

(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 Doddlers RC
Chris	Alborough	Poole AC
Gillian	Allen	Wimborne AC
James	Allen	Poole Runners
Helen	Ambrosen	Bournemouth AC
Matthew	Ames	Egdon Heath Harriers
Steve	Amey	Littledown Harriers
Kelly	Amos	Poole Runners
Steve	Amos	Poole Runners
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)
Lisa	Bisset	Lytchett Manor Striders
Scott	Blakeway	Littledown Harriers
Angie	Bond	Littledown Harriers
Julie	Boontam	(n/a)
Steve	Boontam	(n/a)
Matthew	Bosanquet	Lytchett Manor Striders
Michael	Bowering	(n/a)
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
Jim	Brumfield	Egdon Heath Harriers
Guy	Burdett	Littledown Harriers
Linda	Burn	Littledown Harriers
Robert	Burns	Lytchett Manor Striders
Heather	Butcher	New Forest Runners
Bruce	Campbell	Egdon Heath Harriers
Stella	Campbell	Egdon Heath Harriers
David	Cartwright	Poole Runners
Zodwa	Chasokela	Purbeck Runners
Philip	Cherrett	Bournemouth AC

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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
Katie	Collingwood	Littletdown Harriers
Joanne	Coney-Lax	Poole Runners
John	Cook	Egdon Heath Harriers
Judith	Coole	Westbourne RC
Adam	Corbin	Westbourne R C
Darryl	Corbin-Jones	Westbourne RC
Karen	Croad	Egdon Heath Harriers
Kerstin	Cummings	Bournemouth Joggers
Paul	Currah	Poole Runners
Charles	Davies	Wimborne AC
James	Davies	Littletdown Harriers
Lesley	Davies	Wimborne AC
Richard	Davies	Wimborne AC
Clare	Dawes	(Lonely goat)
Michelle	Dempster	Lytchett Manor Striders
Lee	Dempster	Lytchett Manor Striders
Jacqui	Devereux	(n/a)
Nanuka	Devi-Key	Littletdown Harriers
Ian	Diffey	Lytchett Manor Striders
Danielle	Dixon	Littletdown Harriers
Alexandra	Door	Egdon Heath Harriers
Esther	Downes	Poole Runners
Debbie	Dowsett	Bournemouth Joggers
Luke	Dowsett	Littletdown Harriers
Sarah	Durley-White	Poole AC
Scott	Dutton	Littletdown Harriers
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
Maria	Everett	Littletdown Harriers
Angie	Feeley	(n/a)
Eve	Filmer	Poole AC
Graham	Filmer	Poole AC
Richard	Flatley	Littletdown Harriers
Vince	Fowler	Littletdown Harriers
Marion	Frampton	Poole Runners
Becky	Froggatt	Littletdown Harriers

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Helen	Georges	(n/a)
Daniel	Gilbert	Littledown Harriers
Helen	Gilbert	Littledown Harriers
Leila	Gilbertson	(Lytchett Manor Striders)
Andrew	Gillespie	Bournemouth 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)
Lorna	Haines	Purbeck Runners
Samantha	Halstead	Littledown Harriers
Alison	Hardy	UKRunChat Running Club
Carly	Hawkins	Westbourne RC
simon	Hayter	Wimborne AC
Nigel	Haywood	Purbeck Runners
Georgia	Hazell	(n/a)
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)
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)
Laura	Hunt	(n/a)
David	Hunter	Royal Manor Of Portland AC
Mandy	Hunter	Royal Manor Of Portland AC
Amanda	Hurst	Littledown Harriers
Lynn	Hutchings	Dorset Doodlers RC
Sharon	Hutchings	Dorset Doodlers RC
Joe	Irwin	Egdon Heath Harriers
Andrew	Isaac	Littledown Harriers

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Diane	Jack	Wimborne AC
Richard	James	(n/a)
Suzanne	Janes	Littledown Harriers
Sam	Jenkins	Littledown Harriers
Andy	Johns	Poole Runners
Gary	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
Sonia	Laurie	(STC)
Faye	Law	Poole Runners
Alan	Lewis	Poole Runners
stephen	Littlecott	Lytchett Manor Striders
Paul	Lock	Littledown Harriers
Monika	Loud	Sherfield Park Runners
Gail	Lydford	New Forest Runners
Alie	Madders	Dorset Doodlers RC
Alice	Marshall	Littledown Harriers
Jessica	Marshall	Weymouth St Pauls Harriers
Clare	Martin	Purbeck Runners
Lucy	McLellan	Gillingham Trotters
Niamh	McQuillan	Littledown Harriers
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)
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
Philip	Nightingale	Lordshill Road Runners

<u>Forename</u>	<u>Surname</u>	<u>Club</u> (in brackets if unaffiliated to UKA)
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
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)
Dave	Pitcaithley	(n/a)
Female 1	Poole AC	Poole AC
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 R C
Lin	Purandare	(Verwood Runners)
Leona	Puxley	(n/a)
Gill	Rees	(n/a)
Trisha	Reilly	New Forest Runners
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

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Caroline	Searle	Littledown Harriers
Sharon	Shaw	Poole Runners
Joseph	Sherwood	Littledown Harriers
Jerry	Shield	Wimborne AC
Colin	Simpson	Reading AC
Rebecca	Sinkinson	Littledown Harriers
Reuben	Skinner	Poole AC
Harriet	Slade	Bournemouth AC
Estelle	Slatford	Bournemouth AC
Amanda	Smart	Poole AC
Melanie	Smith	Littledown Harriers
Richard	Smith	Littledown Harriers
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
Rebecca	Storrie	(n/a)
Rebecca	Storrie	(n/a)
Cheryl	Struck	Poole AC
Sarah	Swift	Poole Runners
Richard	Swindlehurst	Poole AC
Barry	Telling	Littledown Harriers
Mike	Terry	Littledown Harriers
Lisa	Thomas	Westbourne RC
Dylan	Townley	(Lytchett Manor Striders)
Karen	Townley	Lytchett Manor Striders
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
Charles	Wall	Littledown Harriers
tony	Watts	Wimborne AC
Archie	Weedon	(Lytchett Manor Striders)

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Joanna	Westhead	Poole Runners
Kirsty	Weston	Lytchett Manor Striders
graham	Whiffen	Wimborne AC
Mike	White	Bournemouth AC
Nicola	Whittaker	Littledown Harriers
David	Wild	Wimborne AC
Paul	Wilding	Lytchett Manor Striders
Kelly	Williams	Wimborne AC
Stephen	Williams	Littledown Harriers
Nathaniel	Willmore	Poole Runners
Peter	Wilson	(New Forest Runner)
Jonathan	Woods	Littledown Harriers
Chloe	Woolf	(Lymington Triathlon Club)
Pauline	Worrall	Bournemouth Joggers
Georgina	Worsfold	(n/a)
Sue	Wright	Lytchett Manor Striders