

No	Name	UKA Club	Category	Race 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		
464	ABU-GHABA, Ahmad		Male 40 to 44							96	0:27:10					1	00:27:10
36	ADAMS, Elaine	Poole Runners	Female 40 to 44													0	
452	ALCOCK, Thomas		Male 18 to 39					44	0:23:55							2	00:22:59
254	ALLINGTON, Michael		Male 40 to 44	159	0:31:10	113	0:28:13			128	0:28:59	123	0:29:38	103	0:28:11	5	00:28:11
476	AMOS, Kelly	Poole Runners	Female 18 to 39							179	0:32:12	148	0:30:57	162	0:31:39	3	00:30:57
187	AMOS, Steve	Poole Runners	Male 18 to 39	118	0:28:36	98	0:27:15	146	0:31:11			99	0:27:47	130	0:30:06	5	00:27:15
337	ANDREWS, Thomas	Lytchett Manor Striders	Male 18 to 39	4	0:19:59							14	0:21:20	5	0:20:23	3	00:19:59
214	ATACK, Angelique	Poole Runners	Female 45 to 49	224	0:34:59	220	0:34:06									2	00:34:06
279	AUDRAIN, Philip	Poole AC	Male 50 to 54	165	0:31:36											1	00:31:36
441	AVENELL, Joshua	Swansea University AC	Male 18 to 39					4	0:19:36							1	00:19:36
289	AVEY, Suzanne		Female 45 to 49	148	0:30:41	160	0:31:02	147	0:31:14			147	0:30:57			4	00:30:41
160	BARFOOT, Dave		Male 18 to 39	98	0:27:28	81	0:26:29			93	0:26:54	116	0:28:52	69	0:26:13	5	00:26:13
342	BARNES, Cally	Lonely Goat Running Club	Female 18 to 39	134	0:29:20	112	0:28:10							123	0:29:23	3	00:28:10
346	BARNES, Ian	Poole Runners	Male 70 to 74			67	0:25:16	69	0:25:37	72	0:25:47	65	0:25:31			4	00:25:16
499	BARNES, Julian		Male 45 to 49							45	0:23:59					1	00:23:59
443	BARRET, Sarah	Poole Runners	Female 70 to 74					122	0:29:15	127	0:28:58	122	0:29:34	110	0:28:37	4	00:28:37
244	BARROW, Kirsty	Lytchett Manor Striders	Female 18 to 39	114	0:28:25			118	0:29:02							2	00:28:25
200	BARTON, Lloyd	Knowle and Dorridge RC	Male 50 to 54	52	0:24:28	62	0:24:52	64	0:25:27			57	0:24:58	54	0:24:41	5	00:24:28
213	BASEOTTO, Christine		Female 65 to 69	233	0:36:01	221	0:34:07	193	0:34:29	195	0:33:53	171	0:33:35			5	00:33:35
353	BASSETT, Julie	Bournemouth Joggers	Female 18 to 39			152	0:30:15									1	00:30:15
136	BEAMISH, Nigel		Male 60 to 64	173	0:32:04											1	00:32:04
195	BECKETT, Andrew	Wimborne AC	Male 40 to 44	25	0:22:37	27	0:22:29	53	0:24:25	52	0:24:25	33	0:22:59	30	0:23:02	6	00:22:29
29	BECKETT, Graeme	Poole Runners	Male 40 to 44	27	0:22:43	26	0:22:24	32	0:23:10	37	0:23:13	59	0:25:07	33	0:23:15	6	00:22:24
127	BELLOWS, Guy		Male 45 to 49	73	0:25:44	75	0:25:52	89	0:26:40	162	0:31:10	88	0:27:10	68	0:26:13	6	00:25:44
439	BELLOWS, Lee	Poole AC	Male 18 to 39					25	0:22:42					37	0:23:35	2	00:22:42
367	BEMMENT, Greg	Littledown Harriers	Male 60 to 64			69	0:25:28	67	0:25:33			69	0:25:46	72	0:26:27	4	00:25:28
523	BEMMENT, Liz		Male 18 to 39									117	0:28:59	109	0:28:30	2	00:28:30
465	BENHAM, Philip	Lonely Goat	Male 55 to 59													0	
293	BENNETT, MAXINE	Littledown Harriers	Female 55 to 59	203	0:33:29	196	0:32:34	189	0:34:16			172	0:33:37	190	0:33:41	5	00:32:34
205	BENNETT, Stephen	Lytchett Manor Striders	Male 55 to 59	129	0:29:07	138	0:29:26	141	0:30:32	145	0:29:55	128	0:29:50	127	0:29:51	6	00:29:07
470	BERENYI, Bethany	Poole Runners	Female 18 to 39							144	0:29:53	132	0:29:58			2	00:29:53
100	BESSANT, Pete	Run Blandford	Male 55 to 59	223	0:34:52									242	0:40:31	2	00:34:52
99	BESSANT, Sandra	Run Blandford	Female 55 to 59	180	0:32:28	195	0:32:28	185	0:33:31	191	0:33:20	169	0:33:19	178	0:32:25	6	00:32:25
130	BIRD, Helen	Bournemouth Joggers	Female 40 to 44	275	0:44:49	287	0:44:57	245	0:48:12	255	0:45:37	235	0:46:11	251	0:46:11	6	00:44:49
217	BISHOP, Matty		Male 40 to 44	30	0:23:09	31	0:22:50	27	0:22:49	27	0:22:35	27	0:22:17	20	0:22:08	6	00:22:08
557	BITTEN, Oliver		Male 18 to 39											199	0:34:51	1	00:34:51
126	BLACKLIDGE, Lorna		Female 18 to 39													0	
395	BLAKELEY, Louise	Westbourne Running Club	Female 50 to 54			132	0:29:11	184	0:33:31	138	0:29:37	134	0:30:16	152	0:31:09	5	00:29:11
248	BOSANQUET, Claire		Female 40 to 44	178	0:32:25	173	0:31:29	172	0:32:44					171	0:32:07	4	00:31:29
542	BOSANQUET, Matt	Lytchett Manor Striders	Male 45 to 49											25	0:22:44	1	00:22:44
410	BOURTON, Charlotte		Female 18 to 39			184	0:31:55									1	00:31:55
161	BOWDLER, Lorraine	Poole AC	Female 55 to 59	265	0:39:28											1	00:39:28
264	BOWYER, Lisa	Lytchett Manor Striders	Female 18 to 39	92	0:27:09											1	00:27:09
509	BRACKLEY, Kim	Wimborne AC	Female 55 to 59									154	0:31:27			1	00:31:27
72	BRAZIER, Joseph		Male Junior 14-17	162	0:31:20	144	0:29:47	150	0:31:27	150	0:30:10	145	0:30:49	113	0:28:47	6	00:28:47
71	BRAZIER, Scott		Male 40 to 44	210	0:33:59	194	0:32:25	182	0:33:18	204	0:34:13	180	0:33:56	194	0:33:59	6	00:32:25
230	BRIERLEY, Howard	Poole AC	Male 65 to 69	93	0:27:15	92	0:26:58	85	0:26:34	91	0:26:46			70	0:26:15	5	00:26:15
347	BROCK, Jemma		Female 18 to 39			215	0:33:23			211	0:34:35			173	0:33:39	3	00:33:23
191	BRODIE, William	Poole Runners	Male Junior 14-17					43	0:23:47			26	0:22:05	12	0:21:28	3	00:21:28
437	BRONZE, Gillian	Lytchett Manor Striders	Female 55 to 59					236	0:41:04	238	0:39:22	224	0:40:42	236	0:39:41	4	00:39:22
338	BROOKER, Matt	Lytchett Manor Striders	Male 40 to 44	63	0:25:06			67	0:25:22							2	00:25:06
102	BROWN, Robert	Poole Runners	Male 50 to 54	95	0:27:25	96	0:27:11	116	0:28:58	105	0:27:40	100	0:27:53	102	0:28:08	6	00:27:11
502	BRUNTON, Samuel		Male 18 to 39							33	0:23:01					1	00:23:01
321	BUDD, Sonia		Female 45 to 49	90	0:27:06	86	0:26:42			86	0:26:35					3	00:26:35
399	BULLER, Steven	Poole AC	Male 50 to 54			181	0:31:48							137	0:30:20	2	00:30:20

316	BUNCH, Charlotte	Poole Runners	Female 18 to 39	55	0:24:40						61	0:25:22	41	0:23:53	3	00:23:53	
427	BURNS, Robert	Lytchett Manor Striders	Male 70 to 74					94	0:27:02				97	0:27:48	2	00:27:02	
366	BURTON, Paul	Poole Runners	Male 40 to 44			66	0:25:12			62	0:25:09	50	0:24:35	48	0:24:15	4	00:24:15
231	BUTLER, Georgina		Female 40 to 44	130	0:29:09	135	0:29:17	124	0:29:21							3	00:29:09
275	CAMPBELL, Joanne		Female 40 to 44	171	0:31:56			161	0:32:13							2	00:31:56
2	CAMPBELL-SMITH, Robert	Poole Runners	Male 50 to 54	212	0:34:09	280	0:41:08			218	0:35:11		216	0:36:10	4	00:34:09	
458	CARD, Alan		Male 55 to 59					112	0:28:53	101	0:27:21					2	00:27:21
232	CARTER, Steven	Poole Runners	Male 18 to 39	43	0:24:05											1	00:24:05
188	CARTWRIGHT, Jim	Poole Runners	Male 18 to 39							79	0:26:07					1	00:26:07
58	CERQUELLA, Lorraine	Poole AC	Female 40 to 44	209	0:33:55	213	0:33:12			209	0:34:32					3	00:33:12
416	CHALONER, Sarah	Hamworthy Harriers	Female 50 to 54					60	0:25:02	50	0:24:20	53	0:24:44	64	0:25:19	4	00:24:20
364	CHANDLER, Jane	Poole Runners	Female 60 to 64			269	0:38:47	229	0:40:17	232	0:37:28	204	0:36:37	224	0:37:15	5	00:36:37
379	CHEN, Ronnie	Poole Runners	Female 18 to 39			172	0:31:26									1	00:31:26
142	CHILD, David	Westbourne Running Club	Male 55 to 59	67	0:25:19	55	0:24:35	71	0:25:46	66	0:25:15	64	0:25:26			5	00:24:35
327	CLARK, Carrie	Poole AC	Female 45 to 49	70	0:25:32			73	0:25:54	69	0:25:38			73	0:26:33	4	00:25:32
401	CLARKE, Andrew		Male 18 to 39			37	0:23:06									1	00:23:06
341	CLARKE, Lewis	Lonely Goat Running Club	Male 18 to 39	3	0:19:57	4	0:19:56			4	0:20:28			4	0:20:04	4	00:19:56
56	CLARKE, Rose	Purbeck Runners	Female 45 to 49	260	0:38:51			225	0:39:16	245	0:39:59	216	0:38:50	231	0:37:47	5	00:37:47
360	CLARKSON, Rachel		Female 18 to 39			260	0:37:45									1	00:37:45
150	CLASBY, Alan	Poole Runners	Male 65 to 69	91	0:27:09	94	0:27:03	86	0:26:36			83	0:26:50	258	0:59:59	5	00:26:36
363	CLAXTON, Steve	Poole Runners	Male 40 to 44			17	0:21:40	12	0:21:14			20	0:21:42	13	0:21:35	4	00:21:14
285	CLEALL, Joanne	Poole Runners	Female 18 to 39	155	0:30:54											1	00:30:54
356	COE, Tom		Male 18 to 39			32	0:22:53									1	00:22:53
432	COLE, Stephen	Lytchett Manor Striders	Male 60 to 64					117	0:29:00							1	00:29:00
151	COLES, Melanie	Poole AC	Female 50 to 54	279	0:48:21	289	0:46:59						252	0:48:07	3	00:46:59	
242	COLLINGWOOD, Katie	Littledown Harriers	Female 40 to 44	136	0:29:23											1	00:29:23
385	COLLINS, Peter	Lytchett Manor Striders	Male 45 to 49			223	0:34:16									1	00:34:16
250	CONEY, Michelle	Lytchett Manor Striders	Female 18 to 39	183	0:32:30	174	0:31:31	160	0:32:11				143	0:30:46	4	00:30:46	
115	CONEY-LAX, Joanne	Poole Runners	Female 18 to 39	185	0:32:31	212	0:33:07	204	0:36:03							3	00:32:31
55	CONVERY, Bryan	Lytchett Manor Striders	Male 70 to 74										207	0:35:31	1	00:35:31	
65	CONVERY, Collette	Lytchett Manor Striders	Female 55 to 59	206	0:33:43			194	0:34:35	200	0:34:06	184	0:34:26	189	0:33:40	5	00:33:40
450	CONWAY, Russ	Lytchett Manor Striders	Male 55 to 59			42	0:23:38									1	00:23:38
208	COOK, Gill	Poole AC	Female 55 to 59	251	0:37:51	267	0:38:21	217	0:37:19	229	0:37:08	217	0:38:57			5	00:37:08
272	COOK, Hannah	Poole Runners	Female 18 to 39	94	0:27:19					102	0:27:27	104	0:28:11			3	00:27:19
123	COOK, Steve	Poole AC	Male 45 to 49			10	0:20:48	9	0:20:50	6	0:20:42	11	0:21:06			4	00:20:42
515	COOPER, Jason	Purbeck Runners	Male 50 to 54									58	0:24:58			1	00:24:58
351	COOPER, Kirsty	Poole Runners	Female 40 to 44			130	0:29:07									1	00:29:07
516	COOPER, Lily	Purbeck Runners	Female 18 to 39									70	0:25:52			1	00:25:52
306	COOPER, Roger	Lytchett Manor Striders	Male 60 to 64	123	0:28:49	117	0:28:25			114	0:27:57	103	0:28:07	95	0:27:43	5	00:27:43
79	COPAGE, Elina	Littledown Harriers	Female 18 to 39	103	0:27:44	97	0:27:14	130	0:29:50							3	00:27:14
278	CORBIN, Adam	Westbourne Running Club	Male 18 to 39	7	0:20:28											1	00:20:28
38	CORBIN-JONES, Darryl	Westbourne Running Club	Male 18 to 39	29	0:22:44	39	0:23:06	39	0:23:29	46	0:24:07	44	0:24:16	53	0:24:39	6	00:22:44
520	CORNES, Michael	Poole AC	Male 18 to 39									157	0:31:58			1	00:31:58
517	CORNES, Nicola	Poole AC	Female 50 to 54									179	0:33:54			1	00:33:54
256	CORNES, Peter	Poole AC	Male 50 to 54	226	0:35:08	228	0:34:35			220	0:35:43	205	0:36:45	197	0:34:32	5	00:34:32
276	CORNWELL, Laura	Poole Runners	Female 40 to 44	145	0:30:21	163	0:31:09						177	0:32:23	3	00:30:21	
26	COTTON, Roxy	Poole Runners	Female 18 to 39	137	0:29:24											1	00:29:24
267	COX, Emily	Poole Runners	Female 18 to 39	110	0:28:09								124	0:29:26	2	00:28:09	
283	CRAIG, Hilary	Poole Runners	Female 45 to 49	163	0:31:21			175	0:32:51				186	0:33:22	3	00:31:21	
153	CRAKE, Matt		Male 40 to 44	273	0:44:07	274	0:40:22	240	0:44:54			220	0:39:36	234	0:39:24	5	00:39:24
460	CRANE, Michael	Poole AC	Male 18 to 39					96	0:27:21							1	00:27:21
555	CRAWLEY, Edward	Lytchett Manor Striders	Male 18 to 39										7	0:20:31	1	00:20:31	
180	CRIBB, Susan		Female 65 to 69													0	
207	CROSS, Roger	Poole Runners	Male 55 to 59	170	0:31:53	166	0:31:13									2	00:31:13
154	CROWLEY, Martin		Male 45 to 49	113	0:28:17	128	0:28:56	123	0:29:19	134	0:29:17		118	0:29:06	5	00:28:17	
329	DANIEL, Joanna		Female 40 to 44	122	0:28:45	125	0:28:50	125	0:29:21	142	0:29:48					4	00:28:45
340	DAVIES, Ed	Poole AC	Male 18 to 39	11	0:21:21	7	0:20:41	6	0:20:30							3	00:20:30
83	DAVIES, James	Littledown Harriers	Male 18 to 39	149	0:30:41	162	0:31:05									2	00:30:41
381	DAVIS, Sam		Male 18 to 39			24	0:22:21	19	0:21:38	13	0:21:14	12	0:21:09	8	0:20:50	5	00:20:50

3	DAVIS, Steve	Poole Runners	Male 50 to 54	157	0:31:09									145	0:30:49	2	00:30:49
305	DAY, Anthony	Poole AC	Male 45 to 49	205	0:33:38											1	00:33:38
258	DEMPSTER, Lee	Lytchett Manor Striders	Male 18 to 39	1	0:18:57	1	0:19:08	1	0:18:56	1	0:19:08			1	0:19:10	5	00:18:56
428	DENNISON, Amanda	Poole Runners	Female 18 to 39					155	0:31:49					184	0:32:57	2	00:31:49
446	DENNISON, Graham	Poole Runners	Male 40 to 44					90	0:26:41							1	00:26:41
31	DEVERILL, Ann	Poole AC	Female 50 to 54	262	0:39:27	281	0:41:21	230	0:40:29	249	0:42:46	228	0:41:34	244	0:40:42	6	00:39:27
375	DIX, Guy		Male 50 to 54			71	0:25:42									1	00:25:42
88	DOBSON, Amy		Female 18 to 39	189	0:32:35	171	0:31:21	159	0:32:06					179	0:32:31	4	00:31:21
87	DOBSON, Malanie		Female 45 to 49	196	0:32:54	192	0:32:19	171	0:32:41					187	0:33:29	4	00:32:19
86	DOBSON, Mike		Male 45 to 49			217	0:33:31									1	00:33:31
131	DOMINEY, Patrick	Poole AC	Male 50 to 54													0	
478	DORLAND, Erwin	York Acorn	Male 55 to 59							56	0:24:48					1	00:24:48
469	DOUGHTY, Peter	Westbourne Running Club	Male 40 to 44							9	0:21:06					1	00:21:06
513	DOWNES, Esther	Poole Runners	Female 18 to 39									150	0:31:04			1	00:31:04
471	DOWNIE, Alex	Cambridge & Coleridge AC	Male 70 to 74							92	0:26:47					1	00:26:47
472	DOWNIE, Fiona	Cambridge & Coleridge AC	Female 50 to 54							77	0:25:58					1	00:25:58
304	DOWNING, Lauren		Female 18 to 39	244	0:36:39											1	00:36:39
7	DRAYSON, Kevin	Westbourne Running Club	Male 18 to 39	8	0:21:00	9	0:20:45	11	0:21:12	12	0:21:14	8	0:20:34			5	00:20:34
556	DRIVER, Ian	Poole Runners	Male 60 to 64											100	0:28:07	1	00:28:07
210	DRUCE, Marie-Claire		Female 40 to 44	229	0:35:41	234	0:35:04	213	0:37:01							3	00:35:04
318	DWYER, Gary	Poole Runners	Male 55 to 59	100	0:27:32	105	0:27:30	99	0:27:29	110	0:27:52	105	0:28:12			5	00:27:29
135	DWYER, Jack	Poole Runners	Male 18 to 39			72	0:25:42	62	0:25:15	65	0:25:13	55	0:24:53	60	0:24:58	5	00:24:53
540	DYBLE, Liz	Westbourne Running Club	Female 55 to 59											191	0:33:44	1	00:33:44
539	DYBLE, Neil	Westbourne Running Club	Male 55 to 59											135	0:30:14	1	00:30:14
284	EAST, Matthew	Poole Runners	Male 45 to 49	42	0:23:50	43	0:23:39	38	0:23:27	30	0:22:58			36	0:23:32	5	00:22:58
480	EDWARDS, Ian	Poole Runners	Male 55 to 59							83	0:26:30					1	00:26:30
174	EDWARDS, Jane		Female 60 to 64	267	0:39:35	271	0:39:10	234	0:40:57					243	0:40:36	4	00:39:10
377	EL YAUTI, Karim		Male 18 to 39			35	0:22:57	37	0:23:20							2	00:22:57
18	ELLIOTT, David		Male 40 to 44			114	0:28:18					96	0:27:25	83	0:26:55	3	00:26:55
19	ELLIOTT, Melissa		Female 18 to 39			151	0:30:09					108	0:28:26			2	00:28:26
368	ELLIS, Sarah	Westbourne Running Club	Female 45 to 49			63	0:24:54			61	0:25:09	49	0:24:33	52	0:24:34	4	00:24:33
94	ENGLAND, Jane		Female 50 to 54	239	0:36:16	249	0:36:19					212	0:37:52	218	0:36:24	4	00:36:16
494	EVANS, Jonny		Male 18 to 39							169	0:31:38	199	0:36:18	119	0:29:12	3	00:29:12
522	EVANS, Leah	Poole Runners	Female 18 to 39									218	0:39:13	235	0:39:37	2	00:39:13
92	EVANS, Louise		Female 45 to 49	247	0:37:28	241	0:35:31	191	0:34:19			202	0:36:23	198	0:34:42	5	00:34:19
39	EVANS, Sue	Bournemouth Joggers	Female 65 to 69													0	
114	FARRELL, Scott		Male 40 to 44	99	0:27:32	109	0:27:49	128	0:29:42							3	00:27:32
518	FERENCZY, Peter	Poole Runners	Male 55 to 59									40	0:24:01	40	0:23:49	2	00:23:49
1	FILMER, Eve	Poole AC	Female 55 to 59			225	0:34:25	211	0:36:32	214	0:35:08					3	00:34:25
61	FILMER, Graham	Poole AC	Male 55 to 59	78	0:25:54	226	0:34:25	93	0:26:50	85	0:26:32			82	0:26:53	5	00:25:54
383	FLETCHER, Ronald		Male 60 to 64			251	0:36:44			194	0:33:49					2	00:33:49
271	FLOCKHART, Andrew	Poole Runners	Male 60 to 64	132	0:29:13					136	0:29:27	125	0:29:45			3	00:29:13
506	FORSTER, Laetitia		Female 45 to 49									185	0:34:26			1	00:34:26
184	FORSTER, Susie	Poole Runners	Female Junior 14 to 17	60	0:24:56	54	0:24:29	87	0:26:38	70	0:25:42	77	0:26:21			5	00:24:29
314	FOX, Angela		Female 45 to 49	108	0:28:07											1	00:28:07
456	FOX, Joan	Bournemouth Joggers	Female 70 to 74					205	0:36:12	196	0:34:00	192	0:35:37	195	0:34:19	4	00:34:00
15	FOX, Steve	Poole Runners	Male 50 to 54	57	0:24:42	60	0:24:47									2	00:24:42
270	FOX, Stewart	Lonely Goat Running Club	Male 18 to 39	59	0:24:53			54	0:24:28	44	0:23:55	48	0:24:25			4	00:23:55
77	FRAMPTON, Marion	Poole Runners	Female 55 to 59	191	0:32:43	293	0:52:31	248	0:50:59	208	0:34:30	239	1:03:19	257	0:59:59	6	00:32:43
78	FRAMPTON, Robert	Poole Runners	Male 55 to 59	135	0:29:20	154	0:30:18			160	0:31:04	140	0:30:39	136	0:30:20	5	00:29:20
404	FRASER, Keith	Poole Runners	Male 65 to 69			99	0:27:19			98	0:27:16	84	0:26:51	92	0:27:28	4	00:26:51
473	FRIAS-ROBLES, Oakley		Male Junior 14-17							103	0:27:27					1	00:27:27
255	FROUD, Darrell	Poole Runners	Male 18 to 39	72	0:25:36			47	0:24:05							2	00:24:05
209	FRY, Samantha	Purbeck Runners	Female 50 to 54	241	0:36:16	244	0:36:00	231	0:40:47	228	0:36:48	207	0:36:57	206	0:35:26	6	00:35:26
133	GAINES, Jenny		Female 18 to 39			183	0:31:54	148	0:31:20	227	0:36:39			164	0:31:44	4	00:31:20
20	GALPIN, Mark		Male 50 to 54	156	0:31:04	273	0:39:56	196	0:34:51	212	0:34:39	195	0:35:52	196	0:34:25	6	00:31:04
16	GALTON, Grace	Poole AC	Female 40 to 44	243	0:36:23	248	0:36:18	224	0:39:13	239	0:39:23	226	0:41:09			5	00:36:18
28	GARLINGE, Gaynor		Female 18 to 39	253	0:38:00	268	0:38:23									2	00:38:00
25	GARLINGE, Ian		Male 50 to 54	77	0:25:53	91	0:26:57	88	0:26:39	81	0:26:17	82	0:26:47	74	0:26:36	6	00:25:53

420	GEDGE, Patrick	Poole Runners	Male 50 to 54					138	0:30:18		119	0:28:22		107	0:28:22	117	0:29:02	4	00:28:22
532	GHABAE, Khaill	Poole Runners	Male 55 to 59											111	0:28:36	107	0:28:27	2	00:28:27
405	GHANDOUR, Joanne		Female 40 to 44			147	0:29:51											1	00:29:51
409	GIBSON, Naomi		Female 50 to 54			272	0:39:26	232	0:40:49									2	00:39:26
389	GODDARD, Paul		Male 50 to 54			139	0:29:27											1	00:29:27
497	GODDEN, Jackie	Poole AC	Female 50 to 54								116	0:28:07		110	0:28:32			2	00:28:07
357	GODDEN, James	Poole Runners	Male 18 to 39			59	0:24:44											1	00:24:44
237	GODDEN, Joe	Poole Runners	Male 18 to 39	12	0:21:23			15	0:21:26									2	00:21:23
412	GOLDSMITH, Graham		Male 40 to 44			121	0:28:35	111	0:28:40		124	0:28:41				111	0:28:39	4	00:28:35
103	GOSDEN, Jackie	Poole AC	Female 50 to 54															0	
105	GOSLING, Julie	Wimborne AC	Female 60 to 64	254	0:38:07	262	0:37:55	203	0:36:00		213	0:35:03		196	0:36:15			5	00:35:03
390	GOUTHRO, Mary	Poole Runners	Female 45 to 49															1	00:32:56
85	GRAHAM, Ray		Male 55 to 59	217	0:34:36	250	0:36:23									230	0:37:47	3	00:34:36
179	GRAHAM, Teresa	Lytchett Manor Striders	Female 50 to 54											187	0:34:49			1	00:34:49
298	GREEN, Stephanie	Poole Runners	Female 18 to 39	119	0:28:37						171	0:31:44						2	00:28:37
355	GREGORY, Karen	Poole AC	Female 45 to 49			218	0:33:36	186	0:33:39									2	00:33:36
354	GREGORY, Steven	Poole AC	Male 45 to 49			124	0:28:48	115	0:28:57									2	00:28:48
194	GREWCOCK, Clive	Westbourne Running Club	Male 60 to 64	154	0:30:50	190	0:32:14	177	0:33:02		184	0:32:34				174	0:32:14	5	00:30:50
32	GRIESSER, Sue	Poole AC	Female 50 to 54	266	0:39:28													1	00:39:28
68	GRIFFITHS, Mitchell	Bournemouth AC	Male 18 to 39															0	
419	GRIST, Mike	South West Veterans AC	Male 55 to 59					22	0:22:32		20	0:22:15		25	0:21:59	16	0:21:48	4	00:21:48
158	GUERRA-UNWIN, Alexandra		Female 18 to 39															0	
24	GUNN, Alison	Poole Runners	Female 18 to 39	116	0:28:30			95	0:27:05		90	0:26:45				91	0:27:21	4	00:26:45
197	HALE, Gareth	Poole AC	Male 18 to 39	36	0:23:39	23	0:22:16	17	0:21:32		8	0:20:55				10	0:21:01	5	00:20:55
199	HALL, James		Male 18 to 39	84	0:26:49	93	0:27:01				94	0:26:55		89	0:27:12			4	00:26:49
204	HALL, John	Lonely Goat Running Club	Male 45 to 49	19	0:22:01	25	0:22:23	21	0:22:17		21	0:22:18		21	0:21:43	17	0:21:55	6	00:21:43
118	HALL, Nicola	Lonely Goat Running Club	Female 45 to 49			209	0:32:56	145	0:31:00		159	0:31:00		139	0:30:37	132	0:30:10	5	00:30:10
411	HALLETT, George		Male 18 to 39			185	0:31:55											1	00:31:55
35	HALLETT, John		Male 75 plus	197	0:33:07	176	0:31:38	152	0:31:37		168	0:31:32		146	0:30:57	150	0:31:07	6	00:30:57
34	HALLETT, Marilyn		Female 70 to 74	258	0:38:34	265	0:38:02	222	0:38:33		235	0:37:52		213	0:38:00	226	0:37:32	6	00:37:32
393	HANCOCK, Jason	Poole Runners	Male 45 to 49			275	0:40:24											1	00:40:24
498	HANMER, Barry		Male 60 to 64								161	0:31:10		142	0:30:45	157	0:31:18	3	00:30:45
175	HANN, Alice		Female Junior 14 to 17													225	0:37:29	1	00:37:29
176	HANN, Peter		Male 50 to 54	240	0:36:16						244	0:39:50				238	0:39:42	3	00:36:16
313	HANNAFORD, Andy		Male 40 to 44															0	
53	HARFORD, Shelley		Female 45 to 49	261	0:38:55	264	0:38:00	221	0:38:05							221	0:36:38	4	00:36:38
525	HARPER, Donald	Poole AC	Male 18 to 39											109	0:28:27			1	00:28:27
148	HARRIS, Josie	Poole Runners	Female 18 to 39	179	0:32:25	179	0:31:47	140	0:30:32					156	0:31:54			4	00:30:32
273	HARRIS, Kevin		Male 40 to 44	106	0:27:55													1	00:27:55
325	HARRISON, Rebecca	Poole Runners	Female 18 to 39	225	0:35:08	232	0:34:39				197	0:34:03		183	0:34:17	188	0:33:34	5	00:33:34
120	HART, Robert	Lonely Goat Running Club	Male 45 to 49	140	0:29:42	133	0:29:12	129	0:29:47		129	0:29:02		120	0:29:23	128	0:30:00	6	00:29:02
162	HART-BURKE, Christine	Purbeck Runners	Female 60 to 64	250	0:37:50	259	0:37:39	243	0:46:19		233	0:37:35		210	0:37:37	214	0:36:07	6	00:36:07
294	HARTLE, Catherine		Female 60 to 64	152	0:30:46	165	0:31:11				178	0:32:10		161	0:32:22	172	0:32:09	5	00:30:46
125	HARTWELL, Emma		Female 18 to 39			278	0:40:57											1	00:40:57
203	HARVEY, Tracey	Lytchett Manor Striders	Female 45 to 49	126	0:29:00	120	0:28:31	133	0:29:59		112	0:27:56		127	0:29:47	121	0:29:15	6	00:27:56
104	HASLETT, Helen	Bournemouth Joggers	Female 18 to 39			258	0:37:36											1	00:37:36
225	HAUGHEY, Terry	Poole Runners	Male 65 to 69	85	0:26:53	83	0:26:35	91	0:26:44									3	00:26:35
89	HAWKINS, Carly		Female 18 to 39	238	0:36:16	182	0:31:54				202	0:34:10		189	0:35:07			4	00:31:54
74	HAY, Kirstin	Poole AC	Female 18 to 39			88	0:26:46	109	0:28:25									2	00:26:46
67	HAZELL, Georgia		Female 18 to 39	249	0:37:46	253	0:37:02				240	0:39:27				249	0:41:57	4	00:37:02
438	HEATH, David	Poole Runners	Male 65 to 69					119	0:29:04		118	0:28:20		106	0:28:16	104	0:28:13	4	00:28:13
215	HENDERSON-BISHOP, Emma	Poole AC	Female 18 to 39	158	0:31:10	169	0:31:18				176	0:31:57				160	0:31:34	4	00:31:10
481	HENDES, Louise	Littledown Harriers	Female 18 to 39								100	0:27:17						1	00:27:17
291	HEPWORTH, June		Female 65 to 69	280	0:50:00	286	0:44:28	247	0:50:57					236	0:50:48	254	0:55:57	5	00:44:28
146	HERDSMAN, Oliver		Male 18 to 39			11	0:20:53											1	00:20:53
530	HERKES, George		Male 18 to 39											46	0:24:20	42	0:24:02	2	00:24:02
333	HILBORNE, Mike	Wimborne AC	Male 50 to 54	107	0:28:01	102	0:27:24	104	0:28:10		120	0:28:25		138	0:30:37			5	00:27:24
453	HILL, Brad		Male 18 to 39					29	0:22:57							47	0:24:12	2	00:22:57
295	HITCHCOTT, Mark		Male 50 to 54	23	0:22:30						28	0:22:44		30	0:22:43	24	0:22:36	4	00:22:30

206	HITCHENS, Gemma	Lonely Goat Running Club	Female 18 to 39	237	0:36:16			206	0:36:13	203	0:34:13	194	0:35:44	205	0:35:13	5	00:34:13
30	HITCHING, Ian	Poole AC	Male 50 to 54	161	0:31:20	141	0:29:40	149	0:31:24	157	0:30:47	135	0:30:24			5	00:29:40
249	HOCKING, Megan	Poole Runners	Female 18 to 39	112	0:28:16	104	0:27:27			121	0:28:30			94	0:27:35	4	00:27:27
113	HODGE, Nick		Male 50 to 54	45	0:24:07	50	0:24:12	59	0:24:55			51	0:24:41	55	0:24:42	5	00:24:07
300	HOGARTH, Steven	Poole AC	Male 60 to 64	24	0:22:33	34	0:22:56	28	0:22:52	32	0:23:01			26	0:22:49	5	00:22:33
107	HOLLAND, Dale	Poole Runners	Male 40 to 44	33	0:23:22	40	0:23:14	45	0:24:00	40	0:23:44	39	0:23:57	39	0:23:46	6	00:23:14
157	HOLLOWAY, Ade	Wimborne AC	Male 55 to 59													0	
178	HOLT, Nina	North Dorset T&I	Female 50 to 54	232	0:35:58	256	0:37:25									2	00:35:58
429	HORMAN, Martin		Male 18 to 39					84	0:26:32							1	00:26:32
10	HORSLEY, Andrew	Wimborne AC	Male 50 to 54	65	0:25:10			65	0:25:30			68	0:25:44	66	0:26:03	4	00:25:10
317	HORSWILL, Laura	Poole AC	Female 18 to 39	190	0:32:43	210	0:33:03	163	0:32:20	156	0:30:39	166	0:33:10	154	0:31:13	6	00:30:39
448	HOULTON, Zoe	Poole AC	Female 50 to 54					154	0:31:47	167	0:31:32	163	0:32:27	158	0:31:26	4	00:31:26
181	HOWLETT, Julia	Lytchett Manor Striders	Female 45 to 49	127	0:29:00	134	0:29:14									2	00:29:00
182	HOWLETT, Peter	Lytchett Manor Striders	Male 50 to 54	76	0:25:48	74	0:25:44									2	00:25:44
243	HOWSE, Andy	Poole Runners	Male 50 to 54	20	0:22:21	18	0:21:40	14	0:21:17	11	0:21:12	15	0:21:25			5	00:21:12
46	HOWSE, Claudia	Poole Runners	Female 50 to 54	138	0:29:31	131	0:29:09			122	0:28:35	119	0:29:07	108	0:28:29	5	00:28:29
290	HOWTON, Amy		Female 18 to 39	175	0:32:15	199	0:32:39									2	00:32:15
45	HUGHES, Kate	Lytchett Manor Striders	Female 40 to 44	202	0:33:28	204	0:32:48	162	0:32:13							3	00:32:13
330	HUNT, Kim	Poole AC	Female 60 to 64	214	0:34:21	233	0:34:46	199	0:35:29					193	0:33:55	4	00:33:55
193	HUNT, Laura		Female 18 to 39													0	
534	HUTTON, Angela		Female 45 to 49									155	0:31:35			1	00:31:35
533	HUTTON, Stephen		Male 45 to 49									75	0:26:20			1	00:26:20
492	INGIS, Jamie		Male 18 to 39							15	0:21:27	23	0:21:49			2	00:21:27
435	INGLESON, John		Male 40 to 44					8	0:20:50	7	0:20:44	9	0:20:45	6	0:20:27	4	00:20:27
96	IRVEN, Nuala	Poole AC	Female 45 to 49	227	0:35:14					234	0:37:37	215	0:38:32			3	00:35:14
349	ISON, Rachel		Female 18 to 39			276	0:40:41			222	0:36:03	191	0:35:27			3	00:35:27
84	IVES, Jacqui		Female 45 to 49	216	0:34:34	239	0:35:28							212	0:35:56	3	00:34:34
261	JACK, Diane	Wimborne AC	Female 50 to 54	195	0:32:52	205	0:32:48	179	0:33:07							3	00:32:48
4	JANSSON, Lars	Poole Runners	Male 70 to 74			156	0:30:29	137	0:30:14	146	0:30:04	129	0:29:51			4	00:29:51
246	JEANES, Matt		Male 18 to 39	15	0:21:31					14	0:21:17	17	0:21:37			3	00:21:17
482	JONES, Abigail	Poole AC	Female 18 to 39							26	0:22:23					1	00:22:23
406	JONES, Amanda		Female 45 to 49			247	0:36:12					193	0:35:42			2	00:35:42
451	JONES, Brad		Male 18 to 39					57	0:24:39	39	0:23:37					2	00:23:37
487	JONES, Cledwyn		Male 60 to 64							115	0:28:03					1	00:28:03
391	JONES, David		Male 40 to 44			15	0:21:07									1	00:21:07
343	JONES, Doug	Poole AC	Male 70 to 74	184	0:32:31											1	00:32:31
344	JONES, Emma	Poole AC	Female 45 to 49	101	0:27:35			98	0:27:25	87	0:26:36			67	0:26:08	4	00:26:08
196	JONES, Sandra		Female 45 to 49	283	0:58:56							238	1:03:19	256	0:59:56	3	00:58:56
386	JONES, Susan	Lytchett Manor Striders	Female 50 to 54			150	0:30:05							170	0:32:03	2	00:30:05
442	JONES, Tim	Poole Runners	Male 40 to 44					34	0:23:11			34	0:23:07			2	00:23:07
227	JULYAN, Clare	Lonely Goat Running Club	Female 45 to 49	219	0:34:43	216	0:33:26									2	00:33:26
223	JURD, Mike	Wimborne AC	Male 55 to 59	35	0:23:33	44	0:23:41	49	0:24:10			47	0:24:22	45	0:24:08	5	00:23:33
510	KARNATZ, Alisa	Poole AC	Female 18 to 39									230	0:41:48			1	00:41:48
239	KARNATZ, Claire	Poole AC	Female 60 to 64	264	0:39:28	284	0:41:59									2	00:39:28
238	KARNATZ, Dave	Poole AC	Male 60 to 64	271	0:41:27	279	0:41:05									2	00:41:05
491	KEIGHTLEY, Steve		Male 55 to 59							151	0:30:16					1	00:30:16
190	KELLAWAY, Annette		Female 50 to 54	188	0:32:35	189	0:32:14	178	0:33:06	180	0:32:16	177	0:33:52	176	0:32:22	6	00:32:14
479	KELLY, Steve	Poole AC	Male 18 to 39							48	0:24:16			56	0:24:47	2	00:24:16
307	Francesca	Poole Runners	Female 40 to 44	105	0:27:53	118	0:28:29									2	00:27:53
361	KIMBER, Helen		Female 40 to 44			254	0:37:07			231	0:37:18	211	0:37:50			3	00:37:07
461	KIRKBY, Jasmine	Poole AC	Female 18 to 39					139	0:30:27	132	0:29:11			116	0:29:00	3	00:29:00
124	KNOTT, Cheryl	Poole AC	Female 40 to 44	187	0:32:32			170	0:32:41					185	0:33:06	3	00:32:32
507	KNOTT, Graham	Poole Runners	Male 40 to 44									29	0:22:30			1	00:22:30
394	KNOWLES, Richard		Male 55 to 59			90	0:26:54			95	0:27:01	97	0:27:30			3	00:26:54
251	LAMBERT, Ruth		Female 50 to 54	245	0:37:06											1	00:37:06
212	LANHAM, Sarah		Female 45 to 49			188	0:32:11	158	0:32:04	158	0:30:57	141	0:30:43	134	0:30:13	5	00:30:13
287	LAUSTE, Harry	Poole AC	Male 18 to 39	13	0:21:27					165	0:31:22					2	00:21:27
265	LAW, Faye	Poole Runners	Female 18 to 39	198	0:33:15									168	0:31:55	2	00:31:55
312	LEACH, Andrew	Lytchett Manor Striders	Male 45 to 49	32	0:23:17	38	0:23:06			42	0:23:50					3	00:23:06

311	LEACH, Jack		Male Junior 14-17	88	0:27:00	142	0:29:40			104	0:27:35					3	00:27:00	
76	LEE, Laura	Run Blandford	Female 45 to 49	256	0:38:23			219	0:37:45	243	0:39:38			233	0:38:44	4	00:37:45	
503	LEE, Robert		Male 18 to 39										18	0:21:37		1	00:21:37	
42	LEONARD, Venessa	Littledown Harriers	Female 60 to 64	207	0:33:47	227	0:34:34							208	0:35:32	3	00:33:47	
33	LEWIS, Alan	Purbeck Runners	Male 65 to 69	61	0:25:03			77	0:26:05	68	0:25:32		80	0:26:41	76	0:26:37	5	00:25:03
558	LEWIS, Annette	Bournemouth AC	Female 18 to 39											180	0:32:33	1	00:32:33	
334	LEWIS, Helen		Female 55 to 59	86	0:26:57			103	0:28:03	99	0:27:16		93	0:27:19	86	0:27:04	5	00:26:57
109	LEWIS, Howard	Poole Runners	Male 45 to 49	74	0:25:45			72	0:25:49				63	0:25:25		3	00:25:25	
177	LITHGOW, Annemarie	Poole AC	Female 45 to 49	222	0:34:48					224	0:36:35					2	00:34:48	
526	LITTLECOTT, Stephen	Lytchett Manor Striders	Male 60 to 64										124	0:29:43		1	00:29:43	
413	LIVERMORE, Emma	Poole Runners	Female 40 to 44					164	0:32:20							1	00:32:20	
222	LLEWELLYN, Rhodri		Male 60 to 64	133	0:29:15	145	0:29:47	135	0:30:09	153	0:30:20			147	0:31:00	5	00:29:15	
422	LOHK, Lea	Lytchett Manor Striders	Female 55 to 59					76	0:26:04	80	0:26:13			75	0:26:37	3	00:26:04	
14	LONG, Brian		Male 70 to 74	83	0:26:46	82	0:26:33	82	0:26:21	78	0:26:04		86	0:26:58	77	0:26:37	6	00:26:04
529	LONG, Vanessa		Female 40 to 44										101	0:27:54		1	00:27:54	
417	LOVEGROVE, Robin		Male 40 to 44					13	0:21:15							1	00:21:15	
440	LOWE, Jacqueline	Poole AC	Female 60 to 64					233	0:40:52	251	0:42:48		229	0:41:47	248	0:41:51	4	00:40:52
169	LUKE, Hayley		Female 45 to 49	274	0:44:09	285	0:44:10	239	0:42:35	248	0:42:11					4	00:42:11	
170	LUKE, Ian	Poole Runners	Male 40 to 44	9	0:21:03			18	0:21:36	17	0:21:48					3	00:21:03	
521	MACENHILL, Tina	Hailsham Harriers	Female 45 to 49										81	0:26:44		1	00:26:44	
245	MAIDMENT, Allan		Male 18 to 39	220	0:34:46	224	0:34:19	198	0:35:27					219	0:36:26	4	00:34:19	
466	MAJEWSKI, Artur	Poole Runners	Male 18 to 39							135	0:29:25		113	0:28:47	96	0:27:47	3	00:27:47
21	MARGETTS, Ron		Male 65 to 69	230	0:35:49	229	0:34:37	212	0:36:36	221	0:35:49		201	0:36:20	210	0:35:39	6	00:34:37
407	MARSDEN, Chris	Lonely Goat Running Club	Male 18 to 39			6	0:20:39	7	0:20:48				6	0:20:28		3	00:20:28	
163	MARSDEN, Lee		Male 45 to 49	169	0:31:52								164	0:33:01	161	0:31:39	3	00:31:39
164	MARSDEN, Trish		Female 40 to 44	172	0:31:59	186	0:32:01						165	0:33:02		3	00:31:59	
147	MARSHALL, Andrea	Lytchett Manor Striders	Female 50 to 54	200	0:33:22	198	0:32:37	151	0:31:27							3	00:31:27	
527	MARSHALL, Thomas	Poole Runners	Male 18 to 39										22	0:21:48	15	0:21:44	2	00:21:44
328	MARSHALL, Thomas			144	0:29:58											1	00:29:58	
43	MARTIN, Rachel		Female 45 to 49			263	0:37:59						222	0:39:56		2	00:37:59	
93	MARTIN, Sarah	Poole Runners	Female 18 to 39													0		
414	MATTHEWS, Mark							127	0:29:29							1	00:29:29	
415	MCALDER, Rich	Eastleigh Running Club	Male 18 to 39					16	0:21:30									
218	MCCAFFEREY, James	Poole AC	Male 18 to 39			20	0:21:54									1	00:21:54	
474	MCGOWAN, Tammy		Female 18 to 39							241	0:39:35		227	0:41:15	239	0:39:44	3	00:39:35
332	MCGRORY, Kevin	Poole AC	Male 50 to 54	87	0:26:59	73	0:25:44			63	0:25:10					3	00:25:10	
331	MCGRORY, Maggie	Poole AC	Female 50 to 54	151	0:30:46	140	0:29:28			187	0:33:00					3	00:29:28	
524	MELLOR, Bryan		Male 50 to 54										118	0:29:04		1	00:29:04	
108	MERRELL, Stuart	Lonely Goat Running Club	Male 40 to 44	160	0:31:17			131	0:29:52	133	0:29:15		121	0:29:27		4	00:29:15	
459	MESTON, Rich	Poole AC	Male 40 to 44					23	0:22:36							1	00:22:36	
167	MIDGLEY, Catherine	Poole AC	Female 50 to 54	211	0:33:59	219	0:34:01	197	0:34:57	199	0:34:05			192	0:33:49	5	00:33:49	
81	MILLER, Barry	Poole AC	Male 18 to 39			8	0:20:44						4	0:20:18		2	00:20:18	
543	MILLS, Andrew	Poole AC	Male 60 to 64											222	0:36:46	1	00:36:46	
27	MILLS, Rob	Poole Runners	Male 50 to 54	71	0:25:32			74	0:25:55				66	0:25:40		3	00:25:32	
152	MILLS, Steve	Lonely Goat Running Club	Male 50 to 54	47	0:24:10	48	0:24:04						41	0:24:07		3	00:24:04	
541	MILLS, Trisha	Poole AC	Female 60 to 64											247	0:41:45	1	00:41:45	
444	MINVALLA, Darrell	Westbourne Running Club	Male 40 to 44					202	0:35:51				200	0:36:20		2	00:35:51	
335	MITCHELL, Barry	Poole Runners	Male 75 plus							210	0:34:34					1	00:34:34	
221	MOGG, Annette	Poole Runners	Female 60 to 64	147	0:30:29	136	0:29:19			141	0:29:47		122	0:29:17	4	00:29:17		
324	MOLYNEAUX, Daniel	Poole Runners	Male 18 to 39	56	0:24:42	65	0:25:07	66	0:25:32	57	0:24:50			63	0:25:11	5	00:24:42	
323	MOLYNEAUX, Suzanne Kim		Female 50 to 54	193	0:32:45	202	0:32:47			181	0:32:20			182	0:32:48	4	00:32:20	
140	MOORE, Darren	Poole AC	Male 50 to 54	37	0:23:41	49	0:24:07	51	0:24:22	49	0:24:18		43	0:24:13	44	0:24:08	6	00:23:41
141	MOORE, Lesley	Poole AC	Female 40 to 44	50	0:24:22	56	0:24:38	55	0:24:33				72	0:26:04	78	0:26:40	5	00:24:22
348	MOORE, Luke		Male 40 to 44			119	0:28:31									1	00:28:31	
165	MOORS, Daniel	Poole AC	Male 40 to 44			115	0:28:20	110	0:28:34	117	0:28:07		95	0:27:24		4	00:27:24	
241	MORLEY, Melanie		Female 40 to 44	276	0:44:55											1	00:44:55	
339	MORRIS, John	Lytchett Manor Striders	Male 55 to 59	58	0:24:51											1	00:24:51	
171	MORRIS, Stuart	Poole Runners	Male 40 to 44	21	0:22:28			36	0:23:15							2	00:22:28	
320	MOYSE, Graham	Poole Runners	Male 55 to 59	38	0:23:43	42	0:23:23	40	0:23:31	36	0:23:10		35	0:23:11		5	00:23:10	







296	SMITH, Richard	Littledown Harriers	Male 55 to 59	102	0:27:41	101	0:27:22	134	0:30:07							3	00:27:22	
549	SMITH, Robin	Christchurch Runners	Male 55 to 59											87	0:27:05	1	00:27:05	
80	SMITH, Samantha	Littledown Harriers	Female 45 to 49	215	0:34:21	222	0:34:10	200	0:35:40							3	00:34:10	
433	SMITH, Stephen		Male 50 to 54					50	0:24:18				52	0:24:43	51	0:24:28	3	00:24:18
8	SMITH, Stuart	Littledown Harriers	Male 55 to 59														0	
477	SNOOK, Ed	Poole Runners	Male 18 to 39							10	0:21:10						1	00:21:10
48	SNOOK, Heidi	Littledown Harriers	Female 18 to 39	125	0:28:55	137	0:29:20	169	0:32:38	126	0:28:46	175	0:33:50	112	0:28:42	6	00:28:42	
485	SOMERS, Charlie	Poole Runners	Male Junior 14-17							166	0:31:29						1	00:31:29
186	SORTON, Andy	Poole Runners	Male 45 to 49					107	0:28:20	108	0:27:46	112	0:28:43	93	0:27:34	4	00:27:34	
550	SPARROWHAWK, Sian		Female 18 to 39											90	0:27:19	1	00:27:19	
519	SPURIN, Catherine	Ful-on Tri	Female 18 to 39									87	0:27:01				1	00:27:01
6	SPURIN, Jane	Bournemouth Joggers	Female 50 to 54					244	0:46:35	254	0:43:39	234	0:43:55				3	00:43:39
400	STACHOWIAK, Joseph		Male 18 to 39			5	0:20:03	5	0:20:02	3	0:20:09	2	0:20:13				4	00:20:02
95	STANTON, Susan	Poole AC	Female 60 to 64	246	0:37:27	235	0:35:04	210	0:36:30			206	0:36:47	211	0:35:40	5	00:35:04	
531	STEAN, Jackie	Poole Runners	Female 45 to 49									182	0:34:13				1	00:34:13
240	STEVENS, Brett	Poole AC	Male 18 to 39	41	0:23:49					38	0:23:35						2	00:23:35
229	STIRLING, Gemma		Female 18 to 39	124	0:28:51					137	0:29:29						2	00:28:51
228	STIRLING, Luke		Male 18 to 39	53	0:24:35												1	00:24:35
274	STOAKES, Tina	Poole AC	Female 60 to 64	167	0:31:47	143	0:29:45			143	0:29:50	131	0:29:55				4	00:29:45
183	STOKES, Maggie	Westbourne Running Club	Female 50 to 54			193	0:32:24	187	0:33:45	192	0:33:25	176	0:33:50	201	0:34:56	5	00:32:24	
352	STRATFORD, Chris	Poole Runners	Male 18 to 39			28	0:22:35	24	0:22:40	51	0:24:24	73	0:26:14	23	0:22:33	5	00:22:33	
392	STRONG, Nick		Male 18 to 39			70	0:25:32	61	0:25:12								2	00:25:12
504	SWIFT, Sarah	Poole Runners	Female 45 to 49									76	0:26:21				1	00:26:21
159	SYMON, Witney	Run Blandford	Male 55 to 59	255	0:38:23					242	0:39:38			232	0:38:43	3	00:38:23	
226	TAGHAVI, Firuze	Poole Runners	Female 40 to 44	218	0:34:37							208	0:37:00	220	0:36:27	3	00:34:37	
172	TANNER, Imogen	Ind Intelligent Fitness	Female Junior 14 to 17	26	0:22:41			30	0:23:03	24	0:22:22			29	0:22:59	4	00:22:22	
224	TERRY, Mike	Littledown Harriers	Male 65 to 69	143	0:29:52	159	0:30:57			185	0:32:51			163	0:31:42	4	00:29:52	
111	TERRY, Mike	Littledown Harriers	Male 65 to 69														0	
73	THOMAS, Caroline	Poole AC	Female 40 to 44			230	0:34:38							223	0:37:09	2	00:34:38	
202	THOMPSON, Mike		Male 18 to 39	51	0:24:25	53	0:24:28					56	0:24:55				3	00:24:25
201	THOMPSON, Amy		Female 18 to 39	131	0:29:12	146	0:29:50			163	0:31:11	143	0:30:45	131	0:30:09	5	00:29:12	
369	THOMPSON, Megan	Poole Runners	Female 18 to 39			201	0:32:45	181	0:33:13	183	0:32:33			169	0:31:57	4	00:31:57	
310	THORNE, Annabel		Female 18 to 39	174	0:32:12	161	0:31:03			152	0:30:17	130	0:29:54	115	0:28:58	5	00:28:58	
138	THORPE, Sandra		Female 55 to 59	252	0:37:59	270	0:39:06	227	0:39:44			219	0:39:23				4	00:37:59
269	THORRINGTON, Emma		Female 18 to 39	228	0:35:20	245	0:36:02										2	00:35:20
303	TIDBURY, Lucy	Poole Runners	Female 18 to 39	111	0:28:11					170	0:31:44						2	00:28:11
319	TISSINGTON, Gary	Poole AC	Male 18 to 39	10	0:21:21												1	00:21:21
336	TORY, Rupert	Poole Runners	Male 40 to 44	49	0:24:19	22	0:22:10			19	0:22:05						3	00:22:05
378	TOTH, Laszlo	Bournemouth AC	Male 18 to 39			2	0:19:21					3	0:20:14				2	00:19:21
220	TOWNER, John	Poole Runners	Male 18 to 39	16	0:21:38	14	0:21:01	10	0:21:08	5	0:20:32	7	0:20:29	9	0:20:56	6	00:20:29	
514	TOWNER, Kate	Poole Runners	Female 40 to 44									232	0:42:36				1	00:42:36
548	TOWNLEY, Karen	Lytchett Manor Striders	Female 45 to 49											175	0:32:17	1	00:32:17	
277	TRAVERS, Daniel		Male 45 to 49	66	0:25:14	61	0:24:47	52	0:24:23	47	0:24:14	42	0:24:11	49	0:24:22	6	00:24:11	
129	TREBILCOCK, Dean		Male 40 to 44	64	0:25:10	64	0:24:55	70	0:25:44					81	0:26:51	4	00:24:55	
263	TRENT, Claire	Poole Runners	Female 45 to 49	278	0:47:54	290	0:48:09							253	0:50:53	3	00:47:54	
185	TROWBRIDGE, Barry	Poole Runners	Male 18 to 39	82	0:26:35			92	0:26:49	82	0:26:19	67	0:25:43				4	00:25:43
247	TUCK, Sarah	Poole Runners	Female 18 to 39	128	0:29:00												1	00:29:00
90	TUCKER, Keith	Poole AC	Male 45 to 49	54	0:24:38												1	00:24:38
236	TURNER, Les	Poole Runners	Male 60 to 64	282	0:53:19												1	00:53:19
496	TURNER, Nick	WSX Orienteers	Male 18 to 39							41	0:23:45	37	0:23:20	43	0:24:05	3	00:23:20	
538	UNDERWOOD, Ian		Male 65 to 69											139	0:30:34	1	00:30:34	
423	VINCENT, Hayley	Lytchett Manor Striders	Female 18 to 39					102	0:27:57			126	0:29:47	84	0:27:04	3	00:27:04	
490	VINCENT, Steve	Lytchett Manor Striders	Male 18 to 39							113	0:27:56			85	0:27:04	2	00:27:04	
253	VLAARKAMP, Judith	Lytchett Manor Striders	Female 40 to 44	40	0:23:47	46	0:23:54	46	0:24:01	53	0:24:28	45	0:24:19				5	00:23:47



