

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

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

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