

Heat times for the Poole Runners Club Mile on Friday 12th July.

Numbers will be available from 6:15pm at the Ashdown Track. There is NO need to inform the organiser if you are not able to race due to injury etc.

After the start of the first race please can competitors warm up on the adjacent field and not the track.

Poole Runners Club Mile **HEAT ONE 6:50**

83 DENNISON, Amanda	Poole Runners	Female 20 to 39	0:08:20
95 CHEN, Ronnie	Poole Runners	Female 20 to 39	0:08:20
29 PEPPER, Rupert	Poole Runners	Male 40 to 49	0:08:25
94 BROWN, Sarah	Poole Runners	Female 40 to 49	0:08:30
86 BONES, Lawrence	guest	Male 20 to 39	0:08:31
55 WILLIAMS, Felicity	Poole Runners	Female 20 to 39	0:08:45
56 HARRISON, Rebecca	Poole Runners	Female 20 to 39	0:08:45
90 PERRIN, Sean	Poole Runners	Male 40 to 49	0:08:50
58 CHANDLER, Jane	Poole Runners	Female 60 plus	0:08:50
6 REAM, Nicki	Poole Runners	Female 40 to 49	0:08:59
70 DOWNES, Esther	Poole Runners	Female 20 to 39	0:08:59
42 EVANS, Leah	Poole Runners	Female 20 to 39	0:09:00
67 HANCOCK, Jason	Poole Runners	Male 40 to 49	0:09:01
15 ALLEN, Karen	Poole Runners	Female 50 to 59	0:09:05
16 CAMPBELL-SMITH, Robert	Poole Runners	Male 40 to 49	0:09:55
26 TAGHAVI, Firuze	Poole Runners	Female 40 to 49	0:10:00
117 BULKA Ruth	Guest	Female 50-59	0:10:05
50 TRENT, Claire	Poole Runners	Female 40 to 49	0:10:40

7:05 TODDLERS U5 50m

7:00 5 TO 7 YEARS 100m

(For both races there is no need to register just go to the start)

Poole Runners Club Mile **HEAT TWO 7:15**

25 GHABAE, Khalil	Poole Runners	Male 50 to 59	0:07:30
78 CLEALL, Joanne	Poole Runners	Female 20 to 39	0:07:31
8 LAW, Faye	Poole Runners	Female 20 to 39	0:07:32
114 BERENYI, Bethany	Poole Runners	Female 20 to 39	0:07:33
87 YOUNG, Edwina	guest	Female 20 to 39	0:07:34
54 VALLIER, Mark	Poole Runners	Male 40 to 49	0:07:35
74 HICKS, Tom	Poole Runners	Male 50 to 59	0:07:45
32 MARTIN, Sarah	Poole Runners	Female 20 to 39	0:07:50
43 HARRIS, Josie	Poole Runners	Female 20 to 39	0:07:50
96 PERSTON, Melanie	Poole Runners	Female 40 to 49	0:07:55
27 FRAMPTON, Marion	Poole Runners	Female 50 to 59	0:08:00
34 THOMPSON, Megan	Poole Runners	Female 20 to 39	0:08:00
7 MOGG, Annette	Poole Runners	Female 60 plus	0:08:01
84 AMOS, Kelly	Poole Runners	Female 20 to 39	0:08:02
22 JARVIS, Penny	Poole Runners	Female 60 plus	0:08:05
44 HARRIS, Lily	Poole Runners	Junior Girl 8 to 11	0:08:05
45 HARRIS, Eva	Poole Runners	Junior Girl 8 to 11	0:08:10
40 SCOTT, Geoffrey	Poole Runners	Male 60 plus	0:08:15

Poole Runners Club Mile

HEAT THREE 7:30

82 AMABILE, Gino	Poole Runners	Male 50 to 59	0:07:01
47 SHORE, Martin	Poole Runners	Male 40 to 49	0:07:01
81 ALLEN, Sarah	Poole Runners	Female 20 to 39	0:07:02
72 COOK, Hannah	Poole Runners	Female 20 to 39	0:07:06
23 HAUGHEY, Terry	Poole Runners	Male 60 plus	0:07:09
12 CARTWRIGHT, Chris	Poole Runners	Male 20 to 39	0:07:10
51 SHYLOCK, Izabala	Poole Runners	Female 20 to 39	0:07:10
52 EAST, William	Poole Runners	Junior Boy 8 to 11	0:07:10
46 SHORE, Emma	Poole Runners	Female 20 to 39	0:07:12
112 STICKLAND, Phoebe	Poole Runners	Junior Girl 8 to 11	0:07:14
107 FRASER, Keith	Poole Runners	Male 60 plus	0:07:15
48 COX-WILLIAMS, Olivia	Poole Runners	Junior Girl 8 to 11	0:07:20
17 HOWSE, Claudia	Poole Runners	Female 50 to 59	0:07:20
31 CORNWELL, Laura	Poole Runners	Female 40 to 49	0:07:20
109 CHURCHILL, Rachel	guest	Female 40 to 49	0:07:20
91 JANSSON, Lars	Poole Runners	Male 60 plus	0:07:25
99 KIMBER, Bea	Poole Runners	Junior Girl 8 to 11	0:07:25
97 TWEED, Daveena	Poole Runners	Female 50 to 59	0:07:30
37 TRENT, Charley	Poole Runners	Junior Girl 8 to 11	0:07:30

Poole Runners Club Mile

HEAT FOUR 7:50

85 AMOS, Steve	Poole Runners	Male 20 to 39	0:06:20
110 SHAW, Sharon	Poole Runners	Female 40 to 49	0:06:25
73 PALMER, Jake	Poole Runners	Boy 12 to 15	0:06:28
38 BROWN, Robert	Poole Runners	Male 50 to 59	0:06:30
113 MAJEWSKI, Artur	Poole Runners	Male 20 to 39	0:06:30
102 LAWRENCE, Tyler	Poole Runners	Junior Boy 8 to 11	0:06:30
11 BRODIE, Fletcher	Poole Runners	Junior Boy 8 to 11	0:06:30
13 BURGE, Lydia	Poole Runners	Female 20 to 39	0:06:31
75 INGHAM, Vicki	Poole Runners	Female 20 to 39	0:06:31
89 SORTON, Andy	Poole Runners	Male 40 to 49	0:06:35
21 CLASBY, Alan	Poole Runners	Male 60 plus	0:06:50
28 FRAMPTON, Robert	Poole Runners	Male 50 to 59	0:06:50
59 CHRISTOPHER, Francesca	Poole Runners	Female 40 to 49	0:06:52
76 HOLWELL, Riley	Poole Runners	Boy 12 to 15	0:06:53
14 PORTNOI, Peter	Poole Runners	Male 60 plus	0:06:55
108 CHURCHILL, Pippa	Poole Runners	Junior Girl 8 to 11	0:07:00

Poole Runners Club Mile

HEAT FIVE 8:00

71 DWYER, Jack	Poole Runners	Male 20 to 39	0:06:02
88 SMALL, Millie	Poole Runners	Girl 12 to 15	0:06:05
60 LONG, Brian	guest	Male 60 plus	0:06:05
68 MOYSE, Graham	Poole Runners	Male 50 to 59	0:06:05
19 GUNN, Alison	Poole Runners	Female 20 to 39	0:06:10
36 TRENT, Emily	Poole Runners	Girl 12 to 15	0:06:10
49 OZANNE, David	Poole Runners	Male 50 to 59	0:06:12
103 FERENCZY, Peter	Poole Runners	Male 50 to 59	0:06:15
104 CHALONER, Sarah	'Hamworthy Harriers	Female 50 to 59	0:06:15
111 WRIGHT, Steve	guest	Male 40 to 49	0:06:15
18 CARTWRIGHT, Jim	Poole Runners	Male 20 to 39	0:06:20
4 SWIFT, Sarah	Poole Runners	Female 40 to 49	0:06:20
65 COOPER, Bethany	Poole Runners	Girl 12 to 15	0:06:20
61 DENNISON, Graham	Poole Runners	Male 40 to 49	0:06:20
30 WESTHEAD, Joanna	Poole Runners	Female 40 to 49	0:06:20
63 HOCKING, Megan	Poole Runners	Female 16 to 19	0:06:20
80 CARTWRIGHT, Dave	Poole Runners	Male 60 plus	0:06:20

Poole Runners Club Mile

HEAT SIX 8:15

35 MUMFORD, Jason	Poole Runners	Male 40 to 49	0:05:34
1 SOMERS, Colin	Poole Runners	Male 40 to 49	0:05:35
20 SHORT, Lita	Poole Runners	Female 16 to 19	0:05:40
2 OZDEMIR, Esref	Poole Runners	Male 40 to 49	0:05:40
9 FROUD, Darrell	Poole Runners	Male 20 to 39	0:05:45
5 HOLLAND, Dale	Poole Runners	Male 40 to 49	0:05:45
105 FORSTER, Susie	Poole Runners	Girl 12 to 15	0:05:55
100 KIMBER, Freddie	Poole Runners	Junior Boy 8 to 11	0:05:55
69 DOWNES, Paul	Poole Runners	Male 20 to 39	0:05:59
106 EDWARDS, Ian	Poole Runners	Male 50 to 59	0:05:59
101 WINDEBANK, Jim	Poole Runners	Male 20 to 39	0:05:59
24 SNOOK, Ed	Poole Runners	Male 20 to 39	0:06:00
93 MARSHALL, Tom	Poole Runners	Male 20 to 39	0:06:01

Poole Runners Club Mile

HEAT SEVEN 8:25

<i>Number</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	
33	SEXTON, Neil	Poole Runners	Male 40 to 49	0:04:59
3	WILLMORE, Nathaniel	Poole Runners	Male Youth 16 to 19	0:04:59
62	GREEN, Paul	Poole Runners	Male 20 to 39	0:04:59
77	STRATFORD, Chris	Poole Runners	Male 20 to 39	0:05:03
39	TOWNER, John	Poole Runners	Male 20 to 39	0:05:10
79	GODDEN, Joe	Poole Runners	Male 20 to 39	0:05:10
116	CURRAH, Paul	Poole Runners	Male 20 to 39	0:06:10
115	JEANES, Matt	Poole Runners	Male 20 to 39	0:05:19
41	ROBBINS, Matt	Poole Runners	Male 40 to 49	0:05:20
98	KIMBER, Fern	Poole Runners	Female 16 to 19	0:05:20
10	BRODIE, William	Poole Runners	Male Youth 16 to 19	0:05:24
64	HOWSE, Andy	Poole Runners	Male 50 to 59	0:05:25
66	BECKETT, Graeme	Poole Runners	Male 40 to 49	0:05:30
53	EAST, Matthew	Poole Runners	Male 40 to 49	0:05:30