

TRACK MILE 7th Sept



HEAT LIST AND START TIMES

Includes both seniors and juniors

Number will be available from 6:15pm onwards . Please ensure that they are worn on the front of your vests and “don’t flap about”. Position recorders have little time to view as runners cross the finish line.

For errors and omissions please E-Mail towner456@talktalk.net
(Not Facebook please)

Heat One 6:45pm

No	Name	UKA Club	Category	ExpTime
18	ANCILL, Emily	Poole Runners	Female U13 (11-12)	0:06:50
27	FERGUSON, Dylan	Poole Runners	Male U13 (11-12)	0:06:10
62	HEPPENSTALL, Bella	Poole Runners	Female U13 (11-12)	0:07:00
25	HIGGINS, Fintan	Poole Runners	Male U13 (11-12)	0:06:00
51	HOBSON, Cara	Poole Runners	Female U13 (11-12)	0:06:53
44	HOUSTON, Elijah	Poole Runners	Male U13 (11-12)	0:06:02
16	LEVER, Chloe	Poole Runners	Male U13 (11-12)	0:07:30
19	REYNOLDS, Lilly	Poole Runners	Female U13 (11-12)	0:07:54
17	SAMWAYS, Harry	Poole Runners	Male U13 (11-12)	0:05:32
20	SHERREN, Fletcher	Poole Runners	Male U13 (11-12)	0:05:50
49	STEVENS, Charlie	Poole Runners	Male U13 (11-12)	0:06:02
50	STEVENS, Theo	Poole Runners	Male U13 (11-12)	0:06:30
23	TALBOT, Charlie	Poole Runners	Male U13 (11-12)	0:06:20
61	WARD, Zac	Poole Runners	Male U13 (11-12)	0:06:50
41	WATSON, Isabella	Poole Runners	Female U13 (11-12)	0:06:40

Heat Two 7:00pm

No	Name	UKA Club	Category	ExpTime
22	BANWELL, Noah	Poole Runners	Male U15 (13-14)	7:10:09
33	BARNES, Ian	Poole Runners	Male 70 plus	0:07:02
48	BLACKMORE, William	Poole Runners	Male U15 (13-14)	0:06:01
3	BURRIDGE, Louise	Poole Runners	Female 50-59	0:09:15
64	COX-WILLIAMS, Olivia	Poole Runners	Female U15 (13-14)	0:07:01
54	FRASER, Keith	Poole Runners	Male 70 plus	0:07:10
53	GUERRIER, Helen	Poole Runners	Female 21-39	0:06:55
9	HARRISON, Grace	Poole Runners	Female U13 (11-12)	0:05:40
76	HOLLAND, Angela	Poole Runners	Female 50-59	0:09:12
59	HOLLAND, Dale	Poole Runners	Male 40-49	0:06:35
15	LEVER, Oscar	Poole Runners	Male U15 (13-14)	0:05:52
73	MITCHELL, Barry	Poole Runners	Male 70 plus	0:08:30

40	MITCHELL, Buddy	Poole Runners	Male U15 (13-14)	0:05:24
63	PRESTON, Joseph	Poole Runners	Male U13 (11-12)	0:05:40
5	SCOTT, Geoffrey	Poole Runners	Male 70 plus	0:09:12
66	SORTON, Andy	Poole Runners	Male 50-59	0:05:53
7:15 Trophy Presentations for U13 & U15				

Heat Three 7:30pm

No	Name	UKA Club	Category	ExpTime
28	CAMPBELL-SMITH, Robert	Poole Runners	Male 50-59	0:08:01
67	CREHAN, Caroline	Poole Runners	Female 40-49	0:06:25
55	DENNISON, Graham	Poole Runners	Male 40-49	0:06:15
6	DOYLE, Jamie	Poole Runners	Male U17 (15-16)	0:05:27
68	FERENCZY, Peter	Poole Runners	Male 50-59	0:06:05
7	FRAMPTON, Marion	Poole Runners	Female 60-69	0:10:00
8	FRAMPTON, Robert	Poole Runners	Male 60-69	0:10:00
38	GHABAE, Khalil	Poole Runners	Male 60-69	0:07:31
11	GRIFFIN, Natalie	Poole Runners	Female 40-49	0:08:05
74	GRIST, Mike	South West Veterans AC	Male 60-69	0:05:50
72	JANSSON, Lars	Poole Runners	Male 70 plus	0:08:40
32	JARVIS, Penny	Poole Runners	Female 70 plus	0:07:02
21	OZDEMIR, Esref	Poole Runners	Male 50-59	0:05:51
35	PENWARDEN, David	Poole Runners	Male 50-59	0:05:12
47	SHORT, Lita	Poole Runners	Female 21-39	0:06:50
65	TOWNER, John	Poole Runners	Male 40-49	0:05:10

Heat Four 7:45pm

No	Name	UKA Club	Category	ExpTime
75	ALLOTT, Fred	Poole Runners	Male 21-39	0:06:10
57	CARTWRIGHT, Chris	Poole Runners	Male 40-49	0:06:31
42	CHANDLER, Jane	Poole Runners	Female 60-69	0:09:52
60	DRAPER, Jack	Poole Runners	Male 21-39	0:07:10
26	FERGUSON, Iain	Poole Runners	Male 21-39	0:05:01
13	GRIFFIN, Vicky	Poole Runners	Female 50-59	0:08:30
45	HORMAN, Martin	Poole Runners	Male 21-39	0:05:47
43	LICHONCZAK, Elena	Poole Runners	Female U17 (15-16)	0:05:55
1	OZANNE, David	Poole Runners	Male 60-69	0:06:41
14	PITCAITHLEY, Lisa	Poole Runners	Female 40-49	0:06:10
56	REDFORD, Jimmy	Poole Runners	Male 40-49	0:05:40
39	SCOTT, Sarah	Poole Runners	Female 40-49	0:08:31
10	SHERWOOD, Joel	Poole Runners	Male U17 (15-16)	0:05:01
71	SMITHSON, Tom	Prospective Member	Male 21-39	0:05:45
36	THORPE, Adrian	Poole Runners	Male 40-49	0:07:10

Heat Five 8:05pm

No	Name	UKA Club	Category	ExpTime
31	BECKETT, Graeme	Poole Runners	Male 40-49	0:05:58
4	CARTWRIGHT, Jim	Poole Runners	Male 40-49	0:05:59
29	CHARLTON, Lila	Poole Runners	Female U17 (15-16)	0:05:45
30	CLARKE, Lewis	Poole Runners	Male 21-39	0:04:40
58	CLARKE, Stuart	Poole Runners	Male 40-49	0:05:30
52	DOWNES, Esther	Poole Runners	Female 40-49	0:06:45
70	EAST, Matthew	Poole Runners	Male 50-59	0:06:10
24	HIGGINS, Hailey	Poole Runners	Female 40-49	0:06:15
46	HOWSE, Andy	Poole Runners	Male 50-59	0:05:55
12	PALFREMAN-KAY, Harvey	Poole Runners	Male U17 (15-16)	0:04:50
69	ROBERTS, Kevin	Prospective Member	Male 50-59	0:05:59
34	SWIFT, Sarah	Poole Runners	Female 50-59	0:06:15
2	TINDALL, Dave	Poole Runners	Male 21-39	0:04:59
37	WESTHEAD, Joanna	Poole Runners	Female 50-59	0:06:08

Trophy Presentations 8:20pm

For errors and omissions please E-Mail towner456@talktalk.net
(Not Facebook please)

