

Dorset County 10k Championship 2019

Medal Winners

Open

1 st Male; Robert Spencer	Bournemouth AC	33:19
2 nd Male; Matt Papa	Egdon Heath Harriers	33:44
3 rd Male; Rob McTaggart	Bournemouth AC	33:45
1 st Female; Alexandra Door	Egdon Heath Harriers	41:11
2 nd Female; Gill Pearson	Running For Time	41:51
3 rd Female; Helen Gilbert	Littledown Harriers	43:07

Masters

1 st Male; Paul Bullimore	Egdon Heath Harriers	35:57
2 nd Male; Duncan Ward	Dorset Doddlers RC	36:24
3 rd Male; Bruce Campbell	Egdon Heath Harriers	36:39
1 st Female; Gill Pearson	Running For Time	41:51
2 nd Female; Helen Gilbert	Littledown Harriers	43:07
3 rd Female; Lynda Faulkner	Dorset Doddlers RC	44:23

Dorset County 10 mile Championship 2019

Medal Winners

Open

1 st Male; Craig Palmer	Bournemouth AC	55:03
2 nd Male; Rob McTaggart	Bournemouth AC	55:27
3 rd Male; Matt Papa	Egdon Heath Harriers	55:37
1 st Female; Gemma Bragg	Bournemouth AC	66:52
2 nd Female; Emma Caplan	Bournemouth AC	67:22
3 rd Female; Charlie Bunch	Poole Runners	68:23

Masters

1 st Male; Steve Way	Bournemouth AC	55:39
2 nd Male; Gareth Alan-Williams	Poole AC	57:40
3 rd Male; Duncan Ward	Dorset Doddlers	58:50
1 st Female; Emma Caplan	Bournemouth AC	67:22
2 nd Female; Judith Vlaarkamp	Lytchett Manor Striders	71:15
3 rd Female; Lesley Moore	Poole AC	72:26

Dorset County Half Marathon Championship 2019

Medal Winners

Open

1 st Male; Jacek Cieluszecki	Bournemouth AC	01:14:42
2 nd Male; Lee Dempster	Lytchett Manor Striders	01:16:18
3 rd Male; Jamie Hinton	Thames Hare & Hounds.	01:16:40
1 st Female; Alexandra Door	Egdon Heath Harriers	01:32:39
2 nd Female; Becky Rendell	Poole AC	01:39:45
3 rd Female; Gemma Oliver	Poole Runners	01:42:38

Masters

1 st Male; Jacek Cieluszecki	Bournemouth Ac	01:14:42
2 nd Male; Paul Bullimore	Egdon Heath Harriers	01:18:03
3 rd Male; Richard Swindlehurst	Poole AC	01:18:48
1 st Female; Gemma Oliver	Poole Runners	01:42:38
2 nd Female; Heather Khoshnevis	Littledown Harriers	01:43:34
3 rd Female; Jayne Offer	Poole AC	01:45:47

Dorset County Marathon Championship 2019

Medal Winners

Open

1 st Male; Richard Swindlehurst	Poole AC	02:46:59
2 nd Male; Ian Middlebrook	Egdon Heath Harriers	02:52:02
3 rd Male; Graham Sherwin	Egdon Heath Harriers	02:52:19
1 st Female; Paula Barker	Poole Runners	03:32:45
2 nd Female; Heather Khoshnevis	Littledown Harriers	03:38:30
3 rd Female; Louise Austin	Littledown Harriers	03:38:48

Masters

1 st Male; Richard Swindlehurst	Poole AC	02:46:59
2 nd Male; Ian Middlebrook	Egdon Heath Harriers	02:52:02
3 rd Male; Bruce Campbell	Egdon Heath Harriers	02:52:42
1 st Female; Paula Barker	Poole Runners	03:32:45
2 nd Female; Heather Khoshnevis	Littledown Harriers	03:38:30
3 rd Female; Louise Austin	Littledown Harriers	03:38:48