

**BMAF 10 MILE CHAMPIONSHIP 2009**  
**Portland 11 October 2009**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Team</b>	<b>Age Group</b>	<b>Race No</b>
1	0:54:54	WAY, Steven	Bournemouth AC	M35-M39	77
2	0:58:09	HAGER, Michael	Tipton Harriers	M55-M59	74
3	0:58:32	ROWE, Alex	Wesham RR	M50-M54	5
4	0:59:02	SHAPLAND, John	north Devon AA	M55-M59	14
5	0:59:07	THOMPSON, Peter	Nene Valley Harriers	M50-M54	37
6	0:59:19	PITTAWAY, Mark	RM Portland AC	M45-M49	94
7	1:00:05	GARDNER, Brian	Swindon Harriers	M50-M54	65
8	1:00:10	OWEN, Stanley	Nene Valley Harriers	M55-M59	68
9	1:01:22	AUNGER, Ian	Nene Valley Harriers	M45-M49	19
10	1:01:27	PENWARDEN, David	Poole Runners	M35-M39	104
11	1:02:26	WHITE, Ian	Bournemouth AC	M35-M39	28
12	1:02:56	MICHAEL, Desmond	Barnet & District	M55-M59	78
13	1:03:13	MOORE, Jenny	Wells City Harriers	W45-W49	46
14	1:03:31	BRITAIN, Richard	Tipton Harriers	M40-M44	59
15	1:03:36	STAINER, Ray	Tipton Harriers	M50-M54	60
16	1:03:41	KENCHINGTON, Nicholas	Bournemouth AC	M45-M49	101
17	1:03:52	BRISCO, Douglas	Andover AC	M55-M59	97
18	1:04:17	LUKE, Anne	Tamer Totlters	W50-W54	48
19	1:04:29	HUNT, Simon	Bournemouth AC	M55-M59	72
20	1:04:34	GALLAGHER, Kirsty	Wootton Road Runners	W35-W39	62
21	1:05:15	YOUNG, Peter	Ryde Harriers	M60-M64	64
22	1:05:41	BARNSDALE, Michael	Nene Valley Harriers	M50-M54	71
23	1:05:52	MILLER, Graeme	Bournemouth AC	M35-M39	113
24	1:06:19	JONES, Gareth	Oxford City AC	M60-M64	112
25	1:06:26	BEST, Mike	Poole Runners	M50-M54	33
26	1:06:30	JOHNS, Arthur	Poole Runners	M60-M64	3
27	1:07:02	ULLIOTT, Tom	Brighton & Hove	M50-M54	16
28	1:07:10	FORD, Martin	Cheltenham Harriers	M65-M69	92
29	1:07:44	JOHNS, Nigel	RM Portland AC	M50-M54	95
30	1:07:47	KELLY, Michael	RM Portland AC	M50-M54	21

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Team</b>	<b>Age Group</b>	<b>Race No</b>
31	1:07:53	THOMAS, Christine	Poole Runners	W45-W49	29
32	1:08:01	COPSON, Angela	Rugby & Northampton	W60-W64	20
33	1:08:21	ULLIOTT, Cathy	Brighton & Hove	W45-W49	17
34	1:08:56	KING, David	SWVAC	M55-M59	55
35	1:09:45	GRAHAM, Ian	Bournemouth AC	M60-M64	93
36	1:09:48	BENJAMIN, Peter	Egdon Heath Harriers	M50-M54	63
37	1:09:58	WHITAKER, Lynne	Romsey Road Runners	W50-W54	8
38	1:10:17	WHITE, Des	Paddock Wood AC	M55-M59	85
39	1:10:27	CHAPMAN, Janie	Bournemouth AC	W40-W44	42
40	1:10:45	HIER, Diane	Warminster RC	W45-W49	27
41	1:10:51	TIZARD, Michael	RM Portland AC	M40-M44	106
42	1:11:39	APPLEBY, Rod	Yeovil Town R R	M40-M44	52
43	1:12:23	HEATH, David	Poole Runners	M55-M59	88
44	1:12:39	RICH, Alan	Worthing Striders	M55-M59	69
45	1:12:41	ADDRISON, Martin	Leighton Fun Runners	M50-M54	61
46	1:13:02	SCOTT, Geoffrey	Poole Runners	M60-M64	83
47	1:13:05	MARCHANT, Zina	Team Bath AC	W55-W59	35
48	1:13:07	DEPLEDGE, Bob	SWVAC	M50-M54	38
49	1:13:46	KHOSHNEVIS, Heather	Littledown Harriers	W45-W49	109
50	1:14:05	FEEST, Stephen	Worthing Striders	M50-M54	76
51	1:14:18	BUNYAN, Peter	Dawlish Coaster	M55-M59	82
52	1:14:48	DOMINEY, Alwyn	Poole Runners	M60-M64	99
53	1:14:54	FOOT, Jonathan	Poole Athletic Club	M50-M54	89
54	1:14:56	BALE, Rex	Poole Runners	M60-M64	22
55	1:15:13	LEGGE, Rex	Poole Runners	M70-M74	80
56	1:15:29	JENKINS, Glyn	Thanet Road Runners	M65-M69	90
57	1:15:35	SIMPSON, Edmond	Overton Harriers & AC	M70-M74	102
58	1:16:40	FOOKES, Kathy	Littledown Harriers	W50-W54	110
59	1:17:43	SMITH, Colin	Road Runners Club	M55-M59	30
60	1:17:51	DAVIES, Jeff	SWVAC	M60-M64	18

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Team</b>	<b>Age Group</b>	<b>Race No</b>
61	1:18:31	PERRATT, John	Exmouth Harriers	M70-M74	11
62	1:18:43	HALSTEAD, Pat	Swanley & District AC	W55-W59	31
63	1:19:16	PARKER, Michael		M45-M49	81
64	1:19:37	BRENNAN, Philip	Stratford on Avon AC	M65-M69	2
65	1:20:11	TERRY, Mike	Littledown Harriers	M55-M59	4
66	1:20:18	FEEST, Michelle	Worthing Striders	W40-W44	75
67	1:20:21	HORWOOD, Mike	Clevedon AC	M70-M74	96
68	1:21:04	MOLONEY, Jenny	RM Portland AC	W45-W49	7
69	1:21:54	VALENTINE, William	Torbay AAC	M60-M64	23
70	1:22:34	ADAMS, Mandy	Littledown Harriers	W40-W44	111
71	1:23:17	FINCH, Thomas	NVAC	M65-M69	32
72	1:25:05	CAMPBELL, Brian	Midland Masters	M75-M79	51
73	1:26:00	BALL, Malcolm	RM Portland AC	M75-M79	47
74	1:27:01	RICH, Pauline	Serpentine Running Club	W60-W64	70
75	1:27:39	CLARKE, Pete	Weymouth St Pauls AC	M65-M69	12
76	1:27:59	DOWNEY, Des	RM Portland AC	M70-M74	50
77	1:28:11	THOMAS, Idris	Cardiff AAC	M35-M39	40
78	1:29:34	WILLIAMS, Richard		M55-M59	26
79	1:30:48	HUGGINS, Mervyn	Midland Masters	M75-M79	67
80	1:31:12	TURNER, Les	Exmouth Harriers	M65-M69	56
81	1:31:24	GAZE, Peter	Bournemouth AC	M70-M74	105
82	1:31:46	HICKS, Bill	RM Portland AC	M65-M69	39
83	1:32:04	WHITE, Alison	Paddock Wood AC	W50-W54	86
84	1:36:12	MORGAN, Carol	SWVAC	W50-W54	53
85	1:36:13	CHALK, Ian	Team Southampton	M45-M49	54
86	1:37:02	HAGGER, Ronald		M70-M74	66
87	1:41:04	FRAMPTON, Barbara	Wimborne AC	W65-W69	108
88	1:46:05	HEMMENS, Wendy	Warminster RC	W50-W54	45
89	1:58:14	WILLIAMS, Moira		W55-W59	25

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## RESULTS BY AGE GROUP

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1	0:54:54	WAY, Steven	Bournemouth AC	M35-M39	77
10	1:01:27	PENWARDEN, David	Poole Runners	M35-M39	104
11	1:02:26	WHITE, Ian	Bournemouth AC	M35-M39	28
23	1:05:52	MILLER, Graeme	Bournemouth AC	M35-M39	113
77	1:28:11	THOMAS, Idris	Cardiff AAC	M35-M39	40
14	1:03:31	BRITTAİN, Richard	Tipton Harriers	M40-M44	59
41	1:10:51	TIZARD, Michael	Royal Manor of Portland AC	M40-M44	106
42	1:11:39	APPLEBY, Rod	Yeovil Town Road Runners	M40-M44	52
6	0:59:19	PITTAWAY, Mark	Royal Manor of Portland AC	M45-M49	94
9	1:01:22	AUNGER, Ian	Nene Valley Harriers	M45-M49	19
16	1:03:41	KENCHINGTON, Nicholas	Bournemouth AC	M45-M49	101
63	1:19:16	PARKER, Michael		M45-M49	81
85	1:36:13	CHALK, Ian	Team Southampton	M45-M49	54
3	0:58:32	ROWE, Alex	Wesham RR	M50-M54	5
5	0:59:07	THOMPSON, Peter	Nene Valley Harriers	M50-M54	37
7	1:00:05	GARDNER, Brian	Swindon Harriers	M50-M54	65
15	1:03:36	STAINER, Ray	Tipton Harriers	M50-M54	60
22	1:05:41	BARNSDALE, Michael	Nene Valley Harriers	M50-M54	71
25	1:06:26	BEST, Mike	Poole Runners	M50-M54	33
27	1:07:02	ULLIOTT, Tom	Brighton & Hove	M50-M54	16
29	1:07:44	JOHNS, Nigel	Royal Manor of Portland AC	M50-M54	95
30	1:07:47	KELLY, Michael	Marshall Milton Keynes AC	M50-M54	21
36	1:09:48	BENJAMIN, Peter	Egdon Heath Harriers	M50-M54	63
45	1:12:41	ADDRISON, Martin	Leighton Fun Runners	M50-M54	61
48	1:13:07	DEPLEDGE, Bob	SWVAC	M50-M54	38
50	1:14:05	FEEST, Stephen	Worthing Striders	M50-M54	76
53	1:14:54	FOOT, Jonathan	Poole Athletic Club	M50-M54	89

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65	1:20:11	TERRY, Mike	Littledown Harriers	M55-M59	4
78	1:29:34	WIILIAMS, Richard		M55-M59	26
21	1:05:15	YOUNG, Peter	Ryde Harriers	M60-M64	64
24	1:06:19	JONES, Gareth	Oxford City AC	M60-M64	112
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86	1:37:02	HAGGER, Ronald		M70-M74	66

72	1:25:05	CAMPBELL, Brian	Midland Masters	M75-M79	51
73	1:26:00	BALL, Malcolm	North Norfolk Beach Runners	M75-M79	47
79	1:30:48	HUGGINS, Mervyn	Midland Masters	M75-M79	67
20	1:04:34	GALLAGHER, Kirsty	Wootton Road Runners	W35-W39	62
39	1:10:27	CHAPMAN, Janie	Bournemouth AC	W40-W44	42
66	1:20:18	FEEST, Michelle	Worthing Striders	W40-W44	75
70	1:22:34	ADAMS, Mandy	Littledown Harriers	W40-W44	111
13	1:03:13	MOORE, Jenny	Wells City Harriers	W45-W49	46
31	1:07:53	THOMAS, Christine	Poole Runners	W45-W49	29
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40	1:10:45	HIER, Diane	Warminster RC	W45-W49	27
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62	1:18:43	HALSTEAD, Pat	Swanley & District AC	W55-W59	31
89	1:58:14	WILLIAMS, Moira		W55-W59	25
32	1:08:01	COPSON, Angela	Rugby & Northampton	W60-W64	20
74	1:27:01	RICH, Pauline	Serpentine Running Club	W60-W64	70
87	1:41:04	FRAMPTON, Barbara	Wimborne AC	W65-W69	108

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## PORTLAND - 11 OCTOBER 2009

### TEAM RESULTS

#### W35-44

<b>1</b>	<b>Littledown Harriers</b>	<b>3.53.00</b>	
	Khoshnev Heather	W45	1.13.46
	Fookes Kathy	W50	1.16.40
	Adams Mandy	W40	1.22.34

#### M35-39

<b>1</b>	<b>Bournemouth AC</b>	<b>3.01.01</b>	
	Way Steven	M35	0.54.54
	White Ian	M35	1.02.26
	Kenchington Nicholas	M45	1.03.41

#### M50-59

<b>1</b>	<b>Nene Valley Harriers</b>	<b>3.04.58</b>	
	Thompsor Peter	M50	0.59.07
	Owen Stanley	M55	1.00.10
	Barnsdale Michael	M50	1.05.41
<b>2</b>	<b>South West Vets AC</b>	<b>3.39.49</b>	
	King David	M55	1.08.56
	Depledge Bob	M50	1.13.02
	Davies Jeff	M60	1.17.51
<b>3</b>	<b>Bournemouth AC</b>	<b>3.45.38</b>	
	Hunt Simon	M55	1.04.29
	Graham Ian	M60	1.09.45
	Gaze Peter	M70	1.31.24

#### M60+

<b>1</b>	<b>Poole Runners</b>	<b>3.34.20</b>	
	Johns Arthur	M60	1.06.30
	Scott Geoffrey	M60	1.13.02
	Dominey Alwyn	M60	1.14.48