



## 2022 SENIOR (14 Plus) RACE

### Race Numbers alphabetical order

**Please check carefully that your name is listed and that your age category and Club details are correct.**

**For errors and omissions please E-Mail [towner456@talktalk.net](mailto:towner456@talktalk.net) (not Facebook please)**

Race No	Name	UK Club	Category
163	ABU-GHABA, Ahmad		Male 40-44
75	ADDISON, Johnathan	Poole AC	Male 18-39
297	ALEXANDER, Angela	Poole Runners	Female 60-64
175	ALLINGTON, Michael		Male 40-44
180	AMABILE, Gino	Poole Runners	Male 50-54
119	AVEY, Suzanne		Female 50-54
150	AYLWARD, Kerry	Poole Runners	Female 45-49
162	BARFOOT, Dave	Lonely Goat Running Club	Male 40-44
120	BARKER, Paula	Poole Runners	Female 50-54
51	BARNES, Ian	Poole Runners	Male 75-79
140	BARNES, Sian	Poole Runners	Female 18-39
232	BARNES, Suzanne	Purbeck Runners	Female 55-59
39	BARNETT, Alan	Poole AC	Male 55-59
198	BARRETT, Sarah	Poole Runners	Female 70-74
124	BARROW, Kirsty	Lytchett Manor Striders	Female 18-39
192	BASSETT, Julie	Bournemouth Joggers	Female 40-44
48	BEATON, Aaron	Westbourne Running Club	Male 40-44
79	BECKETT, Graeme	Poole Runners	Male 45-49
60	BENGTSSON, Matilda	Poole Runners	Female 14-17
267	BENNETT, Maxine	Littledown Harriers	Female 55-59
148	BICKEL, Stuart	Poole AC	Male 50-54
91	BISHOP, Matty	Westbourne Running Club	Male 40-44
212	BLAKELEY, Louise	Westbourne Running Club	Female 50-54
24	BOSANQUET, Matt	Lytchett Manor Striders	Male 45-49
215	BOURTON, Karen		Female 55-59
155	BOVILL, Rick		Male 60-64
270	BRAIN, Heather		Female 65-69
255	BRAUN, Ines	Dorset Doodlers	Female 55-59
82	BROOKE, Nigel	Poole AC	Male 55-59
233	BROOKS, Beverley	Poole Runners	Female 55-59
164	BROWN, Robert		Male 50-54
241	BRUNNING, Jane	Verwood Runners	Female 50-54
268	BUCKERFIELD, Julie	Fullham Running Club	Female 60-64
266	CAMPBELL-SMITH, Robert	Poole Runners	Male 50-54
117	CARTWRIGHT, Chris	Poole Runners	Male 40-44
195	CAVE, Ginny	Poole Runners	Female 50-54
285	CHANDLER, Jane	Poole Runners	Female 65-69
189	CHARLTON, Lila	Poole Runners	Female 14-17

165	CHILD, David	Westbourne Running Club	Male 60-64
20	CHURCHILL, Duncan		Male 45-49
14	CLARKE, Haydon	Poole Runners	Male 18-39
7	CLARKE, Lewis	Lonely Goat Running Club	Male 18-39
242	CLARKE, Rose	Purbeck Runners	Female 50-54
116	CLASBY, Alan	Poole Runners	Male 70-74
36	CLAXTON, Steve	Poole Runners	Male 45-49
221	CONEY, Michelle	Lytchett Manor Striders	Female 18-39
300	COOK, Gill	Poole AC	Female 55-59
142	COOK, Hannah	Poole Runners	Female 40-44
22	COOK, Steve	Twemlow Track Club	Male 50-54
197	COOPER, Roger	Lytchett Manor Striders	Male 65-69
249	CORNWELL, Laura	Poole Runners	Female 40-44
256	CRAIG, Hilary	Poole Runners	Female 50-54
109	CRANE, Michael	Poole AC	Male 18-39
191	CROWLEY, Martin	Poole AC	Male 50-54
291	CROWLEY, Svzi	Poole AC	Female 45-49
202	CRUELLES, Jaime		Male 55-59
199	CRUELLES, Sophie	Poole Runners	Female 14-17
113	CURE, Mike		Male 55-59
170	DANIEL, Joanna		Female 45-49
181	DAVIES, James	Verwood Runners	Male 18-39
112	DAVIS, Sam		Male 18-39
105	DEAN, Becky	Poole Runners	Female 40-44
1	DEMPSTER, Lee	Twemlow Track Club	Male 18-39
248	DOBSON, Amy		Female 18-39
261	DOBSON, Malanie		Female 45-49
247	DOBSON, Mike		Male 50-54
3	DOUBLEDAY, Robert	Poole AC	Male 18-39
92	DOWNES, Paul	Poole Runners	Male 40-44
183	DOWNES, Sean	Poole Runners	Male 50-54
152	DOYLE, Jamie	Poole Runners	Male 14-17
10	DRAYSON, Kevin	Westbourne Running Club	Male 18-39
236	DROZDOWSKI, Tracy		Female 40-44
17	DURE-SMITH, Aidan	Southampton City AC	Male 18-39
127	DWYER, Jack	Poole Runners	Male 18-39
93	EAST, Matthew	Poole Runners	Male 45-49
108	ELFORD, Rachel	Lytchett Manor Striders	Female 40-44
179	ELLIOTT, David		Male 40-44
154	ELLIOTT, Kaitlyn		Female 14-17
293	ENGLAND, Jane		Female 55-59
87	ESCOTT, Steve	Lonely Goat Running Club	Male 45-49
168	EVERITT, Pat	Bournemouth Joggers	Female 60-64
43	FERENCZY, Peter	Poole Runners	Male 55-59
8	FERGUSON, Iian	Poole Runners	Male 18-39
81	FILMER, Graham	Poole AC	Male 55-59
196	FLOCKHART, Andrew	Poole Runners	Male 65-69
302	FRAMPTON, Marion	Poole Runners	Female 60-64
303	FRAMPTON, Robert	Poole Runners	Male 60-64
185	FRASER, Keith	Poole Runners	Male 65-69
139	FRIAS-ROBLES, Ethan	Poole AC	Male 14-17
176	FRIAS-ROBLES, Oakley		Male 18-39
262	FRIAS-ROBLES, Tammy	Poole AC	Female 40-44
279	GALPIN, Mark		Male 50-54
284	GALTON, Grace	Poole AC	Female 45-49
99	GHABAE, Khalil	Poole Runners	Male 55-59
131	GIBBS, Jenny	Bournemouth AC	Female 18-39
204	GILBERT, Eric	Poole AC	Male 65-69
156	GILL-PARKER, Tracy	Westbourne Running Club	Female 60-64
19	GODDEN, Joe	Poole Runners	Male 18-39
35	GOODWIN, Mark	Littledown Harriers	Male 45-49
288	GOSLING, Julie	Wimborne AC	Female 60-64
203	GRAHAM, Ian	Bournemouth AC	Male 75-79
305	GRAHAM, Nikki	Vegan Runners	Female 55-59

149	GREEN, David	Westbourne Running Club	Male 45-49
275	GREEN, Stephanie	Poole Runners	Female 18-39
292	GREWCOCK, Clive	Westbourne Running Club	Male 65-69
86	GRIDLEY, Matt		Male 40-44
272	GRIMSDALE, Martin	Purbeck Runners	Male 65-69
206	GROCOTT, Mike		Male 55-59
107	HALL, Emma		Female 18-39
147	HALL, James	Poole Runners	Male 40-44
50	HALL, John	Poole AC	Male 50-54
231	HALL, Nicola		Female 45-49
134	HALL, Oliver	Poole AC	Male 14-17
276	HALLETT, Charlotte		Female 18-39
53	HALLETT, Richard	Littledown Harriers	Male 18-39
186	HARPER, Donald	Poole AC	Male 18-39
213	HARRIS, Josie	Poole Runners	Female 40-44
265	HARRISON, Rebecca	Poole Runners	Female 18-39
209	HART-BURKE, Christine	Purbeck Runners	Female 65-69
280	HARTLE, Catherine	Wimborne AC	Female 60-64
143	HAUGHEY, Terry	Poole Runners	Male 70-74
277	HAWKINS, Carly		Female 40-44
141	HAY, Kirstin	Poole AC	Female 18-39
130	HAYWOOD, Nigel	Purbeck Runners	Male 65-69
230	HAZELL, Deb		Female 55-59
223	HAZELL, Kevin		Male 55-59
229	HAZELL, Lottie		Female 18-39
169	HEATH, David	Poole Runners	Male 70-74
178	HEATH, James		Male 18-39
193	HENDERSON-BISHOP, Emma		Female 40-44
11	HERDSMAN, Oliver	Vegan Runners	Male 18-39
243	HEWITT, Debbie	Egdon Heath Harriers	Female 55-59
23	HICKS, Dave	Poole AC	Male 45-49
245	HILBORNE, Mike	Wimborne AC	Male 55-59
37	HITCHCOTT, Mark		Male 50-54
57	HOGARTH, Steven	Poole AC	Male 60-64
286	HOLLAND, Angela	Poole Runners	Female 50-54
74	HOLLAND, Dale	Poole Runners	Male 45-49
114	HOLLOWAY, Trevor	Lonely Goat Running Club	Male 45-49
210	HORSLEY, Andrew	Wimborne AC	Male 55-59
298	HORSWILL, Laura	Poole AC	Female 18-39
38	HOWSE, Andy	Thames Hare & Hounds	Male 55-59
224	HOWSE, Claudia	Poole Runners	Female 55-59
158	HOWSE, Libby		Female 18-39
264	HUMBY, David		Male 55-59
97	HUNT, Kim	Poole AC	Female 60-64
18	INGS, Jamie	Lytchett Manor Striders	Male 18-39
252	INGS, Naomi	Lytchett Manor Striders	Female 18-39
227	JANSSON, Lars	Poole Runners	Male 75-79
172	JENKINGS, Jenna	Poole Runners	Female 14-17
88	JENKINS, Matthew		Male 50-54
260	JULYAN, Clare	Poole AC	Female 45-49
294	KEEP, Sheena	Purbeck Runners	Female 60-64
135	KEIGHTLEY, Steve		Male 60-64
271	KELLAWAY, Annette		Female 55-59
40	KIMBER, Fern	Poole AC	Female 18-39
89	KNIGHJOY-BURGE, Lydia	Poole Runners	Female 18-39
32	KREMER, Claire		Female 45-49
188	LANHAM, Sarah		Female 50-54
208	LAW, Faye	Lonely Goat Running Club	Female 40-44
123	LAWSON, Kelly	Poole Runners	Female 18-39
55	LEACH, Jack		Male 18-39
16	LEAT, Neil		Male 50-54
250	LEES, Elizabeth	Poole Runners	Female 60-64
64	LEESE, Ken	Poole Runners	Male 18-39

126	LEONARD, Sylvia	Purbeck Runners	Female 55-59
144	LEWIS, Howard	Poole Runners	Male 50-54
304	LEWIS, Tierra	Poole Runners	Female 18-39
306	LEWRY, Paul	Verlea	Male 55-59
47	LILLY, Simon	Lonely Goat Running Club	Male 40-44
115	LINARD, Simon	Lonely Goat Running Club	Male 45-49
282	LONNEN, Gareth		Male 50-54
299	LUKE, Hayley		Female 50-54
30	LUKE, Ian	Poole Runners	Male 45-49
101	MACBETH, Hamish		Male 50-54
145	MADDEN, Evie	Wimborne AC	Female 14-17
118	MANSELL, Graeme	Poole AC	Male 50-54
246	MARGETTS, Ron		Male 70-74
9	MARSHALL, Jenny-Lee	Purbeck Runners	Female 18-39
205	MARTIN, Sarah	Poole Runners	Female 40-44
173	MASON, Vivien	Verwood Runners	Female 45-49
184	MCGRORY, Kevin	Poole AC	Male 55-59
216	MILLAR, Kate		Female 60-64
103	MILLER, Christopher	Purbeck Runners	Male 65-69
129	MILLS, Rob	Poole Runners	Male 55-59
83	MILWARD, Martin	Fullham Running Club	Male 65-69
61	MOLYNEAUX, Daniel		Male 18-39
254	MOLYNEAUX, Suzanne Kim		Female 55-59
161	MOODY, Megan	Verwood Runners	Female 18-39
72	MOORE, Darren	Poole AC	Male 50-54
95	MOORE, Lesley	Poole AC	Female 40-44
49	MORRIS, Stuart	Purbeck Runners	Male 45-49
31	MOSS-WILLCOX, Jack	Wimborne AC	Male 18-39
73	MOYSE, Graham	Poole Runners	Male 60-64
56	MUSSELL, Simon		Male 18-39
102	NEAL, Dave	Poole AC	Male 65-69
151	NEAL, Jane	Poole AC	Female 65-69
77	NEWBURY, Gavin	Poole Runners	Male 18-39
28	NICHOLSON, David	Christchurch Runners	Male 55-59
132	NORTHAM, Tom		Male 18-39
311	NUMBER, Spare		NDB
136	OAKLEY, Bill	Lytchett Manor Striders	Male 70-74
146	OFFER, Jayne	Poole AC	Female 55-59
153	OLDEN, Andrew	Wimborne AC	Male 50-54
94	OLIVER, Gemma	Poole Runners	Female 40-44
237	ORGAN, Chantelle		Female 40-44
104	ORMONDE, Mark	Lonely Goat	Male 40-44
287	OSBERG, Adrienne		Female 50-54
100	OZANNE, David	Poole Runners	Male 60-64
290	OZANNE, Maria	Poole Runners	Female 60-64
41	OZDEMIR, Esref	Poole Runners	Male 45-49
238	PALMER, Tracey		Female 55-59
4	PARFITT, Scott	Lytchett Manor Striders	Male 40-44
70	PATRICK, Ashley		Male 18-39
96	PEARCE, Donna	Lytchett Manor Striders	Female 45-49
34	PEDDLE, Mark		Male 40-44
218	PEEDEL, Karen	Poole AC	Female 60-64
2	PENWARDEN, David	Poole Runners	Male 45-49
239	PHILLIPS, Charlotte	Poole Runners	Female 18-39
84	PHILLIPS, Grant	Poole Runners	Male 50-54
160	PHILLPOTTS, Kate		Female 18-39
226	PICKERING, Alan		Male 70-74
207	PITCAITHLEY, Lisa	Poole Runners	Female 40-44
258	PLIMMER, Emma	Gordonian,s RC	Female 40-44
251	PORTER, Mark		Male 55-59
80	PRINT, Ben	Lytchett Manor Striders	Male 50-54
307	RAY, John	Poole Runners	Male 40-44
263	REDRUPP, Sheila	Westbourne Running Club	Female 60-64
244	RENWICK, Paul		Male 45-49

269	RISK, Emma	Purbeck Runners	Female 50-54
187	RITCHIE, Dave	Poole AC	Male 60-64
190	RITCHIE, Vanya	Poole AC	Female 55-59
42	ROBBINS, Jason		Male 50-54
66	ROBERTS, Georgie	Lytchett Manor Striders	Female 45-49
295	ROBERTS, Karen		Female 18-39
171	ROBERTS, Kevin	Poole AC	Male 55-59
310	ROBERTSON, Wayne		Male 50-54
174	ROBSON, Kathryn	Poole AC	Female 55-59
29	RODERICK, Finlay	Ind Intelligent Fitness	Male 14-17
201	ROGERS, Martin		Male 50-54
308	ROGERS, Rebecca	Lytchett Manor Striders	Female 40-44
296	RYALL, Michelle		Female 55-59
159	SADLER, Nicky	Lytchett Manor Striders	Female 50-54
177	SADLER, Steven	Lytchett Manor Striders	Male 60-64
167	SALMON, Rhonda	Bournemouth Joggers	Female 55-59
273	SAMWAYS, Maria	Poole Runners	Female 40-44
194	SARGENT, Denise	Verwood Runners	Female 60-64
220	SCOTT, Geoffrey	Poole Runners	Male 75-79
281	SCOTT, Sarah		Female 45-49
67	SELL, Martin	Poole AC	Male 50-54
33	SHERWOOD, Joel	Poole Runners	Male 14-17
13	SHIRLEY, Rich	Littledown Harriers	Male 18-39
214	SHORE, Emma	Poole Runners	Female 40-44
217	SHORE, Martin	Poole Runners	Male 45-49
63	SHYLOCK, Izabala	Poole Runners	Female 40-44
27	SKINNER, Reuben	Poole AC	Male 50-54
69	SMALL, Millie	Poole AC	Female 14-17
76	SMITH, Johathan	Lonely Goat Running Club	Male 40-44
166	SMITH, Julian	New Forest Runners	Male 60-64
257	SMITH, Stuart		Male 55-59
137	SMITH, Tracy	Verwood Runners	Female 50-54
65	SOMERS, Colin	Poole Runners	Male 45-49
122	SOMERS, Isabelle	Poole Runners	Female 18-39
138	SORTON, Andy	Poole Runners	Male 50-54
289	SPELMAN, Corinne	Littledown Harriers	Female 65-69
301	SPURIN, Jane	Bournemouth Joggers	Female 55-59
12	STANZEL, Caroline	Poole Runners	Female 18-39
133	STEVENS, Brett	Poole AC	Male 18-39
253	STRANGE, Abigail		Female 40-44
85	STREET, Andy	Poole AC	Male 50-54
62	STREET, Katie	Poole Runners	Female 18-39
78	SWAFFIELD, Paul		Male 18-39
157	SWIFT, Sarah	Poole Runners	Female 50-54
44	TANNER, Imogen	Ind Intelligent Fitness	Female 18-39
235	TATTUM, Rachel	Bournemouth Joggers	Female 45-49
234	TERRY, Mike	Littledown Harriers	Male 70-74
98	THOMAS, Steve	Littledown Harriers	Male 50-54
52	THOMPSON, Alex	Lytchett Manor Striders	Male 45-49
228	THOMPSON, Megan	Poole Runners	Female 18-39
200	THORPE, Liny	Poole Runners	Female 40-44
222	TIDBURY, Lucy	Poole Runners	Female 18-39
21	TINDALL, Dave		Male 18-39
15	TOWNER, John	Poole AC	Male 18-39
283	TOWNER, Kate	Poole Runners	Female 40-44
68	TRENT, Emily	Poole Runners	Female 14-17
278	TRUEICK, Simon	Lytchett Manor Striders	Male 50-54
106	TUCKER, Keith		Male 50-54
309	TURNER, Les	Poole Runners	Male 60-64
5	UJVARI, Marc	Poole AC	Male 40-44
6	UNDERWOOD, Brian	Poole AC	Male 45-49
46	VINCE, Jack	Lytchett Manor Striders	Male 18-39
211	WATTS, Julie		Female 45-49
240	WEAVING, Charlotte		Female 45-49

125	WESTHEAD, Joanna	Poole Runners	Female 50-54
121	WHITLOCK, Mark		Male 18-39
274	WHITMARSH, Denise	Verwood Runners	Female 50-54
128	WHITMARSH, Richard	Verwood Runners	Male 45-49
111	WHITTY, Paul		Male 60-64
26	WICKHAM, Lawrance		Male 18-39
90	WICKHAM, Robert	Poole AC	Male 55-59
71	WILDBUR, Simon		Male 40-44
58	WILDING, Paul	Lytchett Manor Striders	Male 60-64
110	WILKINSON, Dean	Poole Runners	Male 45-49
59	WILKINSON, Kate	Poole Runners	Female 14-17
54	WILLIAMS, Benjamin		Male 14-17
225	WILLIAMS, Felicity		Female 18-39
182	WILLIAMS, Neil	Poole AC	Male 45-49
219	WILLIAMS, Roy	Poole Runners	Male 65-69
259	WILLMORE, Ray		Male 50-54
45	WILSON, Dan		Male 18-39
25	WINDEBANK, Jim	Poole Runners	Male 18-39

Race numbers c/w chips will be distributed via local Clubs in April or collect at race one (4<sup>th</sup> May). Senior Numbers will be allocated in time ascending order. Juniors allocated in age descending order. Ages are as of the date of your first race. No need to register at races; just go directly to the start area, following marshal's instructions. .

*Four of the six races need to be considered for an award*

***For errors and omissions please E-Mail [towner456@talktalk.net](mailto:towner456@talktalk.net)***

# running free

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Due to possible changes in UK Athletics COVID requirements there may need to be changes to procedures as the series progresses. Current thinking is below:-

<p><b>Junior Race</b> General Information</p> <p><b>Start time:</b> 6:45  <b>Numbers:</b> allocated in age descending order.  <b>Start Assembly and warm up:</b> On the grass area in front of Upton House.  <b>Start:</b> On the hard standing in front of Upton House.  <b>Finish:</b> On the grass area in front of Upton House.</p> <p><i>No Drinks offered, please bring your own.</i></p>	<p><b>Senior Race</b> General Information</p> <p><b>Start time:</b> 7:15  <b>Numbers;</b> Allocated in time ascending order.  <b>Start &amp; Finish:</b> On the hard standing in front of Upton House.  <b>Chip timed;</b> With a "Grand Prix" style start assembly.  <b>Club Vests:</b> Required for affiliated runners.  <b>Post-race:</b> Assembly on lower grass area in front of Upton House.</p> <p><i>No Drinks offered, please bring your own.</i></p>
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