

# Sport In Action 10K

Sunday August 30th 2015

No	NAME		CLUB	M/F	CAT	Time	Pos	Gender Pos	Cat Pos
1566	Hodgson	Robert	Border Harriers & AC	M	Open	33.16	1	1	1
1569	Hebblethwaite	Steve	Keswick AAC	M	Open	33.26	2	2	2
1457	Plunkett	Callum	Border Harriers & AC	M	Open	34.26	3	3	3
1509	Dimelow	Shaun	Penistone Footpath Runners & AC	M	Vet 40	34.38	4	4	1
1515	Scott	Mike	Unattached	M	Vet 40	34.52	5	5	2
1480	Harkness	Ian	DH Runners	M	Open	35.23	6	6	4
1527	Brewer	Chris	Keswick AAC	M	Vet 40	36.26	7	7	3
1552	Holliday	Craig	Carlisle Tri Club	M	Open	37.52	8	8	5
1502	Tickner	Douglas	Tyne Bridge Harriers	M	Open	37.53	9	9	6
1487	Medley	Liam	Border Harriers & AC	M	Open	38.43	10	10	7
1516	Scott	Kevin	DH Runners	M	Vet 40	39.06	11	11	4
1536	Sanderson	Michael	Allen Valley Striders	M	Vet 40	39.08	12	12	5
1485	Bridge	Karen	Eden Runners	F	Vet 40	39.35	13	1	1
1506	Davison	Chris	Carlisle Tri Club	M	Vet 50	39.38	14	13	1
1500	Waller	Paul	Tyne Bridge Harriers	M	Open	39.43	15	14	8
1419	Butler	Ross	Keswick AAC	M	Open	40.13	16	15	9
1475	Walker	Lindsay	Keswick AAC	F	Open	40.44	17	2	1
1503	Armata	Adam	Aqua Pura Team	M	Open	40.5	18	16	10
1497	Holmes	Annabel	Keswick AAC	F	Vet 40	40.51	19	3	2
1549	Andrewartha	John	Eden Runners	M	Vet 40	40.58	20	17	6
1452	Toppin	Suzanne	Unattached	F	Vet 40	41.19	21	4	3
1542	Bennett	Peter	Cumberland AC	M	Vet 40	41.19	22	18	7
1547	Wildey	Darren	Carlisle Tri Club	M	Vet 40	41.22	23	19	8
1443	Fynn	Tom	Howgill Harriers	M	Jun	41.25	24	20	1
1424	Shannan	Andy	Unattached	M	Vet 40	41.36	25	21	9
1541	Grinbergs	James	Eden Runners	M	Open	41.59	26	22	11
1537	Forster	Jason	Allen Valley Striders	M	Vet 40	42.11	27	23	10
1513	Rutherford	Mark	Keswick AAC	M	Open	42.15	28	24	12
1417	Dent	Sarah	Unattached	F	Open	42.3	29	5	2
1558	Cavanagh	Shaun	Cumberland AC	M	Vet 50	42.33	30	25	2
1534	Carruthers	Mitchell	DH Runners	M	Open	42.46	31	26	13
1568	Begg	Matt	DH Runners	M	Open	43.02	32	27	14

1464	Mcardle	Declan	Unattached	M	Vet 40	43.2	33	28	11
1538	Mingay	Andy	Eden Runners	M	Open	43.45	34	29	15
1551	Crozier	Dion	DH Runners	M	Open	44.24	35	30	16
1445	Meloy	Philip	Cumberland AC	M	Open	44.35	36	31	17
1498	Waite	Louisa	Carlisle Tri Club	F	Open	44.53	37	6	3
1504	Mullinder	Daniel	DH Runners	M	Vet 40	44.58	38	32	12
1438	Dolan	Susan	Harrogate Harriers & AC	F	Vet 50	45.01	39	7	1
1544	Grinbergs	Kerry	Eden Runners	F	Open	45.02	41	8	4
1519	Beechy	Mike	Keswick AAC	M	Vet 40	45.02	40	33	13
1550	Hodgson	Ian	Unattached	M	Open	45.03	42	34	18
1520	Knox	Chris	DH Runners	M	Vet 50	45.09	43	35	3
1546	Lowry	Georgie	Carlisle Tri Club	F	Open	45.19	44	9	5
1486	Medley	Teresa	Border Harriers & AC	F	Vet 40	45.2	45	10	4
1573	Bell	Alistair	Carlisle Tri Club	M	Open	45.3	46	36	19
1561	Mellor	Rachel	Keswick AAC	F	Open	45.39	47	11	6
1528	Bhagawan	Pradeep	Carlisle Tri Club	M	Vet 50	45.56	48	37	4
1507	Viney	Steve	DH Runners	M	Vet 60	46.04	49	38	1
1434	Garnett	Peter	Border Harriers & AC	M	Vet 60	46.05	50	39	2
1565	Irving	James	Carlisle Tri Club	M	Vet 40	46.13	51	40	14
1471	Horsley	Wayne	Unattached	M	Open	46.19	52	41	20
1526	Eccles	Heather	Eden Runners	F	Open	46.26	53	12	7
1553	Halliday	Dianne	Unattached	F	Vet 50	46.41	54	13	2
1409	Smyth	Mark	Unattached	M	Open	46.59	55	42	21
1572	Graham	Cliff	Unattached	M	Vet 40	47.09	56	43	15
1496	Fawkes	Susan	DH Runners	F	Open	47.15	57	14	8
1465	Carruthers	Nicola	Carlisle Tri Club	F	Open	47.36	58	15	9
1545	Lowry	Matt	Unattached	M	Open	47.42	59	44	22
1521	Bridge	John	Eden Runners	M	Vet 50	48.08	60	45	5
1524	McVeigh	Keith	Cumberland AC	M	Vet 50	48.16	61	46	6
1449	Laidlow	Andrew	Unattached	M	Vet 40	48.42	62	47	16
1525	McVeigh	Sheila	Cumberland AC	F	Vet 60	48.46	63	16	1
1463	Harrison	Nigel	Unattached	M	Vet 50	48.58	64	48	7
1554	Fordyce	Michael	Unattached	M	Vet 50	49.05	65	49	8
1468	Butler	Nicky	Keswick AAC	F	Vet 50	49.07	66	17	3
1453	Henry	Richard	DH Runners	M	Open	49.1	67	51	23
1458	Westmorland	Cameron	Unattached	M	Jun	49.22	68	52	2
1494	Aspinall	Linda	Unattached	F	Vet 40	49.42	69	18	5
1560	Mellor	Matt	Unattached	M	Open	49.43	70	53	24

1429	Campbell	Peter	Border Harriers & AC	M	Vet 50	50.02	71	54	10
1412	Roden	Mike	Unattached	M	Open	50.06	72	55	25
1488	Carrigan	Tony	DH Runners	M	Vet 40	50.08	73	56	17
1559	Grieves	Juliet	Keswick AAC	F	Vet 40	50.18	74	19	6
1567	Moody	Jen	Carlisle Tri Club	F	Vet 40	50.19	75	20	7
1531	Holme	Adrian	Keswick AAC	M	Vet 40	50.24	76	57	18
1402	Varty	Lisa	Carlisle Tri Club	F	Open	50.25	77	21	10
1535	Brooke	Tony	Unattached	M	Vet 40	50.51	78	58	19
1437	Harwood	Steve	Keswick ACC	M	Vet 60	51.08	79	59	3
1555	Dodd	Martin	Unattached	M	Vet 40	51.15	80	60	20
1522	Richards	Patricia	Keswick AAC	F	Vet 60	51.26	81	22	2
1444	Elstone	Ruth	Unattached	F	Vet 40	51.29	82	23	8
1447	Nicholson	Anthony	Unattached	M	Vet 40	51.32	83	61	21
1473	Brown	Tom	Wigton Road Runners	M	Vet 50	51.37	84	62	11
1427	McGibbon	John	Border Harriers & AC	M	Vet 50	51.43	85	63	12
1484	Smith	Jason	Unattached	M	Vet 40	51.48	86	64	22
1530	Glendinning	Rowane	Unattached	F	Open	52.06	87	24	11
1556	O'Kelly	Audrey	Carlisle Tri Club	F	Vet 50	52.08	88	25	4
1570	Irwin	Neil	Unattached	M	Vet 50	52.12	89	65	13
1523	Duffy	Louise	DH Runners	F	Vet 40	52.17	90	26	9
1493	Holmes	Michael	DH Runners	M	Vet 40	52.54	91	66	23
1571	Wilson	Jenny	Unattached	F	Open	53.18	92	27	12
1548	Millican	Haley	Border Harriers & AC	F	Open	53.24	93	28	13
1562	Crosbie	Kelly	Carlisle Tri Club	F	Open	53.36	94	29	14
1482	Eastoe	Gay	Alnwick Harriers	F	Vet 60	53.43	96	30	3
1481	Eastoe	Richard	Alnwick Harriers	M	Vet 60	53.43	95	67	4
1508	Irving	Rob	Unattached	M	Vet 50	53.45	97	68	14
1450	Pagin	Tracey	DH Runners	F	Open	53.49	98	31	15
1514	Burns	Carolyn	Eden Runners	F	Vet 40	53.53	99	32	10
1557	Cavanagh	Karen	Cumberland AC	F	Vet 40	53.58	100	33	11
1510	Lightowler	Annie	Penistone Footpath Runners & AC	F	Vet 40	54.1	101	34	12
1436	Robinson-Tate	Michaela	Unattached	F	Vet 40	55.03	102	35	13
1408	Kendall	Ruth	Unattached	F	Open	55.16	103	36	16
1448	Dolman	Simon	DH Runners	M	Vet 40	55.2	104	69	24
1416	Aitken	Lynne	Muckle Toon Joggers	F	Open	55.46	105	37	17
1492	Irving	Pauline	Muckle Toon Joggers	F	Vet 40	55.51	106	38	14
1564	Fell	Helen	Carlisle Tri Club	F	Open	55.54	107	39	18
1456	Glencross	David	DH Runners	M	Open	56.32	108	70	26

1532	Scott	Neil	DH Runners	M	Vet 40	56.41	109	71	25
1439	Fleming	Joanna	Unattached	F	Vet 40	56.49	110	40	15
1491	Cowton	Lucy	DH Runners	F	Vet 40	56.51	111	41	16
1511	Smyth	Kathryn	Unattached	F	Open	56.57	113	42	19
1420	Cherry	Gillian	Unattached	F	Vet 40	56.57	112	43	17
1411	Wallace	Gill	Lawley Running Club	F	Open	57.04	114	44	20
1533	Kidd	Andrew	Unattached	M	Vet 40	57.05	115	72	26
1469	McGinn	David	Unattached	M	Vet 40	57.11	116	73	27
1517	Sowerby	Tracey	DH Runners	F	Vet 40	57.18	117	45	18
1446	Farren	Heidi	DH Runners	F	Vet 40	57.21	118	46	19
1466	Warwick	Mel	DH Runners	F	Vet 40	57.35	119	47	20
1470	Wilson	Rebecca	DH Runners	F	Open	58.01	120	48	21
1505	Irwin	Angela	Unattached	F	Vet 40	58.24	121	49	21
1512	Moore	Fiona	Unattached	F	Open	58.27	122	50	22
1540	Matthews	Faith	Unattached	F	Vet 40	58.27	123	51	22
1415	Burton	Melvyn	Crossgates Harriers	M	Vet 60	1.00.25	124	74	5
1543	Bennett	Jackie	Cumberland AC	F	Vet 40	1.00.39	125	52	23
1467	Porter	Louise	DH Runners	F	Vet 40	1.01.16	126	53	24
1539	Douglas	Carol	DH Runners	F	Vet 50	1.01.18	127	54	5
1454	Saunders	Kath	DH Runners	F	Vet 50	1.01.46	128	55	6
1461	Pagan	Maggie	Unattached	F	Vet 40	1.01.50	129	56	25
1483	Thomson	Carol	DH Runners	F	Vet 60	1.02.36	130	57	4
1529	Glendinning	Heather	Unattached	F	Vet 50	1.02.53	131	58	7
1441	Mulvey	Jenna	DH Runners	F	Open	1.03.10	132	59	23
1460	Johnston	Tracey	Unattached	F	Vet 40	1.03.28	133	60	26
1490	Barclay	Sarah	Unattached	F	Vet 40	1.03.34	134	61	27
1518	Cupac	Helen	DH Runners	F	Vet 40	1.04.40	135	62	28
1477	Raine	Austen	Wigton Road Runners	F	Vet 60	1.04.41	136	63	5
1479	Stockdale	Clair	DH Runners	F	Vet 40	1.04.50	137	64	29
1442	Hutchinson	Jo	DH Runners	F	Vet 60	1.05.27	138	65	6
1476	Milburn	Sara	DH Runners	F	Vet 60	1.06.22	139	66	7
1501	Beattie	Gordon	DH Runners	M	Vet 40	1.06.43	140	75	28
1472	Brown	Tanya	Wigton Road Runners	F	Vet 40	1.07.40	141	67	30
1495	Rome	Karen	DH Runners	F	Vet 40	1.08.11	142	68	31
1459	Heap	Wendy	Unattached	F	Vet 40	1.09.55	143	69	32
1478	Raine	Susan	Wigton Road Runners	F	Vet 60	1.09.55	144	70	8
1421	Richardson	Emma	DH Runners	F	Open	1.10.02	145	71	24
1563	Bolger	Hazel	DH Runners	F	Open	1.12.36	146	72	25

1451	Bee	Francesca	Unattached	F	Open	1.18.54	147	73	26
1440	Smith	Gillian	DH Runners	F	Vet 40	1.25.36	148	74	33
1455	Holmes	Gillian	DH Runners	F	Vet 40	1.25.37	149	75	34
1499	Johnston	Alison	DH Runners	F	Open	DNF	150		