



2022 SENIOR (14 Plus) RACE

Race Numbers in predicted time descending 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 (not Facebook please)

Race No	Name	UK Club	Category
1	DEMPSTER, Lee	Twemlow Track Club	Male 18-39
2	PENWARDEN, David	Poole Runners	Male 45-49
3	DOUBLEDAY, Robert	Poole AC	Male 18-39
4	PARFITT, Scott	Lytchett Manor Striders	Male 40-44
5	UJVARI, Marc	Poole AC	Male 40-44
6	UNDERWOOD, Brian	Poole AC	Male 45-49
7	CLARKE, Lewis	Lonely Goat Running Club	Male 18-39
8	FERGUSON, Iain	Poole Runners	Male 18-39
9	MARSHALL, Jenny-Lee	Purbeck Runners	Female 18-39
10	DRAYSON, Kevin	Westbourne Running Club	Male 18-39
11	HERDSMAN, Oliver	Vegan Runners	Male 18-39
12	STANZEL, Caroline	Poole Runners	Female 18-39
13	SHIRLEY, Rich	Littledown Harriers	Male 18-39
14	CLARKE, Haydon	Poole Runners	Male 18-39
15	TOWNER, John	Poole AC	Male 18-39
16	LEAT, Neil		Male 50-54
17	DURE-SMITH, Aidan	Southampton City AC	Male 18-39
18	INGS, Jamie	Lytchett Manor Striders	Male 18-39
19	GODDEN, Joe	Poole Runners	Male 18-39
20	CHURCHILL, Duncan		Male 45-49
21	TINDALL, Dave		Male 18-39
22	COOK, Steve	Twemlow Track Club	Male 50-54
23	HICKS, Dave	Poole AC	Male 45-49
24	BOSANQUET, Matt	Lytchett Manor Striders	Male 45-49
25	WINDEBANK, Jim	Poole Runners	Male 18-39
26	WICKHAM, Lawrance		Male 18-39
27	SKINNER, Reuben	Poole AC	Male 50-54
28	NICHOLSON, David	Christchurch Runners	Male 55-59
29	RODERICK, Finlay	Ind Intelligent Fitness	Male 14-17
30	LUKE, Ian	Poole Runners	Male 45-49
31	MOSS-WILLCOX, Jack	Wimborne AC	Male 18-39
32	KREMER, Claire		Female 45-49
33	SHERWOOD, Joel	Poole Runners	Male 14-17
34	PEDDLE, Mark		Male 40-44
35	GOODWIN, Mark	Littledown Harriers	Male 45-49
36	CLAXTON, Steve	Poole Runners	Male 45-49
37	HITCHCOTT, Mark		Male 50-54
38	HOWSE, Andy	Thames Hare & Hounds	Male 55-59

39	BARNETT, Alan	Poole AC	Male 55-59
40	KIMBER, Fern	Poole AC	Female 18-39
41	OZDEMIR, Esref	Poole Runners	Male 45-49
42	ROBBINS, Jason		Male 50-54
43	FERENCZY, Peter	Poole Runners	Male 55-59
44	TANNER, Imogen	Ind Intelligent Fitness	Female 18-39
45	WILSON, Dan		Male 18-39
46	VINCE, Jack	Lytchett Manor Striders	Male 18-39
47	LILLY, Simon	Lonely Goat Running Club	Male 40-44
48	BEATON, Aaron	Westbourne Running Club	Male 40-44
49	MORRIS, Stuart	Purbeck Runners	Male 45-49
50	HALL, John	Poole AC	Male 50-54
51	BARNES, Ian	Poole Runners	Male 75-79
52	THOMPSON, Alex	Lytchett Manor Striders	Male 45-49
53	HALLETT, Richard	Littledown Harriers	Male 18-39
54	WILLIAMS, Benjamin		Male 14-17
55	LEACH, Jack		Male 18-39
56	MUSSELL, Simon		Male 18-39
57	HOGARTH, Steven	Poole AC	Male 60-64
58	WILDING, Paul	Lytchett Manor Striders	Male 60-64
59	WILKINSON, Kate	Poole Runners	Female 14-17
60	BENGTSSON, Matilda	Poole Runners	Female 14-17
61	MOLYNEAUX, Daniel		Male 18-39
62	STREET, Katie	Poole Runners	Female 18-39
63	SHYLOCK, Izabala	Poole Runners	Female 40-44
64	LEESE, Ken	Poole Runners	Male 18-39
65	SOMERS, Colin	Poole Runners	Male 45-49
66	ROBERTS, Georgie	Lytchett Manor Striders	Female 45-49
67	SELL, Martin	Poole AC	Male 50-54
68	TRENT, Emily	Poole Runners	Female 14-17
69	SMALL, Millie	Poole AC	Female 14-17
70	PATRICK, Ashley		Male 18-39
71	WILDBUR, Simon		Male 40-44
72	MOORE, Darren	Poole AC	Male 50-54
73	MOYSE, Graham	Poole Runners	Male 60-64
74	HOLLAND, Dale	Poole Runners	Male 45-49
75	ADDISON, Johnathan	Poole AC	Male 18-39
76	SMITH, Johathan	Lonely Goat Running Club	Male 40-44
77	NEWBURY, Gavin	Poole Runners	Male 18-39
78	SWAFFIELD, Paul		Male 18-39
79	BECKETT, Graeme	Poole Runners	Male 45-49
80	PRINT, Ben	Lytchett Manor Striders	Male 50-54
81	FILMER, Graham	Poole AC	Male 55-59
82	BROOKE, Nigel	Poole AC	Male 55-59
83	MILWARD, Martin	Fulham Running Club	Male 65-69
84	PHILLIPS, Grant	Poole Runners	Male 50-54
85	STREET, Andy	Poole AC	Male 50-54
86	GRIDLEY, Matt		Male 40-44
87	ESCOTT, Steve	Lonely Goat Running Club	Male 45-49
88	JENKINS, Matthew		Male 50-54
89	KNIGHJOY-BURGE, Lydia	Poole Runners	Female 18-39
90	WICKHAM, Robert	Poole AC	Male 55-59
91	BISHOP, Matty	Westbourne Running Club	Male 40-44
92	DOWNES, Paul	Poole Runners	Male 40-44
93	EAST, Matthew	Poole Runners	Male 45-49
94	OLIVER, Gemma	Poole Runners	Female 40-44
95	MOORE, Lesley	Poole AC	Female 40-44
96	PEARCE, Donna	Lytchett Manor Striders	Female 45-49
97	HUNT, Kim	Poole AC	Female 60-64
98	THOMAS, Steve	Littledown Harriers	Male 50-54
99	GHABAEI, Khalil	Poole Runners	Male 55-59
100	OZANNE, David	Poole Runners	Male 60-64
101	MACBETH, Hamish		Male 50-54
102	NEAL, Dave	Poole AC	Male 65-69

103	MILLER, Christopher	Purbeck Runners	Male 65-69
104	ORMONDE, Mark	Lonely Goat	Male 40-44
105	DEAN, Becky	Poole Runners	Female 40-44
106	TUCKER, Keith		Male 50-54
107	HALL, Emma		Female 18-39
108	ELFORD, Rachel	Lytchett Manor Striders	Female 40-44
109	CRANE, Michael	Poole AC	Male 18-39
110	WILKINSON, Dean	Poole Runners	Male 45-49
111	WHITTY, Paul		Male 60-64
112	DAVIS, Sam		Male 18-39
113	CURE, Mike		Male 55-59
114	HOLLOWAY, Trevor	Lonely Goat Running Club	Male 45-49
115	LINARD, Simon	Lonely Goat Running Club	Male 45-49
116	CLASBY, Alan	Poole Runners	Male 70-74
117	CARTWRIGHT, Chris	Poole Runners	Male 40-44
118	MANSELL, Graeme	Poole AC	Male 50-54
119	AVEY, Suzanne		Female 50-54
120	BARKER, Paula	Poole Runners	Female 50-54
121	WHITLOCK, Mark		Male 18-39
122	SOMERS, Isabelle	Poole Runners	Female 18-39
123	LAWSON, Kelly	Poole Runners	Female 18-39
124	BARROW, Kirsty	Lytchett Manor Striders	Female 18-39
125	WESTHEAD, Joanna	Poole Runners	Female 50-54
126	LEONARD, Sylvia	Purbeck Runners	Female 55-59
127	DWYER, Jack	Poole Runners	Male 18-39
128	WHITMARSH, Richard	Verwood Runners	Male 45-49
129	MILLS, Rob	Poole Runners	Male 55-59
130	HAYWOOD, Nigel	Purbeck Runners	Male 65-69
131	GIBBS, Jenny	Bournemouth AC	Female 18-39
132	NORTHAM, Tom		Male 18-39
133	STEVENS, Brett	Poole AC	Male 18-39
134	HALL, Oliver	Poole AC	Male 14-17
135	KEIGHTLEY, Steve		Male 60-64
136	OAKLEY, Bill	Lytchett Manor Striders	Male 70-74
137	SMITH, Tracy	Verwood Runners	Female 50-54
138	SORTON, Andy	Poole Runners	Male 50-54
139	FRIAS-ROBLES, Ethan	Poole AC	Male 14-17
140	BARNES, Sian	Poole Runners	Female 18-39
141	HAY, Kirstin	Poole AC	Female 18-39
142	COOK, Hannah	Poole Runners	Female 40-44
143	HAUGHEY, Terry	Poole Runners	Male 70-74
144	LEWIS, Howard	Poole Runners	Male 50-54
145	MADDEN, Evie	Wimborne AC	Female 14-17
146	OFFER, Jayne	Poole AC	Female 55-59
147	HALL, James	Poole Runners	Male 40-44
148	BICKEL, Stuart	Poole AC	Male 50-54
149	GREEN, David	Westbourne Running Club	Male 45-49
150	AYLWARD, Kerry	Poole Runners	Female 45-49
151	NEAL, Jane	Poole AC	Female 65-69
152	DOYLE, Jamie	Poole Runners	Male 14-17
153	OLDEN, Andrew	Wimborne AC	Male 50-54
154	ELLIOTT, Kaitlyn		Female 14-17
155	BOVILL, Rick		Male 60-64
156	GILL-PARKER, Tracy	Westbourne Running Club	Female 60-64
157	SWIFT, Sarah	Poole Runners	Female 50-54
158	HOWSE, Libby		Female 18-39
159	SADLER, Nicky	Lytchett Manor Striders	Female 50-54
160	PHILLPOTTS, Kate		Female 18-39
161	MOODY, Megan	Verwood Runners	Female 18-39
162	BARFOOT, Dave	Lonely Goat Running Club	Male 40-44
163	ABU-GHABA, Ahmad		Male 40-44
164	BROWN, Robert		Male 50-54
165	CHILD, David	Westbourne Running Club	Male 60-64
166	SMITH, Julian	New Forest Runners	Male 60-64

167	SALMON, Rhonda	Bournemouth Joggers	Female 55-59
168	EVERITT, Pat	Bournemouth Joggers	Female 60-64
169	HEATH, David	Poole Runners	Male 70-74
170	DANIEL, Joanna		Female 45-49
171	ROBERTS, Kevin	Poole AC	Male 55-59
172	JENKINGS, Jenna	Poole Runners	Female 14-17
173	MASON, Vivien	Verwood Runners	Female 45-49
174	ROBSON, Kathryn	Poole AC	Female 55-59
175	ALLINGTON, Michael		Male 40-44
176	FRIAS-ROBLES, Oakley		Male 18-39
177	SADLER, Steven	Lytchett Manor Striders	Male 60-64
178	HEATH, James		Male 18-39
179	ELLIOTT, David		Male 40-44
180	AMABILE, Gino	Poole Runners	Male 50-54
181	DAVIES, James	Verwood Runners	Male 18-39
182	WILLIAMS, Neil	Poole AC	Male 45-49
183	DOWNES, Sean	Poole Runners	Male 50-54
184	MCGRORY, Kevin	Poole AC	Male 55-59
185	FRASER, Keith	Poole Runners	Male 65-69
186	HARPER, Donald	Poole AC	Male 18-39
187	RITCHIE, Dave	Poole AC	Male 60-64
188	LANHAM, Sarah		Female 50-54
189	CHARLTON, Lila	Poole Runners	Female 14-17
190	RITCHIE, Vanya	Poole AC	Female 55-59
191	CROWLEY, Martin	Poole AC	Male 50-54
192	BASSETT, Julie	Bournemouth Joggers	Female 40-44
193	HENDERSON-BISHOP, Emma		Female 40-44
194	SARGENT, Denise	Verwood Runners	Female 60-64
195	CAVE, Ginny	Poole Runners	Female 50-54
196	FLOCKHART, Andrew	Poole Runners	Male 65-69
197	COOPER, Roger	Lytchett Manor Striders	Male 65-69
198	BARRETT, Sarah	Poole Runners	Female 70-74
199	CRUELLES, Sophie	Poole Runners	Female 14-17
200	THORPE, Liny	Poole Runners	Female 40-44
201	ROGERS, Martin		Male 50-54
202	CRUELLES, Jaime		Male 55-59
203	GRAHAM, Ian	Bournemouth AC	Male 75-79
204	GILBERT, Eric	Poole AC	Male 65-69
205	MARTIN, Sarah	Poole Runners	Female 40-44
206	GROCOTT, Mike		Male 55-59
207	PITCAITHLEY, Lisa	Poole Runners	Female 40-44
208	LAW, Faye	Lonely Goat Running Club	Female 40-44
209	HART-BURKE, Christine	Purbeck Runners	Female 65-69
210	HORSLEY, Andrew	Wimborne AC	Male 55-59
211	WATTS, Julie		Female 45-49
212	BLAKELEY, Louise	Westbourne Running Club	Female 50-54
213	HARRIS, Josie	Poole Runners	Female 40-44
214	SHORE, Emma	Poole Runners	Female 40-44
215	BOURTON, Karen		Female 55-59
216	MILLAR, Kate		Female 60-64
217	SHORE, Martin	Poole Runners	Male 45-49
218	PEEDEL, Karen	Poole AC	Female 60-64
219	WILLIAMS, Roy	Poole Runners	Male 65-69
220	SCOTT, Geoffrey	Poole Runners	Male 75-79
221	CONEY, Michelle	Lytchett Manor Striders	Female 18-39
222	TIDBURY, Lucy	Poole Runners	Female 18-39
223	HAZELL, Kevin		Male 55-59
224	HOWSE, Claudia	Poole Runners	Female 55-59
225	WILLIAMS, Felicity		Female 18-39
226	PICKERING, Alan		Male 70-74
227	JANSSON, Lars	Poole Runners	Male 75-79
228	THOMPSON, Megan	Poole Runners	Female 18-39
229	HAZELL, Lottie		Female 18-39

230	HAZELL, Deb		Female 55-59
231	HALL, Nicola		Female 45-49
232	BARNES, Suzanne	Purbeck Runners	Female 55-59
233	BROOKS, Beverley	Poole Runners	Female 55-59
234	TERRY, Mike	Littledown Harriers	Male 70-74
235	TATTUM, Rachel	Bournemouth Joggers	Female 45-49
236	DROZDOWSKI, Tracy		Female 40-44
237	ORGAN, Chantelle		Female 40-44
238	PALMER, Tracey		Female 55-59
239	PHILLIPS, Charlotte	Poole Runners	Female 18-39
240	WEAVING, Charlotte		Female 45-49
241	BRUNNING, Jane	Verwood Runners	Female 50-54
242	CLARKE, Rose	Purbeck Runners	Female 50-54
243	HEWITT, Debbie	Egdon Heath Harriers	Female 55-59
244	RENWICK, Paul		Male 45-49
245	HILBORNE, Mike	Wimborne AC	Male 55-59
246	MARGETTS, Ron		Male 70-74
247	DOBSON, Mike		Male 50-54
248	DOBSON, Amy		Female 18-39
249	CORNWELL, Laura	Poole Runners	Female 40-44
250	LEES, Elizabeth	Poole Runners	Female 60-64
251	PORTER, Mark		Male 55-59
252	INGS, Naomi	Lytchett Manor Striders	Female 18-39
253	STRANGE, Abigail		Female 40-44
254	MOLYNEAUX, Suzanne Kim		Female 55-59
255	BRAUN, Ines	Dorset Doodlers	Female 55-59
256	CRAIG, Hilary	Poole Runners	Female 50-54
257	SMITH, Stuart		Male 55-59
258	PLIMMER, Emma	Gordonian,s RC	Female 40-44
259	WILLMORE, Ray		Male 50-54
260	JULYAN, Clare	Poole AC	Female 45-49
261	DOBSON, Malanie		Female 45-49
262	FRIAS-ROBLES, Tammy	Poole AC	Female 40-44
263	REDRUPP, Sheila	Westbourne Running Club	Female 60-64
264	HUMBY, David		Male 55-59
265	HARRISON, Rebecca	Poole Runners	Female 18-39
266	CAMPBELL-SMITH, Robert	Poole Runners	Male 50-54
267	BENNETT, Maxine	Littledown Harriers	Female 55-59
268	BUCKERFIELD, Julie	Fulham Running Club	Female 60-64
269	RISK, Emma	Purbeck Runners	Female 50-54
270	BRAIN, Heather		Female 65-69
271	KELLAWAY, Annette		Female 55-59
272	GRIMSDALE, Martin	Purbeck Runners	Male 65-69
273	SAMWAYS, Maria	Poole Runners	Female 40-44
274	WHITMARSH, Denise	Verwood Runners	Female 50-54
275	GREEN, Stephanie	Poole Runners	Female 18-39
276	HALLETT, Charlotte		Female 18-39
277	HAWKINS, Carly		Female 40-44
278	TRUEICK, Simon	Lytchett Manor Striders	Male 50-54
279	GALPIN, Mark		Male 50-54
280	HARTLE, Catherine	Wimborne AC	Female 60-64
281	SCOTT, Sarah		Female 45-49
282	LONNEN, Gareth		Male 50-54
283	TOWNER, Kate	Poole Runners	Female 40-44
284	GALTON, Grace	Poole AC	Female 45-49
285	CHANDLER, Jane	Poole Runners	Female 65-69
286	HOLLAND, Angela	Poole Runners	Female 50-54
287	OSBERG, Adrienne		Female 50-54
288	GOSLING, Julie	Wimborne AC	Female 60-64
289	SPELMAN, Corinne	Littledown Harriers	Female 65-69
290	OZANNE, Maria	Poole Runners	Female 60-64
291	CROWLEY, Svzi	Poole AC	Female 45-49
292	GREWCOCK, Clive	Westbourne Running Club	Male 65-69
293	ENGLAND, Jane		Female 55-59

294	KEEP, Sheena	Purbeck Runners	Female 60-64
295	ROBERTS, Karen		Female 18-39
296	RYALL, Michelle		Female 55-59
297	ALEXANDER, Angela	Poole Runners	Female 60-64
298	HORSWILL, Laura	Poole AC	Female 18-39
299	LUKE, Hayley		Female 50-54
300	COOK, Gill	Poole AC	Female 55-59
301	SPURIN, Jane	Bournemouth Joggers	Female 55-59
302	FRAMPTON, Marion	Poole Runners	Female 60-64
303	FRAMPTON, Robert	Poole Runners	Male 60-64
304	LEWIS, Tierra	Poole Runners	Female 18-39
305	GRAHAM, Nikki	Vegan Runners	Female 55-59
306	LEWRY, Paul	Verwood Runners	Male 55-59
307	RAY, John	Poole Runners	Male 40-44
308	ROGERS, Rebecca	Lytchett Manor Striders	Female 40-44
309	TURNER, Les	Poole Runners	Male 60-64
310	ROBERTSON, Wayne		Male 50-54
311	NUMBER, Spare		NDB

Race numbers c/w chips will be distributed via local Clubs in April or collect at race one (4th 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

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:-

Junior Race

General Information

Start time: 6:45

Numbers: allocated in age descending order.

Start Assembly and warm up: On the grass area in front of Upton House.

Start: On the hard standing in front of Upton House.

Finish: On the grass area in front of Upton House.

No Drinks offered, please bring your own.

Senior Race

General Information

Start time: 7:15

Numbers; Allocated in time ascending order.

Start & Finish: On the hard standing in front of Upton House.

Chip timed; With a "Grand Prix" style start assembly.

Club Vests: Required for affiliated runners.

Post-race: Assembly on lower grass area in front of Upton House.

No Drinks offered, please bring your own.

UKA rules apply: - Licence No *Licence ID: 2022-42898*

