

# Cranborne Races 2021

## Cranborne Frolic Solo



CRANBORNE RACES



Position	Name	Club	Laps	Distance (miles)	Fastest Lap	Average Lap	Slowest Lap	Last Lap	Overall
<b>Female</b>									
1	Gee Rosewarne		16	55.68	33:25	45:13	55:33	51:19	12:03:38
2	Lucie Turner		13	45.24	39:33	52:53	1:08:36	1:08:36	11:27:38
3	Tara Rufus	100 Marathon Club	13	45.24	48:21	55:24	1:06:17	1:06:17	12:00:19
4	Felicity Hooper	Westbourne running club	12	41.76	36:25	48:42	1:13:43	51:37	9:44:30
5	Lucy Fry	Trail running association	12	41.76	42:22	49:50	56:51	54:35	9:58:09
6	Sarah Swift	Poole Runners	9	31.32	42:22	46:00	48:54	45:29	6:54:06
7	Lydia Knightjoy-Burge	Vegan Runners	9	31.32	41:51	46:00	48:52	45:28	6:54:08
8	Zoe Dunne	Bad Boy Running club	9	31.32	40:59	49:09	1:05:21	41:07	7:22:22
9	Gina Dearing	Vegan Runners	9	31.32	44:50	52:49	59:16	52:27	7:55:24
10	Samantha Baker		8	27.84	35:02	38:23	42:06	42:06	5:07:04
11	Jess Crocker	Running For Time	8	27.84	37:16	40:21	46:02	46:02	5:22:51
12	Helen Jenkins		8	27.84	39:03	43:26	53:12	53:12	5:47:29
13	Lucy Mitchell	runblandford	8	27.84	39:04	43:26	53:12	53:12	5:47:30
14	Jane Knight	City of Salisbury AC & RC	8	27.84	37:28	46:29	1:00:23	50:31	6:11:54
15	Kirsten Walton	Portsmouth Joggers	8	27.84	42:09	47:37	50:59	50:21	6:20:57
16	Jane Stedman	100 Marathon Club	8	27.84	43:26	49:31	55:06	54:53	6:36:14
17	Annie Dougall	100 Marathon Club	8	27.84	45:42	50:24	56:09	54:25	6:43:12
18	Michelle Gordon	Somer AC	8	27.84	46:50	51:17	59:59	59:59	6:50:16
19	Karen Obrien	Teignbridge Trotters	8	27.84	42:36	52:29	58:30	56:24	6:59:59
19	Sue Tremlett	Teignbridge Trotters	8	27.84	42:35	52:29	58:31	56:25	6:59:59
21	Lisa Lewy		8	27.84	47:10	52:49	56:51	56:21	7:02:37
22	Kelly Henly		8	27.84	43:46	52:51	59:15	58:45	7:02:48
23	Bev Trenwith	Purbeck runners	8	27.84	43:48	52:51	59:17	58:44	7:02:50
24	Carolyn		8	27.84	45:55	52:58	1:13:36	47:29	7:03:47
25	Sarah Choak	Carn Runners	8	27.84	41:43	53:09	1:20:32	1:02:14	7:05:13
26	Amy Robson	Bad Boy Running	8	27.84	47:39	54:31	1:01:18	56:18	7:16:11
27	Kay Morris	100 marathon Club	8	27.84	48:32	54:32	1:01:54	56:20	7:16:16
28	Alie Madders		8	27.84	46:42	54:48	1:03:07	52:34	7:18:26
29	Anne Slater		8	27.84	44:34	55:41	1:26:14	53:00	7:25:31



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Position	Name	Club	Laps	Distance (miles)	Fastest Lap	Average Lap	Slowest Lap	Last Lap	Overall
30	Taryn Talbott	Great Western Runners	8	27.84	46:13	56:04	1:10:01	1:10:01	7:28:37
31	Joanna Guy	Avon Valley Runners	8	27.84	43:20	56:14	1:07:44	1:07:44	7:29:53
32	Helen Littlebury	Trail Running Association	8	27.84	47:45	57:09	1:01:42	1:00:37	7:37:16
33	Joanne Glister		8	27.84	45:51	57:44	1:09:38	1:07:15	7:41:58
34	Anita Rufus	Yeovil Town RRC	8	27.84	46:46	58:54	1:15:11	1:15:11	7:51:13
35	Lynne Thumpston	Yeovil Town RRC	8	27.84	48:23	58:54	1:15:11	1:15:11	7:51:14
36	Elaine Sage	Somer AC	8	27.84	49:01	1:01:14	1:21:11	1:04:45	8:09:53
37	Heather Clements	Somer AC	8	27.84	48:59	1:01:14	1:21:10	1:04:44	8:09:54
38	Carol Hayes	Crystal Palace Fun Runners	8	27.84	53:51	1:02:53	1:14:21	1:14:21	8:23:04
39	Kelly Payne		8	27.84	45:54	1:06:03	1:33:34	1:19:29	8:48:28
40	Hortencia Mckechnie	Vegan Runners UK	8	27.84	53:24	1:07:08	1:24:27	1:24:27	8:57:11
41	Catherine Thompson	Vegan Runners UK	8	27.84	53:25	1:07:09	1:24:24	1:24:24	8:57:13
42	Samantha White	Lytchett Manor Striders	8	27.84	54:09	1:08:45	1:17:26	1:14:48	9:10:04
43	Michelle Dempster	Lytchett Manor Striders	8	27.84	54:14	1:08:45	1:17:28	1:14:52	9:10:06
44	Nicola Smith	Chard road runners	8	27.84	58:05	1:09:36	1:18:40	1:18:40	9:16:51
45	Elizabeth Cox	Chard Road Runners	8	27.84	58:06	1:09:36	1:18:40	1:18:40	9:16:52
46	Nicky Chrascina	100 Marathon Club	8	27.84	46:57	1:09:52	1:44:06	1:08:44	9:18:57
47	Anne Kelly	Langport Runners	8	27.84	46:56	1:09:52	1:45:18	1:07:14	9:18:59
48	Judith Chubb-Whittle	TACH	8	27.84	38:07	1:17:17	5:04:46	50:36	10:18:18
49	Rebecca Palmer		7	24.36	47:29	55:08	1:03:09	59:20	6:26:00
50	Julia Conroy		7	24.36	33:32	55:53	2:12:48	2:12:48	6:31:15
51	Tracey Emery		7	24.36	46:02	1:03:57	2:30:23	56:38	7:27:44
52	Isobel Medcroft		7	24.36	42:54	1:28:36	3:30:51	3:30:51	10:20:18
53	Kellie Wort		6	20.88	47:01	54:40	1:03:12	1:03:12	5:28:02
53	Joanne Tuck	Ryde Harriers	6	20.88	47:01	54:40	1:03:12	1:03:12	5:28:02
55	Elizabeth Ashford		6	20.88	47:02	57:08	1:28:37	59:32	5:42:53
56	Tracey Sheehy	Dagenham 88ers	6	20.88	34:53	1:19:16	2:17:51	38:10	7:55:37
57	Michelle Edgell	North Bristol Running Group	6	20.88	46:23	1:47:48	6:13:54	6:13:54	10:46:51
58	Caroline Pemberton	New Forest Runners	5	17.4	34:56	37:32	39:15	39:15	3:07:41
59	Holli Tilley	Yeovil Town RRC	5	17.4	23:00	43:47	54:58	44:56	3:38:57



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Position	Name	Club	Laps	Distance (miles)	Fastest Lap	Average Lap	Slowest Lap	Last Lap	Overall
60	Becky Craig		5	17.4	44:02	47:39	53:52	53:52	3:58:15
61	Jennifer Smith	Langport Runners	5	17.4	41:14	48:29	1:04:19	1:04:19	4:02:28
62	Tracey Smedley	Daventry Road Runners	5	17.4	49:40	1:12:07	1:35:55	1:35:55	6:00:37
63	Ruth Medcroft		5	17.4	52:32	1:35:09	2:24:34	1:49:54	7:55:49
64	Kareena Nadakeke		4	13.92	43:25	45:52	50:41	50:41	3:03:31
65	Karen Lewis	Riot Dorchester	4	13.92	41:30	45:53	49:54	49:54	3:03:35
66	Amy Williams	Lonely Goat RC	4	13.92	43:37	49:16	57:11	57:11	3:17:04
67	Merilyn Davis		4	13.92	42:38	49:44	1:06:05	1:06:05	3:18:59
68	Caroline Taplin		4	13.92	45:13	51:56	59:26	59:26	3:27:47
69	Denise Sargent	Verwood	4	13.92	45:38	52:06	56:20	56:20	3:28:27
70	Amanda Rencontre	The Stragglers Running Club	4	13.92	42:19	52:15	1:18:46	1:18:46	3:29:00
71	Julie Pegoraro		4	13.92	49:46	52:19	56:29	56:29	3:29:17
72	Zoe Windsor	Gosport Road Runners	4	13.92	51:25	53:46	56:00	56:00	3:35:04
73	Janet Watson	CarnRunners	4	13.92	50:42	1:00:21	1:13:05	1:01:04	4:01:27
74	Suzie Thompson	Devizes Running Club	4	13.92	45:16	1:00:45	1:36:53	52:43	4:03:00
75	Jemma Coates	Lonely Goat RC	4	13.92	45:18	1:00:45	1:36:50	52:47	4:03:03
76	Suzie Mills	Teignbridge Trotters	4	13.92	47:18	1:02:54	1:15:11	1:15:11	4:11:39
77	Caroline Easton	Storm plymouth	4	13.92	1:00:32	1:03:20	1:05:57	1:05:57	4:13:20
78	Sarah Sherman	St James runners.	4	13.92	57:38	1:07:19	1:21:18	1:21:18	4:29:16
79	Lauren Sherman-Nias	Vegan Runners	4	13.92	57:42	1:07:19	1:21:17	1:21:17	4:29:18
80	Sue Cox	Canicross Pirates/YTRRC	4	13.92	55:40	1:13:57	1:46:29	1:11:26	4:55:49
81	Nicola Shearer	Lonely Goat RC	4	13.92	1:02:51	1:22:34	1:43:56	1:14:58	5:30:16
82	Gillian Horn	Absolute 545 RunClub	4	13.92	46:58	1:25:19	2:22:16	2:22:16	5:41:18
83	Amy Burrows		4	13.92	51:20	1:52:10	3:00:48	1:59:07	7:28:42
84	Sue Wright	North Bristol Running Group	3	10.44	43:45	45:05	46:22	45:07	2:15:15
85	Lisa Taylor		3	10.44	45:27	46:38	48:30	45:27	2:19:54
86	Glenda Monson	Lymington Triathlon Club	3	10.44	46:29	51:02	55:50	55:50	2:33:08
87	Julie Oliver	Dorchester RIOT	3	10.44	53:36	57:31	1:01:55	53:36	2:52:34
88	Katy Godbeer	Verwood Runners	3	10.44	57:41	1:05:47	1:18:34	1:18:34	3:17:22
89	Karina Vizcaya	Winging it	3	10.44	57:01	1:07:06	1:17:07	1:17:07	3:21:19



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Position	Name	Club	Laps	Distance (miles)	Fastest Lap	Average Lap	Slowest Lap	Last Lap	Overall
90	Helen Bird	Bournemouth Joggers	3	10.44	1:14:48	1:21:34	1:33:10	1:16:45	4:04:44
91	Debbie Goddard		3	10.44	1:05:19	1:23:16	1:43:07	1:43:07	4:09:50
92	Jennifer Portch	Lonely Goat RC	3	10.44	1:08:29	1:39:17	2:33:39	2:33:39	4:57:53
93	Helen Carlton	COSARc	2	6.96	45:04	45:04	45:05	45:05	1:30:09
94	Rachel Staunton		2	6.96	42:49	45:20	47:50	47:50	1:30:40
95	Trudy Allen	Purbeck Runners	2	6.96	47:03	47:33	48:03	47:03	1:35:07
96	Tara Mclintic	Purbeck Runners	2	6.96	47:03	47:34	48:05	47:03	1:35:08
97	Naomi Bennett	100 marathon club	2	6.96	52:20	57:24	1:02:27	1:02:27	1:54:48
98	Claire Heathcote		2	6.96	1:12:49	1:14:03	1:15:17	1:15:17	2:28:07
99	Terri Duddy	Avon Valley Runners	2	6.96	1:12:48	1:14:04	1:15:19	1:15:19	2:28:08
100	Nicola Southwell		1	3.48	43:51	43:51	43:51	43:51	43:51
101	Julie Bassett	Bournemouth Joggers	1	3.48	51:57	51:57	51:57	51:57	51:57
102	Vanessa Bridgwater	Trail Running Association	1	3.48	55:29	55:29	55:29	55:29	55:29
103	Jan Ouvry		1	3.48	55:55	55:55	55:55	55:55	55:55
104	Debra Lendrum		1	3.48	1:04:05	1:04:05	1:04:05	1:04:05	1:04:05
105	Melissa Mccoy		1	3.48	1:06:23	1:06:23	1:06:23	1:06:23	1:06:23
106	Georgina Hewson	Wessex Cannicross	1	3.48	1:08:01	1:08:01	1:08:01	1:08:01	1:08:01
107	Nina Watts		1	3.48	1:08:30	1:08:30	1:08:30	1:08:30	1:08:30
108	Philippa Vallely	Lonely Goat RC	1	3.48	1:09:13	1:09:13	1:09:13	1:09:13	1:09:13
109	Nicola Wilkins		1	3.48	1:11:35	1:11:35	1:11:35	1:11:35	1:11:35
110	Sandra Jones	Verwood Runners	1	3.48	1:33:09	1:33:09	1:33:09	1:33:09	1:33:09
111	Heather Hayward		1	3.48	1:33:55	1:33:55	1:33:55	1:33:55	1:33:55

### Male

1	Lewis Mutton	Lytchett Manor Striders	16	55.68	28:46	43:04	53:50	39:19	11:29:07
2	Mark Brown	Dorchester RIOT	15	52.2	29:12	44:07	52:55	50:35	11:01:50
3	Dan Turner		13	45.24	39:34	52:53	1:08:37	1:08:37	11:27:39
4	Matt Bradley	Emersons Green Running	12	41.76	29:59	40:21	1:02:08	57:12	8:04:15
5	Richard Glister	100MC	12	41.76	32:54	52:31	1:54:44	1:05:53	10:30:16
6	Simon Johnson		10	34.8	37:25	49:36	1:15:45	1:15:45	8:16:08
7	Wayne Anthony	Quantock Harriers	10	34.8	32:46	50:20	1:13:54	1:13:54	8:23:27



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Position	Name	Club	Laps	Distance (miles)	Fastest Lap	Average Lap	Slowest Lap	Last Lap	Overall
8	Tom Milton		10	34.8	52:27	1:12:20	1:55:49	1:05:07	12:03:20
9	Shaun Watts	100 Marathon Club	9	31.32	34:41	41:36	49:04	49:04	6:14:29
10	John Curtis	Yeovil Town RRC	9	31.32	41:01	45:34	52:18	47:14	6:50:06
11	Jonathan Smith	Lonely Goat RC	9	31.32	34:17	48:18	1:07:04	47:57	7:14:42
12	Timothy Partridge		9	31.32	50:52	56:38	1:05:12	59:16	8:29:50
13	Chris Odowd Booth		8	27.84	27:52	34:56	38:30	38:30	4:39:33
14	Alex Hellier		8	27.84	28:48	35:04	38:26	37:26	4:40:36
15	Graham Malt	100 Marathon Club	8	27.84	30:36	35:28	48:41	48:41	4:43:47
16	Richard Pedrick	Vegan Runners	8	27.84	31:19	35:59	40:09	40:09	4:47:57
17	James Taylor	Lytchett Manor Striders	8	27.84	35:16	37:00	38:42	38:42	4:56:04
18	Robert Faulkner	Teignbridge trotters	8	27.84	34:48	39:48	49:20	49:20	5:18:25
19	Allen Taylor	Teignbridge Trotters	8	27.84	34:48	40:31	48:36	48:36	5:24:11
20	Andrew Kirillov	Lonely Goat RC	8	27.84	35:41	41:58	45:28	45:17	5:35:47
21	Joshua Taylor	Teignbridge Trotters	8	27.84	31:42	42:13	55:26	55:26	5:37:47
22	James Mackinnley	Bad Boy Running	8	27.84	34:58	44:04	58:09	58:09	5:52:34
23	Andy Fallon	Salisbury Tri Club	8	27.84	36:09	44:28	54:51	54:51	5:55:49
24	Jonathan Wilton		8	27.84	36:26	45:14	1:00:56	1:00:56	6:01:56
25	Richard Staunton	Running Forever Running Club	8	27.84	41:14	47:43	53:09	53:09	6:21:45
26	Jim Whitmarsh	100 marathon club	8	27.84	43:26	49:31	55:09	55:09	6:36:15
27	Max Wray		8	27.84	34:40	50:18	1:47:11	50:02	6:42:26
28	Simon Lynch	Eastleigh Running Club	8	27.84	41:39	55:58	1:54:25	59:10	7:27:44
29	Rob Murr	Running Forever Running Club	8	27.84	46:44	56:21	1:09:07	1:09:07	7:30:50
30	David Gordon		8	27.84	48:58	1:01:14	1:21:09	1:04:42	8:09:52
31	Ian Smedley	Daventry Road Runners	8	27.84	41:23	1:02:35	1:36:22	1:16:06	8:20:45
32	Andy Broadfield	Littledown Harriers R.C	8	27.84	49:04	1:17:21	2:13:43	1:09:28	10:18:50
33	Nils Hollmann	Dagenham88 Runners	8	27.84	34:07	1:23:42	2:43:16	1:24:44	11:09:37
34	Sam Rowlands		7	24.36	32:38	37:40	51:19	51:19	4:23:43
35	Daryl Davies	RunBlandford	7	24.36	29:10	44:02	1:12:08	1:12:08	5:08:18
36	Mike Julien	Littledown Harriers R.C	7	24.36	38:41	50:49	1:03:51	1:03:51	5:55:48
37	Luke Baker		6	20.88	28:47	34:05	38:40	38:40	3:24:35





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Position	Name	Club	Laps	Distance (miles)	Fastest Lap	Average Lap	Slowest Lap	Last Lap	Overall
38	Miles van der Lugt	Absolute 545 RunClub	6	20.88	33:14	36:55	47:00	36:28	3:41:31
39	Tony Crawte	Elmbridge RRC	6	20.88	36:21	39:36	40:42	39:48	3:57:37
40	Michael Guy	Avon Valley Runners	6	20.88	46:59	1:08:41	2:21:31	59:22	6:52:10
41	David Macaulay	Lonely Goat	6	20.88	37:57	1:14:16	2:51:09	37:57	7:25:37
42	Jon Foxon	Yeovil Town RRC	5	17.4	22:59	43:49	54:58	45:04	3:39:06
43	Kelvin Peard	Lonely Goat RC	5	17.4	36:44	56:40	1:59:06	1:59:06	4:43:20
44	Andy Easton	Plymouth Storm	5	17.4	51:56	57:51	1:07:10	1:07:10	4:49:16
45	Nick Cox	Canicross Pirates/YTRRC	5	17.4	41:03	1:01:18	1:37:56	1:37:56	5:06:33
46	Alan Sherman		5	17.4	1:05:48	1:09:46	1:12:23	1:12:23	5:48:52
47	Carl Taylor	Lonely Goat RC	4	13.92	34:24	38:55	43:46	40:16	2:35:41
48	Paul Haig	Almost Athletes	4	13.92	35:14	39:41	42:33	35:14	2:38:45
49	Simon Bunday	Dawlish Coasters	4	13.92	35:33	39:46	44:26	44:26	2:39:04
50	Kevin Allen	Gosport Road Runners	4	13.92	37:42	41:12	46:58	40:20	2:44:51
51	Rob Sims	Bristol & West AC	4	13.92	42:36	45:27	47:45	47:45	3:01:48
52	Steve Jackson	Verwood Runners	4	13.92	45:38	52:05	56:19	56:19	3:28:23
53	Gary Tyler	Poole AC	4	13.92	49:46	52:19	56:31	56:31	3:29:17
54	Matt Weston	Lonely Goat RC	4	13.92	49:03	54:09	57:44	57:44	3:36:38
55	John Lendrum		4	13.92	45:06	59:11	1:36:11	49:05	3:56:46
55	Mark Gibbs		4	13.92	45:06	59:11	1:36:10	49:40	3:56:46
57	Tim Lupton	100 Marathon Club	4	13.92	1:00:23	1:03:20	1:05:56	1:05:56	4:13:22
58	Ian Shearer	Bad Boy Running Club	4	13.92	39:13	1:03:48	1:28:25	1:28:25	4:15:13
59	Jack Haile		4	13.92	33:52	1:05:55	2:39:10	2:39:10	4:23:43
60	Ethan Hopkins		4	13.92	54:19	1:13:36	1:35:14	1:35:14	4:54:26
61	James Davies	Littledown Harriers Running	4	13.92	57:38	1:14:17	1:39:57	1:39:57	4:57:11
62	Alan Watts	none	4	13.92	1:02:18	1:19:39	1:33:25	1:33:25	5:18:38
63	Jonathan Bowell	Lytchett Manor Striders	3	10.44	34:38	39:38	46:16	46:16	1:58:56
64	Ross Galpin		3	10.44	42:41	1:02:09	1:25:27	1:25:27	3:06:27
65	Jo Vizcaya	Winging it	3	10.44	57:01	1:02:41	1:07:07	1:03:54	3:08:03
66	Steve Rencontre		3	10.44	46:18	1:09:47	1:21:39	1:21:39	3:29:21
67	Tristan Watts		3	10.44	58:53	1:46:13	3:17:14	3:17:14	5:18:40



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Position	Name	Club	Laps	Distance (miles)	Fastest Lap	Average Lap	Slowest Lap	Last Lap	Overall
68	Craig Weatherburn	City of Salisbury A.R.C.	2	6.96	45:03	45:04	45:05	45:05	1:30:09
69	Rab Spurway	Purbeck Runners	2	6.96	47:04	47:33	48:03	47:04	1:35:07
70	Martyn Oliver	Lonely Goat RC	2	6.96	57:01	59:27	1:01:54	1:01:54	1:58:55
71	Lee Masters		1	3.48	2:08:39	2:08:39	2:08:39	2:08:39	2:08:39

