



350/350

(changes since last week shown in red)

<u>Forename</u>	<u>Surname</u>	<u>Club</u> (in brackets if unaffiliated to UKA)
Amanda	Adams	Dorset Doodlers RC
Helen	Adams	Egdon Heath Harriers
Michael	Akers	(n/a)
Pauline	Albiges	(n/a)
Chris	Alborough	Poole AC
Gillian	Allen	Wimborne AC
James	Allen	Poole Runners
Penny	Alvis	(n/a)
Helen	Ambrosen	Bournemouth AC
Matthew	Ames	Egdon Heath Harriers
Steve	Amey	Littledown Harriers
Kelly	Amos	Poole Runners
Steve	Amos	Poole Runners
Charlie	Anderson	(n/a)
Lee	Anderson	(n/a)
Kevin	Archer	Weymouth St Pauls Harriers
Josie	Armstrong	Lytchett Manor Striders
Tracy	Ashley	Littledown Harriers
Julia	Austin	(n/a)
Louise	Austin	Littledown Harriers
Hayley	Baber	(RNLI)
Jason	Bailey	Lonely Goat RC
Patrick	Bailey	Littledown Harriers
Paul	Bailey	New Forest Runners
Paula	Barker	Poole Runners
Ian	Barnes	Poole Runners
Aaron	Beaton	Westbourne RC
Philip	Benham	(n/a)
Lorenzo	Bianchi	Wimborne AC
Lisa	Bisset	Lytchett Manor Striders
Scott	Blakeway	Littledown Harriers
Lucy	Blow	Bournemouth Joggers
Angie	Bond	Littledown Harriers
Julie	Boontam	(n/a)
Steve	Boontam	(n/a)

<u>Forename</u>	<u>Surname</u>	<u>Club</u> (in brackets if unaffiliated to UKA)
Matthew	Bosanquet	Lytchett Manor Striders
Michael	Bowering	(n/a)
Richard	Brawn	Bournemouth AC
Pauline	Breeze	(New Forest Runners)
Alan	Broadfield	(n/a)
Andy	Broadfield	(Littledown Harriers)
Flora	Brooke	Dorset Doddlers RC
Nick	Brooke	Dorset Doddlers RC
Matt	Brooker	Lytchett Manor Striders
Melvyn	Brooks	(n/a)
Phill	Brown	(Lymington Triathlon Club)
Jim	Brumfield	Egdon Heath Harriers
Steve	Buller	Poole AC
Guy	Burdett	Littledown Harriers
Lydia	Burge	Vegan Runners UK
Nikki	Burgess	Lytchett Manor Striders
Linda	Burn	Littledown Harriers
Robert	Burns	Lytchett Manor Striders
Heather	Butcher	New Forest Runners
Matthew	Cafferky	New Forest Runners
Bruce	Campbell	Egdon Heath Harriers
Stella	Campbell	Egdon Heath Harriers
Mel	Carroll	Poole Runners
David	Cartwright	Poole Runners
Zodwa	Chasokela	Purbeck Runners
Philip	Cherrett	Bournemouth AC
David	Child	Westbourne RC
Jason	Christian	Lonely Goat RC
Jamie	Christopher	Poole Runners
Peter	Clarke	Weymouth St Pauls Harriers
Joanne	Cleall	Poole Runners
Pauline	Cochrane	Lytchett Manor Striders
Lee	Collier	Dorset Doddlers RC
Katie	Collingwood	Littledown Harriers
Joanne	Coney-Lax	Poole Runners
John	Cook	Egdon Heath Harriers
Judith	Coole	Westbourne RC
Adam	Corbin	Westbourne RC
Darryl	Corbin-Jones	Westbourne RC
Gemma	Coupe	(n/a)
Karen	Croad	Egdon Heath Harriers
Kerstin	Cummings	Bournemouth Joggers
Paul	Currah	Poole Runners
Peta	Currell	(n/a)
Ben	Davidson	Poole Runners

<u>Forename</u>	<u>Surname</u>	<u>Club</u> (in brackets if unaffiliated to UKA)
Charles	Davies	Wimborne AC
James	Davies	Littledown Harriers
Lesley	Davies	Wimborne AC
Richard	Davies	Wimborne AC
Clare	Dawes	(Lonely Goat RC)
Bill	Day	Poole Runners
Michelle	Dempster	Lytchett Manor Striders
Lee	Dempster	Lytchett Manor Striders
Karen	Denham	Hardley Runners
Jacqui	Devereux	(n/a)
Nanuka	Devi-Key	Littledown Harriers
Ian	Diffey	Lytchett Manor Striders
Jo	Dilling	Bournemouth AC
Danielle	Dixon	Littledown Harriers
Alexandra	Door	Egdon Heath Harriers
Esther	Downes	Poole Runners
Debbie	Dowsett	Bournemouth Joggers
Luke	Dowsett	Littledown Harriers
Kevin	Drayson	Westbourne RC
Sarah	Durley-White	Poole AC
Scott	Dutton	Littledown Harriers
Gary	Dwyer	Poole Runners
Liz	Dyble	Westbourne RC
Neil	Dyble	Westbourne RC
Sean	Edwards	Lytchett Manor Striders
David	Elliott	(n/a)
Mel	Elliott	(n/a)
Sarah	Ellis	Westbourne RC
Lisa	Elmore	New Forest Runners
Maria	Everett	Littledown Harriers
Angie	Feeley	(n/a)
Eve	Filmer	Poole AC
Graham	Filmer	Poole AC
Jess	Fitzwarren	(Lymington Triathlon Club)
Richard	Flatley	Littledown Harriers
Vince	Fowler	Littledown Harriers
Charles	Fox	New Forest Runners
Marion	Frampton	Poole Runners
Becky	Froggatt	Littledown Harriers
Darrell	Froud	Poole Runners
Helen	Georges	(n/a)
Daniel	Gilbert	Littledown Harriers
Helen	Gilbert	Littledown Harriers
Leila	Gilbertson	(Lytchett Manor Striders)
Andrew	Gillespie	Bournemouth AC

<u>Forename</u>	<u>Surname</u>	<u>Club</u> (in brackets if unaffiliated to UKA)
Rachel	Gladdis	Wimborne AC
Mark	Goodwin	Littledown Harriers
Ian	Graham	Bournemouth AC
Teresa	Graham	(n/a)
David	Green	Westbourne RC
Lesley	Greenwell	(n/a)
Susanne	Griesser	Poole AC
Charlie	Griffiths	Westbourne RC
Mitchell	Griffiths	Westbourne RC
David	Grimmett	Egdon Heath Harriers
Sarah	Guppy	(n/a)
Philip	Haddrell	Weymouth St Pauls Harriers
Lorna	Haines	Purbeck Runners
Samantha	Halstead	Littledown Harriers
Alison	Hardy	UKRunChat Running Club
Graham	Harrison	(n/a)
Andrew	Hawkins	(n/a)
Carly	Hawkins	Westbourne RC
Simon	Hayter	Wimborne AC
Nigel	Haywood	Purbeck Runners
Georgia	Hazell	(n/a)
David	Heath	Poole Runners
Chris	Heckford	Wimborne AC
Denise	Hennessy	(n/a)
Shaun	Hennessy	(n/a)
Jean	Henry	Westbourne RC
Alfredo	Hernandez-Sanchez	(n/a)
Debbie S	Hewitt	Egdon Heath Harriers
Sandra	Hewson	Westbourne RC
Charlotte	Hill	Egdon Heath Harriers
Jeff	Hinsley	Wimborne AC
Andrea	Hodgson	(n/a)
Lawrence	Holbrough	(n/a)
Dale	Holland	Poole Runners
Richard	Holmes	Littledown Harriers
Andrew	Horsley	Wimborne AC
Adrian	Hosking	(n/a)
Martin	Hudson	Littledown Harriers
Kate	Hughes	Lytchett Manor Striders
Steve	Hull	(New Forest Runners)
Andrew	Humphreys	Poole Runners
Laura	Hunt	(n/a)
David	Hunter	Royal Manor Of Portland AC
Mandy	Hunter	Royal Manor Of Portland AC
Amanda	Hurst	Littledown Harriers

<u>Forename</u>	<u>Surname</u>	<u>Club</u> (in brackets if unaffiliated to UKA)
Lynn	Hutchings	Dorset Doddlers RC
Sharon	Hutchings	Dorset Doddlers RC
Joe	Irwin	Egdon Heath Harriers
Andrew	Isaac	Littledown Harriers
Diane	Jack	Wimborne AC
Richard	James	(n/a)
Suzanne	Janes	Littledown Harriers
Sam	Jenkins	Littledown Harriers
Andy	Johns	Poole Runners
Gary	Johnson	(n/a)
Karen	Johnson	(n/a)
Michael	Johnson	(Wimborne AC)
Sue	Johnson	(n/a)
Chris	Jones	Littledown Harriers
Kelsey	Jones	Lytchett Manor Striders
Kerry	Jones	Sherfield Park Runners
Robert	Jones	Littledown Harriers
Joanne	Kain	Gillingham Trotters
Heather	Khoshnevis	Littledown Harriers
Joshua	King	Bournemouth AC
Kathryn	King	(n/a)
Jud	Kirk	Bournemouth AC
Rachel	Kite	(RNLI)
Richard	Knott	New Forest Runners
Kit	Lau	Southampton Athletic Club
Sonia	Laurie	(STC)
Faye	Law	Poole Runners
Samantha	Laws	Bournemouth AC
Alan	Lewis	Poole Runners
Karen	Lingafelter	(n/a)
Luke	Linney	Christchurch Runners
Stephen	Littlecott	Lytchett Manor Striders
Paul	Lock	Littledown Harriers
David	Long	Bournemouth AC
Monika	Loud	Sherfield Park Runners
Robin	Lovegrove	(Lonely Goat RC)
Gail	Lydford	New Forest Runners
Alie	Madders	Dorset Doddlers RC
Artur	Majewski	Poole Runners
Terry	Mansbridge	(n/a)
Alice	Marshall	Littledown Harriers
Jessica	Marshall	Weymouth St Pauls Harriers
Clare	Martin	Purbeck Runners
Jonathan	Martin	(n/a)
Lucy	McLellan	Gillingham Trotters

<u>Forename</u>	<u>Surname</u>	<u>Club</u> (in brackets if unaffiliated to UKA)
Niamh	McQuillan	Littledown Harriers
Richard	McWilliam	(n/a)
Audrey	McWilliams	Lytchett Manor Striders
Ian	Middlebrook	Egdon Heath Harriers
Tamsin	Miles	Lytchett Manor Striders
Graeme	Miller	Bournemouth AC
Darrell	Minvalla	Westbourne RC
Sophie	Mitchell	(n/a)
Annette	Mogg	Poole Runners
Simon	Moore	Lytchett Manor Striders
Scott	Mordew	Lytchett Manor Striders
John	Morris	Lytchett Manor Striders
Barbara	Murray	(n/a)
Hamish	Murray	(n/a)
Lewis	Mutton	Storm Plymouth
Richard	Nelson	Bournemouth AC
Stuart	Nicholas	Bournemouth AC
Philip	Nightingale	Lordshill Road Runners
Roy	Noble	(n/a)
Bill	Oakley	Lytchett Manor Striders
Emily	Oakley	(n/a)
Marian	Oates	(New Forest Runners)
Chris	O'Brien	Bournemouth AC
Jayne	Offer	Poole AC
Susan	O'Flanagan	Weymouth St Pauls Harriers
Mark	Ormonde	Lytchett Manor Striders
Mark	Packer	Littledown Harriers
Craig	Palmer	Bournemouth AC
Roberto	Panter	Egdon Heath Harriers
David	Parker	Littledown Harriers
Ken	Parradine	Littledown Harriers
Geoff	Parrott	Westbourne RC
Steve	Parsons	Bournemouth AC
Josephine	Peasland	100 Marathon Club
Charles	Penfold	(Littledown Harriers)
Tamzin	Petersen	Bournemouth AC
Darren	Pettifer	Kenilworth Runners
Dave	Pettifer	Kenilworth Runners
John	Pettifer	Mid Essex Casuals
Laura	Pettifer	Kenilworth Runners
Lorna	Pettifer	(Mid Essex Casuals)
Richard	Pettifer	(n/a)
Brian	Pettis	(n/a)
Dave	Pitcaithley	(n/a)
Female 1	Poole AC	Poole AC

<u>Forename</u>	<u>Surname</u>	<u>Club</u> (in brackets if unaffiliated to UKA)
Female 2	Poole AC	Poole AC
Female 3	Poole AC	Poole AC
Male 1	Poole AC	Poole AC
Male 2	Poole AC	Poole AC
Male 3	Poole AC	Poole AC
Male 4	Poole AC	Poole AC
Male 5	Poole AC	Poole AC
Tracey	Price	Westbourne RC
Gavin	Pritchard	(n/a)
Mike	Probyn	(n/a)
Lin	Purandare	(Verwood Runners)
Leona	Puxley	(n/a)
Emma	Rawson	Littledown Harriers
Helen	Redman	(n/a)
Nigel	Redman	Poole Runners
Gill	Rees	(n/a)
Trisha	Reilly	New Forest Runners
Steve	Rigby	Dorset Doodlers RC
Tom	Rigby	Royal Manor Of Portland AC
Jason	Robbins	Lytchett Manor Striders
Phillipa	Rolle	Lytchett Manor Striders
Nikki	Rolph	Littledown Harriers
Kelly	Rumbelow	(n/a)
David	Rustell	Lytchett Manor Striders
Nicky	Sadler	Lytchett Manor Striders
Steven	Sadler	Lytchett Manor Striders
Rhonda	Salmon	Bournemouth Joggers
Dougie	Scarfe	Lytchett Manor Striders
Judith	Scarfe	Lytchett Manor Striders
Caroline	Searle	Littledown Harriers
Jon	Sharkey	Bournemouth AC
Sharon	Shaw	Poole Runners
Joseph	Sherwood	Littledown Harriers
Jerry	Shield	Wimborne AC
Emma	Shore	Poole Runners
Martin	Shore	Poole Runners
Colin	Simpson	Reading AC
Rebecca	Sinkinson	Littledown Harriers
Reuben	Skinner	Poole AC
Harriet	Slade	Bournemouth AC
Estelle	Slatford	Bournemouth AC
Amanda	Smart	Poole AC
James	Smith	(n/a)
Melanie	Smith	Littledown Harriers
Richard	Smith	Littledown Harriers

<u>Forename</u>	<u>Surname</u>	<u>Club</u> (in brackets if unaffiliated to UKA)
Simon	Smith	(n/a)
Stuart	Smith	Littledown Harriers
Tabitha	Smith	Littledown Harriers
Rachel	Smith-Harrison	Littledown Harriers
Colin	Somers	Poole Runners
Andy	Sorton	Poole Runners
Mike	Southwell	New Forest Runners
Philip	Sparkes	Littledown Harriers
Amy	Spreadbury	Littledown Harriers
Caroline	Stanzel	Poole Runners
Alexandra	Stevens	Littledown Harriers
Brett	Stevens	Poole AC
Maggie	Stokes	Westbourne RC
Jo	Stone	(n/a)
Rebecca	Storrie	(n/a)
Cheryl	Struck	Poole AC
Nick	Summons	Dorset Doodlers RC
Sarah	Swift	Poole Runners
Richard	Swindlehurst	Poole AC
Roger	Teasdale	Dorset Doodlers RC
Barry	Telling	Littledown Harriers
Mike	Terry	Littledown Harriers
Lisa	Thomas	Westbourne RC
Dylan	Townley	(Lytchett Manor Striders)
Karen	Townley	Lytchett Manor Striders
Carol	Townsend	(n/a)
Chloe	Townsend	(n/a)
Jason	Townsend	(n/a)
Lisa	Tregale	(n/a)
Herve	Tribouilloy	Lytchett Manor Striders
Kevin	Trowbridge	Westbourne RC
Simon	Trueick	(n/a)
Jan	Underdown	(n/a)
Kristina	Varley	Littledown Harriers
Steve	Vincent	Lytchett Manor Striders
Joanne	Wait	(n/a)
Adam	Walkley	Poole Runners
Charles	Wall	Littledown Harriers
Tony	Watts	Wimborne AC
Archie	Weedon	Lytchett Manor Striders
Joanna	Westhead	Poole Runners
Kirsty	Weston	Lytchett Manor Striders
Graham	Whiffen	Wimborne AC
Ian	White	Bournemouth AC
Katrina	White	Bournemouth AC

<u>Forename</u>	<u>Surname</u>	<u>Club</u> (in brackets if unaffiliated to UKA)
Mike	White	Bournemouth AC
Nicola	Whittaker	Littledown Harriers
David	Wild	Wimborne AC
Paul	Wilding	Lytchett Manor Striders
Scott	Wilding	Egdon Heath Harriers
Kelly	Williams	Wimborne AC
Stephen	Williams	Littledown Harriers
Nathaniel	Willmore	Poole Runners
Peter	Wilson	(New Forest Runners)
Christopher	Wood	Wimborne AC
Jonathan	Woods	Littledown Harriers
Thomas	Woods	(n/a)
Chloe	Wolf	(Lymington Triathlon Club)
Pauline	Worrall	Bournemouth Joggers
Georgina	Worsfold	(n/a)
Sue	Wright	Lytchett Manor Striders
Steven	Yates	Poole Runners