

Pl.	Bib	Name	Club	Chip Time	Gun Time
Female 35-49					
1.	18	Lauren Baker-Little	Poole Runners	42:58	43:02
2.	82	Juliet Champion	Poole AC	43:37	43:39
3.	151	Louise Fox	Dorchester RIOT	43:58	44:02
4.	439	Gemma Terry	Poole AC	44:07	44:12
5.	9	Dawn Andrews	Lytchett Manor Striders	44:32	44:37
6.	125	Alexandra Door	Egdon Heath Harriers	45:15	45:19
7.	377	Vicky Rutter	Westbourne R C	46:17	46:21
8.	389	Lucy Sharpe	Egdon Heath Harriers	47:12	47:14
9.	96	Tracy Cook	DORSET DODDLERS RC	47:22	47:24
10.	231	Emma Jeffery	Gloucester AC	47:48	47:59
11.	185	Claire Harrison	North Cotswold Tri & Run	48:48	48:59
12.	335	Donna Pearce	Lytchett Manor Striders	48:57	49:05
13.	142	Maria Everett	Littletdown Harriers	49:04	49:12
14.	26	Victoria Barnett	Egdon Heath Harriers	49:39	49:44
15.	217	Sally Hunt	DORSET DODDLERS RC	49:50	49:58
16.	4	Francesca Alford	Royal Manor Of Portland AC	50:05	50:09
17.	15	Louise Austin	Littletdown Harriers	50:07	50:19
18.	114	Arabella De Steiger Khandwala	DORSET DODDLERS RC	50:13	50:21
19.	59	Wendy Britton	Dorchester RIOT	50:38	50:54
20.	49	Ali Blaney	DORSET DODDLERS RC	50:59	51:06
21.	200	Jody Higham	Egdon Heath Harriers	51:26	51:38
22.	493	Sarah Wood	Dorset Sole Sisters	51:23	51:39
23.	438	Carly Tempany		52:54	53:00
24.	324	Susie Palmer	Wimborne AC	52:56	53:09
25.	76	Vicki Carter	Lytchett Manor Striders	55:51	56:04
26.	38	Elizabeth Bemment	Purbeck Runners	56:04	56:20
27.	371	Rebecca Rogers	Lytchett Manor Striders	56:21	56:41
28.	291	Jo Monk		56:34	56:46
29.	422	Abigail Strange		56:31	56:51
30.	261	Liz Lewis	Royal Manor Of Portland AC	56:35	56:53
31.	85	Sarah Clark	Lytchett Manor Striders	57:04	57:25
32.	357	Laura Reddick	Egdon Heath Harriers	57:30	57:42
33.	173	Alison Gudgeon		57:26	57:43
34.	385	Jenna Scott	St Albans Striders	57:35	57:48
35.	101	Tessa Cox	Lonely Goat RC	58:35	58:51
36.	207	charlotte Hooper		58:36	58:52
37.	136	Louisa Elliott		59:03	59:09
38.	191	Carly Hawkins		59:07	59:25
39.	496	Paula Wright	Lytchett Manor Striders	59:11	59:34
40.	131	Lou Dutch		1:00:07	1:00:20
41.	223	Charlotte Irwin	Egdon Heath Harriers	1:00:10	1:00:22
42.	287	Louise Mitchell		1:00:38	1:00:39
43.	413	Beccy Spicer	Purbeck Runners	1:00:44	1:01:08
44.	251	Sarah Lay		1:00:57	1:01:15
45.	153	annmarie galanti	Lytchett Manor Striders	1:01:10	1:01:33
46.	229	Melanie Jankes	Dorset Sole Sisters	1:02:02	1:02:18
47.	179	Nicola Hall	Poole AC	1:02:38	1:02:54
48.	486	Samantha Williams	Lonely Goat RC	1:02:41	1:03:01
49.	266	Louise West	Lytchett Manor Striders	1:02:45	1:03:04
50.	322	Melanie Ottway		1:03:17	1:03:39
51.	104	Jennifer Cutler	Lytchett Manor Striders	1:03:22	1:03:46
52.	140	Carla Evans	Lytchett Manor Striders	1:04:31	1:04:52
53.	295	Helen Moors		1:06:08	1:06:21
54.	430	Alex Tandy		1:06:04	1:06:25
55.	319	Eilidh Ogden		1:06:19	1:06:41

56.	158 Joanne Ghandour		1:08:59	1:09:13
57.	396 Rebecca Sinkinson	Littledown Harriers	1:09:18	1:09:36
58.	188 Claire Harvey	Lytchett Manor Striders	1:11:24	1:11:38
59.	248 Claire Laidlaw		1:12:20	1:12:34
60.	410 Penny Southern	Bournemouth Joggers	1:16:26	1:16:42
61.	218 Kerri Hunter		1:16:31	1:16:47
62.	152 Tammy Frias-Robles	Poole AC	1:18:41	1:19:00
63.	62 Joanne Brookes	Dorchester RIOT	1:19:44	1:20:10
64.	327 Fleur Parker	Egdon Heath Harriers	1:19:44	1:20:10
DNF	175 Claire Haines			

Female 50-59

1.	465 JULIE WARGENT	Egdon Heath Harriers	44:53	44:59
2.	472 Jo Westhead	Poole Runners	46:55	47:02
3.	341 Karen Perrett	Weymouth St Pauls Harriers	48:07	48:21
4.	373 Eleanor Rollett	Dorchester RIOT	48:36	48:43
5.	257 Debbie lennon	Bournemouth AC	48:41	48:44
6.	426 Sarah Swift	Poole Runners	50:37	50:46
7.	370 Kathryn Robson	Poole AC	50:34	50:47
8.	318 Jayne Offer	Poole AC	52:34	52:45
9.	117 Jacqui Devereux		53:42	53:52
10.	500 Louella O'Herlihy	Total Run Training	56:29	56:39
11.	258 Sylvia Leonard	Purbeck Runners	57:35	57:41
12.	453 Jayne Turnley	Purbeck Runners	58:59	59:07
13.	210 Zoe Houlton	Poole AC	59:03	59:22
14.	346 Louise Price	Bournemouth AC	59:57	1:00:15
15.	297 Caroline Morgan	Egdon Heath Harriers	1:00:55	1:01:04
16.	435 Nichola Taylor	Royal Manor Of Portland AC	1:02:33	1:02:58
17.	22 Deniz Balci	Littledown Harriers	1:02:57	1:03:14
18.	50 Belinda Bolar	Purbeck Runners	1:03:34	1:03:59
19.	408 joanna snoxell		1:03:50	1:04:06
20.	47 Louise BLAKELEY		1:03:48	1:04:14
21.	235 Bernadette Jones		1:04:40	1:04:57
22.	70 Claire Burgess		1:04:37	1:04:58
23.	365 Emma Risk	Purbeck Runners	1:04:34	1:04:58
24.	245 Debra Kingman	Egdon Heath Harriers	1:05:08	1:05:20
25.	238 Joanne Kain	Gillingham Trotters	1:05:29	1:05:54
26.	281 Maggie McGrory	Poole AC	1:05:41	1:05:59
27.	390 Julie Shephard-Walwyn		1:05:48	1:06:01
28.	184 Harriet Harris		1:05:43	1:06:03
29.	201 Karen Hill		1:06:11	1:06:28
30.	186 Tracie Harrison	Vegan Runners UK	1:06:24	1:06:36
31.	239 Annette Kellaway		1:06:47	1:07:00
32.	434 Mandie Taylor	Egdon Heath Harriers	1:08:07	1:08:18
33.	169 Teresa Graham	Lytchett Manor Striders	1:08:14	1:08:34
34.	310 Katharine Myers		1:08:34	1:08:52
35.	431 Ali Tattam		1:11:09	1:11:28
36.	1 Catherine Aberly-Williams	Egdon Heath Harriers	1:13:00	1:13:15
37.	416 Jackie Stean		1:15:12	1:15:34
38.	55 Ines Braun		1:15:23	1:15:49
39.	157 Annette Geysler		1:19:41	1:19:55

Female 60-69

1.	242 Heather Khoshnevis	Bournemouth AC	51:22	51:30
2.	198 Olivia Hetreed	Egdon Heath Harriers	55:44	55:56
3.	265 Lea Lohk	Bournemouth AC	57:49	57:57
4.	67 Barbara Murray	Purbeck Runners	58:39	58:46
5.	469 Lynn Wenborn	Zoom Tri Club Bournemouth	58:53	59:05
6.	433 Elizabeth Taylor	Bournemouth Joggers	59:36	59:52

7.	98 Mary Corrigan		1:01:54	1:02:17
8.	313 Joy Norman	Purbeck Runners	1:03:17	1:03:41
9.	180 Sue Ham	Poole AC	1:03:23	1:03:42
10.	267 Hilary Loveless		1:03:50	1:04:06
11.	477 Jan Whittaker	Christchurch Runners	1:05:08	1:05:27
12.	183 Alison Mary Hardy		1:07:56	1:08:19
13.	216 Kim Hunt	Poole AC	1:08:38	1:08:57
14.	417 Alexandra Stevens	Littledown Harriers	1:08:49	1:09:03
15.	298 Jane Morley		1:09:05	1:09:23
16.	381 Denise Sargent	Verwood Runners	1:10:15	1:10:38
17.	187 Christine Hart-Burke	Purbeck Runners	1:10:14	1:10:41
18.	41 Sandra Bessant	runblandford	1:11:32	1:11:54
19.	99 Gail Coverley	Egdon Heath Harriers	1:11:46	1:12:05
20.	163 Julie Gosling	Wimborne AC	1:19:29	1:19:51

Female 70+

1.	13 Linda Ashmore	Egdon Heath Harriers	57:04	57:19
2.	400 Chris Sleight		1:08:59	1:09:14
3.	65 Bonnie Brown	Purbeck Runners	1:12:08	1:12:31
4.	246 Maggie Kirk	New Forest Runners	1:17:01	1:17:18
5.	116 Tricia Deane		1:19:16	1:19:34

Female Junior 16-20

1.	481 Kate Wilkinson	Poole Runners	43:21	43:23
2.	23 Abigail Barnes	Egdon Heath Harriers	50:44	50:51
3.	418 Lauren Stocker		52:37	52:51
4.	232 Lucy Jeffery	Gloucester AC	56:51	57:04
5.	135 Kaitlyn Elliott		57:53	58:03
6.	77 Melanie Casagrande		58:46	59:00
7.	190 Lucy Harvey	Lytchett Manor Striders	1:00:42	1:00:52

Female Senior 21-34

1.	356 Molly Rasch	DORSET DODDLERS RC	39:30	39:32
2.	397 Harriet Slade	Bournemouth AC	44:13	44:16
3.	343 Sophia Potter		45:16	45:23
4.	277 Hannah Martyn	Egdon Heath Harriers	45:32	45:36
5.	398 Hannah Slater	Wimborne AC	47:57	48:04
6.	350 Jo Puckett	Egdon Heath Harriers	48:25	48:28
7.	471 Mel Western	Egdon Heath Harriers	52:21	52:29
8.	148 Aislin Fields	Egdon Heath Harriers	56:05	56:13
9.	19 Abigail Baker	Purbeck Runners	56:56	57:21
10.	145 Lauren Falconer		57:26	57:32
11.	127 Hayley Dowle		57:56	58:04
12.	311 Lisa Neville	Wimborne AC	58:05	58:17
13.	457 Maddy Vaughan-Johncey	Poole AC	58:20	58:44
14.	155 Georgina Galton	Bournemouth Joggers	1:04:17	1:04:32
15.	254 Ellie Lee		1:05:46	1:06:08
16.	268 Sophie Ann Lovett		1:09:32	1:09:57
17.	44 Louise Birchall		1:10:02	1:10:15
18.	374 Lucy Rose	Weymouth St Pauls Harriers	1:13:38	1:13:56
19.	301 Mpho Mphuthi		1:18:58	1:19:20

Male 40-49

1.	337 Christopher Peck	Egdon Heath Harriers	35:55	35:57
2.	497 Steven Yates	Twemlow Track Club	36:53	36:53
3.	455 Brian Underwood	Poole AC	37:19	37:20
4.	54 Jez Bragg	Twemlow Track Club	37:51	37:53
5.	491 Chris Wood	Twemlow Track Club	37:58	37:59
6.	264 William Loates	Dorchester RIOT	38:55	38:57
7.	78 Neil Catchlove	Lordshill Road Runners	39:04	39:05
8.	199 Dave Hicks	Poole AC	39:15	39:15

9.	227 sam Jackson	Bournemouth AC	39:45	39:47
10.	126 PETER DOUGHTY	Westbourne R C	40:22	40:23
11.	338 Mark Peddle	Poole Runners	40:26	40:32
12.	90 Steve Claxton	Poole Runners	40:58	41:02
13.	236 David Jones	Twemlow Track Club	41:10	41:11
14.	393 Graham Sherwin	Egdon Heath Harriers	41:22	41:27
15.	225 Luke Jackson	Bournemouth AC	42:08	42:10
16.	487 Stephen Williams	Littledown Harriers	42:08	42:11
17.	89 Stuart Clarke	Littledown Harriers	42:32	42:34
18.	359 Philip Reese	Dorchester RIOT	42:32	42:38
19.	479 Simon Wildbur	Poole AC	42:32	42:40
20.	34 Aaron Beaton	Westbourne R C	42:54	42:56
21.	358 Jimmy Redford		42:55	42:58
22.	387 Paul Bullimore	Egdon Heath Harriers	43:41	43:45
23.	348 Dan Prince		43:40	43:47
24.	454 Marc Ujvari	Poole AC	43:56	43:58
25.	495 Dale Woolley	Royal Manor Of Portland AC	43:56	44:00
26.	447 Alex Thompson	Lytchett Manor Striders	44:01	44:07
27.	204 Paul Hilton	Lytchett Manor Striders	44:10	44:14
28.	382 John Scheepers		44:18	44:22
29.	143 Mark Everett	Littledown Harriers	44:21	44:24
30.	162 Steve Goodman	Littledown Harriers	44:27	44:31
31.	278 Neil Masterman	Poole AC	44:42	44:44
32.	197 Nigel Helm	Lytchett Manor Striders	44:47	44:54
33.	46 Matty Bishop	Westbourne R C	44:54	44:59
34.	74 Mike Carhart-Harris	Wimborne AC	45:10	45:16
35.	484 Nathan Williams	Lonely Goat RC	45:10	45:18
36.	463 Stuart Wall		45:16	45:19
37.	427 Jason Swyre	Egdon Heath Harriers	45:26	45:30
38.	137 Chris Ellis	Royal Manor Of Portland AC	46:22	46:27
39.	444 Simon Thatcher	Littledown Harriers	46:26	46:34
40.	192 Colin Hawkins		46:50	46:57
41.	206 Les Holmes	Poole AC	47:19	47:25
42.	14 Justin Aspland-Monger		47:27	47:28
43.	404 Martin Smith	Egdon Heath Harriers	47:34	47:45
44.	61 Matt Brooker	Lytchett Manor Striders	48:04	48:14
45.	20 Graham Baker	Purbeck Runners	48:03	48:18
46.	17 Patrick Bailey	Littledown Harriers	48:09	48:22
47.	58 Scott Brimicombe	Dorset Police Sports & Social Club (Athletics)	49:05	49:14
48.	224 Andrew Isaac	Littledown Harriers	49:08	49:22
49.	133 Jason Dyer	Westbourne R C	49:42	49:45
50.	380 Andrew Sample		50:48	51:06
51.	33 Geoff Bates		51:33	51:44
52.	271 Richard Mansell	Littledown Harriers	51:49	51:59
53.	69 Brendan Burgess		51:56	52:17
54.	7 Matthew Ames	Egdon Heath Harriers	52:11	52:20
55.	461 Wayne Walford jelks	Bournemouth AC	52:31	52:38
56.	209 Dave Hornby		52:41	52:53
57.	241 Jim Kenderdine	Royal Manor Of Portland AC	52:44	52:59
58.	414 Jason Spicer		53:10	53:35
59.	196 Richard Hazelgrove	Royal Manor Of Portland AC	53:28	53:39
60.	260 craig lewis		53:25	53:47
61.	130 Jon Dunk	Royal Manor Of Portland AC	53:49	54:01
62.	376 David Rutt	Lonely Goat RC	54:08	54:16
63.	139 Barry Evans	Lytchett Manor Striders	54:02	54:24
64.	8 Paul Andrade		54:16	54:36
65.	279 James McComish		54:49	55:08

66.	305 Paul Munford	Dorchester RIOT	55:52	55:57
67.	485 Neil Williams	Poole AC	56:45	56:57
68.	474 David Whiddon		57:59	58:14
69.	353 Jonny Purchase		58:11	58:30
70.	468 Carl Watts		58:34	58:49
71.	205 Wayne Hogan		1:00:19	1:00:30
72.	432 John Tattam		1:01:38	1:01:59
73.	141 Lee Evans	Egdon Heath Harriers	1:03:30	1:03:47
74.	293 Daniel Moors		1:06:10	1:06:22
75.	284 Jon Middleton		1:08:07	1:08:31
76.	406 Trevor Smith		1:13:27	1:13:49
77.	325 Benjamin Pantling	Lonely Goat RC	1:18:07	1:18:28
78.	88 Guy Burdett	Littledown Harriers	1:24:42	1:25:02
DNF	119 Stacey Dickinson			

Male 50-59

1.	95 Stephen Cook	Twemlow Track Club	38:28	38:29
2.	51 Matt Bosanquet	Lytchett Manor Striders	40:04	40:05
3.	411 Jon Spear	Twemlow Track Club	40:51	40:54
4.	464 Duncan Ward	DORSET DODDLERS RC	41:12	41:15
5.	176 John Haines	Littledown Harriers	43:08	43:10
6.	72 Bruce Campbell	Egdon Heath Harriers	43:40	43:45
7.	220 David Hutchings	Egdon Heath Harriers	43:43	43:49
8.	25 Alan Barnett	Poole AC	44:08	44:10
9.	66 Mark Brown	Dorchester RIOT	44:10	44:13
10.	490 David Wilson	Littledown Harriers	44:34	44:38
11.	149 Brian Fields	Egdon Heath Harriers	44:45	44:49
12.	274 Chris Marsh		44:48	44:55
13.	233 Peter Jeffery	Gloucester AC	45:03	45:13
14.	388 Martin Sell	Poole AC	45:13	45:18
15.	342 Justin Perry	DORSET DODDLERS RC	45:29	45:35
16.	24 Donald Barnes	Egdon Heath Harriers	45:33	45:41
17.	215 Mark Humphreys	Weymouth St Pauls Harriers	46:05	46:19
18.	240 Jez Kelly	Littledown Harriers	46:51	46:58
19.	399 Keith Slater		48:00	48:06
20.	303 Mark Mulcahy	Littledown Harriers	48:02	48:13
21.	243 Mark Kimber	Poole AC	48:08	48:21
22.	423 Andrew Street	Poole AC	49:02	49:12
23.	280 Kevin McGrory	Poole AC	49:04	49:15
24.	333 Michael Paulley	Dorchester RIOT	49:51	49:58
25.	331 Karl Parry		49:54	50:08
26.	203 Mike HILTON		50:28	50:36
27.	349 Ben Print	Lytchett Manor Striders	50:46	50:55
28.	166 David Graham		51:16	51:22
29.	494 Jonathan Woods	Littledown Harriers	51:30	51:37
30.	323 Chris Owens		51:35	51:40
31.	193 Gary Haylock	Royal Manor Of Portland AC	51:49	52:06
32.	282 Geoff McKenzie		52:10	52:24
33.	79 Kevin Cawley	Littledown Harriers	52:49	52:59
34.	255 Paul Leister		53:49	53:57
35.	499 Gary Young	Egdon Heath Harriers	53:48	53:58
36.	11 steven andrews	Barnsley Harriers	54:10	54:18
37.	378 Mark Salmon	Royal Manor Of Portland AC	54:44	54:59
38.	237 Geoff Jones		55:07	55:24
39.	32 Kevin Batchelor	Egdon Heath Harriers	55:21	55:32
40.	5 Jeremy Allen		55:34	55:56
41.	156 Ian Garlinge		55:48	56:09
42.	159 Darren Godden		55:58	56:22

43.	424 Richard Summers		56:25	56:42
44.	144 Jason Falconer		57:26	57:32
45.	395 Carl Simkins		57:17	57:41
46.	328 James Parnall		58:27	58:36
47.	121 Guy Dix		58:35	58:49
48.	470 Andy West		59:07	59:25
49.	369 John Robinson	Egdon Heath Harriers	59:18	59:32
50.	367 Kev Roberts	Poole AC	59:53	1:00:04
51.	352 mark pulling		1:00:01	1:00:08
52.	354 Andy Pye	Lytchett Manor Striders	59:53	1:00:16
53.	450 Darryl Tocock		1:00:19	1:00:28
54.	16 Jason Bailey	Lonely Goat RC	1:00:51	1:00:59
55.	361 Matt Rhodes		1:01:30	1:01:44
56.	123 Mike Dobson		1:01:30	1:01:50
57.	456 Robin van der Eyken		1:01:37	1:02:01
58.	368 Wayne Robertson		1:01:54	1:02:14
59.	174 Phil Haddrell	Weymouth St Pauls Harriers	1:02:08	1:02:25
60.	177 John Hall	Poole AC	1:02:39	1:02:54
61.	473 Michael Whelan		1:03:00	1:03:24
62.	307 David Musk		1:04:38	1:04:53
63.	112 Andy De Havilland	Royal Manor Of Portland AC	1:05:13	1:05:32
64.	451 Simon Trueick	Lytchett Manor Striders	1:06:41	1:07:07
65.	340 Charles Penfold	Littledown Harriers	1:07:06	1:07:24
66.	489 Ray Willmore		1:09:39	1:10:02
67.	172 Darren Grummitt	Egdon Heath Harriers	1:12:59	1:13:15

Male 60-69

1.	102 Julian Critchlow	Purbeck Runners	40:29	40:30
2.	171 Michael Grist	South West Athletics Club	44:31	44:32
3.	306 Hamish Murray	Purbeck Runners	45:11	45:14
4.	296 Stephen Moors		45:30	45:34
5.	286 Martin Milward	Fulham Running Club	46:46	46:50
6.	347 NEIL PRICE	Egdon Heath Harriers	48:19	48:28
7.	208 Neil Hopkinson	Wimborne AC	49:26	49:36
8.	299 John Morris	Lytchett Manor Striders	49:45	49:48
9.	195 Nigel Haywood	Purbeck Runners	50:08	50:18
10.	94 John Cook	Egdon Heath Harriers	52:19	52:30
11.	73 Alan Card		53:24	53:38
12.	39 Greg Bemment	Purbeck Runners	53:47	53:57
13.	256 bill lennon	Bournemouth AC	53:56	54:04
14.	409 Trevot Snoxell		56:14	56:23
15.	52 Rick Bovill		56:27	56:30
16.	129 Nick Dunford		57:13	57:19
17.	405 Michael Smith	Weymouth St Pauls Harriers	57:19	57:29
18.	81 Alan Champion		58:42	58:46
19.	75 Hugh Carter		59:34	59:46
20.	290 David Money		59:36	59:53
21.	462 Chris Wall		1:01:01	1:01:07
22.	273 Max Marinucci		1:01:27	1:01:56
23.	262 Stephen Littlecott	Lytchett Manor Striders	1:02:30	1:02:41
24.	498 Clive Young		1:03:07	1:03:27
25.	247 Chris Lane	Littledown Harriers	1:03:21	1:03:46
26.	375 David Rustell	Lytchett Manor Striders	1:03:22	1:03:46
27.	43 Neil Bichard		1:04:32	1:04:52
28.	252 Derek Lea		1:08:53	1:09:17
29.	212 Richard Hoyle		1:11:51	1:12:11
30.	40 Pete Bessant		1:12:57	1:13:19
31.	351 Keith Pullen	Egdon Heath Harriers	1:16:32	1:16:48

32.	170 Martin Grimsdale	Purbeck Runners	1:17:13	1:17:38
33.	420 David Stokes	Littledown Harriers	1:20:24	1:20:50
Male 70+				
1.	285 Christopher Miller	Purbeck Runners	50:15	50:25
2.	109 Glyn Davies	Wimborne AC	59:12	59:24
3.	300 Pieter Mostert		1:02:00	1:02:12
4.	167 Ian Graham	Bournemouth AC	1:02:50	1:03:07
5.	478 David Wild	Wimborne AC	1:03:23	1:03:34
6.	329 Ken Parradine		1:05:05	1:05:29
7.	466 Steve Wash	Egdon Heath Harriers	1:05:51	1:06:04
8.	314 Ralph Nubeebuckus	Egdon Heath Harriers	1:10:10	1:10:21
9.	37 Geoffrey Scott	Poole Runners	1:12:41	1:12:57
Male Junior 16-20				
1.	321 Liam Openshaw	Poole AC	38:17	38:17
2.	482 Benjy Williams	Poole AC	38:27	38:28
3.	80 Tom Cawley	Littledown Harriers	41:22	41:26
4.	421 Corey Stone	Weymouth St Pauls Harriers	42:53	42:53
5.	10 Kane Andrews		44:18	44:23
6.	253 Jack Leach	Lytchett Manor Striders	46:29	46:39
7.	165 Will Goss		46:36	46:45
8.	202 Oliver Hill	Bournemouth AC	47:19	47:21
9.	384 Chester Scott		56:22	56:50
10.	111 Jack de Havilland-Creighton		58:06	58:16
Male Senior 21-39				
1.	87 Lewis Clarke	Poole Runners	35:26	35:27
2.	97 Thomas Corbin	Poole AC	35:28	35:29
3.	488 Dom Willmore	Poole AC	35:53	35:54
4.	483 Charlie Williams	Egdon Heath Harriers	36:48	36:49
5.	445 Daniel Thomas	Bridport Runners	38:01	38:02
6.	154 Jack Galloway	Twemlow Track Club	38:26	38:27
7.	362 Steven Rigby	Twemlow Track Club	38:52	38:52
8.	57 Philip Bridge		39:00	39:01
9.	107 Adam Davies	Egdon Heath Harriers	39:11	39:13
10.	36 Martyn Bell	Egdon Heath Harriers	39:27	39:28
11.	161 Joe Godden	Poole Runners	39:40	39:42
12.	86 Haydan Clarke	Poole Runners	40:13	40:15
13.	326 Henry Parish		40:18	40:21
14.	440 Luke Terry	Poole AC	40:42	40:43
15.	146 Matt Faramus	Egdon Heath Harriers	40:48	40:50
16.	458 Louis Verdi		41:09	41:10
17.	459 Jack Vince	Lytchett Manor Striders	41:18	41:27
18.	249 Niall Laming	Egdon Heath Harriers	41:33	41:37
19.	164 Daniel Goss		41:35	41:38
20.	48 Scott Blakeway	Littledown Harriers	41:38	41:41
21.	244 Brandon King	Egdon Heath Harriers	42:05	42:08
22.	332 Ashley Patrick		42:08	42:13
23.	283 Luke McKenzie	Poole Runners	42:10	42:14
24.	429 Rupert Talfourd-Cook	Wimborne AC	42:26	42:28
25.	128 Luke Dowsett	Littledown Harriers	42:46	42:51
26.	160 James Godden	Poole Runners	43:00	43:05
27.	288 Simon Mitchem	Egdon Heath Harriers	43:34	43:37
28.	194 Dale Haynes	Egdon Heath Harriers	43:52	43:58
29.	403 Dan Smith		44:25	44:34
30.	147 Oliver Feist	Egdon Heath Harriers	44:41	44:46
31.	467 Marcus Watton		44:47	44:53
32.	309 Lewis Mutton	Lytchett Manor Striders	45:07	45:11
33.	394 Rich Shirley	Littledown Harriers	45:16	45:20

34.	53 Steve Bowers	Lonely Goat RC	45:40	45:45
35.	289 Daniel Molyneaux		45:42	45:47
36.	263 John Llewellyn	New Forest Runners	46:13	46:18
37.	428 Benjamin Tainsh-Griffiths	Westbourne R C	46:57	47:00
38.	35 James Bell	Egdon Heath Harriers	47:02	47:10
39.	391 Kian Shepheard-walwyn		47:10	47:21
40.	402 Alex Smith		47:23	47:30
41.	449 Lee Timothy	Poole Runners	47:37	47:54
42.	407 Tom Smithson	Lonely Goat RC	48:22	48:32
43.	120 Ian Diffey	Lytchett Manor Striders	48:32	48:36
44.	221 Alex Hyde		49:15	49:22
45.	42 Robert Best		49:34	49:46
46.	110 Kris Dawson		50:45	50:48
47.	452 Nick Turner		50:51	50:56
48.	355 Dane Ramsden		50:41	51:02
49.	292 Simon Moore	Lytchett Manor Striders	51:34	51:42
50.	105 Mark Damen	DORSET DODDLERS RC	51:45	51:53
51.	189 Gary Harvey	Royal Manor Of Portland AC	51:57	52:02
52.	132 Daniel Dwyer		52:02	52:12
53.	28 Phil Barrett		53:22	53:30
54.	294 Fraser Moors		53:35	53:41
55.	226 Paul Jackson		54:12	54:18
56.	31 Matt Barton		54:04	54:23
57.	181 Joseph Hamblion	Littledown Harriers	54:08	54:27
58.	383 Ben Scott	St Albans Striders	54:22	54:35
59.	330 Jack Parris	Egdon Heath Harriers	56:12	56:21
60.	259 Benjamin Levett		56:26	56:53
61.	84 Micah Dougall		58:43	58:47
62.	45 Kurt Bish		59:35	59:42
63.	124 Joe Donelan		1:00:26	1:00:35
64.	336 Jack Pearce		1:01:56	1:02:13
65.	211 Ryan Howcroft		1:02:50	1:03:15
66.	415 Ben Spratt		1:02:55	1:03:22
DNF	250 Harry Lauste	Twemlow Track Club		