

## **Southbourne Fast & Flat 10K**

Sunday 13 March 2011. 11:00 am

### **Results for All Competitors in finish order.**

<i>Position</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Age Category</i>	<i>min/Km</i>	<i>Race no.</i>	<i>Position</i>
1	00:31:37	SHRUBB, Nathan	Morpeth Harriers	Senior Men	03:09.7	27	1
2	00:32:40	CHAMBERS, Andrew	Bristol and West	Senior Men	03:16.0	1006	2
3	00:32:56	CIELUSZECKI, Jacek		Senior Men	03:17.6	252	3
4	00:35:52	GRIST, Mike		Vet 40 Men	03:35.2	95	4
5	00:36:22	JAMES, Jason	Burgess Hill Runners	Senior Men	03:38.2	257	5
6	00:36:25	HIGHAM, Hayley	WSEH	Senior Ladies	03:38.5	223	6
7	00:37:19	JONES, Huw		Vet 40 Men	03:43.9	275	7
8	00:37:20	THOMSON, Tina		Senior Ladies	03:44.0	5	8
9	00:37:24	UNKNOWN, Runner			03:44.4	999	9
10	00:37:26	WHITE, Danny	Portsmouth University	Senior Men	03:44.6	258	10
11	00:38:09	HORSEMAN, Rory	University of Winchester	Senior Men	03:48.9	209	11
12	00:38:10	JEKABSONS, Andris		Senior Men	03:49.0	198	12
13	00:38:29	CAPPS, Peter		Senior Men	03:50.9	387	13
14	00:38:48	MURRAY, Hamish	Purbeck Runners	Vet 50 Men	03:52.8	200	14
15	00:38:56	TOAL, Peter		Senior Men	03:53.6	370	15
16	00:39:02	LOCKYER, Derek		Vet 40 Men	03:54.2	249	16
17	00:39:03	BALISTRARI, Marc	Romsey Road Runners	Senior Men	03:54.3	298	17
18	00:39:10	GRIFFITHS, Mitchell		Senior Men	03:55.0	280	18
19	00:39:12	KIRK, Jud	Bournemouth AC	Vet 50 Men	03:55.2	104	19
20	00:39:22	STONE, Stuart	Littledown Harriers	Vet 40 Men	03:56.2	292	20
21	00:39:22	FRAMPTON, Brian	Totton R C	Vet 50 Men	03:56.2	272	21
22	00:39:31	HANNAFORD, Andrew	Poole Runners	Senior Men	03:57.1	230	22
23	00:39:45	SKINNER, Reuben	Poole AC	Vet 40 Men	03:58.5	394	23
24	00:39:45	CARPENTER, Angela	Chichester Runners	Vet 50 Ladies	03:58.5	39	24
25	00:40:09	BENJAMIN, Peter	Edgon Heath Harriers	Vet 50 Men	04:00.9	77	25
26	00:40:11	THOMAS, Adam	University of Winchester	Senior Men	04:01.1	226	26
27	00:40:14	GRIFFITHS, Charlie		Vet 40 Men	04:01.4	79	27
28	00:40:37	WOOD, Tim	Bracknell Forest Runners	Senior Men	04:03.7	234	28
29	00:40:52	EDGE, Thomas		Senior Men	04:05.2	278	29
30	00:40:54	POIRRETTE, Jonathan		Vet 40 Men	04:05.4	159	30
31	00:40:56	READING, Jon		Senior Men	04:05.6	264	31
32	00:40:57	TURK, Glyn		Senior Men	04:05.7	287	32
33	00:41:08	WRIGHT, Joy		Senior Ladies	04:06.8	283	33
34	00:41:18	STOCKLEY, Ben		Senior Men	04:07.8	228	34
35	00:41:23	WARD, Jon		Senior Men	04:08.3	375	35
36	00:41:26	HEARN, Simon	Bournemouth AC	Vet 40 Men	04:08.6	50	36
37	00:41:27	OWEN, Dave		Vet 40 Men	04:08.7	45	37
38	00:41:42	COULL, Gordon		Senior Men	04:10.2	246	38
39	00:41:52	RICHARDSON, Paul		Senior Men	04:11.2	299	39
40	00:41:58	HIGHAM, Jamie		Senior Men	04:11.8	224	40
41	00:42:02	INGLE, Neil	Littledown Harriers	Vet 40 Men	04:12.2	87	41
42	00:42:16	DEAN, Jason		Senior Men	04:13.6	172	42
43	00:42:20	HANKS, David		Vet 50 Men	04:14.0	81	43
44	00:42:27	STOUT, Guy		Senior Men	04:14.7	405	44
45	00:42:28	WILLIAMS, Joanna	Bracknell Forest Runners	Senior Ladies	04:14.8	235	45
46	00:42:29	ROBINSON, Michael		Vet 50 Men	04:14.9	49	46
47	00:42:36	GIBSON, Darrell		Senior Men	04:15.6	256	47
48	00:42:42	PHILLIPS, Kevin		Senior Men	04:16.2	182	48
49	00:43:12	PRICE, Joe	Bournemouth AC	Senior Men	04:19.2	259	49
50	00:43:18	UNKNOWN, Runner			04:19.8	999	50
51	00:43:20	POVEY, Daniel		Senior Men	04:20.0	383	51

## **Southbourne Fast & Flat 10K**

Sunday 13 March 2011. 11:00 am

### **Results for All Competitors in finish order.**

<i>Position</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Age Category</i>	<i>min/Km</i>	<i>Race no.</i>	<i>Position</i>
52	00:43:20	PYM, Jonathan		Vet 40 Men	04:20.0	1004	52
53	00:43:21	MCGREEVY, Billy		Senior Men	04:20.1	214	53
54	00:43:26	MARTIN, Caroline	Littledown Harriers	Senior Ladies	04:20.6	1	54
55	00:43:40	TUBBS, Jason		Vet 40 Men	04:22.0	101	55
56	00:43:48	WHITE, Colin		Vet 40 Men	04:22.8	55	56
57	00:43:56	WILES, Stephen		Senior Men	04:23.6	295	57
58	00:44:03	HUMPHERSON, Roy		Vet 50 Men	04:24.3	93	58
59	00:44:05	TUCKER, Mark		Senior Men	04:24.5	204	59
60	00:44:19	SMALL, David		Vet 40 Men	04:25.9	415	60
61	00:44:25	TAYLOR, Anthony		Vet 50 Men	04:26.5	89	61
62	00:44:30	HELLYER, Patrick		Senior Men	04:27.0	389	62
63	00:44:33	LOYD, Jim		Vet 40 Men	04:27.3	362	63
64	00:44:45	PATTERSON, Andy		Vet 40 Men	04:28.5	71	64
65	00:44:47	WEBB, Craig		Senior Men	04:28.7	103	65
66	00:44:54	NEATHEY, Jon		Senior Men	04:29.4	222	66
67	00:45:00	GILL, Nick		Senior Men	04:30.0	313	67
68	00:45:10	GRZYWINA, Zygmunt		Vet 50 Men	04:31.0	22	68
69	00:45:10	LOCKYER, John		Vet 50 Men	04:31.0	381	69
70	00:45:16	MORETON, Steve		Vet 50 Men	04:31.6	59	70
71	00:45:18	ROOK, Tim		Senior Men	04:31.8	343	71
72	00:45:19	WEBSTER, Tim		Senior Men	04:31.9	294	72
73	00:45:30	WHEELER, Adam		Vet 50 Men	04:33.0	281	73
74	00:45:39	ROUSAY, Esther		Senior Ladies	04:33.9	402	74
75	00:45:41	SOLOMON, Nick	Wimborne AC	Vet 50 Men	04:34.1	67	75
76	00:45:49	PARSONS, David	Bournemouth AC	Vet 50 Men	04:34.9	271	76
77	00:45:51	JOHNSON, Matt		Senior Men	04:35.1	3	77
78	00:45:52	JONES, Emma	Poole AC	Senior Ladies	04:35.2	15	78
79	00:45:53	BRUNT, Luke		Senior Men	04:35.3	216	79
80	00:45:54	MUNRO, Richie		Vet 50 Men	04:35.4	400	80
81	00:45:54	O'BRIEN, Chris		Senior Men	04:35.4	335	81
82	00:45:57	DAWSON, Mark	Poole AC	Vet 40 Men	04:35.7	57	82
83	00:45:58	MCMANUS, Andrew	Lytchett Manor Striders	Vet 40 Men	04:35.8	408	83
84	00:45:58	KIRK, Nigel		Senior Men	04:35.8	17	84
85	00:45:58	THORNE, Kevin		Senior Men	04:35.8	195	85
86	00:46:04	MCCALLION, Jimmy		Senior Men	04:36.4	84	86
87	00:46:04	STODDART, Barry		Senior Men	04:36.4	85	87
88	00:46:04	GOWAN, Simon		Senior Men	04:36.4	83	88
89	00:46:04	UNKNOWN, Runner			04:36.4	999	89
90	00:46:12	RABY, Chris		Vet 50 Men	04:37.2	395	90
91	00:46:20	MURPHY-SULLIVAN, Stephen		Vet 40 Men	04:38.0	51	91
92	00:46:21	HASKETT, Lee		Senior Men	04:38.1	380	92
93	00:46:28	SNELGROVE, Andrew		Vet 40 Men	04:38.8	324	93
94	00:46:38	MCPMAHON, Stuart		Senior Men	04:39.8	307	94
95	00:46:39	BOVILL, Rick		Vet 50 Men	04:39.9	251	95
96	00:46:43	MURRAY, Robert	Purbeck Runners	Senior Men	04:40.3	203	96
97	00:46:44	RYAN, Carmel	Littledown Harriers	Vet 40 Ladies	04:40.4	397	97
98	00:46:55	MEAGER, Colin	Dorset Police	Senior Men	04:41.5	30	98
99	00:47:00	ANDERSON, Robert		Senior Men	04:42.0	341	99
100	00:47:15	CASTAGA, Meline		Vet 40 Ladies	04:43.5	2	100
101	00:47:26	HUTTON, Angela	Bournemouth Joggers	Vet 40 Ladies	04:44.6	293	101
102	00:47:27	HART, Paul		Vet 40 Men	04:44.7	233	102

## **Southbourne Fast & Flat 10K**

Sunday 13 March 2011. 11:00 am

### **Results for All Competitors in finish order.**

<i>Position</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Age Category</i>	<i>min/Km</i>	<i>Race no.</i>	<i>Position</i>
103	00:47:31	HIGGINS, Adrian		Vet 40 Men	04:45.1	185	103
104	00:47:35	BOONTAM, Steven		Vet 50 Men	04:45.5	44	104
105	00:47:44	CONWAY, Sean		Vet 40 Men	04:46.4	390	105
106	00:47:46	OLIVER, Noel		Vet 40 Men	04:46.6	219	106
107	00:47:55	CHORLTON, Gordon	Royal Manor of Portland	Vet 50 Men	04:47.5	386	107
108	00:47:57	BALLARD, Andrew		Vet 40 Men	04:47.7	376	108
109	00:48:01	LARAMAN, Caroline		Senior Ladies	04:48.1	244	109
110	00:48:02	CLARKE, Dale	Christchurch Runners	Vet 40 Men	04:48.2	47	110
111	00:48:05	NOBLE, Ian		Vet 50 Men	04:48.5	119	111
112	00:48:07	LENNAGHAN, Michelle		Senior Ladies	04:48.7	274	112
113	00:48:08	EVANS, Malcolm		Senior Men	04:48.8	306	113
114	00:48:15	GRANT, Warren	Littledown Harriers	Vet 40 Men	04:49.5	241	114
115	00:48:28	STEPHENSON, Robyn		Senior Ladies	04:50.8	196	115
116	00:48:31	TUCKER, Michael			04:51.1	205	116
117	00:48:32	BALCHIN, Nick		Senior Men	04:51.2	100	117
118	00:48:36	BOULTON, John	Frome Running Club	Vet 50 Men	04:51.6	167	118
119	00:48:49	CLIFTON, Paul		Vet 50 Men	04:52.9	379	119
120	00:48:52	HANKS, Ally	Bournemouth Joggers	Vet 40 Ladies	04:53.2	82	120
121	00:48:55	TINGAY, Brian		Vet 40 Men	04:53.5	72	121
122	00:48:58	DITUM, Caroline	Spa Striders	Senior Ladies	04:53.8	393	122
123	00:48:59	FRANCIS, Daniel		Vet 40 Men	04:53.9	11	123
124	00:49:00	BELINGER, John		Vet 50 Men	04:54.0	86	124
125	00:49:03	UNKNOWN, Runner			04:54.3	999	125
126	00:49:06	HOLE, Sarah	Littledown Harriers	Vet 40 Ladies	04:54.6	90	126
127	00:49:08	WEST, Steve	Christchurch Runners	Vet 40 Men	04:54.8	33	127
128	00:49:10	GRIFFIN, Russell		Senior Men	04:55.0	105	128
129	00:49:13	BENNET, Jessica		Senior Ladies	04:55.3	340	129
130	00:49:16	FRASER, Paul		Senior Men	04:55.6	243	130
131	00:49:22	KIRBY, Paul		Senior Men	04:56.2	74	131
132	00:49:27	PETTITT, Brian	Christchurch Runners	Vet 40 Men	04:56.7	28	132
133	00:49:28	MUNRO, Graeme		Vet 40 Men	04:56.8	377	133
134	00:49:28	BUTLER, Kevin		Senior Men	04:56.8	1007	134
135	00:49:31	BRICKELL, Simon		Vet 40 Men	04:57.1	261	135
136	00:49:33	HEWSON, Sandra		Vet 40 Ladies	04:57.3	53	136
137	00:49:35	AKERS, Patrick		Vet 50 Men	04:57.5	331	137
138	00:49:37	FALINSKI, Adrian		Senior Men	04:57.7	248	138
139	00:49:40	HOLE, Charlie		Junior boys	04:58.0	91	139
140	00:49:48	HEDWORTH, Gregory		Senior Men	04:58.8	1002	140
141	00:49:49	TURNER, Catrin		Senior Ladies	04:58.9	364	141
142	00:49:50	PEARSON, Ian		Senior Men	04:59.0	42	142
143	00:49:51	ASH, Dawn		Vet 40 Ladies	04:59.1	88	143
144	00:49:52	MANT, Gary		Senior Men	04:59.2	161	144
145	00:49:56	FROGGATT, Becky		Senior Ladies	04:59.6	403	145
146	00:49:58	SUTTON, Neil		Senior Men	04:59.8	416	146
147	00:49:59	MARSTRAND, Lucy		Senior Ladies	04:59.9	18	147
148	00:50:01	MOORE, Robert		Vet 40 Men	05:00.1	392	148
149	00:50:02	EATON, Mark		Senior Men	05:00.2	62	149
150	00:50:04	THOMAS,	Purbeck Runners	Vet 50 Men	05:00.4	250	150
151	00:50:08	TOWNSEND, Adam		Senior Men	05:00.8	267	151
152	00:50:09	TAYLOR, James	Dorset Police	Senior Men	05:00.9	242	152
153	00:50:17	DRAPER, Mike		Vet 40 Men	05:01.7	40	153

## **Southbourne Fast & Flat 10K**

Sunday 13 March 2011. 11:00 am

### **Results for All Competitors in finish order.**

<i>Position</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Age Category</i>	<i>min/Km</i>	<i>Race no.</i>	<i>Position</i>
154	00:50:19	JONES, Neil		Vet 40 Men	05:01.9	31	154
155	00:50:20	BUCKNAN, Jamie		Senior Men	05:02.0	296	155
156	00:50:20	ERRINGTON, Fiona		Vet 40 Ladies	05:02.0	418	156
157	00:50:30	TROKE, Richard		Vet 40 Men	05:03.0	96	157
158	00:50:38	WEST, Clare		Vet 40 Ladies	05:03.8	19	158
159	00:50:38	CLARK, Jason		Senior Men	05:03.8	20	159
160	00:50:43	JEANES, Ann		Vet 50 Ladies	05:04.3	310	160
161	00:50:48	POPE, Jason		Senior Men	05:04.8	350	161
162	00:50:52	EDGE, Brian		Vet 50 Men	05:05.2	266	162
163	00:51:04	MURRAY, Barbara	Purbeck Runners	Vet 50 Ladies	05:06.4	201	163
164	00:51:06	BURT, Dean		Senior Men	05:06.6	168	164
165	00:51:16	PATRICKSON, Anna		Senior Ladies	05:07.6	336	165
166	00:51:22	DICKS, Michael		Senior Men	05:08.2	348	166
167	00:51:23	FREESE, Hugh		Senior Men	05:08.3	277	167
168	00:51:25	DAOBRY, Eiena		Senior Ladies	05:08.5	263	168
169	00:51:26	PRICE, Louise		Vet 40 Ladies	05:08.6	409	169
170	00:51:27	LIESNHAM, Stewart		Vet 40 Men	05:08.7	197	170
171	00:51:28	BRIGHT, Warren	Westbourne RC	Senior Men	05:08.8	290	171
172	00:51:35	LEDGER, Tamsin		Senior Ladies	05:09.5	413	172
173	00:51:56	JONES, Doug	Poole AC	Vet 50 Men	05:11.6	16	173
174	00:51:58	STOKES, Glenn		Vet 40 Men	05:11.8	1009	174
175	00:51:59	SAUNDERS, Ian		Senior Men	05:11.9	52	175
176	00:51:59	MORISON, Karen		Senior Ladies	05:11.9	347	176
177	00:52:00	FOX, Steve		Vet 40 Men	05:12.0	363	177
178	00:52:22	HAWKSWORTH, Andy		Senior Men	05:14.2	419	178
179	00:52:29	INKPEN, Shaun		Senior Men	05:14.9	99	179
180	00:52:33	SNELLGROVE, Vanessa		Vet 40 Ladies	05:15.3	323	180
181	00:52:34	WILLIAMSON, Steven		Vet 40 Men	05:15.4	314	181
182	00:52:47	PARDY, Nikki		Vet 40 Ladies	05:16.7	1003	182
183	00:52:48	COPLEY, Matt		Vet 40 Men	05:16.8	54	183
184	00:52:51	BLACK, Ken		Vet 40 Men	05:17.1	240	184
185	00:52:52	COWNIE, Fiona		Vet 40 Ladies	05:17.2	118	185
186	00:52:54	MAPARURA, Kuda		Senior Men	05:17.4	399	186
187	00:53:07	TARJANYI, Jimmy		Vet 40 Men	05:18.7	330	187
188	00:53:24	BOWNESS-SMITH, Rebecca		Senior Ladies	05:20.4	199	188
189	00:53:26	SHEPHEARD, Amanda	Bournemouth Joggers	Vet 40 Ladies	05:20.6	288	189
190	00:53:29	MORRIS, Alex		Vet 40 Men	05:20.9	388	190
191	00:53:32	COOPER, Roger	Lytchett Manor Striders	Vet 50 Men	05:21.2	78	191
192	00:53:35	WHITNEY, Alison		Vet 40 Ladies	05:21.5	46	192
193	00:53:37	BALLETT, Sian	Lytchett Manor Striders	Senior Ladies	05:21.7	102	193
194	00:53:41	PEEK, Louise		Vet 40 Ladies	05:22.1	114	194
195	00:53:44	PATEMAN, Amanda		Vet 40 Ladies	05:22.4	180	195
196	00:53:45	SKUSE, Steve		Vet 50 Men	05:22.5	302	196
197	00:53:53	PHILLIPS, Suzanne		Senior Ladies	05:23.3	308	197
198	00:53:54	MEYRICK, Kathrin		Vet 40 Ladies	05:23.4	160	198
199	00:53:55	STEPHENSON, Bob		Vet 40 Men	05:23.5	117	199
200	00:53:59	HABGOOD, Stephen		Vet 40 Men	05:23.9	398	200
201	00:54:00	WINDERAM, John		Vet 50 Men	05:24.0	351	201
202	00:54:03	HARDING, William	Hillingdon AC	Vet 50 Men	05:24.3	69	202
203	00:54:06	BRUNT, Robert		Vet 50 Men	05:24.6	215	203
204	00:54:07	BROCKSOM, Sean		Senior Men	05:24.7	70	204

## **Southbourne Fast & Flat 10K**

Sunday 13 March 2011. 11:00 am

### **Results for All Competitors in finish order.**

<i>Position</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Age Category</i>	<i>min/Km</i>	<i>Race no.</i>	<i>Position</i>
205	00:54:08	OBORN, Robert		Senior Men	05:24.8	68	205
206	00:54:08	HEPPLE, Jason		Vet 40 Men	05:24.8	58	206
207	00:54:20	HOYLE, Stephen		Senior Men	05:26.0	276	207
208	00:54:22	BOULTON, Zoe	Frome Running Club	Senior Ladies	05:26.2	166	208
209	00:54:23	MILLS, Nigel		Vet 40 Men	05:26.3	237	209
210	00:54:29	MILLS, Sandra		Senior Ladies	05:26.9	238	210
211	00:54:30	GYLLENSWARD, Helena		Senior Ladies	05:27.0	353	211
212	00:54:38	MAY, Sureya		Vet 40 Ladies	05:27.8	221	212
213	00:54:38	ENGLISH, Sarah		Senior Ladies	05:27.8	107	213
214	00:54:42	TREWEEK, Bev	Lytchett Manor Striders	Senior Ladies	05:28.2	217	214
215	00:54:44	BOWDEN, Adrian		Senior Men	05:28.4	66	215
216	00:54:45	THOMSON, Nathan		Senior Men	05:28.5	24	216
217	00:54:48	MUNRO, Ellie		Vet 50 Ladies	05:28.8	401	217
218	00:54:48	PADFIELD, Clare		Senior Ladies	05:28.8	98	218
219	00:54:49	PHILLIPS, Hollie		Senior Ladies	05:28.9	63	219
220	00:54:56	JOYCE, Andrew		Vet 50 Men	05:29.6	412	220
221	00:54:57	SNELL, Amanda		Vet 40 Ladies	05:29.7	404	221
222	00:54:59	LOCK, Graham		Vet 40 Men	05:29.9	38	222
223	00:55:00	STRAMROOD, Carolyn	Littledown Harriers	Vet 40 Ladies	05:30.0	279	223
224	00:55:05	CLARK, Kelly		Senior Ladies	05:30.5	338	224
225	00:55:13	FOX, Angela		Vet 40 Ladies	05:31.3	327	225
226	00:55:14	TOWNSEND, Alan		Vet 50 Men	05:31.4	268	226
227	00:55:18	BUCKMASTER, Paula		Senior Ladies	05:31.8	194	227
228	00:55:24	GARDNER, Katherine		Senior Ladies	05:32.4	300	228
229	00:55:30	BOON, Amanda		Senior Ladies	05:33.0	414	229
230	00:55:30	NORMAN, Jon		Senior Men	05:33.0	176	230
231	00:55:32	DAVIS, Jackie		Vet 40 Ladies	05:33.2	232	231
232	00:55:36	RIPPON, David		Vet 50 Men	05:33.6	407	232
233	00:55:40	WOODS, Helen		Vet 40 Ladies	05:34.0	94	233
234	00:55:42	YOUNG, Helen	Hardley Runners	Senior Ladies	05:34.2	385	234
235	00:55:42	WHITE, Lorraine		Vet 40 Ladies	05:34.2	56	235
236	00:55:43	BOONTAM, Julie		Vet 40 Ladies	05:34.3	43	236
237	00:56:12	VERNEY, Louise		Senior Ladies	05:37.2	73	237
238	01:56:13	THOMSON, Paul		Senior Men	11:37.3	6	238
239	00:56:22	WOOLLACOTT, Michele		Senior Ladies	05:38.2	181	239
240	00:56:23	RICHMAN, Kevin		Vet 40 Men	05:38.3	187	240
241	00:56:43	OAKLEY, Neil		Senior Men	05:40.3	236	241
242	00:56:49	MASSIE, Julie	Littledown Harriers	Vet 40 Ladies	05:40.9	109	242
243	00:56:53	DAY, Linda		Vet 40 Ladies	05:41.3	206	243
244	00:56:58	BUCKMAN, Caroline		Senior Ladies	05:41.8	297	244
245	00:56:59	COLLYER, Wendy		Senior Ladies	05:41.9	396	245
246	00:57:00	KING, Catherine		Vet 40 Ladies	05:42.0	173	246
247	00:57:14	SMITH, Deborah		Senior Ladies	05:43.4	406	247
248	00:57:22	RYE, Jacqueline		Vet 50 Ladies	05:44.2	367	248
249	00:57:23	PRICE, Will	Bournemouth AC	Vet 50 Men	05:44.3	260	249
250	00:57:23	LIGHT, Peter		Vet 40 Men	05:44.3	13	250
251	00:57:38	MORGAN, Carol	South West Vets AC	Vet 50 Ladies	05:45.8	25	251
252	00:57:38	CHALK, Ian	Southampton AC	Vet 40 Men	05:45.8	26	252
253	00:57:44	WAITE, Philip		Vet 50 Men	05:46.4	366	253
254	00:57:45	TURNER, Richard		Senior Men	05:46.5	365	254
255	00:57:47	HARRIS, Amanda	Womens Running Network	Senior Ladies	05:46.7	262	255

## **Southbourne Fast & Flat 10K**

Sunday 13 March 2011. 11:00 am

### **Results for All Competitors in finish order.**

<i>Position</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Age Category</i>	<i>min/Km</i>	<i>Race no.</i>	<i>Position</i>
256	00:57:48	JENNINGS, Mark		Vet 40 Men	05:46.8	1008	256
257	00:58:02	EWART, Liz		Senior Ladies	05:48.2	273	257
258	00:58:08	WEST, Tina		Vet 50 Ladies	05:48.8	34	258
259	00:58:19	EDGE, Jude		Vet 40 Ladies	05:49.9	265	259
260	00:58:19	SPENCER, Robert	Stubbington Green Runners	Vet 50 Men	05:49.9	60	260
261	00:58:44	LEGG, Fiona		Vet 40 Ladies	05:52.4	411	261
262	00:58:52	POPE, Alison		Senior Ladies	05:53.2	179	262
263	00:58:52	HEWITT, Caroline		Vet 40 Ladies	05:53.2	12	263
264	00:58:55	WALKER, Kate		Senior Ladies	05:53.5	319	264
265	00:58:55	HARTLEY, Tom		Senior Men	05:53.5	371	265
266	00:59:00	NIPPARD, Michael		Vet 50 Men	05:54.0	239	266
267	00:59:00	HAMM, Julie		Vet 40 Ladies	05:54.0	227	267
268	00:59:05	MOSS, Karen		Vet 40 Ladies	05:54.5	112	268
269	00:59:17	CUGLIETTA, Karyn		Vet 40 Ladies	05:55.7	4	269
270	00:59:46	STOKES, Karen		Vet 40 Ladies	05:58.6	1010	270
271	00:59:49	FLURRY, Barbara		Vet 50 Ladies	05:58.9	286	271
272	00:59:53	PARKER, Samantha		Senior Ladies	05:59.3	1001	272
273	00:59:58	SLADE, James		Senior Men	05:59.8	170	273
274	01:00:06	HALLOWES, Jason		Vet 40 Men	06:00.6	169	274
275	01:00:11	BAKER, Richard		Senior Men	06:01.1	346	275
276	01:00:20	HOLROYD, Tina		Vet 40 Ladies	06:02.0	37	276
277	01:00:27	WEST, Danielle		Senior Ladies	06:02.7	157	277
278	01:00:30	AILANO, Agnetha		Senior Ladies	06:03.0	213	278
279	01:00:44	BARNES, Jenny		Vet 50 Ladies	06:04.4	269	279
280	01:00:44	BARNES, Roy		Vet 50 Men	06:04.4	270	280
281	01:00:46	CHARMAN, Ian		Senior Men	06:04.6	110	281
282	01:00:46	COBB, Becky		Senior Ladies	06:04.6	111	282
283	01:00:51	LOWE, Dayna		Senior Ladies	06:05.1	322	283
284	01:00:56	CHAMBERLAIN, Sarah		Senior Ladies	06:05.6	321	284
285	01:00:59	GORMLEY, Michelle		Vet 40 Ladies	06:05.9	115	285
286	01:01:00	CHEGWYN, Zoe		Vet 40 Ladies	06:06.0	174	286
287	01:01:07	ELKINS, Sandie		Senior Ladies	06:06.7	116	287
288	01:01:11	COSTELLO, Vivienne		Vet 40 Ladies	06:07.1	410	288
289	01:01:18	MILLS, Lisa		Vet 40 Ladies	06:07.8	1005	289
290	01:01:33	KHAN, Rachel	Horsham Joggers	Senior Ladies	06:09.3	245	290
291	01:01:48	MORPHEW, Jo		Senior Ladies	06:10.8	48	291
292	01:01:59	MCKAY, Helen		Senior Ladies	06:11.9	342	292
293	01:02:03	FERGUSON, Sarah		Vet 40 Ladies	06:12.3	359	293
294	01:02:37	STILES, Gary		Vet 40 Men	06:15.7	253	294
295	01:02:43	MEAGER, Ellen		Senior Ladies	06:16.3	29	295
296	01:02:43	JONES, Angela		Senior Ladies	06:16.3	220	296
297	01:03:18	LENTON, Sophie		Senior Ladies	06:19.8	368	297
298	01:03:18	HEYWOOD, Dave		Senior Men	06:19.8	369	298
299	01:03:22	JOHNSTON, Robert		Vet 50 Men	06:20.2	417	299
300	01:03:25	WHITE, Martine		Vet 40 Ladies	06:20.5	164	300
301	01:03:49	BLAKE, Ruth	Womens Running Network	Vet 40 Ladies	06:22.9	254	301
302	01:04:10	CRONSHAW, Pete		Senior Men	06:25.0	247	302
303	01:04:13	NEWMAN, Sarah		Senior Ladies	06:25.3	320	303
304	01:04:24	JENNINGS, Alan		Senior Men	06:26.4	361	304
305	01:04:44	DRAPER, Emma		Senior Ladies	06:28.4	41	305
306	01:04:49	LINDON, Jackie	Run Britian	Senior Ladies	06:28.9	163	306

## **Southbourne Fast & Flat 10K**

Sunday 13 March 2011. 11:00 am

### **Results for All Competitors in finish order.**

<i>Position</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Age Category</i>	<i>min/Km</i>	<i>Race no.</i>	<i>Position</i>
307	01:04:50	COBB, Alison		Vet 40 Ladies	06:29.0	289	307
308	01:05:10	COTTRELL, Hannah		Senior Ladies	06:31.0	360	308
309	01:05:10	DARCH, Lee		Senior Men	06:31.0	291	309
310	01:05:13	RICKETTS, Emma		Senior Ladies	06:31.3	345	310
311	01:05:22	WILLIAMSON, Catherine		Vet 40 Ladies	06:32.2	315	311
312	01:05:53	WOOLFENDEN, Ryan		Senior Men	06:35.3	171	312
313	01:06:11	NICOL, Jacqueline		Vet 50 Ladies	06:37.1	23	313
314	01:06:45	DAWSON, Amy		Senior Ladies	06:40.5	344	314
315	01:06:45	LUND, David	Wimborne AC	Vet 50 Men	06:40.5	282	315
316	01:07:22	TAKHAR, Jitinder		Vet 40 Ladies	06:44.2	301	316
317	01:07:30	HYDE, Jenni	Womens Running Network	Vet 40 Ladies	06:45.0	255	317
318	01:09:43	STEPHENS, Samantha		Senior Ladies	06:58.3	384	318
319	01:10:22	GOSNOLD, Georgina		Vet 50 Ladies	07:02.2	382	319
320	01:11:13	BERRY, Jackie		Vet 50 Ladies	07:07.3	284	320
321	01:11:28	CLARK, Debbie		Vet 40 Ladies	07:08.8	155	321
322	01:13:25	CUMMINGS, Charlotte		Senior Ladies	07:20.5	312	322
323	01:13:25	CUMMING, Kate		Senior Ladies	07:20.5	311	323
324	01:21:07	ROBERTSON, Ann		Vet 50 Ladies	08:06.7	92	324
325	01:21:39	MORRIS, Karen		Vet 40 Ladies	08:09.9	154	325