

THE LONGTOWN 10 - Saturday April 6th 2013

No	Name	Club	Sex	Age Cat	Time	Cat Pos	P'tion
81	Russell Maddams	Keswick AC	M	39	55.30	1	1
82	John French	Eden Runners	M	33	56.35	2	2
91	Bob Hodgson	Carlisle Tri Club	M	33	57.42	3	3
80	Stuart Reed	Eden Runners	M	38	58.06	4	4
61	Mike Scott	Unattached	M	47	59.03	1	5
64	Daryl Hayton	Lancaster & Morcombe	M	31	59.06	5	6
17	David Moir	Tyne Bridge Harriers	M	44	59.46	2	7
56	Alan Baxter	Dumfries Running Club	M	38	59.49	6	8
79	Paul Graves	Unattached	M	34	1.00.26	7	9
27	Michael Pluckrose	Carlisle Tri Club	M	42	1.00.44	3	10
44	Mark Ryan	Border Harriers	M	33	1.00.52	8	11
95	Kevin Conchar	Dumfries Running Club	M	39	1.01.04	9	12
102	Jacob Tangey	Dumfries Running Club	M	35	1.01.16	10	13
2	David Daniels	Tyne Bridge	M	40	1.01.22	4	14
83	Jim Kenny	Eden Runners	M	50	1.02.11	1	15
30	John Stephens	Low Fell RC	M	55	1.02.18	2	16
97	Iain Williams	Teviotdale Harriers	M	39	1.03.03	11	17
60	Graeme Cross	Dumfries Running Club	M	44	1.03.33	5	18
25	Trevor Martin	Unattached	M	45	1.03.34	6	19
28	Christopher Tinning	Unattached	M	36	1.03.39	11	20
101	Alistair MacDonald	Morpeth Harriers	M	49	1.03.43	7	21
87	Terry McClaskey	Dumfries Running Club	M	28	1.04.08	12	22
71	Richard Beck	Dumfries Running Club	M	24	1.05.55	13	23
32	Jonny Bolton	Elswick Harriers	M	41	1.05.59	8	24
34	Daniel Queen	Dumfries Running Club	M	58	1.07.47	3	25
20	Robbie Armstrong	Unattached	M	44	1.07.54	9	26
21	Alan Grant	Unattached	M	46	1.08.00	10	27
45	Alan Inglis	Teviotdale Harriers	M	44	1.08.36	11	28
92	Josh Waite	Carlisle Tri Club	M	32	1.09.10	14	29
74	Fred Smith	Low Fell RC	M	48	1.09.16	12	30
11	Richard Williams	Galloway Harriers	M	46	1.09.39	13	31
99	Jacqui Khoueiry	Holmfirth Harriers	F	40	1.10.17	1 OP	32
76	Jeff Donnelly	Dumfries Running Club	M	23	1.10.41	15	33
75	Allan Manson	Dumfries Running Club	M	35	1.11.45	16	34
78	Stephen Mohan	Dumfries Running Club	M	52	1.12.03	4	35
31	Alan Rowell	Durham City Harriers	M	64	1.12.29	1	36
55	John Evans	Unattached	M	46	1.12.38	14	37
103	John Green	Dumfries Running Club	M	50	1.12.51	5	38
54	Chris Palmer	ADAC	M	32	1.13.13	17	39
48	Ernie Brydon	Annan & District AC	M	46	1.13.18	15	40
67	Sian Finley	Dumfries Running Club	F	43	1.13.45	2 OP	41
47	Peter McGill	Dumfries Running Club	M	48	1.14.00	18	42
89	John Andrew Artha	Eden Runners	M	37	1.14.06	18	43
84	Diane Gallimore	Border Harriers	F	48	1.14.17	3 OP	44
85	Vanessa Strickland	Carlisle & Aspatria	F	43	1.15.05	1	45
40	Graham Harmse	Carlisle Tri Club	M	49	1.15.18	19	46
98	Luke Wordsworth	DH Runners	M	27	1.15.41	19	47
33	Jackie Sewell	Carlisle Tri Club	F	31	1.16.12	4	48
3	Richard Hill	Manx Harriers	M	42	1.16.14	20	49
19	Neil Jamieson	Unattached	M	60	1.16.17	2	50

59	Robert Lamb	Unattached	M	33	1.17.28	20	51
24	John Walshe	East Cork AC	M	61	1.18.04	3	52
86	Alistair Bell	Unattached	M	35	1.18.41	21	53
36	Maureen Dickson	Dumfries Running Club	F	54	1.18.53	1	54
7	Sheila Macnab	Gala Harriers	F	56	1.19.11	2	55
68	John Woolridge	Border Harriers	M	63	1.19.24	4	56
23	David Rice	Keswick AC	M	38	1.19.48	22	57
39	Keith Martin	Unattached	M	32	1.19.59	23	58
93	Carl Deane	Unattached	M	45	1.20.11	21	59
37	James Grierson	Dumfries Running Club	M	54	1.20.15	6	60
105	Christopher Garton	Unattached	M	32	1.21.18	24	61
35	Mike Trant	Dumfries Running Club	M	58	1.21.57	7	62
29	Katherine Harvey	Unattached	F	37	1.21.58	5	63
96	Richard McDougal	Dumfries Running Club	M	59	1.22.07	8	64
8	Mark Ashton	Unattached	M	45	1.22.49	22	65
18	Juliet Grieves	Keswick AC	F	46	1.23.49	2	66
70	Sue Jeffrey	Dumfries Running Club	F	25	1.24.46	6	67
77	Theresa Lavern	Dumfries Running Club	F	36	1.25.33	7	68
88	Stephen Halliday	Unattached	M	53	1.26.36	9	69
100	Elizabeth Sochacka	Carlisle Tri Club	F	44	1.28.40	3	70
51	Richard Longlands	Unattached	M	37	1.29.42	25	71
52	Helen Schofield	Stamford Striders	F	36	1.29.57	7	72
69	Peter Taylor	CFR	M	73	1.30.29	5	73
66	Peter Manning	Blengdale	M	64	1.30.38	6	74
49	Jackie Leech	Wigton Roads Runners	F	43	1.31.41	4	75
63	Steve Harbach	Carlisle Tri Club	M	56	1.31.44	10	76
72	Caroline Freislick	Dumfries Running Club	M	51	1.32.44	11	77
57	David Graham	Carlisle Tri Club	M	37	1.32.51	26	78
38	Rebecca McKee	Unattached	F	26	1.33.08	8	79
53	Austen Raine	Wigton Road Runners	M	64	1.33.21	7	80
73	Margaret Smith	Low Fell RC	F	49	1.33.46	5	81
5	Lesley Wallace	Unattached	F	45	1.33.57	6	82
42	Fiona Jardine	Unattached	F	46	1.35.28	7	83
58	Janet Mitchell	Unattached	F	59	1.37.51	12	84
16	Helen Fell	Sands Centre Running Club	F	29	1.38.05	9	85
65	Deryck Hutchinson	Keswick AC	M	58	1.43.44	12	86
62	Tristan Reid	Unattached	M	37	1.44.52	27	87
15	Mel Warwick	Sands Centre Running Club	F	34	1.49.53	10	88
43	Janette Kilgour	Heaton Harriers	F	62	1.58.29	1	89
9	Andea Williams	Galloway Harriers	F	48	2.06.20	8	90
90	George Routledge	Heaton Harriers	M	65	2.22.54	8	91
94	Wayne Greig	Carlisle Tri Club	M	28	DNF		
1	Chris Ryan	Unattached	M	46	DNS		
4	Tom Temple	Salford Harriers	M	59	DNS		
6	Debbie Hewitt	SinFin Running Club	F	48	DNS		
10	Alan Ritchie	Unattached	M	29	DNS		
12	Les Hill	Dumfries Running Club	M	55	DNS		
13	Michael Clarkson	Unattached	M	28	DNS		
14	Neil Simpson	Unattached	M	60	DNS		
22	Vicki Law	Billingham Marsh House Harriers	F	40	DNS		
26	G.W.Green	R.A.F. Menwith Hill Ac	M	54	DNS		
41	Colin Benn	Black Combe Runners	M	59	DNS		
46	Peter Garnett	Border Harriers	M	59	DNS		
50	Dion Crozier	Unattached	M	35	DNS		