FILMER, Eve	Female 50-54	Poolers AC	183	0:32:15	193	0:34:01									2	00:32:15
1	FILMER, Graham	Male 50-54	Poolers AC	74	00:24:32	56	00:25:18	57	0:25:55				106	0:28:02	4	00:24:32	
237	FINNIS, Trevor	Male 50-54	Lytchett Manor Striders	56	0:24:32			63	0:26:18	77	0:25:36					3	00:24:32
104	FISHER, Mark	Male 20-39		30	0:22:42							45	0:23:53			2	00:22:42
11	FORSTER, Alice	Female Youths 14-19	Poolers Runners	36	0:23:14			52	0:25:31	49	0:23:47					3	00:23:14
10	FORSTER, Rob	Male 45-49	Poolers Runners			89	0:27:09									1	00:27:09
367	FOX, Fred	Male 60-64	Running For Time					100	0:28:58							1	00:28:58
52	FOX, Joan	Female 65-69	Bournemouth Joggers	201	0:33:27	195	0:34:14	146	0:34:29			174	0:33:17	162	0:32:36	5	00:32:36
75	FOX, Steve	Male 45-49	Poolers Runners	71	0:25:36	59	0:25:24	64	0:26:23	78	0:25:48	71	0:25:48	66	0:25:29	6	00:25:24
366	FOX, Sue	Male 65-69	Running For Time					139	0:33:17							1	00:33:17
16	FRAMPTON, Marion	Female 55-59	Poolers Runners	205	0:33:46	173	0:32:22	203	0:52:18	170	0:31:03	155	0:31:33	147	0:30:58	6	00:30:58
17	FRAMPTON, Robert	Male 55-59	Poolers Runners	128	0:28:46	94	0:27:43	72	0:26:56	118	0:27:41	78	0:26:08	84	0:26:56	6	00:26:08
395	FROUD, Darrell	Male 20-39	Poolers Runners							109	0:27:17	80	0:26:10	65	0:25:16	3	00:25:16
430	GALLOWAY, Jack	Male 20-39	Poolers AC							4	0:19:41					1	00:19:41
78	GALLTON, Grace	Female 40-44	Poolers AC	249	0:40:56	242	0:40:59	192	0:44:18	238	0:40:15					4	00:40:15
350	GARLINGE, Gaynor	Female 20-39				224	0:37:27			231	0:38:27					2	00:37:27
349	GARLINGE, Ian	Male 50-54				225	0:37:28			94	0:26:28					2	00:26:28
483	GAVIN, Nick	Male 20-39	Lytchett Manor Striders											30	0:22:36	1	00:22:36
102	GIBSON, Naomi	Female 50-54														0	
489	GILBERTSON, Leila	Female 40-44											125	0:29:05	1	00:29:05	
406	GIMENO, Marta	Female Youths 14-19								144	0:29:09					1	00:29:09
363	GODDARD, Luke	Male 20-39	Run Blandford AC					48	0:25:10							1	00:25:10
461	GOSDEN, Jackie	Female 50-54	Poolers AC									100	0:27:31	88	0:27:11	2	00:27:11
401	GOSDEN, Joe	Male 20-39	Poolers Runners							39	0:23:12					1	00:23:12
96	GRAHAM, David	Male 45-49	Poolers Runners													0	
23	GRAHAM, Ray	Male 55-59	Westbourne Running Club	197	0:33:13	199	0:34:44	165	0:36:48	204	0:34:56			167	0:33:45	5	00:33:13
178	GRAHAM, Teagan-Mae	Female Youths 14-19		99	0:27:08											1	00:27:08
282	GRAHAM, Teresa	Female 50-54	Lytchett Manor Striders	230	0:37:27											1	00:37:27
98	GRAHAM, Tyler-Nicole	Female Youths 14-19		255	0:43:08	245	0:44:14									2	00:43:08

202	GRAY, Miriam	Female 70-74															
372	GRAYSON, Ana	Male 45-49	Poole Runners	215	0:34:52	207	0:35:56	163	0:36:36	213	0:36:11	194	00:36:48	178	0:36:13	6	00:34:52
488	GREEN, Anneka	Female 20-39						201	0:50:30							1	00:50:30
341	GREEN, Stephanie	Female 20-39	Poole Runners			166	0:31:29			193	0:33:03	190	0:36:12	181	0:36:52	4	00:31:29
136	GREGORY, Karen	Female 45-49	Poole AC	184	0:32:16	194	0:34:11			225	0:37:33	198	0:37:04	180	0:36:34	5	00:32:16
137	GREGORY, Steven	Male 45-49	Poole AC	123	0:28:30	118	0:28:57	102	0:29:08	112	0:27:32	120	0:28:50	104	0:27:52	6	00:27:32
429	GRIESSER, Sue	Female 45-49	Poole AC							212	0:36:08	205	0:39:15	174	0:35:46	3	00:35:46
115	GRIFFITHS, Mitchell	Male 20-39	Westbourne Running Club	16	0:21:11	9	0:20:36					11	0:20:48	13	0:20:57	4	00:20:36
191	GRIST, Mike	Male 50-54	Poole Runners	32	0:22:52											1	00:22:52
265	GUERRIER, Chris	Male 60-64	Poole Runners	55	0:24:21											1	00:24:21
143	GUERRIER, Helen	Female 20-39	Poole Runners	125	0:28:39	124	0:29:04	109	0:29:48	136	0:28:41	112	0:28:25	115	0:28:23	6	00:28:23
44	HALLETT, John	Male 75-79		178	0:31:27	141	0:29:54	114	0:30:05	153	0:29:26	140	0:30:12	142	0:30:43	6	00:29:26
43	HALLETT, Marilyn	Female 65-69		225	0:36:34	205	0:35:36	175	0:39:16			201	0:37:38	184	0:37:04	5	00:35:36
426	HANCOCK, Jason	Male 45-49								246	0:43:11	218	0:43:09	199	0:43:08	3	00:43:08
59	HARDY, Maria	Female 40-44														0	
173	HARDY, Suzy	Female 40-44		243	0:38:43	235	0:38:50	173	0:39:06	232	0:38:27	211	0:41:08	197	0:41:33	6	00:38:27
244	HARPER, Donald	Male 20-39		145	0:29:56							130	0:29:40			2	00:29:40
336	HARRIS, Josie	Female 20-39	Littledown Harriers			184	0:33:17					172	0:33:10			2	00:33:10
346	HARRISON, Rebecca	Female 20-39				182	0:33:06	134	0:32:16	176	0:31:36	157	0:31:49			4	00:31:36
37	HART, Robert	Male 45-49		136	0:29:28	126	0:29:10	104	0:29:19	147	0:29:12	144	0:30:28	126	0:29:10	6	00:29:10
42	HARTLEY, Tina	Female 45-49	Poole AC	251	0:41:24	220	0:37:05	183	0:40:35	226	0:37:56	199	0:37:20	179	0:36:28	6	00:36:28
126	HARTWELL, Emma	Female 20-39		259	0:44:11											1	00:44:11
118	HARVEY, Jenna	Female 20-39						85	0:28:16							1	00:28:16
479	HARVEY, Laura	Female 20-39										170	0:32:58			1	00:32:58
223	HARVEY, Tracey	Female 40-44	Lytchett Manor Striders	131	0:29:13	113	0:28:45									2	00:28:45
375	H AUGHEY, Terry	Male 65-69	Poole Runners					69	0:26:48	89	0:26:11	82	0:26:21	75	0:26:23	4	00:26:11
56	HAWKINS, Carly	Female 20-39	Westbourne Running Club	199	0:33:17	177	0:32:49	137	0:32:44	190	0:32:45	165	0:32:17	155	0:31:40	6	00:31:40
222	HAWKINS, Emma	Female 20-39	Zoom Tri Club	153	0:30:20	137	0:29:41			166	0:30:34	126	0:29:07	112	0:28:15	5	00:28:15
487	HAWKINS, Greg	Male 40-44	Littledown Harriers											18	0:21:39	1	00:21:39
82	HAY, Kirstin	Female 20-39	Poole AC	113	0:28:02	115	0:28:50	123	0:30:37	124	0:27:54	94	0:27:05	85	0:26:56	6	00:26:56
142	HAYTER, Simon	Male 55-59	Wimborne AC	39	0:23:23	28	0:23:08	26	0:23:41	52	0:24:05	43	0:23:49	35	0:23:05	6	00:23:05
474	HAYWOOD, Nigel	Male 60-64	Purbeck Runners									54	0:24:19			1	00:24:19
475	HAYWOOD, Peter	Male 20-39										72	0:25:51			1	00:25:51
79	HEAD, David	Male 45-49				163	0:31:15	96	0:28:50							2	00:28:50
302	HEAD, Mark	Male 50-54				146	0:30:04									1	00:30:04
491	HECKFORD, Chris	Male 20-39												28	0:22:27	1	00:22:27
201	HENDES, Louise	Female 20-39	Poole AC	91	0:26:25									83	0:26:52	2	00:26:25
141	HENDY, Milie	Female 45-49	Bournemouth Joggers													0	
152	HERBERT, Chas	Male 65-69	Road Runners Club	193	0:32:46					192	0:32:53	182	0:34:32	159	0:32:18	4	00:32:18
204	HERBERT, Roger	Male 50-54		115	0:28:05											1	00:28:05
392	HICKS, Dave	Male 40-44	Poole AC					4	0:20:55	5	0:19:49			4	0:19:39	3	00:19:39
176	HIGGINS, Kim	Female 20-39	Poole AC	119	0:28:13	114	0:28:45	115	0:30:06			123	0:28:56	120	0:28:45	5	00:28:13
257	HILBERT, Eric	Male 60-64	Poole AC	46	0:23:44	40	0:24:20	61	0:26:09	73	0:25:26					4	00:23:44
298	HILBORNE, Mike	Male 50-54	Wimborne AC	195	0:33:04	148	0:30:16	129	0:31:21	161	0:30:17	133	0:29:50	116	0:28:29	6	00:28:29
105	HILL, Georgina	Female 20-39	Poole AC	143	0:29:48					148	0:29:14					2	00:29:14
462	HINSLEY, Jeff	Male 50-54	Wimborne AC									90	0:26:55	77	0:26:27	2	00:26:27
200	HIRST, Mike	Male 60-64	Poole AC	51	0:23:56											1	00:23:56
73	HITCHING, Ian	Male 50-54	Poole AC	157	0:30:39	153	0:30:43	106	0:29:40	116	0:27:38	119	0:28:48	144	0:30:49	6	00:27:38
306	HODGE, Nick	Male 45-49	Dorset Police			32	0:23:42			36	0:23:10	32	0:23:25			3	00:23:10
458	HODGE, William	Male Youths 14-19										62	0:24:53			1	00:24:53
423	HODGMAN, Oliver	Male 20-39	Muddy Runners							129	0:28:20					1	00:28:20
241	HOGARTH, Steven	Male 55-59		28	0:22:31	22	0:22:31	24	0:23:15	29	0:22:26	31	0:23:12	31	0:22:40	6	00:22:26
435	HOLLYWOOD, Lucy	Female 20-39	Purbeck Runners													0	
238	HORSWILL, Laura	Female 20-39	Poole AC	207	0:33:54					188	0:32:30	183	0:34:37			3	00:32:30
422	HOWARD, Rich	Male 20-39								102	0:26:59					1	00:26:59
288	HOWSE, Claudia	Female 50-54	Poole Runners	155	0:30:29	144	0:30:02					158	0:31:51			3	00:30:02
380	HUDDARD, John	Male 50-54	Westbourne Running Club					101	0:29:02	125	0:27:58					2	00:27:58
66	HUGHES, Michael	Male 65-69	Hamworthy Harriers	116	0:28:07	109	0:28:29			121	0:27:47	113	0:28:26	109	0:28:08	5	00:27:47
28	HUGHES, Michelle	Female 20-39				252	0:56:48									1	00:56:48

245	HUGHES, Nigel	Male 45-49		78	0:25:58											1	00:25:58
342	HUNT, Kim	Female 55-59	Poole AC			181	0:33:04	143	0:34:04	191	0:32:47	168	0:32:47	158	0:32:15	5	00:32:15
64	INGHAM, Carole	Female 60-64	Poole Runners	264	0:44:43	253	0:56:48									2	00:44:43
65	INGHAM, Paul	Male 60-64	Poole Runners	132	0:29:13	75	0:26:15			111	0:27:26			99	0:27:42	4	00:26:15
368	INGHAM, Vicki	Female 20-39	Poole Runners					23	0:23:01	25	0:22:00	22	0:22:28	29	0:22:31	4	00:22:00
369	IRUEN, Nwala	Male 45-49						196	0:49:30	242	0:41:35	217	0:42:57	196	0:40:52	4	00:40:52
414	ISAAC, Andrew	Male 20-39	Westbourne Running Club							54	0:24:09					1	00:24:09
22	IVES, Jacqui	Female 40-44	Westbourne Running Club	181	0:31:36	171	0:32:05	141	0:33:51	179	0:31:43			166	0:33:39	5	00:31:36
301	JACKSON, Nigel	Male 60-64				72	0:26:05									1	00:26:05
95	JAMES, David	Male 20-39	Poole AC	223	0:36:04			176	0:39:20	219	0:37:05					3	00:36:04
431	JAMES, David	Male 20-39								31	0:22:42					1	00:22:42
94	JAMES, Joanna	Female 20-39		257	0:43:26			195	0:46:55	253	0:46:28					3	00:43:26
9	JANSSON, Lars	Male 70-74	Poole Runners	100	0:27:19	99	0:28:01			126	0:28:00	107	0:28:02	113	0:28:17	5	00:27:19
235	JOHNS, Andy	Male 40-44		67	0:25:16	52	0:24:48	38	0:24:31	43	0:23:31	37	0:23:37			5	00:23:31
233	JONES, Susan	Female 45-49	Lytchett Manor Striders	152	0:30:18			122	0:30:35							2	00:30:18
405	KEIGHTLEY, Ben	Male 20-39								9	0:20:36					1	00:20:36
343	KEIGHTLEY, Steve	Male 55-59				130	0:29:21	118	0:30:21							2	00:29:21
326	KENNEDY, Mark	Male 55-59	Poole AC			34	0:23:53	35	0:24:28			39	0:23:44			3	00:23:44
88	KETCHLEY, Sally	Female 40-44		256	0:43:10	251	0:48:28	194	0:46:33	249	0:45:27	219	0:43:21	198	0:43:07	6	00:43:07
379	KILBY, Glenn	Male 40-44						67	0:26:38			84	0:26:37			2	00:26:37
146	KIMBER, Fern	Female Youths 14-19	Poole Runners	25	0:22:17	27	0:23:01			30	0:22:31	28	0:22:58	33	0:22:43	5	00:22:17
147	KIMBER, Helen	Female 40-44		233	0:37:45	233	0:38:35			221	0:37:05			186	0:38:51	4	00:37:05
420	KIMBER, Mark	Male 45-49								63	0:24:39	42	0:23:48	47	0:24:07	3	00:23:48
407	KING, Christian	Male Youths 14-19								145	0:29:09					1	00:29:09
386	KIRBY, Alison	Male 40-44						200	0:50:30					202	0:46:02	2	00:46:02
354	KIRKHAM, Matt	Male 40-44				84	0:26:58	68	0:26:45			88	0:26:47			3	00:26:45
391	KNOWLES, Hilary	Male 55-59						172	0:38:52			195	0:36:57	175	0:35:47	3	00:35:47
352	KONSBRUCK, Loraine	Female 50-54	Bournemouth Joggers			179	0:33:00			184	0:32:15					2	00:32:15
106	LAMB, Zoe	Female 20-39				63	0:25:44	58	0:25:57			92	0:27:03	87	0:27:02	4	00:25:44
451	LANE, Paul	Male 45-49										40	0:23:45	40	0:23:38	2	00:23:38
67	LAW, Faye	Female 20-39	Poole Runners	176	0:31:21			136	0:32:28	175	0:31:30	150	0:31:00	152	0:31:30	5	00:31:00
193	LEACH, Andrew	Male 40-44	Lytchett Manor Striders	50	0:23:52	37	0:24:15	41	0:24:38							3	00:23:52
116	LEF, Laura	Female 40-44		142	0:29:46			157	0:35:36	208	0:35:50					3	00:29:46
13	LEWIS, Alan	Male 65-69	Poole Runners	48	0:23:48	35	0:23:58	33	0:24:21			52	0:24:18	70	0:25:57	5	00:23:48
427	LEWIS, Andrew	Male 20-39								156	0:29:39	118	0:28:47	133	0:29:41	3	00:28:47
150	LEWIS, Helen	Female 55-59				88	0:27:05			104	0:27:06	96	0:27:10	96	0:27:36	4	00:27:05
109	LEWIS, Howard	Male 45-49	Poole Runners	87	0:26:20	121	0:29:02	77	0:27:28	101	0:26:49	76	0:25:59	98	0:27:41	6	00:25:59
324	LITCHFIELD, Sandra	Female 50-54	Lytchett Manor Striders			211	0:36:23									1	00:36:23
312	LITTLECOTT, Stephen	Male 60-64	Lytchett Manor Striders			58	0:25:22									1	00:25:22
50	LIVERMORE, Emma	Female 20-39	Poole Runners	101	0:27:21	186	0:33:17	124	0:30:42	105	0:27:11					4	00:27:11
253	LOCK, Darren	Male 45-49	Poole Runners	127	0:28:41											1	00:28:41
472	LOFTS, Tom	Male 20-39														0	
471	LOFTS, Victoria	Female 20-39										192	0:36:16			1	00:36:16
36	LOMAX, John	Male 55-59	Littledown Harriers			231	0:38:32	185	0:40:58	234	0:39:03	203	0:38:16	185	0:37:44	5	00:37:44
287	LONERGAN, Kirsty	Female 20-39	Muddy Runners	134	0:29:21	136	0:29:38			139	0:28:56					3	00:28:56
251	LONG, Brian	Male 65-69		62	0:24:55	47	0:24:34	47	0:25:08	65	0:24:46	67	0:25:26	63	0:25:10	6	00:24:34
293	LONNEN, Gareth	Male 45-49		182	0:31:37	170	0:31:41			180	0:31:48	154	0:31:26			4	00:31:26
167	LUMBER, James	Male 20-39		54	0:24:12	36	0:24:09									2	00:24:09
493	LYDALL, David	Male 55-59	Claremont Road Runners											41	0:23:43	1	00:23:43
93	MACK, Hazel	Female 45-49				86	0:27:00									1	00:27:00
353	MACLELLAN, Claire	Female 20-39				111	0:28:42									1	00:28:42
442	MACLELLAN, Jason	Male 40-44								90	0:26:14					1	00:26:14
333	MAIDMENT, Allan	Male 20-39				219	0:37:03	149	0:34:53			175	0:33:24			3	00:33:24
15	MARGETTS, Ron	Male 65-69		219	0:35:04	210	0:36:22	162	0:36:26	206	0:35:20	187	0:35:53	173	0:35:36	6	00:35:04
174	MARSDEN, Lee	Male 45-49		180	0:31:30											1	00:31:30
175	MARSDEN, Trish	Female 40-44		174	0:31:16											1	00:31:16
127	MARTIN, Rachel	Female 40-44				234	0:38:46	184	0:40:48	222	0:37:05					3	00:37:05
20	MCCAFFEREY, James	Male 20-39	Westbourne Running Club	8	0:20:25	7	0:20:31	8	0:21:24	11	0:20:44	6	0:20:19	6	0:19:59	6	00:19:59
255	MCGRORY, Kevin	Male 50-54	Poole AC	73	0:25:40	51	0:24:48	90	0:28:23	86	0:26:08	77	0:26:06			5	00:24:48

254	MCGRORY, Maggie	Female 50-54	Poole AC	163	0:30:57			130	0:31:32	167	0:30:41	148	0:30:37			4	00:30:37
445	MCNAMARA, Johanne	Female 45-49								214	0:36:20					1	00:36:20
281	MCWILLIAMS, Audrey	Female 45-49	Lytchett Manor Striders	240	0:38:19											1	00:38:19
400	MENDES, Louise	Female 20-39	Poole AC							97	0:26:36					1	00:26:36
478	MESTON, Rich	Male 40-44	Poole AC									30	0:23:10			1	00:23:10
121	MIDGLEY, Catherine	Female 45-49	Poole AC	231	0:37:31	243	0:41:07	189	0:42:13	250	0:46:13	210	0:41:05	187	0:38:54	6	00:37:31
321	MILLER, Graeme	Male 45-49	Bournemouth AC			11	0:20:56	5	0:21:00	12	0:20:56	7	0:20:25	8	0:20:03	5	00:20:03
408	MILLS, Steve	Male 50-54								70	0:25:09	64	0:25:16			2	00:25:09
481	MINHINNICK, Anthi	Female 20-39												201	0:45:37	1	00:45:37
384	MITCHELL, Barry	Male 70-74	Poole Runners					121	0:30:33	163	0:30:27	128	0:29:16	123	0:28:50	4	00:28:50
161	MOGG, Annette	Female 60-64		254	0:42:50	230	0:38:30	158	0:35:37			164	0:32:16	150	0:31:15	5	00:31:15
133	MOLYNEAUX, Daniel	Male 20-39	Poole Runners	42	0:23:30	45	0:24:32							45	0:24:02	3	00:23:30
263	MOLYNEAUX, Kevin	Male 55-59		242	0:38:37	228	0:38:22							170	0:34:51	3	00:34:51
262	MOLYNEAUX, Suzanne Kim	Female 50-54		202	0:33:31	154	0:30:48							157	0:32:03	3	00:30:48
454	MONTERO, Josu	Male 20-39										9	0:20:42			1	00:20:42
234	MOORE, Lesley	Female 20-39	Poole AC	38	0:23:21			32	0:24:19	42	0:23:30	41	0:23:48	36	0:23:09	5	00:23:09
221	MOORS, Daniel	Male 20-39	Poole AC	66	0:25:13	61	0:25:35	98	0:28:55	67	0:24:57			54	0:24:48	5	00:24:48
198	MORPHEW, Fiona	Female 60-64	Poole AC	250	0:41:24	244	0:41:28	191	0:43:12	239	0:40:24	207	0:40:34	190	0:39:17	6	00:39:17
417	MOULD, Rachael	Male 45-49								236	0:39:24	204	0:38:58			2	00:38:58
247	MOYSE, Graham	Male 55-59	Poole Runners	40	0:23:25			28	0:23:49	40	0:23:18					3	00:23:18
370	MULFORD, Colin	Male 50-54						135	0:32:17	174	0:31:24	147	0:30:35	138	0:30:00	4	00:30:00
396	MULRYAN, Daniel	Male 20-39	Poole Runners							1	0:18:23					1	00:18:23
21	MUMFORD, Jason	Male 40-44	Poole Runners	41	0:23:26	93	0:27:42			34	0:22:48	36	0:23:33	38	0:23:18	5	00:22:48
345	MURRAY, Rob	Male 20-39	Purbeck Runners			13	0:21:40			203	0:34:35			15	0:21:14	3	00:21:14
54	MURRELL, Julie	Female 50-54		200	0:33:19	178	0:32:55	147	0:34:30	200	0:33:57	180	0:34:15	171	0:34:59	6	00:32:55
419	NEAL, Dave	Male 60-64	Poole AC							150	0:29:21					1	00:29:21
264	NEAL, Jane	Female 60-64	Poole AC	80	0:26:04	76	0:26:19	59	0:26:03	88	0:26:11			53	0:24:36	5	00:24:36
49	NETHERCOTT, Heather	Female 50-54	Lytchett Manor Striders			125	0:29:05	132	0:32:06							2	00:29:05
230	NEWBURY, Gavin	Male 20-39	Poole Runners	83	0:26:15	46	0:24:32	44	0:24:45	51	0:24:03			59	0:24:57	5	00:24:03
339	NEWBURY, Ian	Male 55-59	Poole Runners			131	0:29:21	113	0:29:58	155	0:29:32	122	0:28:54	119	0:28:42	5	00:28:42
382	NEWBURY, Stephanie	Female 20-39						71	0:26:51	82	0:26:01					2	00:26:01
296	NEWMAN, Rachel	Female 20-39		217	0:35:01											1	00:35:01
433	NOONE, Julia	Female 45-49	Purbeck Runners							240	0:40:26					1	00:40:26
381	Not used															0	
456	Not used																
216	O'BRIEN, Owen	Male Youths 14-19		107	0:27:41	108	0:28:21									2	00:27:41
278	O'CONNOR, Serena	Female Youths 14-19	Poole Runners	12	0:20:55	23	0:22:38									2	00:20:55
279	O'CONNOR, Simon	Male 50-54	Poole Runners	35	0:23:07			30	0:23:56	35	0:23:01	35	0:23:30	34	0:23:02	5	00:23:01
129	OFFER, Jayne	Female 50-54	Poole AC	129	0:28:51	138	0:29:42			131	0:28:22	106	0:27:58			4	00:27:58
362	O'HARA, Ryan	Male 20-39						145	0:34:09					143	0:30:46	2	00:30:46
411	OLDEN, Andrew	Male 45-49	Wimborne AC							83	0:26:03			68	0:25:51	2	00:25:51
394	ORMONDE, Mark	Male 20-39	Lytchett Manor Striders							44	0:23:38	34	0:23:27	37	0:23:17	3	00:23:17
311	OZANNE, David	Male 55-59	Poole Runners			49	0:24:34	36	0:24:30			47	0:23:58	48	0:24:14	4	00:23:58
313	OZANNE, Maria	Female 55-59	Poole Runners			212	0:36:26									1	00:36:26
38	OZDEMIR, Esref	Male 40-44		57	0:24:35	44	0:24:32	39	0:24:32	55	0:24:14	59	0:24:43	55	0:24:49	6	00:24:14
97	PALMER, Brenda	Female 60-64	Poole AC	191	0:32:36	172	0:32:14	142	0:34:04			163	0:32:10			4	00:32:10
447	PALMER, Ginny	Female 45-49								173	0:31:17					1	00:31:17
242	PARFITT, Scott	Male 20-39	Lytchett Manor Striders	4	0:19:47					7	0:20:13	8	0:20:37	9	0:20:30	4	00:19:47
455	PARKHILL, Andrew	Male 20-39	Zoom Tri Club									20	0:22:02			1	00:22:02
413	PATRICK, Ashley	Male 20-39								66	0:24:54	50	0:24:11	50	0:24:28	3	00:24:11
348	PAULLEY, Dean	Male 20-39				18	0:22:08									1	00:22:08
418	PEACH, Tony	Male 50-54	Lytchett Manor Striders							113	0:27:32	56	0:24:24	49	0:24:19	3	00:24:19
337	PEARSON, Denise	Female 55-59														0	
373	PEEDEL, Karen	Female 55-59	Poole AC					133	0:32:14	162	0:30:23	138	0:30:04	139	0:30:01	4	00:30:01
51	PERKINS, Carole	Female 60-64														0	
228	PERRIN, Sean	Male 45-49	Poole Runners	146	0:29:58	150	0:30:31							153	0:31:34	3	00:29:58
25	PHILLPOTTS, Kate	Female 20-39	Poole Runners	47	0:23:45	39	0:24:20	53	0:25:33	56	0:24:16	51	0:24:13	52	0:24:35	6	00:23:45
111	PICKERING, Alan	Male 65-69								169	0:30:49					1	00:30:49
444	PIDGLEY, Lee	Male 45-49	Poole Runners							217	0:36:38					1	00:36:38

226	PORTER, Mark	Male 50-54		130	0:29:07	128	0:29:14	99	0:28:57	132	0:28:25	109	0:28:13	117	0:28:29	6	00:28:13
220	PORTNOI, Peter	Male 65-69		97	0:26:57	185	0:33:17									2	00:26:57
170	PRATT, Kristy	Female 20-39		246	0:39:22	216	0:36:43	187	0:41:36					189	0:38:56	4	00:36:43
90	PRINT, Ben	Male 45-49		43	0:23:34					60	0:24:32	58	0:24:42	42	0:23:47	4	00:23:34
177	PULLEN, Lee	Male 20-39	Lytchett Manor Striders	58	0:24:37	50	0:24:39	49	0:25:11	62	0:24:35	55	0:24:21	51	0:24:33	6	00:24:21
151	RABJOHNS, Kate	Female 55-59	Lytchett Manor Striders			152	0:30:31									1	00:30:31
378	REAM, Nicki	Female 40-44						179	0:39:30	229	0:38:16					2	00:38:16
304	REES, David	Male 20-39	Lordshill Road Runners			90	0:27:16									1	00:27:16
92	RENWICK, Paul	Male 40-44	Muddy Runners					81	0:27:54	141	0:29:01	89	0:26:52	94	0:27:29	4	00:26:52
297	RICHARDS, Helen	Female 40-44	Lytchett Manor Striders	218	0:35:01											1	00:35:01
449	RINTOUL, David	Male 45-49								71	0:25:18					1	00:25:18
188	RISK, Emma	Female 45-49	Purbeck Runners	208	0:33:58											1	00:33:58
438	RITCHIE, Dave	Male 55-59	Poole AC							152	0:29:23	114	0:28:27	100	0:27:46	3	00:27:46
437	RITCHIE, Vanya	Female 50-54	Poole AC							151	0:29:23	137	0:30:02	137	0:29:59	3	00:29:23
283	ROAST, Andrew	Male 20-39	Muddy Runners	52	0:24:04	38	0:24:17	40	0:24:35	47	0:23:42	53	0:24:18	95	0:27:33	6	00:23:42
122	ROAST, Gayle	Female 20-39	Lytchett Manor Striders													0	
72	ROBERTS, Karen	Female 50-54		253	0:42:27											1	00:42:27
35	ROBERTS, Kevin	Male 50-54	Poole AC	228	0:37:01	226	0:37:34	170	0:38:16	230	0:38:20	196	0:36:59			5	00:36:59
473	ROBERTS, Melanie	Female 45-49	Littledown Harriers									186	0:35:09			1	00:35:09
206	RUBY, Nicola	Female 45-49		169	0:31:08							167	0:32:29			2	00:31:08
45	RUFFLE, Diane	Female 55-59	Bournemouth Joggers	166	0:31:02	176	0:32:28									2	00:31:02
371	RUSTELL, David	Male 55-59	Lytchett Manor Striders					91	0:28:25	115	0:27:35					2	00:27:35
390	RYALL, Alex	Male 20-39						31	0:24:12			24	0:22:39	22	0:22:02	3	00:22:02
351	SAINI, Nicole	Female 20-39	Cardiiff AC			116	0:28:53							102	0:27:51	2	00:27:51
271	SAINI, Ravinder	Male 50-54	Poole AC	60	0:24:51	117	0:28:53	56	0:25:49	61	0:24:34			103	0:27:51	5	00:24:34
383	SALES, Erin	Male 20-39						167	0:37:07							1	00:37:07
272	SAUNDERS, Richard	Male 50-54	Poole AC	59	0:24:49			55	0:25:46			60	0:24:45			3	00:24:45
250	SAWYER, Nicola	Female 45-49	Poole AC	149	0:30:02	147	0:30:12			158	0:29:56	136	0:29:52	129	0:29:23	5	00:29:23
248	SCARFE, Judith	Female 50-54	Lytchett Manor Striders	160	0:30:46											1	00:30:46
314	SCOTT, Geoffrey	Male 70-74	Poole Runners			209	0:36:12									1	00:36:12
457	SCOTT, John	Wimborne AC	Male 55-59									38	0:23:43			1	00:23:43
103	SCOTT, Sarah	Female 40-44	Poole Runners					152	0:35:12							1	00:35:12
53	SEXTON, Neil	Male 20-39	Poole Runners	17	0:21:31	29	0:23:14			32	0:22:44					3	00:21:31
490	SEYMOUR, Tim	Male 55-59	Purbeck Runners											163	0:32:43	1	00:32:43
185	SHARKEY, Jon	Male 20-39	Bournemouth AC	6	0:19:58											1	00:19:58
425	SHIELD, Jerry	Male 50-54	Wimborne AC							23	0:21:56					1	00:21:56
134	SHORE, Emma	Female 20-39	Poole Runners	171	0:31:08	133	0:29:30	89	0:28:23	123	0:27:53	99	0:27:30	114	0:28:18	6	00:27:30
135	SHORE, Martin	Male 40-44	Poole Runners	148	0:30:01			128	0:30:59	165	0:30:30	139	0:30:04	145	0:30:51	5	00:30:01
12	SHORT, Lita	Female Youths 14-19	Poole Runners	33	0:22:58	55	0:25:01	37	0:24:31	58	0:24:28	33	0:23:27	44	0:24:00	6	00:22:58
246	SHUTER, Christie	Female 40-44		232	0:37:45	232	0:38:35									2	00:37:45
303	SIMMONDS, Daniel	Male 45-49	Dorset Doddlers			41	0:24:20									1	00:24:20
340	SKINNER, Gemma	Female 20-39	Littledown Harriers			157	0:30:54					142	0:30:22			2	00:30:22
212	SKINNER, Reuben	Male 45-49	Poole AC	14	0:21:02			10	0:21:33	14	0:21:08	17	0:21:35			4	00:21:02
443	SLACK, Julia	Female 20-39								164	0:30:27					1	00:30:27
144	SMART, Kat	Female 20-39	Vegan Runners	126	0:28:40	183	0:33:15	112	0:29:54			129	0:29:31	141	0:30:19	5	00:28:40
428	SMITH, Andrew	Male 20-39	Poole Runners							3	0:19:33	2	0:19:21	1	0:18:56	3	00:18:56
322	SMITH, Julian	Male 55-59	New Forest Runners			159	0:30:57	110	0:29:50							2	00:29:50
466	SMITH, Peter	Male 60-64	Purbeck Runners													0	
76	SMITH, Stuart	Male 50-54	Littledown Harriers	167	0:31:05	168	0:31:39	117	0:30:12	157	0:29:55	134	0:29:50	121	0:28:45	6	00:28:45
239	SNAPE, Clare	Female 20-39	Poole AC	84	0:26:17	83	0:26:53			93	0:26:25			78	0:26:34	4	00:26:17
421	SNOOK, Heidi	Female 20-39	Littledown Harriers							171	0:31:03			148	0:30:58	2	00:30:58
270	SNOOK, Paul	Male 50-54		104	0:27:30					110	0:27:21	215	0:41:30	79	0:26:39	4	00:26:39
14	SOMERS, Colin	Male 40-44	Poole Runners	24	0:22:16	105	0:28:15	20	0:22:51	26	0:22:08			24	0:22:07	5	00:22:07
113	SOMERS, Isabelle	Female Youths 14-19	Poole Runners	81	0:26:05	68	0:25:55	75	0:27:11	85	0:26:08			67	0:25:32	5	00:25:32
267	SOMERS, Kate	Female 40-44	Poole Runners	162	0:30:52											1	00:30:52
460	SORTON, Andy	Male 45-49										101	0:27:36			1	00:27:36
162	ST QUINTIN, Andy	Male 20-39		37	0:23:17	21	0:22:28							32	0:22:43	3	00:22:28
499	STACHOWIAK, Joseph	Male 20-39												12	0:20:52	6	00:20:52

83	WEEDON, Archie	Male Youths 14-19	Poole Runners	96	0:26:57	123	0:29:02	119	0:30:22	154	0:29:32					4	00:26:57
249	WELCH, Lynne	Female 50-54	Poole AC	114	0:28:04	119	0:28:58			149	0:29:18	117	0:28:42	127	0:29:14	5	00:28:04
99	WESTHEAD, Joanna	Female 45-49	Poole Runners	110	0:27:48	107	0:28:16	93	0:28:37	128	0:28:08	116	0:28:41	107	0:28:04	6	00:27:48
338	WESTON, Kirsty	Female 45-49	Lytchett Manor Striders			92	0:27:36			100	0:26:49					2	00:26:49
32	WHALE Elaine	Female 45-49		226	0:36:48	218	0:36:54	178	0:39:30	218	0:36:38	202	0:38:01	177	0:36:00	6	00:36:00
310	WHIDDON, David	Male 40-44				91	0:27:28	87	0:28:21							2	00:27:28
214	WHITE, Jeff	Male 65-69		112	0:27:59			103	0:29:12	108	0:27:16	93	0:27:03	82	0:26:49	5	00:26:49
149	WHITE, Kristoffer	Male 20-39		133	0:29:17	112	0:28:43	92	28:39:00	135	0:28:34	125	0:29:00	80	0:26:42	6	00:26:42
160	WHITE, Martine	Female 45-49		244	0:38:44	240	0:40:05			228	0:38:09					3	00:38:09
5	WHITMARSH, Celia	Female 40-44		147	0:30:00	158	0:30:57	127	0:30:45			143	0:30:26	134	0:29:44	5	00:29:44
6	WHITMARSH, Paul	Male 45-49		89	0:26:22	102	0:28:13	79	0:27:50					135	0:29:44	4	00:26:22
168	WHITMARSH, Richard	Male 40-44		111	0:27:52	120	0:28:58	94	0:28:39			115	0:28:39	108	0:28:05	5	00:27:52
227	WICKHAM, Robert	Male 50-54	Poole AC	31	0:22:46	217	0:36:54	60	0:26:03	37	0:23:12	29	0:23:07	39	0:23:24	6	00:22:46
316	WILD, David	Male 65-69	Wimborne AC			97	0:27:57			117	0:27:39					2	00:27:39
47	WILDBUR, Simon	Male 20-39				33	0:23:53			45	0:23:39	57	0:24:29			3	00:23:39
156	WILKINS, James	Male 45-49														0	
114	WILLIAMS, Colin	Male 55-59		210	0:34:09											1	00:34:09
274	WILLIAMS, Owain	Male 20-39		164	0:30:57											1	00:30:57
119	WILLIAMS, Richard	Male 20-39				20	0:22:17	22	0:22:55							2	00:22:17
70	WILLIAMS, Roy	Male 60-64	Poole Runners	188	0:32:25			120	0:30:27	142	0:29:05	135	0:29:51			4	00:29:05
60	WILLMORE, Nathaniel	Male Youths 14-19	Poole Runners	20	0:21:41	14	21:42:00	16	0:22:20	17	0:21:26	15	0:21:16	16	0:21:28	6	00:21:16
208	WILMORE, Dominic	Male Youths 14-19	Poole Runners	1	0:19:03	2	0:19:00	1	0:19:36	2	0:18:46					4	00:18:46
261	WILSHER, Paul	Male 40-44	Poole AC	77	0:25:47	103	0:28:14									2	00:25:47
464	WILSON, Louise	Female 20-39										220	0:44:33			1	00:44:33
385	WILSON, Steven	Male 20-39						11	0:21:55							1	00:21:55
446	WINGATE, Winnie	Male 45-49	Littledown Harriers							127	0:28:02					1	00:28:02
124	WINGROVE, Derek	Male 20-39	Poole Runners	63	0:25:02	95	0:27:52			72	0:25:20					3	00:25:02
424	WINTHROP, Gemma	Female 45-49								243	0:42:21					1	00:42:21
480	WIXTON, Adam	Male 20-39										189	0:36:11			1	00:36:11
240	WOOD, David	Male 20-39	Poole AC	22	0:22:04	48	0:24:34			21	0:21:54			19	0:21:54	4	00:21:54
107	WORSFOLD, Georgina	Female 20-39		229	0:37:24	239	0:39:33	171	0:38:25	235	0:39:11	191	0:36:14	172	0:35:28	6	00:35:28
108	WORSFOLD, Sarah	Female 45-49		258	0:44:10	247	0:46:22	202	0:52:18	247	0:44:49	223	0:48:24	205	0:49:22	6	00:44:10
409	WRIGHT, Gavin	Male 45-49	Poole AC							107	0:27:14					1	00:27:14
320	WRIGHT, Mike	Male 20-39	Dorset Police			5	0:20:22					10	0:20:44	7	0:20:01	3	00:20:01
164	WROBEL, Carol	Female 55-59	Purbeck Runners	222	0:35:56											1	00:35:56
459	YATES, Steve	Male 20-39	Poole Runners									21	0:22:12			1	00:22:12