

(changes since last week shown in red)

<u>Forename</u>	<u>Surname</u>	<u>Club</u> (in brackets if unaffiliated to UKA)
Chris	Alborough	Poole AC
Gillian	Allen	Wimborne AC
James	Allen	Poole Runners
Helen	Ambrosen	Bournemouth AC
Matthew	Ames	Egdon Heath Harriers
Kevin	Archer	Weymouth St Pauls Harriers
Josie	Armstrong	Lytchett Manor Striders
Tracy	Ashley	Littledown Harriers
Julia	Austin	(n/a)
Louise	Austin	Littledown Harriers
Jason	Bailey	Lonely Goat RC
Patrick	Bailey	Littledown Harriers
Paula	Barker	Poole Runners
Aaron	Beaton	Westbourne RC
Philip	Benham	(n/a)
Lisa	Bisset	Lytchett Manor Striders
Matthew	Bosanquet	Lytchett Manor Striders
Michael	Bowering	(n/a)
Alan	Broadfield	(n/a)
Andy	Broadfield	(Littledown Harriers)
Flora	Brooke	DORSET DODDLERS RC
Nick	Brooke	DORSET DODDLERS RC
Matt	Brooker	Lytchett Manor Striders
Guy	Burdett	Littledown Harriers
Linda	Burn	Littledown Harriers
Robert	Burns	Lytchett Manor Striders
Zodwa	Chasokela	Purbeck Runners
Philip	Cherrett	Bournemouth AC
David	Child	Westbourne RC
Jason	Christian	Lonely Goat RC
Peter	Clarke	Weymouth St Pauls Harriers
Joanne	Cleall	Poole Runners
Pauline	Cochrane	Lytchett Manor Striders
Katie	Collingwood	Littledown Harriers
Judith	Coole	Westbourne RC
Darryl	Corbin-Jones	Westbourne RC
Karen	Croad	Egdon Heath Harriers
Kerstin	Cummings	Bournemouth Joggers
Paul	Currah	Poole Runners
Charles	Davies	Wimborne AC
James	Davies	Littledown Harriers
Lesley	Davies	Wimborne AC
Richard	Davies	Wimborne AC
Michelle	Dempster	Lytchett Manor Striders
Lee	Dempster	Lytchett Manor Striders

<u>Forename</u>	<u>Surname</u>	<u>Club</u> (in brackets if unaffiliated to UKA)
Jacqui	Devereux	(n/a)
Ian	Diffey	Lytchett Manor Striders
Danielle	Dixon	Littledown Harriers
Esther	Downes	Poole Runners
Debbie	Dowsett	Bournemouth Joggers
Luke	Dowsett	Littledown Harriers
Sarah	Durley-White	Poole AC
Scott	Dutton	Littledown 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
Angie	Feeley	(n/a)
Eve	Filmer	Poole AC
Graham	Filmer	Poole AC
Richard	Flatley	Littledown Harriers
Vince	Fowler	Littledown Harriers
Becky	Froggatt	Littledown Harriers
Helen	Georges	(n/a)
Leila	Gilbertson	(Lytchett Manor Striders)
Mark	Goodwin	Littledown Harriers
Ian	Graham	Bournemouth AC
Teresa	Graham	(n/a)
David	Green	Westbourne RC
Charlie	Griffiths	Westbourne RC
Mitchell	Griffiths	Westbourne RC
Lorna	Haines	Purbeck Runners
Samantha	Halstead	Littledown Harriers
Alison	Hardy	UKRunChat Running Club
Carly	Hawkins	Westbourne RC
Simon	Hayter	Wimborne AC
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
Dale	Holland	Poole Runners
Richard	Holmes	Littledown Harriers
Adrian	Hosking	(n/a)
Martin	Hudson	Littledown Harriers
Kate	Hughes	Lytchett Manor Striders
Steve	Hull	(New Forest Runners)

<u>Forename</u>	<u>Surname</u>	<u>Club</u> (in brackets if unaffiliated to UKA)
Laura	Hunt	(n/a)
David	Hunter	Royal Manor Of Portland AC
Mandy	Hunter	Royal Manor Of Portland AC
Lynn	Hutchings	Dorset Doddlers RC
Sharon	Hutchings	Dorset Doddlers RC
Richard	James	(n/a)
Suzanne	Janes	Littledown Harriers
Sam	Jenkins	Littledown Harriers
Michael	Johnson	(Wimborne AC)
Gary	Johnson	(n/a)
Sue	Johnson	(n/a)
Kelsey	Jones	Lytchett Manor Striders
Kerry	Jones	Sherfield Park Runners
Robert	Jones	Littledown Harriers
Joanne	Kain	Gillingham Trotters
Heather	Khoshnevis	Littledown Harriers
Kathryn	King	(n/a)
Jud	Kirk	Bournemouth AC
Richard	Knott	New Forest Runners
Faye	Law	Poole Runners
Stephen	Littlecott	Lytchett Manor Striders
Paul	Lock	Littledown Harriers
Monika	Loud	Sherfield Park Runners
Gail	Lydford	New Forest Runners
Alie	Madders	Dorset Doddlers RC
Alice	Marshall	Littledown Harriers
Jessica	Marshall	Weymouth St Pauls Harriers
Lucy	McLellan	Gillingham Trotters
Audrey	McWilliams	Lytchett Manor Striders
Tamsin	Miles	Lytchett Manor Striders
Darrell	Minvalla	Westbourne RC
Sophie	Mitchell	(n/a)
Simon	Moore	Lytchett Manor Striders
Scott	Mordew	Lytchett Manor Striders
Barbara	Murray	(n/a)
Hamish	Murray	(n/a)
Lewis	Mutton	Storm Plymouth
Philip	Nightingale	Lordshill Road Runners
Bill	Oakley	Lytchett Manor Striders
Emily	Oakley	(n/a)
Marian	Oates	(New Forest Runners)
Susan	O'Flanagan	Weymouth St Pauls Harriers
Mark	Packer	Littledown Harriers
David	Parker	Littledown Harriers
Ken	Parradine	Littledown Harriers
Geoff	Parrott	Westbourne RC

<u>Forename</u>	<u>Surname</u>	<u>Club</u> (in brackets if unaffiliated to UKA)
Steve	Parsons	Bournemouth AC
Josephine	Peasland	100 Marathon Club
Charles	Penfold	(Littledown Harriers)
Tamzin	Petersen	Bournemouth AC
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
Leona	Puxley	(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
Dougie	Scarfe	Lytchett Manor Striders
Judith	Scarfe	Lytchett Manor Striders
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
Melanie	Smith	Littledown Harriers
Simon	Smith	(n/a)
Stuart	Smith	Littledown Harriers
Tabitha	Smith	Littledown Harriers
Rachel	Smith-Harrison	Littledown Harriers
Colin	Somers	Poole Runners
Mike	Southwell	New Forest Runners
Amy	Spreadbury	Littledown Harriers
Caroline	Stanzel	Poole Runners
Alexandra	Stevens	Littledown Harriers
Brett	Stevens	Poole AC
Maggie	Stokes	Westbourne RC
Rebecca	Storrie	(n/a)

<u>Forename</u>	<u>Surname</u>	<u>Club</u> (in brackets if unaffiliated to UKA)
Sarah	Swift	Poole Runners
Richard	Swindlehurst	Poole AC
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)
Kevin	Trowbridge	Westbourne RC
Simon	Trueick	(n/a)
Steve	Vincent	Lytchett Manor Striders
Charles	Wall	Littledown Harriers
Tony	Watts	Wimborne AC
Archie	Weedon	Lytchett Manor Striders
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
Jonathan	Woods	Littledown Harriers
Pauline	Worrall	Bournemouth Joggers
Georgina	Worsfold	(n/a)
Sue	Wright	Lytchett Manor Striders