

Poole Runners Winter 5K Series - 20 January 2012

Pos.	No.	Name	Club	Sex	Cat.	Time
1	135	Richard Horton	Poole A C	M	U20	15 :41
2	448	Alan Murchison	Winchester & District A C	M	40-44	15 :59
3	480	Nathan Shrubbs	Morpeth Harriers	M	20-39	16 :32
4	447	Oz Ellis	Royal Air Force	M	20-39	16 :32
5	468	Andy Blow	Votwo	M	20-39	16 :40
6	114	Callum Kennedy	Wimborne A C	M	U20	17 :06
7	466	Pat Robbins	Zoom Triathlon Club	M	20-39	17 :12
8	476	Nigel Leighton	Votwo	M	20-39	17 :17
9	85	Graeme Furley	Wimborne A C	M	20-39	17 :28
10	429	Alastair Pickburn	Lymington Triathlon Club	M	20-39	17 :46
11	302	Simon O'Herlihy	Unattached	M	20-39	18 :07
12	1	John Towner	Poole Runners	M	20-39	18 :10
13	392	Denis Merciere	Poole Runners	M	40-44	18 :10
14	469	Toby Power	New Forest Runners	M	U20	18 :15
15	17	Jim Alymore	Poole Runners	M	50-54	18 :15
16	61	Martin Lascelles	Maiden Newton Runners	M	55-59	18 :33
17	470	Mark Hitchcott	Unattached	M	40-44	18 :34
18	76	Helen Dyke	Poole Runners	F	20-39	18 :34
19	475	Jack Wiltshire	North Dorset Tri	M	20-39	18 :36
20	39	Grant Phillips	Poole Runners	M	40-44	18 :38
21	441	Simon Hayter	Poole Runners	M	50-54	18 :50
22	4	Aaron Moss	Zoom Triathlon Club	M	20-39	18 :52
23	347	Alan Doney	Winchester & District A C	M	40-44	18 :56
24	371	Jon Eveleigh	Poole Runners	M	20-39	19 :05
25	88	David Blow	Votwo	M	20-39	19 :06
26	238	Mike Cure	Poole A C	M	45-49	19 :07
27	35	Stuart Graves	New Forest Runners	M	40-44	19 :10
28	128	Brian Moncaster	Poole Runners	M	40-44	19 :25
29	456	Hannah Drewett	Salisbury City A C	F	U20	19 :34
30	46	Malcolm Renyard	Hardley Runners	M	65-69	19 :38
31	112	Howard Doe	New Forest Runners	M	60-64	19 :39
32	455	Joanne Dominey	Unattached	F	20-39	19 :40
33	101	Graham Starmer	Team Synergie Coaching	M	45-49	19 :43
34	474	Philip Strickland	Unattached	M	20-39	19 :43
35	483	Alex Jackson	Unattached	M	U20	19 :46
36	427	David Ozanne	Poole Runners	M	50-54	19 :46
37	13	Andy Horsley	Zoom Triathlon Club	M	45-49	19 :49
38	74	Simon Hunt	Bournemouth A C	M	55-59	19 :51
39	60	Lin Lascelles	Maiden Newton Runners	F	45-49	20 :03
40	213	Simon Wenborn	Zoom Triathlon Club	M	40-44	20 :08
41	432	Matthew Hooton	Unattached	M	20-39	20 :09
42	195	Jeff Finch	Zoom Triathlon Club	M	40-44	20 :10
43	440	Anja Heijnen	Votwo	F	40-44	20 :23
44	28	Joe Price	Bournemouth A C	M	U20	20 :26
45	460	Therese McNally	Unattached	F	20-39	20 :30
46	324	Mick Anglim	Hardley Runners	M	60-64	20 :33
47	406	Matthew Mills	Zoom Triathlon Club	M	40-44	20 :36
48	134	Amanda Bailey	Shaftesbury Barnet Harriers	F	20-39	20 :39
49	382	Frankie Kelly	Unattached	M	20-39	20 :39
50	77	James Lambourne	Zoom Triathlon Club	M	20-39	20 :45
51	464	Criag Mutter	New Forest Runners	M	20-39	20 :46
52	30	Calvin Bradley	Unattached	M	20-39	20 :46
53	364	Karen Gaard	Unattached	F	20-39	20 :47
54	175	Bob Kitley	Unattached	M	50-54	20 :54
55	444	Harry Butt	IIF Group	M	U20	20 :55

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Pos.	No.	Name	Club	Sex	Cat.	Time
56	242	Timothy Chapman	New Forest Runners	M	U20	20 :58
57	86	Andy Prince	Unattached	M	20-39	21 :02
58	7	Dave Heath	Poole Runners	M	60-64	21 :07
59	472	Stephen Hutton	Littledown Harriers	M	40-44	21 :07
60	226	Giles Crist	Littledown Harriers	M	40-44	21 :09
61	59	Geoffrey Scott	Poole Runners	M	65-69	21 :09
62	414	Andrew Olden	Wimborne A C	M	40-44	21 :11
63	458	Mark Aitchison	Unattached	M	40-44	21 :13
64	301	Lovella O'Herlihy	Unattached	F	40-44	21 :26
65	171	Richard Harper	Unattached	M	20-39	21 :28
66	453	Lee Van Hoyland	Unattached	M	20-39	21 :30
67	224	Andy Chase	New Forest Runners	M	40-44	21 :33
68	362	Neil Massie	Unattached	M	40-44	21 :33
69	217	Stephen George	Unattached	M	40-44	21 :34
70	103	Dave Dalton	Rochdale Harriers	M	50-54	21 :36
71	374	Michelle Carpenter	Littledown Harriers	F	20-39	21 :40
72	342	Steve Elson	Unattached	M	50-54	21 :41
73	478	Adam Ball	Poole A C	M	20-39	21 :43
74	193	Helena Chessher	Zoom Triathlon Club	F	20-39	21 :43
75	390	Jeff Butt	IIF Group	M	45-49	21 :46
76	393	Chris Wilson	Hardley Runners	M	50-54	21 :46
77	467	Lucy Allen	Windle Valley Runners	F	20-39	21 :47
78	269	Richard Clark	I I F Group	M	20-39	21 :49
79	178	Steve Marstrand	Unattached	M	50-54	21 :50
80	451	Jane Morgan	Hardley Runners	F	50-54	21 :53
81	482	Iain Bowker	Lymington Triathlon Club	M	20-39	21 :55
82	129	Ian Brotherton	Unattached	M	20-39	21 :57
83	115	Ian Kennedy	Wimborne A C	M	50-54	21 :58
84	452	Alex Bonnet	Unattached	M	20-39	22 :02
85	157	Troy Cribb	Unattached	M	20-39	22 :04
86	379	Scott Smallman	South Shields Sprinters	M	20-39	22 :04
87	284	Stephanie Newbury	Canterbury Harriers	F	20-39	22 :04
88	38	Robert Frampton	Poole Runners	M	45-49	22 :10
89	168	Singh Jackson	Unattached	M	45-49	22 :11
90	457	Jacob Drewett	Unattached	M	20-39	22 :11
91	58	Jenny Walker-Leach	Poole Runners	F	20-39	22 :21
92	352	Sonia Budd	Poole Runners	F	40-44	22 :22
93	391	Alwyn Dominey	Poole Runners	M	60-64	22 :26
94	395	Daniel Perrett	Unattached	M	20-39	22 :29
95	454	Luke Wines	Unattached	M	20-39	22 :32
96	487	Adam Karmali	Unattached	M	20-39	22 :35
97	294	David Wild	Wimborne A C	M	60-64	22 :41
98	285	Kelly Frampton	Poole Runners	F	20-39	22 :42
99	449	Chris Cartwright	Poole Runners	M	20-39	22 :59
100	232	Mark Saxby	Unattached	M	45-49	23 :04
101	442	Steve Lomas	Salisbury A R C	M	60-64	23 :07
102	295	Andrew Thunder	Unattached	M	45-49	23 :08
103	160	Helen Lee	Unattached	F	20-39	23 :12
104	450	Stephen O'Donnell	Unattached	M	20-39	23 :12
105	264	Amanda Shepheard	Bournemouth Joggers	F	40-44	23 :14
106	275	Maureen Emmett	I I F Group	F	55-59	23 :17
107	144	Charmaine Bradford	New Forest Runners	F	20-39	23 :18
108	140	Tony Dimmock	Unattached	M	40-44	23 :24
109	378	Tom Palmer	Unattached	M	20-39	23 :29
110	443	Barry Telling	Unattached	M	50-54	23 :37

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Pos.	No.	Name	Club	Sex	Cat.	Time
111	136	Janet Dickinson	Bournemouth A C	F	40-44	23 :38
112	173	Justin Perrett	Unattached	M	40-44	23 :44
113	62	Angela Brown	Poole Runners	F	40-44	23 :46
114	147	Roger Head	Poole A C	M	65-69	23 :54
115	477	Tim Hughes	Bournemouth A C	M	45-49	23 :57
116	172	Helen Harris	Poole Runners	F	45-49	24 :02
117	422	Victor Blow	Votwo	M	65-69	24 :03
118	312	Elizabeth Sherwood	Poole Runners	F	60-64	24 :05
119	438	Simon Terry	Unattached	M	50-54	24 :06
120	53	Peter Turvey	Unattached	M	45-49	24 :11
121	473	Angela Hutton	Bournemouth Joggers	F	40-44	24 :13
122	346	Karen Lippitt	New Forest Runners	F	20-39	24 :13
123	93	Steven Finnis	Christchurch Runners	M	20-39	24 :15
124	380	Harold Martinez	Unattached	M	20-39	24 :20
125	33	Bob Lowndes	New Forest Runners	M	50-54	24 :20
126	336	David Tolladay	Unattached	M	20-39	24 :23
127	96	Helen Wright	New Forest Runners	F	45-49	24 :30
128	102	Sean McGlynn	Unattached	M	20-39	24 :32
129	283	Ian Newbury	Poole Runners	M	50-54	24 :35
130	439	Kerstin Wadeley	Bournemouth Joggers	F	45-49	24 :41
131	293	Heather Nethercott	Poole Runners	F	45-49	24 :42
132	323	Kaye Nippard	Poole Runners	F	45-49	24 :42
133	361	Rona Wilson	Lymington Triathlon Club	M	60-64	24 :49
134	51	Ken Pilley	Christchurch Runners	M	50-54	25 :08
135	241	Huw Chapman	Unattached	M	45-49	25 :15
136	187	Pat Everitt	Bournemouth Joggers	F	50-54	25 :31
137	216	Fareed Azimee	Unattached	M	20-39	25 :38
138	459	Paul Jeffries	Poole A C	M	45-49	25 :46
139	437	Alison Harpin	Unattached	F	45-49	25 :52
140	164	Tina Stoakes	Poole A C	F	50-54	26 :02
141	337	Jon Cook	Unattached	M	20-39	26 :07
142	94	Hannah Cook	Poole Runners	F	20-39	26 :07
143	151	Vicky Myers	Zoom Triathlon Club	F	20-39	26 :10
144	399	Sarah Naugi	Littledown Harriers	F	20-39	26 :10
145	446	Shelley Broomfield	Zoom Triathlon Club	F	20-39	26 :12
146	431	Roman Gromacki	Unattached	M	20-39	26 :14
147	486	Dan Honwill	Unattached	M	40-44	26 :39
148	57	Graham Staples	Christchurch Runners	M	45-49	26 :42
149	54	Patrick Pinchin	Unattached	M	65-69	26 :46
150	106	Brian Panton	Poole Runners	M	70-74	27 :02
151	479	Sue Saxby	Deckchair Dynamos	F	45-49	27 :08
152	463	Tara Anglim	Hardley Runners	F	20-39	27 :11
153	27	Will Price	Bournemouth A C	M	55-59	27 :22
154	100	Mike Barron	Purbeck Runners	M	50-54	27 :33
155	363	Julie Massie	Littledown Harriers	F	40-44	27 :44
156	481	Michelle Caspersz	Poole Runners	F	45-49	27 :50
157	214	Lynn Wenborn	Unattached	F	50-54	27 :52
158	461	Pippa Collins	Unattached	F	45-49	27 :59
159	231	Ben Ryves	Unattached	M	20-39	28 :02
160	445	Fran Cooper	Lymington Triathlon Club	F	40-44	28 :31
161	321	Brenda Palmer	Poole A C	F	55-59	28 :35
162	244	Jane Chandler	Poole Runners	F	55-59	28 :43
163	327	Philip Stanley-Watts	South West Vets	M	50-54	29 :08
164	357	Sue Lee	Lymington Triathlon Club	F	60-64	29 :11
165	236	Sarah Hean	Lymington Triathlon Club	F	40-44	29 :11

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166	436	Ian	Isherwood	Hercules Wimbledon	M	55-59	29 :30
167	325	Elizabeth	Hopkins	Poole Runners	F	65-69	29 :40
168	434	Ann-Marie	Kersse	Unattached	F	20-39	29 :44
169	462	Lorraine	Cowdroy	Unattached	F	40-44	30 :09
170	298	Andrew	Gonsalves	Unattached	M	20-39	30 :09
171	75	Dily	Ruffer	Unattached	F	55-59	30 :12
172	83	Pam	Blow	Unattached	F	55-59	30 :25
173	319	Monika	Kusina	Unattached	F	20-39	31 :26
174	12	Trevor	Roberts	New Forest Runners	M	50-54	31 :50
175	465	Magdalena	Pawlik	Unattached	F	20-39	32 :24
176	485	Adam	Manning	Unattached	M	20-39	35 :37
177	484	Becky	Foreman	Unattached	F	20-39	35 :37