

# TRACK MILE 7<sup>th</sup> Sept



## THE RESULTS!

We have now re-formatted the finish times as per the UKA requirements for manual time recording. An extract from the rulebook is below. These times will be submitted to UKA for ratification and (hopefully) will be shown on RunBritain's Power of 10 site in the next few days.

*10. For all hand-timed races, times shall be read and recorded as follows:-*

*10.1 For races on the track, unless the time is an exact 0.1 second, the time shall be converted and recorded to the next longer 0.1 second, e.g. 10.11 shall be recorded as 10.2.*

*11. If, after converting as indicated above, two of the three watches agree and the third disagrees, the time recorded by the two shall be the official time. If all three watches disagree, the middle time shall be official. If only two times are available and they disagree, the longer time shall be official.*

### Heat One

Position	Name	Club	Age Category	Time to 1/10
1	SAMWAYS, Harry	Poole Runners	Male U13 (11-12)	05:35.5
2	SHERREN, Fletcher	Poole Runners	Male U13 (11-12)	05:42.2
3	HIGGINS, Fintan	Poole Runners	Male U13 (11-12)	05:54.1
4	HOUSTON, Elijah	Poole Runners	Male U13 (11-12)	05:57.1
5	FERGUSON, Dylan	Poole Runners	Male U13 (11-12)	06:03.0
6	STEVENS, Charlie	Poole Runners	Male U13 (11-12)	06:04.4
7	WARD, Zac	Poole Runners	Male U13 (11-12)	06:18.5
8	STEVENS, Theo	Poole Runners	Male U13 (11-12)	06:22.2
9	WATSON, Isabella	Poole Runners	Female U13 (11-12)	06:37.1
10	HOBSON, Cara	Poole Runners	Female U13 (11-12)	06:43.2
11	LEVER, Chloe	Poole Runners	Female U13 (11-12)	06:47.5
12	REYNOLDS, Lilly	Poole Runners	Female U13 (11-12)	06:50.4
13	ANCILL, Emily	Poole Runners	Female U13 (11-12)	06:51.6

### Heat Two

Position	Name	Club	Age Category	Time to 1/10
1	BLACKMORE, William	Poole Runners	Male U15 (13-14)	05:55.2
2	LEVER, Oscar	Poole Runners	Male U15 (13-14)	06:01.0
3	COLEMAN, Ashton	Poole Runners	Male U15 (13-14)	06:05.3
4	HARRISON, Grace	Poole Runners	Female U13 (11-12)	06:24.9
5	HOLLAND, Dale	Poole Runners	Male 40-49	06:37.3
6	BARNES, Ian	Poole Runners	Male 70 plus	06:46.1
7	COX-WILLIAMS, Olivia	Poole Runners	Female U15 (13-14)	07:05.8
8	SORTON, Andy	Poole Runners	Male 50-59	07:13.9

9	HEPPENSTALL, Bella	Poole Runners	Female U13 (11-12)	07:17.6
10	MITCHELL, Barry	Poole Runners	Male 70 plus	08:47.5
11	BURRIDGE, Louise	Poole Runners	Female 50-59	09:02.6
12	FRASER, Keith	Poole Runners	Male 70 plus	09:28.1

### Heat Three

Position	Name	Club	Age Category	Time to 1/10
1	PENWARDEN, David	Poole Runners	Male 50-59	05:09.8
2	DOYLE, Jamie	Poole Runners	Male U17 (15-16)	05:16.8
3	OZDEMIR, Esref	Poole Runners	Male 50-59	05:47.4
4	FERENCZY, Peter	Poole Runners	Male 50-59	05:57.3
5	GRIST, Mike	South West Veterans AC	Male 60-69	06:05.5
6	DENNISON, Graham	Poole Runners	Male 40-49	06:17.5
7	CREHAN, Caroline	Poole Runners	Female 40-49	06:19.8
8	JARVIS, Penny	Poole Runners	Female 70 plus	06:47.9
9	CAMPBELL-SMITH, Robert	Poole Runners	Male 50-59	07:07.6
10	GHABAE, Khalil	Poole Runners	Male 60-69	07:28.4

### Heat Four

Position	Name	Club	Age Category	Time to 1/10
1	SHERWOOD, Joel	Poole Runners	Male U17 (15-16)	05:01.5
2	DRAPER, Jack	Poole Runners	Male 21-39	05:03.2
3	FERGUSON, Iain	Poole Runners	Male 21-39	05:09.6
4	THORPE, Adrian	Poole Runners	Male 40-49	05:43.6
5	SMITHSON, Tom	guest	Male 21-39	05:44.1
6	ALLOTT, Fred	Poole Runners	Male 21-39	05:46.2
7	HORMAN, Martin	Poole Runners	Male 21-39	05:59.2
8	OZANNE, David	Poole Runners	Male 60-69	06:38.8
9	SCOTT, Sarah	Poole Runners	Female 40-49	08:46.7
10	CHANDLER, Jane	Poole Runners	Female 60-69	10:33.9

### Heat Five

Position	Name	Club	Age Category	Time to 1/10
1	CLARKE, Lewis	Poole Runners	Male 21-39	04:45.7
2	TINDALL, Dave	Poole Runners	Male 21-39	05:08.3
3	PALFREMAN-KAY, Harvey	Poole Runners	Male U17 (15-16)	05:17.0
4	BECKETT, Graeme	Poole Runners	Male 40-49	05:52.4
5	EAST, Matthew	Poole Runners	Male 50-59	05:55.7
6	CHARLTON, Lila	Poole Runners	Female U17 (15-16)	05:59.6
7	WESTHEAD, Joanna	Poole Runners	Female 50-59	06:05.6
8	ROBERTS, Kevin	Poole AC	Male 50-59	06:10.8
9	SWIFT, Sarah	Poole Runners	Female 50-59	06:27.8
10	CARTWRIGHT, Jim	Poole Runners	Male 40-49	06:48.9
11	DOWNES, Esther	Poole Runners	Female 40-49	06:45.5

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

