

UPTON SUMMER SERIES 2024

Entry List



Running Free's Café welcomes you

If you entered before 9:00am March 9th please check carefully that your name is listed and that your age category and Club details are correct.

Seniors and Juniors are listed separately

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

For Details and to enter visit

<https://poolerunningevents.co.uk/events/upton-summer-series-2024/>

<u>Name</u>	<u>UKA Club</u>	<u>Age Category</u>	<u>Ref No</u>
ABU-GHABA, Adam	Bournemouth AC	Male 14-17	322
ABU-GHABA, Ahmad	JP Morgan RC	Male 45-49	321
ADDISON, Jonathan	Poole AC	Male 18-39	100
AMOS, Kelly	Poole Runners	Female 18-39	328
ARKELL, Rob	Poole Runners	Male 18-39	308
ATKINS, Leon	Bournemouth AC	Male 40-44	230
AYLWARD, Kerry	Poole Runners	Female 50-54	298
BAKER-LITTLE, Lauren	Poole Runners	Female 18-39	218
BARFOOT, Dave	Lonely Goat Running Club	Male 40-44	50
BARNES, Ian	Poole Runners	Male 75-79	312
BARRETT, Sarah	Poole Runners	Female 75-79	135

BASSETT, Julie	Bournemouth Joggers	Female 40-44	187
BAYLISS, Anne-Marie	City Of Salisbury	Female 45-49	208
BEATON, Aaron	Westbourne Running Club	Male 40-44	155
BELL, Louise	JH Running Club	Female 50-54	132
BENNETT, Maxine	Littledown Harriers	Female 60-64	318
BISHOP, Matty	Westbourne Running Club	Male 45-49	80
BLACKMORE, Jane	Verwood Runners	Female 55-59	303
BLAGDEN, Matilde	Bournemouth AC	Female 14-17	337
BLAKELEY, Louise		Female 55-59	191
BOURTON, Karen		Female 60-64	242
BOWN, Cassie	JH Running Club	Female 45-49	136
BRIERLEY, Howard		Male 70-74	286
BROCK, Nel	Royton Road Runners	Male 55-59	345
BRODIE-JAMES, Tim		Male 55-59	37
BROWN, Kieran		Male 18-39	336
BUTCHER, Heather	New Forest Runners	Female 45-49	53
CAMPBELL-SMITH, Robert	Poole Runners	Male 55-59	16
CHANDLER, Jane	Poole Runners	Female 65-69	151
CHARLTON, Lila	Poole Runners	Female 14-17	351
CHERRETT, Joe	Wimborne AC	Male 18-39	340
CHILD, David	Westbourne Running Club	Male 65-69	83
CHURCHILL, Duncan		Male 50-54	196
CLARKE, Emily		Female 18-39	324
CLARKE, Karen		Female 60-64	209
CLAXTON, Steve	Poole Runners	Male 45-49	235
CLIFTON, Karole	Verwood Runners	Female 40-44	87
COOK, Gill	Poole AC	Female 60-64	304
CORBIN-JONES, Darryl	Westbourne Running Club	Male 40-44	142
CRABTREE, Lynne		Female 50-54	259
CRUICKSHANK, Annabel	Poole Runners	Female 18-39	114
CULL, Amy	Poole Runners	Female 45-49	3
DANIEL, Joanna		Female 45-49	241
DAVIES, Ed	Tramlow Track Club	Male 18-39	305
DAVIES, James	Verwood Runners	Male 18-39	118
DICKINSON, Stacey	Wimborne AC	Male 50-54	85
DOUGHTY, Peter	Westbourne Running Club	Male 45-49	270
DOWNES, Esther	Poole Runners	Female 40-44	152
DOWNES, Sean	Poole Runners	Male 50-54	6
DOWSETT, Debbie	Bournemouth Joggers	Female 60-64	278
DOYLE, Jamie	Poole Runners	Male 14-17	299
DRAYSON, Kevin	Westbourne Running Club	Male 40-44	279
DWYER, Jack	Poole Runners	Male 18-39	189
EDMUNDS, Daniel	Westbourne Running Club	Male 40-44	233
EDWARDES, Cat		Female 50-54	211
ELFORD, Rachel	Lytchett Manor Striders	Female 45-49	90
EVANS, Sue	Bournemouth Joggers	Female 70-74	274
EVERITT, Pat	Bournemouth Joggers	Female 60-64	266
EWEN-MATTHEWS, Oscar	Poole AC	Male 14-17	205
FERENCZY, Peter	Poole Runners	Male 60-64	309
FERGUSON, Iain	Poole Runners	Male 18-39	180
FILMER, Graham	Poole AC	Male 60-64	319
FLOCKHART, Andrew	Poole Runners	Male 65-69	350
FOSTER, Sam		Male 18-39	317
FRAMPTON, Marion	Poole Runners	Female 60-64	25
FRAMPTON, Robert	Poole Runners	Male 60-64	26
FRANCIS, Sandra	JH Running Club	Female 55-59	282
FRASER, Keith	Poole Runners	Male 70-74	275
FRY, Jacqui		Female 55-59	271
GALLAGHER, Carys	Westbourne Running Club	Female 18-39	84
GARLINGE, Ian		Male 55-59	163
GARNER, Dion	Poole Runners	Male 18-39	212
GEDGE, Patrick	Poole Runners	Male 55-59	310
GHABAE, Khalil	Poole Runners	Male 60-64	185
GIBBS, Jenny	Bournemouth Joggers	Female 18-39	283

GOLLAND, Erica		Female 18-39	41
GREWCOCK, Clive	Westbourne Running Club	Male 65-69	147
GRIFFIN, Natalie		Female 40-44	112
GRIST, Mike	South West Veterans AC	Male 60-64	284
GUNN-SMITH, Alison	Poole Runners	Female 18-39	226
HADJIPETROU, Rebecca	Hamworthy Harriers	Female 45-49	58
HADWIN, Jamie	JH Running Club	Male 18-39	105
HALL, James	Poole Runners	Male 40-44	289
HARNETT, Rod	New Forest Runners	Male 50-54	225
HARPER, Donald	Poole AC	Male 18-39	314
HARRISON, Rebecca	Poole Runners	Female 18-39	276
HART-BURKE, Christine	Purbeck Runners	Female 65-69	334
HARTLE, Catherine	Wimborne AC	Female 65-69	201
HAUGHEY, Terry	Poole Runners	Male 70-74	256
HAY, Kirstin	Poole AC	Female 40-44	261
HAYWOOD, Emma	Bournemouth Joggers	Female 50-54	280
HERDSMAN, Oliver	Vegan Runners	Male 40-44	302
HEWITT, Debbie	Team Derby Runner	Female 55-59	123
HIGGINS, Hailey	Poole Runners	Female 40-44	124
HILBORNE, Mike	Wimborne AC	Male 55-59	248
HILL, James	JH Running Club	Male 18-39	255
HILLIAR, Emily	Poole AC	Female 18-39	8
HITCHCOTT, Mark		Male 55-59	202
HITCHING, Ian	Poole AC	Male 55-59	14
HOBSON, Andrew		Male 50-54	145
HOGARTH, Steven	Poole AC	Male 65-69	254
HOLMAN, Matt	Poole AC	Male 18-39	158
HOLMES, Les		Male 40-44	330
HOPPER, Felicity	Westbourne Running Club	Female 40-44	229
HORDER, CAROLINE	Bournemouth Joggers	Female 70-74	214
HORMAN, Martin	Poole Runners	Male 18-39	11
HORSLEY, Andrew	Wimborne AC	Male 55-59	43
HOWSE, Andy	Poole Runners	Male 55-59	159
HOWSE, Claudia	Poole Runners	Female 55-59	160
HOWSE, Libby		Female 18-39	161
HUGHES, Clary	Wimborne AC	Female 45-49	70
HUGHES, Timothy	Bournemouth AC	Male 55-59	165
HURST-ATKINS, Esmme	Bournemouth AC	Female 14-17	227
JABANGWE, Robert	Poole Runners	Male 40-44	295
JULYAN, Barry	Poole AC	Male 50-54	204
JULYAN, Clare	Poole AC	Female 50-54	203
KEEP, Sheena	Purbeck Runners	Female 60-64	253
KEIGHTLEY, Ben		Male 18-39	287
KELLAWAY, Annette		Female 55-59	177
KELLAWAY, Simon		Male 18-39	178
KENNARD, Sarah	Verwood Runners	Female 55-59	250
KHOSHNEVIS, Heather	Littledown Harriers	Female 60-64	82
KIMBER, Mark	Poole AC	Male 55-59	320
LAM, Matthew	JH Running Club	Male 18-39	168
LANHAM, Sarah		Female 50-54	27
LAWRENCE, Michael		Male 18-39	117
LAY, Robert		Male 40-44	169
LEACH, Andrew	Lytchett Manor Striders	Male 50-54	207
LEE, Ellie	Bournemouth Joggers	Female 18-39	216
LEES, Elizabeth	Poole Runners	Female 65-69	175
LEWIS, Tierra	Poole Runners	Female 18-39	234
LIGHT, Claire	Bournemouth Joggers	Female 55-59	268
LITTLECOTT, Stephen	Lytchett Manor Striders	Male 65-69	251
LUCKETT, Neil	Westbourne Running Club	Male 70-74	213
LUGSDEN, Dave	Poole AC	Male 55-59	162
LYDFORD, Gail	New Forest Runners	Female 60-64	77
MACBETH, Hamish		Male 55-59	252
MANSELL, Hazel		Female 50-54	195
MARGETTS, Ron		Male 70-74	231

MARSHALL, Jenny-Lee	Purbeck Runners	Female 18-39	288
MASON, Greg	Verwood Runners	Male 50-54	262
MASON, Vivien	Verwood Runners	Female 45-49	1
MASTERS, Bradley	Westbourne Running Club	Male 55-59	130
MCCAFFEREY, James		Male 18-39	110
MILLS, Rob	Poole Runners	Male 55-59	232
MILWARD, Martin	Fulham Running Club	Male 65-69	2
MITCHELL, Barry	Poole Runners	Male 80 plus	199
MOLYNEAUX, Daniel		Male 18-39	244
MOORE, Darren	Poole AC	Male 55-59	179
MORRIS, John	Lytchett Manor Striders	Male 60-64	346
MOSS, Steve		Male 60-64	281
MOYSE, Graham	Poole Runners	Male 60-64	210
NASEBY, Elizabeth	Poole Runners	Female 70-74	316
NEAL, Dave	Poole AC	Male 65-69	300
NEAL, Jane	Poole AC	Female 65-69	290
NIXON, Simon		Male 40-44	32
OAKLEY, Bill	Lytchett Manor Striders	Male 70-74	263
OLIVER, Gillian	Verwood Runners	Female 50-54	349
O'NEILE, Helen	Poole Runners	Female 18-39	243
O'ROURKE, Carl	Westbourne Running Club	Male 40-44	116
OTTWAY, Melanie		Female 40-44	122
OZANNE, David	Poole Runners	Male 60-64	146
OZDEMIR, Esref	Poole Runners	Male 50-54	148
PAGE, Joe		Male 18-39	315
PALMER, Thomas	Purbeck Runners	Male 18-39	17
PARKHILL, Andrew	Poole Runners	Male 18-39	164
PATCHTON, Adam		Male 40-44	197
PATRICK, Ashley		Male 18-39	109
PAVLOU, Emma		Female 40-44	245
PEARCE, Donna	Lytchett Manor Striders	Female 45-49	344
PEASLAND, Josephine	100 Marathon Club	Female 50-54	78
PEEDEL, Karen	Poole AC	Female 60-64	326
PENWARDEN, David	Poole Runners	Male 50-54	174
PICKERING, Alan		Male 70-74	36
PLIMMER, Emma	Gordonian,s RC	Female 40-44	236
PORTER, Mark		Male 55-59	272
PRINT, Ben	Lytchett Manor Striders	Male 50-54	311
REDMAN, Timothy		Male 40-44	176
RICHARDS, Daniel	Poole Runners	Male 50-54	206
ROBBINS, Jason		Male 50-54	285
ROBERTS, Kevin	Poole AC	Male 55-59	131
ROBERTSON, Wayne		Male 50-54	121
ROGERS, Martin		Male 55-59	24
ROGERS, Rebecca	Lytchett Manor Striders	Female 40-44	348
RUFFER, Dily	Littledown Harriers	Female 65-69	184
RUTTER, Vicky	Westbourne Running Club	Female 18-39	188
RYAN, Carmel	Bournemouth Joggers	Female 55-59	267
RYAN, Hannah	Poole Runners	Female 50-54	108
SADLER, Steven	Lytchett Manor Striders	Male 65-69	111
SALMON, Rhonda	Bournemouth Joggers	Female 55-59	265
SARGENT, Denise	Verwood Runners	Female 60-64	66
SHAWYER, Ben		Male 14-17	103
SHAWYER, Philippa	Littledown Harriers	Female 40-44	104
SHAWYER, Sam		Male 14-17	102
SHERWOOD, Joel	Poole Runners	Male 14-17	297
SIBTHORP, Katherine		Female 40-44	56
SINKINSON, Rebecca	Littledown Harriers	Female 18-39	238
SMART, Amanda	Poole AC	Female 60-64	28
SMITH, Julian	New Forest Runners	Male 60-64	49
SMITH, Tracey	Verwood Runners	Female 50-54	55
SPELMAN, Corinne	Littledown Harriers	Female 70-74	21
STATHAM, Kirsten	Verwood Runners	Female 50-54	335
STEVENS, Sarah	Bournemouth Joggers	Female 40-44	269

STEVENS, William		Male 45-49	329
STOCKWELL, Paul	JH Running Club	Male 65-69	166
STREET, Andy	Poole AC	Male 55-59	331
STRIDE, Katie	New Forest Runners	Female 18-39	190
SUTCLIFFE, Jessie	Poole AC	Female 18-39	167
SWEETENHAM, Hayley	Verwood Runners	Female 50-54	35
SWIFT, Sarah	Poole Runners	Female 50-54	120
SWIFT, Sophie	Wimborne AC	Male 60-64	186
TEDDS, Tom		Male 40-44	115
TERRY, Mike	Littledown Harriers	Male 70-74	68
THOMPSON, Alex	Lytchett Manor Striders	Male 45-49	264
THOMPSON, Megan	Poole Runners	Female 18-39	67
TINDALL, Dave	Poole Runners	Male 18-39	193
TUCKER, Keith	Lonely Goat	Male 50-54	79
TYLER, Jessica	Bournemouth Joggers	Female 18-39	273
UJVARI, Marc	Poole AC	Male 40-44	44
VINCE, Jack	Lytchett Manor Striders	Male 18-39	339
WALKER-LEACH, Jenny	Lytchett Manor Striders	Female 45-49	200
WALL, Chris		Male 65-69	258
WALLACE, Karen		Female 18-39	249
WARBOYS, David	Westbourne Running Club	Male 50-54	30
WATKINS, Kayley	Poole Runners	Female 18-39	220
WELLER, Lauren	Bournemouth Joggers	Female 18-39	296
WELLER, Ryan		Male 18-39	333
WESTHEAD, Joanna	Poole Runners	Female 50-54	217
WHIDDON, David		Male 50-54	341
WICKHAM, Robert		Male 55-59	332
WILD, David	Wimborne AC	Male 75-79	154
WILDBUR, Simon	Poole AC	Male 45-49	327
WILDING, Paul	Lytchett Manor Striders	Male 60-64	260
WILSON, Ann	Bournemouth Joggers	Female 55-59	277
WILSON, David	Littledown Harriers	Male 55-59	192
WINDEBANK, Kate	Poole Runners	Female 18-39	139
WRIGHT, David	Cirencester AC	Male 65-69	138

Junior (4-13) One Mile Race

Name	UKA Club	Age Category	Ref No
ABU-GHABA, Solly	Bournemouth AC	Boy 13	323
ARMITAGE, Olivia-Florence	New Forest Junior AC	Girl 12	292
ARMITAGE, Wilf		Boy 5	294
ARMITAGE, Zachary-Lister	New Forest Junior AC	Boy 9	293
BAKER-LITTLE, Thea		Girl 5	219
BANWELL, Felix	Poole Runners	Boy 8	7
BARFOOT, Eddie		Boy 8	51
BEATON, Chloe	Poole Runners	Girl 12	156
BEATON, Evie	Poole Runners	Girl 9	157
BLAGDEN, Aiden	Bournemouth AC	Boy 11	338
BROWN, Grace	Poole Runners	Girl 9	54
BURBIDGE, Toby	Poole Runners	Boy 11	94
CAMBERS-ROSSINGH, Leo	Poole Runners	Boy 10	129
CARTWRIGHT, Oscar	Poole Runners	Boy 9	20
CHRISTOPHER, Llana	Poole Runners	Girl 11	81
CULL, Freya		Girl 9	4
CULL, Jack		Boy 12	5
DANIEL, Ted		Boy 12	240
DAVIES, Edward	Bournemouth AC	Boy 10	74
DAVIES, Imogen		Girl 7	75
DAVIES, Oscar		Boy 6	306
DAVIES, Scarlett		Girl 5	76
DAVIES, Sophie		Girl 4	307
DICKINSON, Arthur		Boy 7	86
DIXON, Devyn	Poole Runners	Girl 11	239

DOWNES, Ezra		Boy 5	153
DREW, Amelia	Poole AC	Girl 13	22
DROZDOWSKI, Lucas	Poole Runners	Boy 11	98
DROZDOWSKI, Max	Poole Runners	Boy 11	99
ELFORD, Rory	Poole Runners	Boy 12	91
FERGUSON, Dylan	Poole Runners	Boy 12	181
FERGUSON, Maximus	Poole Runners	Boy 10	182
FEWINGS, Ted	Bournemouth AC	Boy 11	325
FOYLE, Sophie-Louise	Wimborne AC	Girl 12	237
HADWIN, Ryan	JH Running Club	Boy 12	106
HALLETT, Ruby	JH Running Club	Girl 13	107
HARRISON, Charlie	Poole AC	Boy 12	173
HARRISON, Grace	Poole Runners	Girl 12	38
HARRISON, Max		Boy 5	113
HAWES, Charlie	Poole Runners	Boy 9	137
HAYTER, Tayla	Poole Runners	Girl 9	95
HEPPENSTALL, Bella	Poole Runners	Girl 11	59
HEPPENSTALL, Liana	Poole Runners	Girl 11	60
HIGGINS, Fintan	Poole Runners	Boy 12	125
HIGGINS, Jasper	Poole Runners	Boy 10	126
HIGGINS, Leo		Boy 6	128
HIGGINS, Zachary	Poole Runners	Boy 8	127
HOBSON, Cara	Poole Runners	Girl 12	144
HOUSTON, Elijah	Poole Runners	Boy 12	170
HUGHES, Elsie	Wimborne AC	Girl 9	72
HUGHES, George	Wimborne AC	Boy 12	71
HURST-ATKINS, Finley	Bournemouth AC	Boy 11	228
JESTY, Dylan	Poole Runners	Boy 11	101
JOHNS, Gwen	Poole Runners	Girl 9	96
JOHNS, Meg		Girl 6	97
KEIGHTLEY, Arlo		Boy 7	29
LAMB, Eli	New Forest Junior AC	Boy 12	222
LAMB, Ella		Girl 9	221
LAY, Beatrix		Girl 4	65
LAY, Christopher		Boy 7	64
LAY, Johnny	Poole Runners	Boy 11	61
LAY, Robert	Poole Runners	Boy 8	63
LAY, Steven		Boy 12	62
LEWIS, Joshua	Poole Runners	Boy 9	39
LEWIS, Sophie	Poole Runners	girl 8	40
LUCAS, Max		Boy 6	347
MAGUIRE, Owen	Poole Runners	Boy 11	133
MAGUIRE, Ronan	Poole Runners	Boy 8	134
MAUNDERS, Lewis		Boy 10	198
MILLER, Zoey	Poole AC	Girl 10	10
MOORS, Abigail		Girl 11	89
MOORS, Jessica	Poole AC	Girl 13	88
MORALES-TREVETT, Elliott	Poole Runners	Boy 10	119
NEIL, Bella	Poole Runners	Girl 11	92
NEIL, Rose	Poole Runners	girl 8	93
NIXON, Aiden	Poole Runners	Boy 10	33
NIXON, Zach		Boy 7	34
NORTON, Edward	Bournemouth AC	Boy 8	69
OKOTH, Kamili	Poole Runners	Girl 9	52
PAVLOU, Alexander		Boy 8	246
PAVLOU, Stelios	Poole Runners	Boy 10	247
PEPPER, Alessandro	Poole Runners	Boy 11	171
PEPPER, Beatrice	Poole Runners	Girl 10	172
PERREN, William		Boy 6	42
PERRY, Josh	Poole AC	Boy 12	23
PRESTON, Joseph	Poole Runners	Boy 12	257
ROBBINS, Florence	Poole Runners	Girl 11	15
ROBERTS, Florence	Poole Runners	Girl 10	47
ROBERTS, Nellie		Girl 7	48

ROBINETT, Louis	Poole Runners	Boy 10	149
ROBINETT, Zara	Poole Runners	Girl 12	150
SAMWAYS, Amy	Poole Runners	Girl 10	19
SAMWAYS, Harry	Poole Runners	Boy 12	18
SAVAGE, Ryder		Boy 8	291
SAVAGE, Travis	Poole Runners	Boy 10	301
SELBY-NICHOLLS, Ostor	Lymington AC	Boy 9	215
SHARKEY, Ruban		Boy 7	313
SIBTHORP, Benjamin	Poole Runners	Boy 10	73
SIBTHORP, James	Poole Runners	Boy 10	57
SORTON, Freddie		Boy 4	12
STEVENS, Charlie	Poole Runners	Boy 12	140
STEVENS, Oakley	Poole Runners	Boy 8	141
STEVENS, Theo	Poole Runners	Boy 12	143
STRONG, Olly		Boy 11	9
SYME, Erin	Poole Runners	Girl 12	183
TINDALL, Hattie		Girl 7	194
TUCKER, Finley		Boy 11	224
TUCKER, Oliver		Boy 8	223
UJVARI, Emma		Girl 10	46
UJVARI, William		Boy 13	45
WARBOYS, Polly	Poole Runners	Girl 9	31
WATSON, Isabella	Poole Runners	Girl 12	13
WHIDDON, Clara		Girl 9	343
WHIDDON, Iris		Girl 11	342

For Details and to enter visit

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Race numbers c/w chips will be distributed via local Clubs in April or collect at race one (8th May). Currently Reference numbers are shown. Race numbers will be allocated later. Ages are as of the date of race one.. 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
(Not Facebook please)

running free 

Your local experts for everything running



Junior Race

General Information

Start time: 6:45

Senior Race

General Information

Start time: 7:15

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.

Numbers; Allocated in time ascending order.
Start & Finish: On the hard standing in front of Upton House.
Chip timed; Please assemble in apx finish time order
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 TBC