

Heat One (6:45pm)

No	Name	UKA Club	Age Category
75	WILLIS, Araon	Prospective Member	Male 21-39
20	WIDDOWSON, Elsie	Poole Runners	Female 14 -16
53	BAKER-LITTLE, Lauren	Poole Runners	Female 21-39
13	HOLLAND, Dale	Poole Runners	Male 50-59
63	DAWSON, Mark	Poole Runners	Male 50-59
58	DAVIES, Richard	Poole Runners	Male 60-69
35	BEVAN, Rae	Poole Runners	Female 40-49
39	WATERS, Hannah	Poole Runners	Female 21-39
76	BARKER, Paula	Poole Runners	Female 50-59
40	FRAMPTON, Robert	Poole Runners	Male 60-69
42	MAUD, Michael	Poole Runners	Male 21-39
51	KENWAY-CHRISTOPHER, Francesca	Poole Runners	Female 40-49
62	HEPPLE, Jason	Poole Runners	Male 60-69
14	HOLLAND, Angela	Poole Runners	Female 50-59
31	CHANDLER, Jane	Poole Runners	Female 60-69
8	HUGHES, Gareth	Poole Runners	Male 21-39
28	HORMAN, Martin	Poole Runners	Male 21-39

Heat Two (7:00pm)

No	Name	UKA Club	Age Category
52	CLAXTON, Steve	Poole Runners	Male 50-59
57	LEE-SMITH, Ben	Poole Runners	Male 40-49
6	PEDDLE, Mark	Poole Runners	Male 40-49
47	COOPER, Jamie	Poole Runners	Male 21-39
12	WEST, Clive	Poole Runners	Male 40-49
34	SEAL, Dean	Poole Runners	Male 21-39
48	FOOTIT, Jack	Poole Runners	Male 14-16
68	HOOPER, James	Poole Runners	Male 21-39
15	ROBERTS, Kevin	Poole AC	Male 50-59
19	HAYES, Willow	Poole Runners	Female 14 -16
27	MORRISON, Alan	Poole Runners	Male 40-49
16	ALLEN, Simon	Poole Runners	Male 21-39
70	DOWNES, Esther	Poole Runners	Female 40-49
69	SHORE, Emma	Poole Runners	Female 40-49
54	HACKETT, Lee	Poole Runners	Male 21-39
44	HEATH, David	Poole Runners	Male 70 plus
1	CAMPBELL-SMITH, Robert	Poole Runners	Male 50-59

Heat Three (7:15pm)

No	Name	UKA Club	Age Category
72	EAST, William	Poole Runners	Male 17-20
61	REDFORD, Jimmy	Poole Runners	Male 50-59
55	JONES, Abigail	Poole Runners	Female 21-39
49	RICHARDSON, Maurice	Poole Runners	Male 50-59
37	HOUSTON, Elijah	Poole Runners	Male 14-16
41	SHERREN, Fletcher	Poole Runners	Male 14-16
18	MOYSE, Graham	Poole Runners	Male 60-69
74	WALKER-LEACH, Jenny	Poole Runners	Female 50-59
43	BECKETT, Graeme	Poole Runners	Male 40-49
9	HALL, James	Poole Runners	Male 40-49
17	CATFORD, Laura	Poole Runners	Female 21-39
23	LAWSON, Kelly	Poole Runners	Female 40-49
21	MATTHEWS, Simon	Poole Runners	Male 50-59
77	ROBERTS, Gav	Poole Runners	Male 50-59
45	ODY, Rebecca	Poole Runners	Female 21-39
2	CABLE, Jemma	Poole Runners	Female 21-39

46	MATTHEWS, Lisa	Poole Runners	Female 60-69
----	----------------	---------------	--------------

Heat Four (7:30pm)

No	Name	UKA Club	Age Category
56	CRITCHLOW, Julian	Poole Runners	Male 60-69
38	SMART, John	Poole Runners	Male 40-49
10	PHILLIPS, Grant	Poole Runners	Male 50-59
60	TOWNER, John	Poole Runners	Male 40-49
59	TORY, Rupert	Poole Runners	Male 40-49
36	HOBSON, Cara	Poole Runners	Female 14 -16
50	WALLACE, Karen	Poole Runners	Female 21-39
26	CULL, Amy	Poole Runners	Female 40-49
65	HIGGINS, Hailey	Poole Runners	Female 40-49
33	GHABAE, Khalil	Poole Runners	Male 60-69
29	FERENCZY, Peter	Poole Runners	Male 60-69
32	DOCHERTY, Lillian	Poole Runners	Female 40-49
66	OZANNE, David	Poole Runners	Male 60-69

Heat Five (7:45pm)

No	Name	UKA Club	Age Category
7	SMITH, Andrew	Poole Runners	Male 21-39
24	CLARKE, Cam	Poole Runners	Male 21-39
11	HOLMAN, Matt	Poole Runners	Male 21-39
73	DOCHERTY, Calum	Poole Runners	Male 40-49
71	MATTHEWS, Jack	Poole Runners	Male 21-39
4	BEVAN, Dominic	Poole Runners	Male 21-39
25	PEACHAM, Myles	Poole Runners	Male 21-39
3	OZDEMIR, Esref	Poole Runners	Male 50-59
30	HAWES, Steve	Poole Runners	Male 40-49
22	CARTWRIGHT, Jim	Poole Runners	Male 40-49
67	DENNISON, Graham	Poole Runners	Male 50-59
64	FERGUSON, Iain	Poole Runners	Male 21-39
5	PENWARDEN, David	Poole Runners	Male 50-59