

## The Sport in Action 10 - Saturday April 5th 2014

No	Name	Club	Cat	Sex	Time	Cat Pos	P'tion
267	Russell Madams	Keswick AC	Vet 40	M	00:55:51	1	1
270	Richard Anderton	Holmfirth Harriers	Open	M	00:55:59	1	2
155	Scott Ellis	North Shields Poly Club	Open	M	00:56:47	2	3
234	Steven Smith	Dumfries Running Club	Open	M	00:58:34	3	4
275	Phil Walker	Morpeth Harriers	Vet 40	M	00:59:45	2	5
174	Jonathan Stephens	Low Fell R.C.	Open	M	01:00:29	4	6
266	Joasia Zakrzewski	Dumfries Running Club	Open	F	01:01:12	1	7
245	Richard Beck	Dumfries Running Club	Open	M	01:01:24	5	8
212	Colin McCall	Gala Harriers	Open	M	01:01:39	6	9
251	Tony Mounsey	Cumberland AC	Vet 40	M	01:01:47	3	10
219	Steven Martin	Gala Harriers	Vet 40	M	01:01:59	4	11
200	Patrick Malkinson	Unattached	Open	M	01:02:37	7	12
248	Roger Sillito	Low Fell R.C.	Open	M	01:02:46	8	13
250	Howard Seal	Derwent Athletics Club	Vet 40	M	01:03:13	5	14
271	John Hurse	Tyne Bridge Harriers	Open	M	01:03:27	9	15
211	Kevin McQueen	Dumfries Running Club	Vet 40	M	01:03:29	6	16
195	Andrew Niven	Heaton Harriers & AC	Open	M	01:03:29	10	17
172	Steven Pagan	Carlisle Tri Club	Open	M	01:04:01	11	18
220	John Stephens	Low Fell R.C.	Vet 50	M	01:04:25	1	19
230	Graeme Cross	Dumfries Running Club	Vet 40	M	01:04:45	7	20
269	Gareth Forber	Allen Valley Striders	Open	M	01:05:04	12	21
226	Kevin Scott	Unattached	Vet 40	M	01:05:47	8	22
223	Sandy Shankland	Dumfries Running Club	Vet 50	M	01:06:06	2	23
225	Wayne Greig	Carlisle Tri Club	Open	M	01:06:32	13	24
160	David Daniels	Tyne Bridge Harriers	Vet 40	M	01:06:35	9	25
193	Dudley Roberts	Tynedale Harriers & AC	Vet 40	M	01:06:58	10	26
241	Peter Walker	Derwent Athletics Club	Vet 40	M	01:07:16	11	27
244	John Tollitt	Tyne Bridge Harriers	Vet 50	M	01:07:31	3	28
158	Sophie Marr	Tyne Bridge Harriers	Open	F	01:07:37	2	29
192	David Liddle	Carlisle Aspatria AC	Vet 40	M	01:08:21	12	30
173	Mark Reynolds	Tyne Bridge Harriers	Open	M	01:08:38	14	31
252	Ian McDougall	Cumberland AC	Vet 50	M	01:08:42	4	32
235	Keith McVeigh	Cumberland AC	Vet 50	M	01:09:34	5	33
196	David Savage	Sunderland Harriers & AC	Vet 40	M	01:09:39	13	34
184	Les Hill	Dumfries Running Club	Vet 50	M	01:10:06	6	35
243	Alister Biggar	Teviotdale Harriers	Vet 40	M	01:10:13	14	36
189	Robbie Armstrong	Unattached	Vet 40	M	01:10:33	15	37
207	David Cain	Penny Lane Striders	Vet 50	M	01:11:35	7	38
264	Ranjit Thomas	Dumfries Running Club	Vet 40	M	01:12:00	16	39
262	Stephen Mohan	Dumfries Running Club	Vet 50	M	01:12:31	8	40
276	Alan Grant	Unattached	Vet 40	M	01:12:48	17	41
191	Steven Bonn	Dumfries Running Club	Vet 50	M	01:12:51	9	42
254	Peter Milligan	Cumberland AC	Open	M	01:12:59	15	43
188	Sian Finlay	Dumfries Running Club	Vet 40	F	01:13:02	1	44
205	John Evans	Unattached	Vet 40	M	01:13:40	18	45
221	Bruce Pilling	Unattached	Open	M	01:14:21	16	46

274	Jo Hazell	Sheepmount Running Club	Open	F	01:15:50	3	47
277	Richard Hill	CarlisleTri Club	Vet 40	M	01:16:07	2	48
175	Chris Jamieson	Esk Valley Fell Club	Vet 50	M	01:16:42	10	49
273	Jason Pollock	Sheepmount Running Club	Vet 40	M	01:16:53	19	50
206	Susan Cain	Penny Lane Striders	Vet 50	F	01:17:00	1	51
209	Tim Ellis	Unattached	Vet 40	M	01:17:14	20	52
179	Ian McDonald	Unattached	Open	M	01:17:15	17	53
210	Alan Hyde	Morpeth Harriers	Vet 40	M	01:17:40	21	54
253	Graham Legget	Cumberland AC	Vet 40	M	01:17:53	22	55
272	Jo Young	Muckle Toon Joggers	Vet 40	F	01:18:01	2	56
190	Peter Hill	Dumfries Running Club	Vet 60	M	01:18:22	1	57
237	John McGibbon	Border Harriers	Vet 50	M	01:18:35	11	58
261	Sue Jeffrey	Dumfries Running Club	Open	F	01:19:03	4	59
239	Sheila McVeigh	Cumberland AC	Vet 50	F	01:19:08	2	60
171	Emma Graham	St Bees Triers	Open	F	01:19:16	5	61
260	Gillian Baxter	Cumberland AC	Vet 50	F	01:19:26	3	62
255	Joe Walker	Cumberland AC	Vet 60	M	01:20:10	2	63
242	Chris Knox	Unattached	Vet 50	M	01:20:11	12	64
224	Hilary Royston-Bishop	Derwent Athletics Club	Open	F	01:20:26	5	65
257	Doti Scillatchi	Carlisle Tri Club	Vet 40	F	01:20:30	3	66
165	Laura Jefferson	Unattached	Open	F	01:20:36	6	67
176	Georgie McRoberts	Unattached	Open	F	01:20:38	7	68
218	John Woolridge	Border Harriers	Vet 60	M	01:20:50	3	69
215	Linda Oates	Dumfries Running Club	Vet 50	F	01:21:04	4	70
265	Frank Skachill	Dumfries Running Club	Vet 50	M	01:22:22	13	71
186	Kerry Walker	Dumfries Running Club	Open	F	01:22:32	8	72
240	Lynne Thomson	Unattached	Open	F	01:23:36	9	73
187	Daniel Mullinder	Unattached	Vet 40	M	01:24:02	22	74
259	Margaret Hawley	Cumberland AC	Vet 50	F	01:24:30	5	75
249	Andrew Adams	Derwent Athletics Club	Vet 50	M	01:25:28	14	76
246	Vicky Higgins	Eden Runners	Vet 40	F	01:25:50	4	77
216	Sid Oates	Dumfries Running Club	Vet 50	M	01:26:59	15	78
178	Robert Keill	Unattached	Vet 50	M	01:27:12	16	79
247	Ross Olney	Unattached	Open	M	01:28:12	18	80
154	Sylvie Heath	North Shields Poly Club	Open	F	01:29:12	10	81
182	Pradeep Bhagawan	Carlisle Tri Club	Vet 50	M	01:29:36	17	82
185	Fiona Jardine	Dumfries Running Club	Vet 40	F	01:29:38	5	83
229	Elizabeth O'Mahony	Unattached	Vet 50	F	01:29:42	6	84
180	Timothy Baugh	Carlisle Tri Club	Vet 40	M	01:30:04	23	85
233	Paul Denyer	St Bees Triers	Vet 40	M	01:30:09	24	86
162	Emma Walker	Derwent Athletics Club	Open	F	01:30:15	11	87
222	Judith Clarkin	Derwent Athletics Club	Open	F	01:30:39	12	88
231	John Cororan	Unattached	Vet 50	M	01:31:01	18	89
169	Simon James Wilkinson	Unattached	Open	M	01:31:08	19	90
161	Alison O'Neil	Unattached	Open	F	01:31:27	13	91
163	Louise Parr	Unattached	Open	F	01:31:27	14	92
256	Alison Walker	Cumberland AC	Vet 40	F	01:31:54	6	93
268	Tristan Reid	Unattached	Open	M	01:32:04	20	94
177	Carole Blaylock	Unattached	Open	F	01:32:13	15	95
198	Maria Renucci	Carlisle Tri Club	Vet 40	F	01:33:17	7	96

197	Lynne Aitken	Unattached	Open	F	01:34:55	16	97
263	Suraj Somaiah	Unattached	Open	M	01:35:08	21	98
167	Carol Steel	Sheepmount Running Club	Vet 50	F	01:36:10	7	99
258	Phillip Hawley	Cumberland AC	Vet 60	M	01:36:55	4	100
166	Susan Steel	Unattached	Vet 40	F	01:37:40	8	101
181	Nina Errington	DH Runners	Open	F	01:38:24	17	102
168	Helen Edwards	Allen Valley Striders	Vet 50	F	01:39:00	8	103
151	Sharon Irving	Unattached	Open	F	01:40:57	18	104
217	Brian Tierney	Unattached	Vet 60	M	01:41:36	5	105
204	Margaret Laurie	Dumfries Running Club	Vet 50	F	01:43:32	9	106
183	Michelle Mackay	Sheepmount Running Club	Vet 40	F	01:43:43	9	107
156	David McGinn	Unattached	Vet 40	M	01:46:56	25	108
228	Janette Kilgour	Heaton Harriers & AC	Vet 60	F	02:15:39	1	109
227	George Routledge	Heaton Harriers & AC	Vet 60	M	02:15:40	6	110