



# Summer Series Race Four CONFIRMED RESULTS

Wednesday 10<sup>th</sup> July 7:15 pm

Thanks to our race sponsors

running free 

Next race is Wednesday 24th July



Poole Runners hope that you enjoyed your race and look forward to seeing you again on the 10<sup>th</sup> July.

**Important: - Please keep and use the same number for all races**

The Prizegiving for the Seniors 3.5 mile series will be held after the last race on Wednesday 8<sup>th</sup> August. Venue will be "The Junction" Broadstone. All are invited. Showers, food and drinks will be available. We are aiming at an 8:30 start.

**First and Second Male and Female in each category**

14-19, 20-39, 40 – 44, 45 – 49, 50 – 54, 55 – 59, 60 – 64, 65 – 69, 70 – 74, 75 – 79, 80+  
Remember that you need to race any four events in the series to qualify

## Confirmed Results for All Competitors in finish order.

Race Race

Place	Time	Name	UKA Club	Race Age Category		
1	0:19:08	DEMPSTER, Lee	Lytchett Manor Striders	Male 18 to 39	258	1
2	0:20:05	WILSON, Steven	TriPurbec	Male 18 to 39	488	2
3	0:20:09	STACHOWIAK, Joseph		Male 18 to 39	400	3
4	0:20:28	CLARKE, Lewis	Lonely Goat Running Club	Male 18 to 39	341	4
5	0:20:32	TOWNER, John	Poole Runners	Male 18 to 39	220	5
6	0:20:42	COOK, Steve	Poole AC	Male 45 to 49	123	6
7	0:20:44	INGLESON, John		Male 40 to 44	435	7
8	0:20:55	HALE, Gareth	Poole AC	Male 18 to 39	197	8
9	0:21:06	DOUGHTY, Peter	Westbourne Running Club	Male 40 to 44	469	9
10	0:21:10	SNOOK, Ed	Poole Runners	Male 18 to 39	477	10
11	0:21:12	HOWSE, Andy	Poole Runners	Male 50 to 54	243	11
12	0:21:14	DRAYSON, Kevin	Westbourne Running Club	Male 18 to 39	7	12
13	0:21:14	DAVIS, Sam		Male 18 to 39	381	13
14	0:21:17	JEANES, Matt		Male 18 to 39	246	14
15	0:21:27	INGIS, Jamie		Male 18 to 39	492	15
16	0:21:40	WILLMORE, Nathaniel	Poole Runners	Male Junior 14-17	315	16
17	0:21:48	LUKE, Ian	Poole Runners	Male 40 to 44	170	17
18	0:21:56	MUTTON, Lewis	Storm Plymouth	Male 18 to 39	60	18
19	0:22:05	TORY, Rupert	Poole Runners	Male 40 to 44	336	19
20	0:22:15	GRIST, Mike	South West Veterans AC	Male 55 to 59	419	20

21	0:22:18	HALL, John	Lonely Goat Running Club	Male 45 to 49	204	21
22	0:22:20	ORMONDE, Mark	Lytchett Manor Striders	Male 40 to 44	11	22
23	0:22:21	NICHOLSON, David	Christchurch Runners	Male 50 to 54	467	23
24	0:22:22	TANNER, Imogen	Ind Intelligent Fitness	Female Junior 14 to 17	172	24
25	0:22:22	POWELL, Niall	IOW AC	Male Junior 14-17	486	25
26	0:22:23	JONES, Abigail	Poole AC	Female 18 to 39	482	26
27	0:22:35	BISHOP, Matty		Male 40 to 44	217	27
28	0:22:44	HITCHCOTT, Mark		Male 50 to 54	295	28
29	0:22:49	OZDEMIR, Esref	Poole Runners	Male 45 to 49	12	29
30	0:22:58	EAST, Matthew	Poole Runners	Male 45 to 49	284	30
31	0:22:59	ALCOCK, Thomas		Male 18 to 39	452	31
32	0:23:01	HOGARTH, Steven	Poole AC	Male 60 to 64	300	32
33	0:23:01	BRUNTON, Samuel		Male 18 to 39	502	33
34	0:23:03	SIMON, Remi		Male 18 to 39	483	34
35	0:23:08	WATTS, Tony	Wimborne AC	Male 40 to 44	408	35
36	0:23:10	MOYSE, Graham	Poole Runners	Male 55 to 59	320	36
37	0:23:13	BECKETT, Graeme	Poole Runners	Male 40 to 44	29	37
38	0:23:35	STEVENS, Brett	Poole AC	Male 18 to 39	240	38
39	0:23:37	JONES, Brad		Male 18 to 39	451	39
40	0:23:44	HOLLAND, Dale	Poole Runners	Male 40 to 44	107	40
41	0:23:45	TURNER, Nick	WSX Orienteers	Male 18 to 39	496	41
42	0:23:50	LEACH, Andrew	Lytchett Manor Striders	Male 45 to 49	312	42
43	0:23:52	WILDING, Paul	Lytchett Manor Striders	Male 55 to 59	436	43
44	0:23:55	FOX, Stewart	Lonely Goat Running Club	Male 18 to 39	270	44
45	0:23:59	BARNES, Julian		Male 45 to 49	499	45
46	0:24:07	CORBIN-JONES, Darryl	Westbourne Running Club	Male 18 to 39	38	46
47	0:24:14	TRIVERS, Daniel		Male 45 to 49	277	47
48	0:24:16	KELLY, Steve	Poole AC	Male 18 to 39	479	48
49	0:24:18	MOORE, Darren	Poole AC	Male 50 to 54	140	49
50	0:24:20	CHALONER, Sarah	Hamworthy Harriers	Female 50 to 54	416	50
51	0:24:24	STRATFORD, Chris	Poole Runners	Male 18 to 39	352	51
52	0:24:25	BECKETT, Andrew	Wimborne AC	Male 40 to 44	195	52
53	0:24:28	VLAARKAMP, Judith	Lytchett Manor Striders	Female 40 to 44	253	53
54	0:24:35	OLIVER, Gemma	Poole Runners	Female 18 to 39	262	54
55	0:24:39	SHAKESPEARE, Wayne		Male 45 to 49	371	55
56	0:24:48	DORLAND, Erwin	York Acorn	Male 55 to 59	478	56
57	0:24:50	MOLYNEAUX, Daniel	Poole Runners	Male 18 to 39	324	57
58	0:25:03	MUMFORD, Jason	Poole Runners	Male 45 to 49	101	58
59	0:25:03	RIDOUT, Hannah		Female 18 to 39	484	59
60	0:25:08	NICHOLSON, Andrew		Male 18 to 39	192	60
61	0:25:09	ELLIS, Sarah	Westbourne Running Club	Female 45 to 49	368	61
62	0:25:09	BURTON, Paul	Poole Runners	Male 40 to 44	366	62
63	0:25:10	MCGRORY, Kevin	Poole AC	Male 50 to 54	332	63
64	0:25:11	SIMMONDS, Daniel	Dorset Doodlers	Male 45 to 49	468	64
65	0:25:13	DWYER, Jack		Male 18 to 39	135	65
66	0:25:15	CHILD, David	Westbourne Running Club	Male 55 to 59	142	66
67	0:25:22	BROOKER, Matt	Lytchett Manor Striders	Male 40 to 44	338	67
68	0:25:32	LEWIS, Alan	Purbeck Runners	Male 65 to 69	33	68
69	0:25:38	CLARK, Carrie	Poole AC	Female 45 to 49	327	69
70	0:25:42	FORSTER, Susie	Poole Runners	Female Junior 14 to 17	184	70
71	0:25:42	OZANNE, David	Poole Runners	Male 55 to 59	326	71
72	0:25:47	BARNES, Ian	Poole Runners	Male 70 to 74	346	72
73	0:25:54	SMALL, Jake	Poole Runners	Male Junior 14-17	91	73
74	0:25:55	WICKHAM, Robert	Poole AC	Male 50 to 54	281	74
75	0:25:55	OLDEN, Andrew	Wimborne AC	Male 45 to 49	149	75
76	0:25:57	NEAL, Dave	Poole AC	Male 60 to 64	431	76
77	0:25:58	DOWNIE, Fiona	Cambridge & Coleridge AC	Female 50 to 54	472	77
78	0:26:04	LONG, Brian		Male 70 to 74	14	78
79	0:26:07	CARTWRIGHT, Jim	Poole Runners	Male 18 to 39	188	79
80	0:26:13	LOHK, Lea	Lytchett Manor Striders	Female 55 to 59	422	80
81	0:26:17	GARLINGE, Ian		Male 50 to 54	25	81
82	0:26:19	TROWBRIDGE, Barry	Poole Runners	Male 18 to 39	185	82
83	0:26:30	EDWARDS, Ian	Poole Runners	Male 55 to 59	480	83
84	0:26:30	SHORT, Lita	Poole Runners	Female 18 to 39	47	84
85	0:26:32	FILMER, Graham	Poole AC	Male 55 to 59	61	85
86	0:26:35	BUDD, Sonia		Female 45 to 49	321	86
87	0:26:36	JONES, Emma	Poole AC	Female 45 to 49	344	87
88	0:26:42	OFFER, Jayne	Poole AC	Female 50 to 54	121	88
89	0:26:44	WELLS, David		Male 60 to 64	266	89
90	0:26:45	GUNN, Alison	Poole Runners	Female 18 to 39	24	90

91	0:26:46	BRIERLEY, Howard	Poole AC	Male 65 to 69	230	91
92	0:26:47	DOWNIE, Alex	Cambridge & Coleridge AC	Male 70 to 74	471	92
93	0:26:54	BARFOOT, Dave	Lonely Goat Running Club	Male 18 to 39	160	93
94	0:26:55	HALL, James		Male 18 to 39	199	94
95	0:27:01	KNOWLES, Richard		Male 55 to 59	394	95
96	0:27:10	ABU-GHABA, Ahmad		Male 40 to 44	464	96
97	0:27:15	WEBB, David		Male 18 to 39	198	97
98	0:27:16	FRASER, Keith	Poole Runners	Male 65 to 69	404	98
99	0:27:16	LEWIS, Helen		Female 55 to 59	334	99
100	0:27:17	HENDES, Louise	Littledown Harriers	Female 18 to 39	481	100
101	0:27:21	CARD, Alan		Male 55 to 59	458	101
102	0:27:27	COOK, Hannah	Poole Runners	Female 18 to 39	272	102
103	0:27:27	FRIAS-ROBLES, Oakley		Male Junior 14-17	473	103
104	0:27:35	LEACH, Jack		Male Junior 14-17	311	104
105	0:27:40	BROWN, Robert	Poole Runners	Male 50 to 54	102	105
106	0:27:41	SELL, Martin		Male 45 to 49	475	106
107	0:27:45	PARROTT, Geoff	Westbourne Running Club	Male 70 to 74	463	107
108	0:27:46	SORTON, Andy	Poole Runners	Male 45 to 49	186	108
109	0:27:50	NEAL, Jane	Poole AC	Female 60 to 64	430	109
110	0:27:52	DWYER, Gary	Poole Runners	Male 55 to 59	318	110
111	0:27:53	RYAN, Carmel	Bournemouth Joggers	Female 50 to 54	49	111
112	0:27:56	HARVEY, Tracey	Lytchett Manor Striders	Female 45 to 49	203	112
113	0:27:56	VINCENT, Steve	Lytchett Manor Striders	Male 18 to 39	490	113
114	0:27:57	COOPER, Roger	Lytchett Manor Striders	Male 60 to 64	306	114
115	0:28:03	JONES, Cledwyn		Male 60 to 64	487	115
116	0:28:07	GODDEN, Jackie	Poole AC	Female 50 to 54	497	116
117	0:28:07	MOORS, Daniel	Poole AC	Male 40 to 44	165	117
118	0:28:20	HEATH, David	Poole Runners	Male 65 to 69	438	118
119	0:28:22	GEDGE, Patrick	Poole Runners	Male 50 to 54	420	119
120	0:28:25	HILBORNE, Mike	Wimborne AC	Male 50 to 54	333	120
121	0:28:30	HOCKING, Megan	Poole Runners	Female 18 to 39	249	121
122	0:28:35	HOWSE, Claudia	Poole Runners	Female 50 to 54	46	122
123	0:28:38	SADLER, Nicky	Lytchett Manor Striders	Female 45 to 49	63	123
124	0:28:41	GOLDSMITH, Graham		Male 40 to 44	412	124
125	0:28:43	RICHARDS, Helen	Lytchett Manor Striders	Female 45 to 49	425	125
126	0:28:46	SNOOK, Heidi	Littledown Harriers	Female 18 to 39	48	126
127	0:28:58	BARRET, Sarah	Poole Runners	Female 70 to 74	443	127
128	0:28:59	ALLINGTON, Michael		Male 40 to 44	254	128
129	0:29:02	HART, Robert	Lonely Goat Running Club	Male 45 to 49	120	129
130	0:29:06	RASHBROOK, Michelle	Lytchett Manor Striders	Female 18 to 39	388	130
131	0:29:07	RICHARDS, Daniel		Male 45 to 49	424	131
132	0:29:11	KIRKBY, Jasmine	Poole AC	Female 18 to 39	461	132
133	0:29:15	MERRELL, Stuart	Lonely Goat Running Club	Male 40 to 44	108	133
134	0:29:17	CROWLEY, Martin		Male 45 to 49	154	134
135	0:29:25	MAJEWSKI, Artur	Poole Runners	Male 18 to 39	466	135
136	0:29:27	FLOCKHART, Andrew	Poole Runners	Male 60 to 64	271	136
137	0:29:29	STIRLING, Gemma		Female 18 to 39	229	137
138	0:29:37	BLAKELEY, Louise	Westbourne Running Club	Female 50 to 54	395	138
139	0:29:43	PICKERING, Alan		Male 65 to 69	13	139
140	0:29:44	RASHBROOK, George	Lytchett Manor Striders	Male 18 to 39	387	140
141	0:29:47	MOGG, Annette	Poole Runners	Female 60 to 64	221	141
142	0:29:48	DANIEL, Joanna		Female 40 to 44	329	142
143	0:29:50	STOAKES, Tina	Poole AC	Female 60 to 64	274	143
144	0:29:53	BERENYI, Bethany	Poole Runners	Female 18 to 39	470	144
145	0:29:55	BENNETT, Stephen	Lytchett Manor Striders	Male 55 to 59	205	145
146	0:30:04	JANSSON, Lars	Poole Runners	Male 70 to 74	4	146
147	0:30:05	PORTER, Mark		Male 50 to 54	134	147
148	0:30:08	RYALL, Lucy		Female 18 to 39	139	148
149	0:30:09	PAYNE, Ted	Poole Runners	Male 65 to 69	168	149
150	0:30:10	BRAZIER, Joseph		Male Junior 14-17	72	150
151	0:30:16	KEIGHTLEY, Steve		Male 55 to 59	491	151
152	0:30:17	THORNE, Annabel		Female 18 to 39	310	152
153	0:30:20	LLEWELLYN, Rhodri		Male 60 to 64	222	153
154	0:30:22	REAM, Nicki	Poole Runners	Female 45 to 49	219	154
155	0:30:25	SAUL, Joshua		Male 18 to 39	455	155
156	0:30:39	HORSWILL, Laura	Poole AC	Female 18 to 39	317	156
157	0:30:47	HITCHING, Ian	Poole AC	Male 50 to 54	30	157
158	0:30:57	LANHAM, Sarah		Female 45 to 49	212	158
159	0:31:00	HALL, Nicola	Lonely Goat Running Club	Female 45 to 49	118	159
160	0:31:04	FRAMPTON, Robert	Poole Runners	Male 55 to 59	78	160

161	0:31:10	HANMER, Barry		Male 60 to 64	498	161
162	0:31:10	BELLOWS, Guy		Male 45 to 49	127	162
163	0:31:11	THOMPSON, Amy		Female 18 to 39	201	163
164	0:31:14	ORR, Martin	Lytchett Manor Striders	Male 65 to 69	155	164
165	0:31:22	LAUSTE, Harry	Poole AC	Male 18 to 39	287	165
166	0:31:29	SOMERS, Charlie	Poole Runners	Male Junior 14-17	485	166
167	0:31:32	HOULTON, Zoe	Poole AC	Female 50 to 54	448	167
168	0:31:32	HALLETT, John		Male 75 plus	35	168
169	0:31:38	EVANS, Jonny		Male 18 to 39	494	169
170	0:31:44	TIDBURY, Lucy	Poole Runners	Female 18 to 39	303	170
171	0:31:44	GREEN, Stephanie	Poole Runners	Female 18 to 39	298	171
172	0:31:46	RITCHIE, Vanya	Poole AC	Female 55 to 59	500	172
173	0:31:47	RITCHIE, Dave	Poole AC	Male 55 to 59	501	173
174	0:31:50	ORGAN, Chantelle	Lytchett Manor Striders	Female 18 to 39	44	174
175	0:31:55	WICKHAM, Charmain		Female 45 to 49	372	175
176	0:31:57	HENDERSON-BISHOP, Emma	Poole AC	Female 18 to 39	215	176
177	0:32:09	RISK, Emma	Purbeck Runners	Female 50 to 54	288	177
178	0:32:10	HARTLE, Catherine		Female 60 to 64	294	178
179	0:32:12	AMOS, Kelly	Poole Runners	Female 18 to 39	476	179
180	0:32:16	KELLAWAY, Annette		Female 50 to 54	190	180
181	0:32:20	MOLYNEAUX, Suzanne Kim		Female 50 to 54	323	181
182	0:32:32	PALMER, Brenda	Poole AC	Female 65 to 69	252	182
183	0:32:33	THOMPSON, Megan	Poole Runners	Female 18 to 39	369	183
184	0:32:34	GREWCOCK, Clive	Westbourne Running Club	Male 60 to 64	194	184
185	0:32:51	TERRY, Mike	Littledown Harriers	Male 65 to 69	224	185
186	0:32:57	WINDEBANK, Kate	Poole Runners	Female 18 to 39	66	186
187	0:33:00	MCGRORY, Maggie	Poole AC	Female 50 to 54	331	187
188	0:33:04	RABJOHNS, Kate		Female 55 to 59	156	188
189	0:33:08	PATEMAN, Amanda	Littledown Harriers	Female 45 to 49	41	189
190	0:33:11	ROGERS, Martin		Male 50 to 54	374	190
191	0:33:20	BESSANT, Sandra	Run Blandford	Female 55 to 59	99	191
192	0:33:25	STOKES, Maggie	Westbourne Running Club	Female 50 to 54	183	192
193	0:33:37	WILLIAMS, Felicity	Poole Runners	Female 18 to 39	462	193
194	0:33:49	FLETCHER, Ronald		Male 60 to 64	383	194
195	0:33:53	BASEOTTO, Christine		Female 65 to 69	213	195
196	0:34:00	FOX, Joan	Bournemouth Joggers	Female 70 to 74	456	196
197	0:34:03	HARRISON, Rebecca	Poole Runners	Female 18 to 39	325	197
198	0:34:04	WALDING, Katie		Female 45 to 49	57	198
199	0:34:05	MIDGLEY, Catherine	Poole AC	Female 50 to 54	167	199
200	0:34:06	CONVERY, Collette	Lytchett Manor Striders	Female 55 to 59	65	200
201	0:34:08	RICHBELL, Sarah	Lonely Goat	Female 18 to 39	358	201
202	0:34:10	HAWKINS, Carly		Female 18 to 39	89	202
203	0:34:13	HITCHENS, Gemma	Lonely Goat Running Club	Female 18 to 39	206	203
204	0:34:13	BRAZIER, Scott		Male 40 to 44	71	204
205	0:34:14	WHITE, Martine	Poole Runners	Female 45 to 49	75	205
206	0:34:15	PALMER, Tracy		Female 50 to 54	493	206
207	0:34:26	SARGEANT, Leanne		Female 40 to 44	489	207
208	0:34:30	FRAMPTON, Marion	Poole Runners	Female 55 to 59	77	208
209	0:34:32	CERQUELLA, Lorraine	Poole AC	Female 40 to 44	58	209
210	0:34:34	MITCHELL, Barry	Poole Runners	Male 75 plus	335	210
211	0:34:35	BROCK, Jemma		Female 18 to 39	347	211
212	0:34:39	GALPIN, Mark		Male 50 to 54	20	212
213	0:35:03	GOSLING, Julie	Wimborne AC	Female 60 to 64	105	213
214	0:35:08	FILMER, Eve	Poole AC	Female 55 to 59	1	214
215	0:35:08	SAWYER, Nicola	Poole AC	Female 45 to 49	454	215
216	0:35:08	PEEDELL, Karen	Poole AC	Female 55 to 59	370	216
217	0:35:09	MULFORD, Colin		Male 55 to 59	259	217
218	0:35:11	CAMPBELL-SMITH, Robert	Poole Runners	Male 50 to 54	2	218
219	0:35:24	PACKER, Carrie		Female 40 to 44	216	219
220	0:35:43	CORNES, Peter	Poole AC	Male 50 to 54	256	220
221	0:35:49	MARGETTS, Ron		Male 65 to 69	21	221
222	0:36:03	ISON, Rachel		Female 18 to 39	349	222
223	0:36:20	WATFORD, Elaine		Female 55 to 59	22	223
224	0:36:35	LITHGOW, Annemarie	Poole AC	Female 45 to 49	177	224
225	0:36:37	WILKINSON, Tania	Poole Runners	Female 50 to 54	145	225
226	0:36:39	WORSFOLD, Georgina		Female 18 to 39	495	226
227	0:36:39	GAINES, Jenny		Female 18 to 39	133	227
228	0:36:48	FRY, Samantha	Purbeck Runners	Female 50 to 54	209	228
229	0:37:08	COOK, Gill	Poole AC	Female 55 to 59	208	229
230	0:37:13	REDMAN, Helen		Female 50 to 54	51	230

231	0:37:18	KIMBER, Helen		Female 40 to 44	361	231
232	0:37:28	CHANDLER, Jane	Poole Runners	Female 60 to 64	364	232
233	0:37:35	HART-BURKE, Christine	Purbeck Runners	Female 60 to 64	162	233
234	0:37:37	IRVEN, Nuala	Poole AC	Female 45 to 49	96	234
235	0:37:52	HALLETT, Marilyn		Female 70 to 74	34	235
236	0:37:52	WATERS, Cliff	Eye Community Runners	Male 70 to 74	233	236
237	0:38:15	ROBERTS, Karen		Female 18 to 39	280	237
238	0:39:22	BRONZE, Gillian	Lytchett Manor Striders	Female 55 to 59	437	238
239	0:39:23	GALTON, Grace	Poole AC	Female 40 to 44	16	239
240	0:39:27	HAZELL, Georgia		Female 18 to 39	67	240
241	0:39:35	MCGOWAN, Tammy		Female 18 to 39	474	241
242	0:39:38	SYMON, Witney	Run Blandford	Male 55 to 59	159	242
243	0:39:38	LEE, Laura	Run Blandford	Female 45 to 49	76	243
244	0:39:50	HANN, Peter		Male 50 to 54	176	244
245	0:39:59	CLARKE, Rose	Purbeck Runners	Female 45 to 49	56	245
246	0:40:09	ROBERTS, Kevin	Poole AC	Male 50 to 54	106	246
247	0:41:14	PEACH, Julie		Female 55 to 59	52	247
248	0:42:11	LUKE, Hayley		Female 45 to 49	169	248
249	0:42:46	DEVERILL, Ann	Poole AC	Female 50 to 54	31	249
250	0:42:48	SMART, Amanda	Lonely Goat Running Club	Female 55 to 59	286	250
251	0:42:48	LOWE, Jacqueline	Poole AC	Female 60 to 64	440	251
252	0:42:53	ROBERTS, Karen		Female 50 to 54	132	252
253	0:43:21	PLIMMER, Emma		Female 18 to 39	59	253
254	0:43:39	SPURIN, Jane	Bournemouth Joggers	Female 50 to 54	6	254
255	0:45:37	BIRD, Helen	Bournemouth Joggers	Female 40 to 44	130	255

There were 255 finishers in the All Competitors category.

