

Heat Four 7:45

No	Name	Age Category	ExpTime	UKA Club	Heat
75	ARKELL, Rob	Male 40-49	0:04:40	Poole Runners	4
24	BEVAN, Rachel	Female 21-39	0:07:10	Poole Runners	4
34	BEVAN, Rae	Female 40-49	0:08:36	Poole Runners	4
73	CLARKE, Lewis	Male 21-39	0:04:42	Poole Runners	4
28	DOWNES, Esther	Female 40-49	0:06:45	Poole Runners	4
41	HEMMING, Christopher	Male 50-59	0:07:20	Poole Runners	4
61	KENWAY-CHRISTOPHER, Francesca	Female 40-49	0:06:40	Poole Runners	4
25	LEE, Yuen Wing	Female 21-39	0:08:50	Poole Runners	4
4	LEE-SMITH, Ben	Male 40-49	0:05:30	Poole Runners	4
70	MAUD, Michael	Male 21-39	0:06:45	Poole Runners	4
22	OZDEMIR, Esref	Male 50-59	0:05:34	Poole Runners	4
62	PEDDLE, Mark	Male 40-49	0:05:25	Poole Runners	4
52	ROBERTS, Kevin	Male 50-59	0:06:10	Poole AC	4
49	SMITH, Andrew	Male 21-39	0:04:50	Poole Runners	4
60	THORPE, Liny	Female 40-49	0:07:30	Poole Runners	4
47	WEST, Clive	Male 40-49	0:05:20	Poole Runners	4
43	WILLMORE, Nathaniel	Male 21-39	0:04:50	Poole Runners	4

Heat Three 7:30

No	Name	Age Category	ExpTime	UKA Club	Heat
1	CAMPBELL-SMITH, Robert	Male 50-59	0:06:50	Poole Runners	3
68	CLAXTON, Steve	Male 40-49	0:05:15	Poole Runners	3
51	DOYLE, Jamie	Male 17-20	0:05:16	Poole Runners	3
56	EAST, William	Male 17-20	0:06:10	Poole Runners	3
57	FERGUSON, Iain	Male 21-39	0:05:15	Poole Runners	3
9	FREEMAN, Drew	Male 40-49	0:06:50	Poole Runners	3
10	HAWES, Steve	Male 40-49	0:06:20	Poole Runners	3
55	HIGGINS, Hailey	Female 40-49	0:06:10	Poole Runners	3
48	HORMAN, Martin	Male 21-39	0:05:37	Poole Runners	3
15	PEACHAM, Myles	Male 21-39	0:05:10	Poole Runners	3
36	PENWARDEN, David	Male 50-59	0:05:08	Poole Runners	3
38	REAM, Nichola	Female 50-59	0:07:46	Poole Runners	3
12	RYAN, Hannah	Female 50-59	0:07:45	Poole Runners	3
3	SEXTON, Neil	Male 40-49	0:05:15	Poole Runners	3
65	SMITH, Lucy	Female 14-16	0:06:10	Poole Runners	3
54	SMITHSON, Tom	Male 21-39	0:05:44	Poole Runners	3
23	SOMERS, Colin	Male 50-59	0:05:45	Poole Runners	3
58	TINDALL, Dave	Male 21-39	0:05:10	Poole Runners	3
50	TOWNER, John	Male 40-49	0:05:18	Poole Runners	3

Heat Two 7:15

No	Name	Age Category	ExpTime	UKA Club	Heat
67	ALLOTT, Fred	Male 40-49	0:05:45	Poole Runners	2
53	BARNES, Ian	Male 70 plus	0:07:10	Poole Runners	2
8	BEVAN, Dominic	Male 21-39	0:05:45	Poole Runners	2
30	CARTWRIGHT, Dave	Male 70 plus	0:07:50	Poole Runners	2
40	CATFORD, Laura	Female 21-39	0:06:50	Poole Runners	2
74	CLARK, Andy	Male 21-39	0:07:55	Poole Runners	2
64	DENNISON, Graham	Male 40-49	0:06:20	Poole Runners	2
37	FERENCZY, Peter	Male 60 -69	0:06:07	Poole Runners	2
26	GHABAE, Khalil	Male 60 -69	0:07:33	Poole Runners	2
2	HALL, James	Male 40-49	0:06:52	Poole Runners	2
35	HEATH, David	Male 70 plus	0:07:52	Poole Runners	2
63	HOCKING, Megan	Female 21-39	0:06:20	Poole Runners	2
21	HOLLAND, Angela	Female 50-59	0:09:31	Poole Runners	2
11	MOYSE, Graham	Male 60 -69	0:06:20	Poole Runners	2
33	OZANNE, David	Male 60 -69	0:06:48	Poole Runners	2
29	PHILLIPS, Grant	Male 50-59	0:05:43	Poole Runners	2
7	SCOTT, Geoffrey	Male 70 plus	0:09:57	Poole Runners	2
59	SMALE, Kevin	Male 60 -69	0:07:45	Poole Runners	2
17	WALKER-LEACH, Jenny	Female 50-59	0:06:25	Poole Runners	2
6	WATTON, Marcus	Male 40-49	0:05:45	Poole Runners	2

Heat One 7:00

No	Name	Age Category	ExpTime	UKA Club	Heat
71	CARTWRIGHT, Chris	Male 40-49	0:07:15	Poole Runners	1
5	COOPER, Jamie	Male 21-39	0:05:20	Poole Runners	1
66	CULL, Amy	Female 40-49	0:06:30	Poole Runners	1
31	GRIFFIN, Vicky	Female 50-59	0:08:09	Poole Runners	1
69	HARRISON, Rebecca	Female 21-39	0:08:11	Poole Runners	1
20	HOLLAND, Dale	Male 50-59	0:06:01	Poole Runners	1
18	HUGHES, Gareth	Male 21-39	0:05:50	Poole Runners	1
32	JARVIS, Penny	Female 70 plus	0:08:09	Poole Runners	1
13	JEANS, Holly	Female 21-39	0:08:19	Poole Runners	1
42	LAWSON, Kelly	Female 40-49	0:07:20	Poole Runners	1
16	LEACH, Andrew	Male 50-59	0:05:58	Poole Runners	1
19	LEES, Elizabeth	Female 60-69	0:10:30	Poole Runners	1
44	MATTHEWS, Lisa	Female 50-59	0:07:15	Poole Runners	1
45	MATTHEWS, Simon	Male 50-59	0:06:30	Poole Runners	1
14	MORRISON, Alan	Male 40-49	0:07:10	Poole Runners	1
27	PULLEN, Lee	Male 40-49	0:05:55	Poole Runners	1
46	RICHARDS, Daniel	Male 50-59	0:06:30	Poole Runners	1
72	TORY, Rupert	Male 40-49	0:06:30	Poole Runners	1
39	WALLACE, Karen	Female 21-39	0:08:00	Poole Runners	1