

Lulworth Castle 10K 2016 - Individual Results

| Overall Positio | Bib Number | Time (hh:mm:ss) | Forename | Surname | Club | M/F | Category | M/F Position | Cat. Position | MV/FV Position | M/F Pos. by Club | Cat. Pos. by Club | MV/FV Pos. by Club |
|-----------------|------------|-----------------|----------|--------------|-------------------------|-----|----------|--------------|---------------|----------------|------------------|-------------------|--------------------|
| 1 | 174 | 00:37:21 | Brian | Underwood | Poole AC | M | M40 | 1 | 1 | 1 | 1 | 1 | 1 |
| 2 | 380 | 00:38:52 | Steven | Yates | Poole Runners | M | M | 2 | 1 | | 1 | 1 | |
| 3 | 35 | 00:39:04 | David | Moir | Tyne Bridge Harriers | M | M40 | 3 | 2 | 2 | 1 | 1 | 1 |
| 4 | 124 | 00:39:28 | Darren | Howard-Tomes | | M | M | 4 | 2 | | | | |
| 5 | 142 | 00:39:55 | Reuben | Skinner | Poole AC | M | M40 | 5 | 3 | 3 | 2 | 2 | 2 |
| 6 | 27 | 00:40:37 | Andy | Thompson | Helm Hill | M | M | 6 | 3 | | 1 | 1 | |
| 7 | 26 | 00:40:56 | Stephen | Bridger | Purbeck Runners | M | M50 | 7 | 1 | 4 | 1 | 1 | 1 |
| 8 | 200 | 00:40:59 | John | Haines | Poole Runners | M | M40 | 8 | 4 | 5 | 2 | 1 | 1 |
| 9 | 390 | 00:41:15 | Rupert | Tory | Poole Runners | M | M | 9 | 4 | | 3 | 2 | |
| 10 | 11 | 00:41:27 | Stuart | Glenister | Zoom Tri | M | M40 | 10 | 5 | 6 | 1 | 1 | 1 |
| 11 | 197 | 00:41:38 | James | McCafferey | Westbourne RC | M | M | 11 | 5 | | 1 | 1 | |
| 12 | 322 | 00:41:42 | Alex | Thompson | Lytchett Manor Striders | M | M40 | 12 | 6 | 7 | 1 | 1 | 1 |
| 13 | 104 | 00:41:53 | Charlie | Griffiths | Westbourne RC | M | M50 | 13 | 2 | 8 | 2 | 1 | 1 |
| 14 | 207 | 00:41:58 | Richard | Cottle | | M | M50 | 14 | 3 | 9 | | | 1 |
| 15 | 276 | 00:42:07 | Max | Catterall | Bournemouth AC | M | M | 15 | 6 | | 1 | 1 | |
| 16 | 264 | 00:42:08 | Hamish | Murray | Purbeck Runners | M | M60 | 16 | 1 | 10 | 2 | 1 | 2 |
| 17 | 158 | 00:42:12 | Jasper | Ellis | | M | M40 | 17 | 7 | 11 | | | 2 |
| 18 | 306 | 00:42:23 | Peter | Doughty | Westbourne RC | M | M | 18 | 7 | | 3 | 2 | |
| 19 | 362 | 00:42:27 | Julian | Thacker | | M | M | 19 | 8 | | | | |
| 20 | 333 | 00:42:30 | Peter | Norris | Harrow AC | M | M | 20 | 9 | | 1 | 1 | |
| 21 | 148 | 00:42:35 | Jamie | Boatswain | | M | M | 21 | 10 | | | | |
| 22 | 393 | 00:43:07 | Mick | Cooper | Poole Runners | M | M50 | 22 | 4 | 12 | 4 | 1 | 2 |
| 23 | 283 | 00:43:18 | Karl | Thompson | | M | M | 23 | 11 | | | | |
| 24 | 226 | 00:43:32 | Steven | Noble | Egdon Heath Harriers | M | M | 24 | 12 | | 1 | 1 | |
| 25 | 397 | 00:44:06 | Margaret | Beever | Stainland Lions | F | F | 1 | 1 | | 1 | 1 | |
| 26 | 400 | 00:44:18 | David | Potts | Crowborough Runners | M | M50 | 25 | 5 | 13 | 1 | 1 | 1 |
| 27 | 19 | 00:44:27 | Ian | Edwards | Poole Runners | M | M50 | 26 | 6 | 14 | 5 | 2 | 3 |
| 28 | 71 | 00:44:36 | Jon | Evelegh | Poole Runners | M | M | 27 | 13 | | 6 | 3 | |
| 29 | 343 | 00:44:38 | Ian | Middlebrook | Egdon Heath Harriers | M | M50 | 28 | 7 | 15 | 2 | 1 | 1 |
| 30 | 64 | 00:44:53 | Neil | Price | | M | M50 | 29 | 8 | 16 | | | 3 |
| 31 | 365 | 00:44:56 | Lesley | Moore | | F | F | 2 | 2 | | | | |
| 32 | 339 | 00:44:59 | James | Rayner | | M | M | 30 | 14 | | | | |
| 33 | 50 | 00:45:11 | Steve | Luke | Egdon Heath Harriers | M | M40 | 31 | 8 | 17 | 3 | 1 | 2 |
| 34 | 113 | 00:45:14 | Nigel | Haywood | Purbeck Runners | M | M60 | 32 | 2 | 18 | 3 | 2 | 3 |
| 35 | 296 | 00:45:41 | Joanna | Carritt | Running Forever RC | F | F | 3 | 3 | | 1 | 1 | |
| 36 | 199 | 00:45:46 | Chris | Guerrier | Poole Runners | M | M60 | 33 | 3 | 19 | 7 | 1 | 4 |
| 37 | 355 | 00:45:54 | Adam | Corbin | Westbourne RC | M | M | 34 | 15 | | 4 | 3 | |
| 38 | 221 | 00:45:57 | Melanie | Langer | Poole Runners | F | F | 4 | 4 | | 1 | 1 | |
| 39 | 24 | 00:46:12 | David | George | Westbury Harriers | M | M60 | 35 | 4 | 20 | 1 | 1 | 1 |
| 40 | 314 | 00:46:25 | Micheal | Trew | Poole AC | M | M50 | 36 | 9 | 21 | 3 | 1 | 3 |
| 41 | 303 | 00:46:28 | Mike | Daniels | Bushfield Joggers | M | M40 | 37 | 9 | 22 | 1 | 1 | 1 |
| 42 | 136 | 00:46:38 | David | Graham | Poole Runners | M | M40 | 38 | 10 | 23 | 8 | 2 | 5 |
| 43 | 297 | 00:46:48 | Deane | Smith | | M | M50 | 39 | 10 | 24 | | | 4 |

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|----|-----|----------|---------|------------|-------------------------|---|-----|----|----|----|--|----|---|----|
| 44 | 235 | 00:46:50 | Paul | Martin | Ware Joggers | M | M | 40 | 16 | | | 1 | 1 | |
| 45 | 383 | 00:46:53 | Charles | Tipper | | M | M50 | 41 | 11 | 25 | | | | 5 |
| 46 | 227 | 00:47:00 | Paul | Wilding | | M | M50 | 42 | 12 | 26 | | | | 6 |
| 47 | 354 | 00:47:02 | Neil | Sexton | Poole Runners | M | M | 43 | 17 | | | 9 | 4 | |
| 48 | 307 | 00:47:18 | Richard | Cannings | Littledown Harriers | M | M40 | 44 | 11 | 27 | | 1 | 1 | 1 |
| 49 | 205 | 00:47:20 | Ian | Tharp | | M | M50 | 45 | 13 | 28 | | | | 7 |
| 50 | 151 | 00:47:23 | Aidan | Compton | Westbourne RC | M | M | 46 | 18 | | | 5 | 4 | |
| 51 | 376 | 00:47:30 | Van | Bryant | Egdon Heath Harriers | M | M40 | 47 | 12 | 29 | | 4 | 2 | 3 |
| 52 | 356 | 00:47:33 | Alan | Lewis | Poole Runners | M | M60 | 48 | 5 | 30 | | 10 | 2 | 6 |
| 53 | 177 | 00:47:36 | Peter | Rejchrt | Westbourne RC | M | M40 | 49 | 13 | 31 | | 6 | 1 | 2 |
| 54 | 341 | 00:47:40 | Geoff | Newton | Tadworth AC | M | M70 | 50 | 1 | 32 | | 1 | 1 | 1 |
| 55 | 10 | 00:48:02 | Liz | Goldsack | Purbeck Runners | F | F50 | 5 | 1 | 1 | | 1 | 1 | 1 |
| 56 | 218 | 00:48:06 | Kevin | Ansell | Egdon Heath Harriers | M | M40 | 51 | 14 | 33 | | 5 | 3 | 4 |
| 57 | 338 | 00:48:08 | Melissa | Rayner | New Forest Runners | F | F | 6 | 5 | | | 1 | 1 | |
| 58 | 43 | 00:48:09 | John | Griffiths | Zoom Triathlon | M | M40 | 52 | 15 | 34 | | 1 | 1 | 1 |
| 59 | 381 | 00:48:11 | Martin | Hudson | Littledown Harriers | M | M60 | 53 | 6 | 35 | | 2 | 1 | 2 |
| 60 | 20 | 00:48:17 | Andrew | Stratton | Egdon Heath Harriers | M | M60 | 54 | 7 | 36 | | 6 | 1 | 5 |
| 61 | 206 | 00:48:18 | Fred | Fox | Maiden Newton Runners | M | M50 | 55 | 14 | 37 | | 1 | 1 | 1 |
| 62 | 167 | 00:48:22 | Colin | White | | M | M40 | 56 | 16 | 38 | | | | 8 |
| 63 | 169 | 00:48:32 | Ben | Pilley | | M | M | 57 | 19 | | | | | |
| 64 | 33 | 00:48:37 | Richard | Robinson | | M | M | 58 | 20 | | | | | |
| 65 | 58 | 00:48:42 | Gavin | Hawkins | New Forest Runners | M | M | 59 | 21 | | | 1 | 1 | |
| 66 | 44 | 00:48:42 | Trevor | Finnis | Lytchett Manor Striders | M | M50 | 60 | 15 | 39 | | 2 | 1 | 2 |
| 67 | 208 | 00:48:42 | Tony | Weaver | Lytchett Manor Striders | M | M40 | 61 | 17 | 40 | | 3 | 2 | 3 |
| 68 | 45 | 00:48:54 | Gary | Haylock | RMPAC | M | M40 | 62 | 18 | 41 | | 1 | 1 | 1 |
| 69 | 111 | 00:49:03 | Keith | Johnson | Bracknell Forest R | M | M40 | 63 | 19 | 42 | | 1 | 1 | 1 |
| 70 | 212 | 00:49:16 | Terry | Haughey | Poole Runners | M | M60 | 64 | 8 | 43 | | 11 | 3 | 7 |
| 71 | 263 | 00:49:26 | Mark | Adams | | M | M40 | 65 | 20 | 44 | | | | 9 |
| 72 | 271 | 00:49:29 | Jim | Kenkerdine | RMPAC | M | M40 | 66 | 21 | 45 | | 2 | 2 | 2 |
| 73 | 363 | 00:49:36 | Tom | Hicks | Lytchett Manor Striders | M | M40 | 67 | 22 | 46 | | 4 | 3 | 4 |
| 74 | 1 | 00:49:39 | Natalie | Welch | Crowborough Runners | F | F40 | 7 | 1 | 2 | | 1 | 1 | 1 |
| 75 | 253 | 00:49:58 | Stewart | Murray | | M | M | 68 | 22 | | | | | |
| 76 | 52 | 00:50:09 | Frances | Anderton | Egdon Heath Harriers | F | F60 | 8 | 1 | 3 | | 1 | 1 | 1 |
| 77 | 388 | 00:50:18 | Paula | Barker | Poole Runners | F | F40 | 9 | 2 | 4 | | 2 | 1 | 1 |
| 78 | 248 | 00:50:24 | Gideon | Daly | Human Energy | M | M40 | 69 | 23 | 47 | | 1 | 1 | 1 |
| 79 | 13 | 00:50:30 | Lea | Lohk | | F | F50 | 10 | 2 | 5 | | | | 1 |
| 80 | 181 | 00:50:35 | Daniel | Cree | Egdon Heath Harriers | M | M | 70 | 23 | | | 7 | 2 | |
| 81 | 282 | 00:50:36 | Anton | Burns | | M | M50 | 71 | 16 | 48 | | | | 10 |
| 82 | 21 | 00:50:39 | Graham | Whiffen | Wimborne AC | M | M40 | 72 | 24 | 49 | | 1 | 1 | 1 |
| 83 | 34 | 00:50:41 | Becky | Neal | Poole AC | F | F | 11 | 6 | | | 1 | 1 | |
| 84 | 25 | 00:50:48 | Matt | Daly | | M | M40 | 73 | 25 | 50 | | | | 11 |
| 85 | 101 | 00:50:48 | Chris | Owens | | M | M50 | 74 | 17 | 51 | | | | 12 |
| 86 | 6 | 00:50:51 | Steve | Elson | Littledown Harriers | M | M50 | 75 | 18 | 52 | | 3 | 1 | 3 |
| 87 | 209 | 00:50:55 | Jane | Neal | Poole AC | F | F50 | 12 | 3 | 6 | | 2 | 1 | 1 |
| 88 | 182 | 00:51:03 | Roy | Williams | Poole Runners | M | M50 | 76 | 19 | 53 | | 12 | 3 | 8 |
| 89 | 337 | 00:51:07 | David | Calton | Poole Runners | M | M60 | 77 | 9 | 54 | | 13 | 4 | 9 |

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|-----|-----|----------|----------|------------|-----------------------------|---|-----|-----|----|----|----|---|----|
| 90 | 334 | 00:51:12 | Russ | Wareham | Islwyn RC | M | M40 | 78 | 26 | 55 | 1 | 1 | 1 |
| 91 | 257 | 00:51:15 | Daniel | Moors | Poole AC | M | M | 79 | 24 | | 4 | 1 | |
| 92 | 247 | 00:51:18 | Robert | Frampton | Poole Runners | M | M50 | 80 | 20 | 56 | 14 | 4 | 10 |
| 93 | 112 | 00:51:20 | Helen | Johnson | Bracknell Forest R | F | F50 | 13 | 4 | 7 | 1 | 1 | 1 |
| 94 | 106 | 00:51:23 | Geoff | Parrott | Westbourne RC | M | M70 | 81 | 2 | 57 | 7 | 1 | 3 |
| 95 | 288 | 00:51:29 | Liz | Bemment | Purbeck Runners | F | F | 14 | 7 | | 2 | 1 | |
| 96 | 378 | 00:51:29 | Olivia | Hetreed | Egdon Heath Harriers | F | F50 | 15 | 5 | 8 | 2 | 1 | 2 |
| 97 | 37 | 00:51:37 | Stephen | Littlecott | Lytchett Manor Striders | M | M60 | 82 | 10 | 58 | 5 | 1 | 5 |
| 98 | 305 | 00:51:41 | Richard | Langdon | | M | M | 83 | 25 | | | | |
| 99 | 384 | 00:51:50 | Marcus | Harmes | | M | M40 | 84 | 27 | 59 | | | 13 |
| 100 | 349 | 00:51:54 | Denzil | Hunt | Poole AC | M | M60 | 85 | 11 | 60 | 5 | 1 | 4 |
| 101 | 153 | 00:51:52 | Sandra | Hewson | Westbourne RC | F | F40 | 16 | 3 | 9 | 1 | 1 | 1 |
| 102 | 335 | 00:51:53 | Adrian | Biddulph | Claremont | M | M40 | 86 | 28 | 61 | 1 | 1 | 1 |
| 103 | 48 | 00:51:54 | Khalil | Ghabaee | Poole Runners | M | M50 | 87 | 21 | 62 | 15 | 5 | 11 |
| 104 | 17 | 00:51:55 | Anthony | Rogers | | M | M | 88 | 26 | | | | |
| 105 | 40 | 00:51:56 | Peter | Fraser | | M | M50 | 89 | 22 | 63 | | | 14 |
| 106 | 308 | 00:51:56 | Graham | Filmer | Poole AC | M | M50 | 90 | 23 | 64 | 6 | 2 | 5 |
| 107 | 278 | 00:51:59 | Mark | Andrews | Egdon Heath Harriers | M | M40 | 91 | 29 | 65 | 8 | 4 | 6 |
| 108 | 330 | 00:52:26 | Grant | Barrett | | M | M | 92 | 27 | | | | |
| 109 | 290 | 00:52:27 | Philip | Hadrell | Weymouth St Pauls | M | M40 | 93 | 30 | 66 | 1 | 1 | 1 |
| 110 | 120 | 00:52:35 | Leigh | Jenkinson | Lytchett Manor Striders | M | M50 | 94 | 24 | 67 | 6 | 2 | 6 |
| 111 | 46 | 00:52:39 | Julie | Orton | Royal Mannor Athletics Club | F | F40 | 17 | 4 | 10 | 1 | 1 | 1 |
| 112 | 47 | 00:52:45 | Beth | Barclay | | F | F40 | 18 | 5 | 11 | | | 2 |
| 113 | 57 | 00:52:47 | John | Gowiny | | M | M40 | 95 | 31 | 68 | | | 15 |
| 114 | 155 | 00:52:47 | Tracey | Lander | Littledown Harriers | F | F50 | 19 | 6 | 12 | 1 | 1 | 1 |
| 115 | 12 | 00:53:06 | Sharon | Glenister | Westbourne RC | F | F40 | 20 | 6 | 13 | 2 | 2 | 2 |
| 116 | 211 | 00:53:07 | Helen | Gilbert | Littledown Harriers | F | F40 | 21 | 7 | 14 | 2 | 1 | 2 |
| 117 | 138 | 00:53:12 | Sarah | Swift | Poole Runners | F | F40 | 22 | 8 | 15 | 3 | 2 | 2 |
| 118 | 18 | 00:53:21 | Robert | Adams | Yeovil Town RRC | M | M | 96 | 28 | | 1 | 1 | |
| 119 | 286 | 00:53:34 | Silvania | Booth | | F | F | 23 | 8 | | | | |
| 120 | 22 | 00:53:40 | Martin | Williams | | M | M40 | 97 | 32 | 69 | | | 16 |
| 121 | 198 | 00:53:41 | Geoff | Scott | Poole Runners | M | M70 | 98 | 3 | 70 | 16 | 1 | 12 |
| 122 | 171 | 00:53:53 | Kirsty | Weston | Lytchett Manor Striders | F | F40 | 24 | 9 | 16 | 1 | 1 | 1 |
| 123 | 191 | 00:53:56 | Matthew | Tranter | Running & Cider | M | M | 99 | 29 | | 1 | 1 | |
| 124 | 59 | 00:54:04 | Peter | Haigh | | M | M50 | 100 | 25 | 71 | | | 17 |
| 125 | 366 | 00:54:09 | Jason | Bushwell | | M | M | 101 | 30 | | | | |
| 126 | 375 | 00:54:12 | Daniel | Stenhouse | Poole Runners | M | M | 102 | 31 | | 17 | 5 | |
| 127 | 256 | 00:54:15 | Sandra | Hood | Weymouth St Pauls | F | F50 | 25 | 7 | 17 | 1 | 1 | 1 |
| 128 | 110 | 00:54:15 | Mark | Dawson | Poole AC | M | M40 | 103 | 33 | 72 | 7 | 3 | 6 |
| 129 | 280 | 00:54:20 | Ian | Bandy | | M | M60 | 104 | 12 | 73 | | | 18 |
| 130 | 14 | 00:54:30 | Gary | Dwyer | Poole Runners | M | M50 | 105 | 26 | 74 | 18 | 6 | 13 |
| 131 | 168 | 00:54:38 | Mel | Carroll | Poole Runners | F | F50 | 26 | 8 | 18 | 4 | 1 | 3 |
| 132 | 31 | 00:54:44 | Rick | Bovilc | | M | M50 | 106 | 27 | 75 | | | 19 |
| 133 | 317 | 00:54:51 | Anne | Saunders | | F | F50 | 27 | 9 | 19 | | | 3 |
| 134 | 255 | 00:55:05 | Judy | Pomphrey | | F | F60 | 28 | 2 | 20 | | | 4 |
| 135 | 249 | 00:55:10 | Jenny | Beckett | Littledown Harriers | F | F50 | 29 | 10 | 21 | 3 | 2 | 3 |

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| 136 | 173 | 00:55:11 | John | Hubbard | Westbourne RC | M | M50 | 107 | 28 | 76 | 8 | 2 | 4 |
| 137 | 246 | 00:55:15 | Rona | Jones | Poole AC | F | F40 | 30 | 10 | 22 | 3 | 1 | 2 |
| 138 | 387 | 00:55:25 | Kevin | Trowbridge | Westbourne RC | M | M40 | 108 | 34 | 77 | 9 | 2 | 5 |
| 139 | 210 | 00:55:34 | Daniel | Gilbert | | M | MJ | 109 | 1 | | | | |
| 140 | 51 | 00:55:36 | Jo | Farion | | F | F | 31 | 9 | | | | |
| 141 | 61 | 00:55:50 | Paul | Carpenter | | M | M40 | 110 | 35 | 78 | | | 20 |
| 142 | 116 | 00:55:50 | Emy | Theunissen | Tilburg | F | F | 32 | 10 | | 1 | 1 | |
| 143 | 260 | 00:55:50 | Rebekah | Holbrook | Zoom Tri | F | F | 33 | 11 | | 1 | 1 | |
| 144 | 125 | 00:55:50 | Kevin | Feeney | Hamsters | M | M60 | 111 | 13 | 79 | 1 | 1 | 1 |
| 145 | 336 | 00:55:56 | Jane | Biddulph | Claremont | F | F40 | 34 | 11 | 23 | 1 | 1 | 1 |
| 146 | 32 | 00:56:00 | Jim | O'Neill | Square & Compass | M | M50 | 112 | 29 | 80 | 1 | 1 | 1 |
| 147 | 392 | 00:56:06 | Helen | Wright | Zoom Tri | F | F40 | 35 | 12 | 24 | 2 | 1 | 1 |
| 148 | 134 | 00:56:08 | Jan | Edwards | Wye Valley Runners | F | F60 | 36 | 3 | 25 | 1 | 1 | 1 |
| 149 | 217 | 00:56:21 | Daveena | Tweed | Poole Runners | F | F50 | 37 | 11 | 26 | 5 | 2 | 4 |
| 150 | 194 | 00:56:27 | Edward | Mears | Running & Cider | M | M | 113 | 32 | | 2 | 2 | |
| 151 | 223 | 00:56:32 | Matthew | Ames | Egdon Heath Harriers | M | M | 114 | 33 | | 9 | 3 | |
| 152 | 340 | 00:56:42 | Amy | Upson | | F | F | 38 | 12 | | | | |
| 153 | 38 | 00:56:42 | Jan | Brooks | | M | M40 | 115 | 36 | 81 | | | 21 |
| 154 | 328 | 00:56:47 | Darren | Grumitt | Egdon Heath Harriers | M | M50 | 116 | 30 | 82 | 10 | 2 | 7 |
| 155 | 394 | 00:56:47 | Victoria | Casson | Westbourne RC | F | F | 39 | 13 | | 3 | 1 | |
| 156 | 259 | 00:56:47 | Peter | Hollywood | | M | M50 | 117 | 31 | 83 | | | 22 |
| 157 | 310 | 00:56:52 | Craig | James | | M | M40 | 118 | 37 | 84 | | | 23 |
| 158 | 140 | 00:56:58 | Tracey | Colquhoun | Purbeck Runners | F | F50 | 40 | 12 | 27 | 3 | 2 | 2 |
| 159 | 36 | 00:56:59 | Emma | Moir | Tyne Bridge Harriers | F | F40 | 41 | 13 | 28 | 1 | 1 | 1 |
| 160 | 372 | 00:57:04 | Gail | Tipper | Tri Purbeck | F | F50 | 42 | 13 | 29 | 1 | 1 | 1 |
| 161 | 172 | 00:57:08 | Thomas | Whetlor | | M | M | 119 | 34 | | | | |
| 162 | 129 | 00:57:08 | Andy | Mc Dowall | | M | M | 120 | 35 | | | | |
| 163 | 220 | 00:57:16 | Jamie | Beckham | | M | M | 121 | 36 | | | | |
| 164 | 360 | 00:57:19 | Jonathon | Franz | | M | M40 | 122 | 38 | 85 | | | 24 |
| 165 | 371 | 00:57:22 | Todd | Bishop | | M | M | 123 | 37 | | | | |
| 166 | 29 | 00:57:30 | Stuart | Greenhill | | M | M40 | 124 | 39 | 86 | | | 25 |
| 167 | 379 | 00:57:34 | Hamish | Macbeth | | M | M40 | 125 | 40 | 87 | | | 26 |
| 168 | 133 | 00:57:37 | Mark | Vivian | Claremont | M | M40 | 126 | 41 | 88 | 2 | 2 | 2 |
| 169 | 358 | 00:57:40 | Neil | Dyble | Westbourne RC | M | M50 | 127 | 32 | 89 | 10 | 3 | 6 |
| 170 | 63 | 00:57:40 | Barbara | Murray | Purbeck Runners | F | F50 | 43 | 14 | 30 | 4 | 3 | 3 |
| 171 | 250 | 00:57:45 | Steve | Neller | | M | M40 | 128 | 42 | 90 | | | 27 |
| 172 | 391 | 00:58:04 | Lisa | Thomas | Westbourne RC | F | F40 | 44 | 14 | 31 | 4 | 3 | 3 |
| 173 | 222 | 00:58:04 | Allison | Bonathan | | F | F | 45 | 14 | | | | |
| 174 | 160 | 00:58:04 | Dawn | Cosh | Square & Compass | F | F40 | 46 | 15 | 32 | 1 | 1 | 1 |
| 175 | 316 | 00:58:08 | Kim | Higgins | Poole AC | F | F | 47 | 15 | | 4 | 2 | |
| 176 | 192 | 00:58:17 | Luke | Bales | Running & Cider | M | M | 129 | 38 | | 3 | 3 | |
| 177 | 144 | 00:58:23 | Neil | Aitken | | M | M40 | 130 | 43 | 91 | | | 28 |
| 178 | 386 | 00:58:28 | Darren | Price | New Forest Runners | M | M40 | 131 | 44 | 92 | 2 | 1 | 1 |
| 179 | 131 | 00:58:29 | Elizabeth | Poingdestre | Square & Compass | F | F50 | 48 | 15 | 33 | 2 | 1 | 2 |
| 180 | 265 | 00:58:30 | Lynn | Wemborn | Zoom Tri | F | F50 | 49 | 16 | 34 | 3 | 1 | 2 |
| 181 | 309 | 00:58:32 | Jackie | Tomlin | Dorset Sole Sisters | F | F50 | 50 | 17 | 35 | 1 | 1 | 1 |

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| 182 | 348 | 00:58:34 | Nick | Tunstall | | M | M | 132 | 39 | | | | | |
| 183 | 377 | 00:58:36 | Esther | Downes | Poole Runners | F | F | 51 | 16 | | | 6 | | 2 |
| 184 | 3 | 00:58:36 | Donald | Harper | | M | M | 133 | 40 | | | | | |
| 185 | 300 | 00:58:36 | Steve | Buller | Poole AC | M | M40 | 134 | 45 | 93 | | 8 | | 4 |
| 186 | 184 | 00:58:47 | Dave | Doctor | | M | M50 | 135 | 33 | 94 | | | | 29 |
| 187 | 395 | 00:58:50 | Tina | Stoakes | Poole AC | F | F50 | 52 | 18 | 36 | | 5 | | 2 |
| 188 | 204 | 00:58:53 | Sue | Fox | Maiden Newton Runners | F | F60 | 53 | 4 | 37 | | 1 | | 1 |
| 189 | 193 | 00:59:08 | Kevin | Bales | Running & Cider | M | M | 136 | 41 | | | 4 | | 4 |
| 190 | 219 | 00:59:17 | Sarah | Matthews | | F | F40 | 54 | 16 | 38 | | | | 5 |
| 191 | 312 | 00:59:17 | Alyce | Rockliff | Egdon Heath Harriers | F | F | 55 | 17 | | | 3 | | 1 |
| 192 | 313 | 00:59:20 | Richard | Toone | Egdon Heath Harriers | M | M60 | 137 | 14 | 95 | | 11 | | 2 |
| 193 | 346 | 00:59:20 | Marc | Oborza | | M | M | 138 | 42 | | | | | |
| 194 | 56 | 00:59:20 | Helena | Cary | | F | F | 56 | 18 | | | | | |
| 195 | 55 | 00:59:20 | James | Nightingale | | M | M | 139 | 43 | | | | | |
| 196 | 389 | 00:59:34 | Graham | Dennison | Poole Runners | M | M40 | 140 | 46 | 96 | | 19 | | 3 |
| 197 | 119 | 00:59:37 | Steve | Davies | Totton RC | M | M60 | 141 | 15 | 97 | | 1 | | 1 |
| 198 | 108 | 00:59:40 | Alex | Goff | | M | M | 142 | 44 | | | | | |
| 199 | 42 | 00:59:45 | Roger | Cooper | Lytchett Manor Striders | M | M50 | 143 | 34 | 98 | | 7 | | 3 |
| 200 | 189 | 00:59:45 | Andy | Mutter | Egdon Heath Harriers | M | M40 | 144 | 47 | 99 | | 12 | | 5 |
| 201 | 114 | 00:59:50 | Martin | Grimsdale | Watford Harriers | M | M60 | 145 | 16 | 100 | | 1 | | 1 |
| 202 | 201 | 00:59:50 | Jacqueline | Devereux | | F | F40 | 57 | 17 | 39 | | | | 6 |
| 203 | 273 | 01:00:10 | Gerry | Lucas | Littledown Harriers | M | M60 | 146 | 17 | 101 | | 4 | | 2 |
| 204 | 374 | 01:00:22 | Stuart | Stenhouse | | M | M | 147 | 45 | | | | | |
| 205 | 320 | 01:00:40 | Phil | Briggs | | M | M40 | 148 | 48 | 102 | | | | 30 |
| 206 | 299 | 01:00:55 | Nathan | Gadenne | | M | M | 149 | 46 | | | | | |
| 207 | 152 | 01:00:59 | Sarah | Compton | Westbourne RC | F | F | 58 | 19 | | | 5 | | 2 |
| 208 | 41 | 01:01:04 | Liz | Lewis | RMPAC | F | F40 | 59 | 18 | 40 | | 1 | | 1 |
| 209 | 215 | 01:01:06 | Martin | Lucas | Littledown Harriers | M | M50 | 150 | 35 | 103 | | 5 | | 2 |
| 210 | 4 | 01:01:15 | Kirsty | Harvey | Human Energy | F | F | 60 | 20 | | | 1 | | 1 |
| 211 | 225 | 01:01:20 | Thomas | Davison | PSSA | M | M60 | 151 | 18 | 104 | | 1 | | 1 |
| 212 | 332 | 01:01:41 | Jacqui | Ives | Westbourne RC | F | F40 | 61 | 19 | 41 | | 6 | | 4 |
| 213 | 251 | 01:01:44 | Marion | Frampton | Poole Runners | F | F50 | 62 | 19 | 42 | | 7 | | 3 |
| 214 | 229 | 01:01:52 | Eric | Sealey | | M | M60 | 152 | 19 | 105 | | | | 31 |
| 215 | 234 | 01:02:06 | Sharon | Pugh | Dorset Sole Sisters | F | F50 | 63 | 20 | 43 | | 2 | | 2 |
| 216 | 8 | 01:02:21 | Corrine | Jorgensen | | F | F | 64 | 21 | | | | | |
| 217 | 141 | 01:02:28 | Charlotte | Chipchase | | F | F | 65 | 22 | | | | | |
| 218 | 311 | 01:02:41 | Gemma | Gumbleton | | F | F | 66 | 23 | | | | | |
| 219 | 135 | 01:03:12 | Brian | Symonds | Wye Valley Runners | M | M70 | 153 | 4 | 106 | | 1 | | 1 |
| 220 | 287 | 01:03:25 | Sue | Jackson | | F | F50 | 67 | 21 | 44 | | | | 7 |
| 221 | 304 | 01:03:25 | Hilary | Craig | Poole Runners | F | F40 | 68 | 20 | 45 | | 8 | | 3 |
| 222 | 325 | 01:03:41 | Carole | Ingham | Poole Runners | F | F60 | 69 | 5 | 46 | | 9 | | 1 |
| 223 | 165 | 01:03:46 | Edward | Richardson | | M | M | 154 | 47 | | | | | |
| 224 | 190 | 01:03:53 | Peter | Smith | Purbeck Runners | M | M60 | 155 | 20 | 107 | | 4 | | 3 |
| 225 | 49 | 01:03:55 | Amber | Aitken | | F | FJ | 70 | 1 | | | | | |
| 226 | 183 | 01:04:01 | Valerie | Brown | | F | F50 | 71 | 22 | 47 | | | | 8 |
| 227 | 261 | 01:04:01 | David | Kilfoyle | | M | M40 | 156 | 49 | 108 | | | | 32 |

Lulworth Castle 10K 2016 - Individual Results

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|-----|-----|----------|------------|----------------|---------------------|---|-----|-----|----|-----|---|---|----|
| 228 | 146 | 01:04:04 | Kate | Bonfield | Human Energy | F | F40 | 72 | 21 | 48 | 2 | 1 | 1 |
| 229 | 279 | 01:04:06 | Anne | Newlyn | Dorset Doodlers | F | F50 | 73 | 23 | 49 | 1 | 1 | 1 |
| 230 | 241 | 01:04:07 | James | Shaw | | M | M | 157 | 48 | | | | |
| 231 | 342 | 01:04:14 | Millie | Hendy | Bournemouth Joggers | F | F40 | 74 | 22 | 50 | 1 | 1 | 1 |
| 232 | 9 | 01:04:28 | Jane | Robson | Purbeck Runners | F | F50 | 75 | 24 | 51 | 5 | 4 | 4 |
| 233 | 54 | 01:04:28 | Tim | Stone | Purbeck Runners | M | M50 | 158 | 36 | 109 | 5 | 2 | 5 |
| 234 | 176 | 01:04:28 | John | Connor | Purbeck Runners | M | M50 | 159 | 37 | 110 | 6 | 3 | 6 |
| 235 | 272 | 01:04:33 | Philip | Burden | | M | M50 | 160 | 38 | 111 | | | 33 |
| 236 | 107 | 01:04:39 | Jenny | Bowley | Westbourne RC | F | F | 76 | 24 | | 7 | 3 | |
| 237 | 179 | 01:04:42 | Tony | Williams | Purbeck Runners | M | M60 | 161 | 21 | 112 | 7 | 4 | 7 |
| 238 | 237 | 01:04:50 | Lisa | Thomas | | F | F40 | 77 | 23 | 52 | | | 9 |
| 239 | 398 | 01:04:52 | Zoe | Houlton | Poole AC | F | F50 | 78 | 25 | 53 | 6 | 3 | 4 |
| 240 | 159 | 01:05:01 | Richard | Williams | RMPAC | M | M60 | 162 | 22 | 113 | 3 | 1 | 3 |
| 241 | 102 | 01:05:01 | Kerry | Watson | | F | F | 79 | 25 | | | | |
| 242 | 293 | 01:05:30 | Nicollette | Weaver | | F | F40 | 80 | 24 | 54 | | | 10 |
| 243 | 252 | 01:05:31 | Alex | Smeeton | | F | F50 | 81 | 26 | 55 | | | 11 |
| 244 | 126 | 01:05:32 | Sarah | Shepley | Hamsters | F | F60 | 82 | 6 | 56 | 1 | 1 | 1 |
| 245 | 161 | 01:05:38 | Graham | Tharp | | M | M40 | 163 | 50 | 114 | | | 34 |
| 246 | 302 | 01:05:45 | Mandy | Walker | Bushfield Joggers | F | F40 | 83 | 25 | 57 | 1 | 1 | 1 |
| 247 | 351 | 01:05:46 | Mark | Cahalane | | M | M40 | 164 | 51 | 115 | | | 35 |
| 248 | 292 | 01:05:55 | Nathan | Parker | | M | M40 | 165 | 52 | 116 | | | 36 |
| 249 | 357 | 01:06:04 | Liz | Dyble | Westbourne RC | F | F50 | 84 | 27 | 58 | 8 | 1 | 5 |
| 250 | 122 | 01:06:13 | David | Ritchie | Poole AC | M | M50 | 166 | 39 | 117 | 9 | 3 | 8 |
| 251 | 123 | 01:06:13 | Vanya | Ritchie | Poole AC | F | F50 | 85 | 28 | 59 | 7 | 4 | 5 |
| 252 | 239 | 01:06:27 | Cristel | Whale | Undutchables | F | F40 | 86 | 26 | 60 | 1 | 1 | 1 |
| 253 | 238 | 01:06:27 | Philip | Whale | Undutchables | M | M40 | 167 | 53 | 118 | 1 | 1 | 1 |
| 254 | 270 | 01:06:29 | Rebecca | Richardson | LordsHill RR | F | F | 87 | 26 | | 1 | 1 | |
| 255 | 258 | 01:06:30 | Lucy | Hollywood | Purbeck Runners | F | F | 88 | 27 | | 6 | 2 | |
| 256 | 60 | 01:06:35 | Witney | Symon | Crewkerne RC | M | M50 | 168 | 40 | 119 | 1 | 1 | 1 |
| 257 | 350 | 01:07:18 | Clare | Mc Dermott | Purbeck Runners | F | F40 | 89 | 27 | 61 | 7 | 1 | 5 |
| 258 | 188 | 01:07:21 | Chris | Walters | | M | M | 169 | 49 | | | | |
| 259 | 195 | 01:07:25 | Audrey | Hunt | Running & Cider | F | F | 90 | 28 | | 1 | 1 | |
| 260 | 143 | 01:07:36 | Penny | Lazell | | F | F50 | 91 | 29 | 62 | | | 12 |
| 261 | 396 | 01:07:36 | Vince | Giavarini | | M | M60 | 170 | 23 | 120 | | | 37 |
| 262 | 53 | 01:07:54 | Rebecca | Burton | Wessex Wizards | F | F40 | 92 | 28 | 63 | 1 | 1 | 1 |
| 263 | 216 | 01:08:24 | Laura | Lee | | F | F40 | 93 | 29 | 64 | | | 13 |
| 264 | 382 | 01:08:56 | Emma | Dorey | | F | F | 94 | 29 | | | | |
| 265 | 326 | 01:08:59 | Catherine | Abery-Williams | | F | F40 | 95 | 30 | 65 | | | 14 |
| 266 | 224 | 01:09:15 | Alison | Sperring | Dorset Police | F | F40 | 96 | 31 | 66 | 1 | 1 | 1 |
| 267 | 5 | 01:09:17 | Veronica | Harvey | Human Energy | F | F50 | 97 | 30 | 67 | 3 | 1 | 2 |
| 268 | 121 | 01:09:21 | Jade | Bissagar | | F | F40 | 98 | 32 | 68 | | | 15 |
| 269 | 62 | 01:09:34 | Sam | Gilroy | | F | F | 99 | 30 | | | | |
| 270 | 203 | 01:10:06 | Joan | Fox | Bournemouth Joggers | F | F60 | 100 | 7 | 69 | 2 | 1 | 2 |
| 271 | 175 | 01:10:24 | Ian | Underwood | | M | M60 | 171 | 24 | 121 | | | 38 |
| 272 | 385 | 01:10:26 | Laura | Horswill | | F | F | 101 | 31 | | | | |
| 273 | 178 | 01:10:30 | Sarah | Rejchrt | Westbourne RC | F | F40 | 102 | 33 | 70 | 9 | 5 | 6 |

Lulworth Castle 10K 2016 - Individual Results

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|-----|-----|----------|----------|------------|----------------------|---|-----|-----|----|-----|----|---|----|
| 274 | 139 | 01:10:32 | Abigail | Baker | Purbeck Runners | F | F | 103 | 32 | | 8 | 3 | |
| 275 | 157 | 01:10:40 | Elaine | Chandler | | F | F50 | 104 | 31 | 71 | | | 16 |
| 276 | 364 | 01:10:51 | Sheena | Keep | Purbeck Runners | F | F50 | 105 | 32 | 72 | 9 | 5 | 6 |
| 277 | 353 | 01:11:07 | Samantha | Stockley | | F | F | 106 | 33 | | | | |
| 278 | 109 | 01:01:11 | Jason | Hepple | Poole AC | M | M50 | 172 | 41 | 122 | 10 | 4 | 9 |
| 279 | 289 | 01:11:28 | Linsey | Park | | F | F | 107 | 34 | | | | |
| 280 | 359 | 01:11:28 | Kate | Marshall | | F | F | 108 | 35 | | | | |
| 281 | 370 | 01:11:32 | Gemma | Hibberd | | F | F | 109 | 36 | | | | |
| 282 | 368 | 01:11:32 | Clare | Julyan | Westbourne RC | F | F40 | 110 | 34 | 73 | 10 | 6 | 7 |
| 283 | 267 | 01:11:48 | Clive | Grewcock | Westbourne RC | M | M60 | 173 | 25 | 123 | 11 | 1 | 7 |
| 284 | 262 | 01:11:48 | Helen | Keen | | F | F | 111 | 37 | | | | |
| 285 | 39 | 01:11:50 | Elodie | Fraser | | F | FJ | 112 | 2 | | | | |
| 286 | 347 | 01:11:50 | Patrick | Allen | | M | M | 174 | 50 | | | | |
| 287 | 291 | 01:11:58 | Judith | Hibbert | Westbourne RC | F | F40 | 113 | 35 | 74 | 11 | 7 | 8 |
| 288 | 2 | 01:12:26 | Kate | Towner | Poole Runners | F | F | 114 | 38 | | 10 | 3 | |
| 289 | 233 | 01:12:45 | Norma | Smart | Egdon Heath Harriers | F | F50 | 115 | 33 | 75 | 4 | 2 | 3 |
| 290 | 230 | 01:13:20 | Andy | Gill | | M | M | 175 | 51 | | | | |
| 291 | 327 | 01:13:51 | Caroline | Smith | Crewkerne RC | F | F40 | 116 | 36 | 76 | 1 | 1 | 1 |
| 292 | 243 | 01:14:00 | Adam | Hawkins | Yeovil Town RRC | M | M60 | 176 | 26 | 124 | 2 | 1 | 1 |
| 293 | 23 | 01:14:50 | Gillie | Williams | Ntri | F | F50 | 117 | 34 | 77 | 1 | 1 | 1 |
| 294 | 352 | 01:14:51 | Maria | Cahalane | | F | F40 | 118 | 37 | 78 | | | 17 |
| 295 | 361 | 01:15:11 | Loise | Link | | F | F40 | 119 | 38 | 79 | | | 18 |
| 296 | 162 | 01:15:11 | Demi | Watts | | F | FJ | 120 | 3 | | | | |
| 297 | 242 | 01:15:18 | Corinne | Hawkins | Yeovil Town RRC | F | F60 | 121 | 8 | 80 | 1 | 1 | 1 |
| 298 | 315 | 01:15:23 | David | Grimmett | | M | M70 | 177 | 5 | 125 | | | 39 |
| 299 | 345 | 01:15:37 | Susan | O Flanagan | Weymouth St Pauls | F | F50 | 122 | 35 | 81 | 2 | 2 | 2 |
| 300 | 128 | 01:16:22 | Jenny | Hoskins | | F | F40 | 123 | 39 | 82 | | | 19 |
| 301 | 147 | 01:16:26 | Veronica | Boatswain | | F | F | 124 | 39 | | | | |
| 302 | 7 | 01:16:55 | Michelle | Elson | Littledown Harriers | F | F50 | 125 | 36 | 83 | 4 | 3 | 4 |
| 303 | 344 | 01:16:56 | Susan | Elsworth | Bournemouth Joggers | F | F40 | 126 | 40 | 84 | 3 | 2 | 3 |
| 304 | 318 | 01:17:06 | James | Walsh | | M | M | 178 | 52 | | | | |
| 305 | 213 | 01:17:07 | Tina | Mills | Totton RC | F | F50 | 127 | 37 | 85 | 1 | 1 | 1 |
| 306 | 214 | 01:17:23 | Rosemary | Ash | Bournemouth Joggers | M | M50 | 179 | 42 | 126 | 1 | 1 | 1 |
| 307 | 28 | 01:17:32 | Sue | Stockley | WIA | F | F50 | 128 | 38 | 86 | 1 | 1 | 1 |
| 308 | 127 | 01:17:58 | Jules | Warner | | M | M40 | 180 | 54 | 127 | | | 40 |
| 309 | 130 | 01:18:23 | Tricia | Cliffe | | F | F40 | 129 | 41 | 87 | | | 20 |
| 310 | 15 | 01:18:35 | Alison | Griffiths | Yeovil Town RRC | F | F50 | 130 | 39 | 88 | 2 | 1 | 2 |
| 311 | 118 | 01:19:25 | Gillian | Callus | Totton RC | F | F60 | 131 | 9 | 89 | 2 | 1 | 2 |
| 312 | 196 | 01:19:37 | Alison | Bell | | F | F | 132 | 40 | | | | |
| 313 | 185 | 01:20:09 | Amanda | Doctor | | F | F40 | 133 | 42 | 90 | | | 21 |
| 314 | 321 | 01:21:47 | Sue | Evans | Bournemouth Joggers | F | F60 | 134 | 10 | 91 | 4 | 2 | 4 |
| 315 | 117 | 01:21:53 | Wendy | Couper | Romsey RR | F | F70 | 135 | 1 | 92 | 1 | 1 | 1 |
| 316 | 30 | 01:22:17 | Lisa | Greenhill | | F | F | 136 | 41 | | | | |
| 317 | 369 | 01:24:46 | Barry | Julyan | | M | M40 | 181 | 55 | 128 | | | 41 |
| 318 | 202 | 01:25:45 | Ann | Deverill | Poole AC | F | F50 | 137 | 40 | 93 | 8 | 5 | 6 |
| 319 | 331 | 01:27:18 | Ray | Graham | Westbourne RC | M | M50 | 182 | 43 | 129 | 12 | 4 | 8 |

Lulworth Castle 10K 2016 - Individual Results

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|-----|-----|--|----------|---------|--|---|-----|-----|----|----|--|--|----|
| 320 | 274 | | Edna | Burden | | F | F50 | 138 | 41 | 94 | | | 22 |
| 321 | 240 | | Collette | Morgan | | F | F | 139 | 42 | | | | |
| 322 | 323 | | Karen | Gregory | | F | F40 | 140 | 43 | 95 | | | 23 |