

Sport In Action 10km 2016

Results

| Race No | Name | | Club | Cat | M/F | Time | Pos | Cat Pos |
|---------|----------|--------------|--------------------------------|--------|-----|-------|-----|---------|
| 857 | Matthew | Hornsby | Durham City Harriers | Open | M | 33.26 | 1 | 1 |
| 839 | James | Buis | Border Harriers & AC | Open | M | 34.36 | 2 | 2 |
| 853 | Callum | Plunkett | Border Harriers & AC | Open | M | 34.47 | 3 | 3 |
| 848 | Stefanos | Stephanou | Newcastle University AC | Open | M | 35.02 | 4 | 4 |
| 942 | Blain | Rooney | Derwent AC | Open | M | 35.35 | 5 | 5 |
| 941 | Steven | Smith | Dumfries Running Club | Open | M | 36.20 | 6 | 6 |
| 929 | Shane | Stobbart | Cumberland AC | Open | M | 37.40 | 7 | 7 |
| 918 | Lee | Doswell | Unattached | Open | M | 37.55 | 8 | 8 |
| 946 | Luke | Gay | Border Harriers | Open | M | 38.17 | 9 | 9 |
| 886 | David | Lawson | Unattached | Vet 40 | M | 38.25 | 10 | 1 |
| 888 | Andy | Render | Annan & District AC | Vet 40 | M | 38.36 | 11 | 2 |
| 938 | Josh | Waite | Carlisle Tri Club | Open | M | 38.49 | 12 | 10 |
| 833 | Nathan | Postill | Unattached | Jun | M | 39.26 | 13 | 1 |
| 928 | Stephen | Hackley | Derwent AC | Open | M | 39.42 | 14 | 11 |
| 858 | Barry | Harper | Carlisle Tri Club | Open | M | 39.43 | 15 | 12 |
| 914 | Kyle | Laurie | Unattached | Open | M | 40.04 | 16 | 13 |
| 925 | Peter | Bennett | Cumberland AC | Vet 40 | M | 40.08 | 17 | 3 |
| 844 | Kevin | Scott | DH Runners | Vet 40 | M | 40.31 | 18 | 4 |
| 855 | Claire | McManus | North Shields Polytechnic Club | Vet 40 | F | 40.44 | 19 | 1 |
| 908 | Martin | Gallagher | Unattached | Open | M | 40.49 | 20 | 14 |
| 935 | Darren | Wildey | Carlisle Tri Club | Vet 40 | M | 40.59 | 21 | 5 |
| 907 | Antonia | Skelton | Derwent AC Cockermouth | Open | F | 41.05 | 22 | 1 |
| 927 | Carl | Douglas | Sands Runners | Vet 40 | M | 42.21 | 23 | 6 |
| 834 | David | Postill | Carlisle Tri Club | Vet 40 | M | 42.23 | 24 | 7 |
| 843 | Steven | Bragg | Carlisle Tri Club | Open | M | 42.25 | 25 | 15 |
| 882 | Tanya | Coates | Carlisle Tri Club | Open | F | 42.34 | 26 | 2 |
| 903 | Karen | Bridge | Eden Runners | Vet 40 | F | 42.37 | 27 | 2 |
| 867 | Fiona | Todd | Unattached | Vet 40 | F | 42.41 | 28 | 3 |
| 933 | Simon | Ruddick | Unattached | Open | F | 42.49 | 29 | 3 |
| 825 | Nadia | Shaw | Unattached | Open | F | 43.15 | 30 | 4 |
| 854 | Teresa | Medley | Border Harriers & AC | Vet 40 | F | 43.22 | 31 | 4 |
| 865 | Suzanne | Toppin | Unattached | Vet 40 | F | 43.43 | 32 | 5 |
| 924 | Leanne | Roberts | Cumberland AC | Open | F | 43.48 | 33 | 5 |
| 912 | Mark | Salisbury | Unattached | Vet 40 | M | 44.02 | 34 | 8 |
| 881 | Toby | Harling | Unattached | Open | M | 44.16 | 35 | 16 |
| 856 | Jamie | Boot | Unattached | Open | M | 44.19 | 36 | 17 |
| 873 | Sophia | Craig | Unattached | Vet 40 | F | 44.20 | 37 | 6 |
| 897 | John | McGibbon | Border Harriers & AC | Vet 50 | M | 44.22 | 38 | 1 |
| 847 | Jamie | Crossan | Unattached | Open | M | 44.28 | 39 | 18 |
| 910 | Tony | Mills | DH Runners | Vet 50 | M | 44.48 | 40 | 2 |
| 931 | Nathan | Weaver | Unattached | Open | M | 45.12 | 41 | 19 |
| 887 | Chris | Knox | DH Runners | Vet 50 | M | 45.24 | 42 | 3 |
| 818 | Alex | Murgatroyd | Unattached | Open | M | 45.26 | 43 | 20 |
| 945 | Alistair | Bell | Carlisle Tri Club | Open | M | 45.36 | 44 | 21 |
| 851 | Brian | Hazlewood | DH Runners | Vet 40 | M | 45.41 | 45 | 9 |
| 917 | David | MacGillivray | DH Runners | Vet 50 | M | 45.44 | 46 | 4 |
| 936 | Peter | Murray | DH Runners | Open | M | 46.16 | 47 | 22 |
| 883 | Jo | Gruchy | Carlisle Tri Club | Open | F | 46.48 | 48 | 6 |
| 877 | David | Goodall | Unattached | Vet 40 | M | 46.54 | 49 | 10 |

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|-----|-----------|-------------------|-----------------------|--------|---|---------|-----|----|
| 813 | Robert | Craig | Sunderland Strollers | Vet 50 | M | 47.01 | 50 | 5 |
| 871 | David | Rice | Carlisle Tri Club | Vet 40 | M | 47.02 | 51 | 11 |
| 921 | Richard | Henry | DH Runners | Open | M | 47.14 | 52 | 23 |
| 930 | Tony | Jewell | Cumberland AC | Vet 60 | M | 47.28 | 53 | 1 |
| 861 | Mary | Beckett | Eden Runners | Open | F | 48.01 | 54 | 7 |
| 859 | David | Wilson | Unattached | Vet 40 | M | 48.09 | 55 | 12 |
| 896 | Tom | Barnes | Unattached | Open | M | 48.18 | 56 | 24 |
| 922 | Jill | Gardiner | Unattached | Open | F | 48.36 | 57 | 8 |
| 875 | James | Rouse | Unattached | Vet 40 | M | 48.55 | 58 | 13 |
| 943 | Sarah | Carruthers | Unattached | Open | F | 49.11 | 59 | 9 |
| 899 | Dave | Moran | Unattached | Open | M | 49.25 | 60 | 25 |
| 885 | Steve | Viney | Unattached | Vet 60 | M | 49.27 | 61 | 2 |
| 809 | Simon | Dolman | DH Runners | Vet 40 | M | 49.44 | 62 | 14 |
| 863 | Tony | Brooke | Eden Runners | Vet 40 | M | 49.57 | 63 | 15 |
| 862 | Peter | Campbell | Border Harriers & AC | Vet 50 | M | 50.24 | 64 | 6 |
| 919 | Wade | Tidbury | Eden Runners | Vet 50 | M | 50.30 | 65 | 7 |
| 889 | Matthew | Waning | Carlisle Tri Club | Open | M | 50.32 | 66 | 26 |
| 868 | Viki | Kent | Unattached | Open | F | 50.45 | 67 | 10 |
| 864 | Lorna | Gold | FERC | Vet 50 | F | 51.08 | 68 | 1 |
| 893 | Andrew | Pescod | DH Runners | Open | M | 51.33 | 69 | 27 |
| 937 | Claire | Cannon-Park | Unattached | Vet 40 | F | 51.48 | 70 | 7 |
| 880 | Cathy | Colam | Keswick AAC | Vet 60 | F | 52.03 | 71 | 1 |
| 894 | David | Wood | Unattached | Open | M | 52.08 | 72 | 28 |
| 830 | Anna | Stopinska-Lewucha | Unattached | Open | F | 52.16 | 73 | 11 |
| 913 | Audrey | O'Kelly | Carlisle Tri Club | Vet 50 | F | 52.34 | 74 | 2 |
| 905 | Michelle | Kingston | Unattached | Open | F | 52.40 | 75 | 12 |
| 824 | Martin | Dodd | Unattached | Vet 40 | M | 53.24 | 76 | 16 |
| 923 | Chris | Winspear | Unattached | Vet 50 | M | 53.28 | 77 | 8 |
| 821 | Sarah | Henderson | Unattached | Open | F | 53.31 | 78 | 13 |
| 909 | Kelly | Crosbie | Carlisle Tri Club | Open | F | 53.41 | 79 | 14 |
| 849 | Anna | Humphreys | Unattached | Open | F | 53.56 | 80 | 15 |
| 878 | Karen | Bowler | Cumberland AC | Vet 60 | F | 54.30 | 81 | 2 |
| 840 | Gay | Eastoe | Alnwick Harriers | Vet 60 | F | 54.39 | 82 | 3 |
| 841 | Richard | Eastoe | Alnwick Harriers | Vet 60 | M | 54.40 | 83 | 3 |
| 895 | Ger | Wood | Midsummer Tri | Vet 50 | F | 55.06 | 84 | 3 |
| 827 | Stephanie | Shaw | Unattached | Open | F | 55.17 | 85 | 16 |
| 902 | Louisa | Weeks | Unattached | Vet 40 | F | 55.20 | 86 | 8 |
| 829 | Louise | Ruddick | Unattached | Open | F | 55.33 | 87 | 17 |
| 874 | Tracey | Hunter | Unattached | Open | F | 55.47 | 88 | 18 |
| 823 | Michelle | Coady | Unattached | Vet 40 | F | 56.00 | 89 | 9 |
| 926 | Jackie | Bennett | Cumberland AC | Vet 40 | F | 56.17 | 90 | 10 |
| 940 | Carol | Douglas | DH Runners | Vet 50 | F | 56.29 | 91 | 4 |
| 920 | Amy | Potter | Grantham Running Club | Open | F | 56.35 | 92 | 19 |
| 846 | Lisa | Sheldon | Aycliffe Running Club | Vet 40 | F | 57.05 | 93 | 11 |
| 842 | Marie | Milligan | Unattached | Open | F | 57.08 | 94 | 20 |
| 884 | Mark | Evans | Unattached | Vet 40 | M | 57.24 | 95 | 17 |
| 860 | Rebecca | Wilson | DH Runners | Open | F | 57.27 | 96 | 21 |
| 845 | Stephen | Shovlin | Unattached | Vet 40 | M | 57.42 | 97 | 18 |
| 939 | Christine | Alcock | DH Runners | Vet 50 | F | 57.44 | 98 | 5 |
| 819 | Elaine | Doran | DH Runners | Open | F | 57.46 | 99 | 22 |
| 828 | Emma | Taylor | DH Runners | Open | F | 58.11 | 100 | 23 |
| 932 | Fiona | Wilson | DH Runners | Vet 40 | F | 58.27 | 101 | 12 |
| 866 | Emma | Bzik | Cumberland AC | Open | F | 59.25 | 102 | 24 |
| 835 | Denise | Maxwell | Unattached | Vet 40 | F | 1.00.19 | 104 | 13 |

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| 934 | Julian | Ponsford | Unattached | Vet 50 | F | 1.00.19 | 103 | 6 |
| 944 | Jackie | Dodd | Unattached | Vet 40 | F | 1.01.04 | 105 | 14 |
| 900 | David | Murgatroyd | Unattached | Vet 60 | M | 1.03.00 | 106 | 4 |
| 879 | Tim | Bowler | Cumberland AC | Vet 60 | M | 1.04.16 | 107 | 5 |
| 876 | Lucy | Bell | Unattached | Open | F | 1.04.45 | 108 | 25 |
| 892 | Ruth | Graham | Unattached | Open | F | 1.05.05 | 109 | 26 |
| 869 | Chris | Crook | Unattached | Vet 50 | M | 1.06.23 | 112 | 9 |
| 870 | Sue | Hodgson | Unattached | Vet 40 | F | 1.06.23 | 110 | 15 |
| 898 | Jennifer | Withers | Unattached | Open | F | 1.06.23 | 111 | 27 |
| 891 | Rachel | Farr | Unattached | Vet 40 | F | 1.10.15 | 113 | 16 |
| 904 | Heather | Harrison | DH Runners | Vet 40 | F | 1.11.48 | 114 | 17 |
| 836 | Oliver | Blutling | Unattached | Open | M | 1.13.01 | 115 | 29 |
| 837 | Anna | Breitenbach | Unattached | Open | F | 1.13.01 | 116 | 28 |
| 831 | Tracey | Kenny | DH Runners | Vet 40 | F | 1.13.41 | 117 | 18 |
| 838 | Francesca | Bee | Unattached | Open | F | 1.14.09 | 118 | 29 |
| 906 | Arran | Coles | Unattached | Open | M | 1.15.11 | 119 | 30 |
| 872 | Sharon | Coles | Unattached | Vet 40 | F | 1.15.41 | 120 | 19 |
| 822 | Emma | Richardson | DH Runners | Vet 40 | F | 1.24.04 | 121 | 20 |
| 890 | Paula | Harmon | DH Runners | Vet 40 | F | 1.40.05 | 122 | 21 |