

Sport in Action 10K

27th August 2017

No	NAME		CLUB	CAT	M/F	Time	Pos	Cat	M/F
354	Sam	Stead	Keswick AC	Open	M	33.10	1	1	1
56	Simon	Netherway	Keswick AC	Open	M	36.10	2	2	2
78	Daniel	Hornsby	Border Harriers & AC	Open	M	36.19	3	3	3
428	Mike	Scott	Border Harriers & AC	Vet 50	M	36.30	4	1	4
362	Mark	Ryan	Carlisle Tri Club	Open	M	36.55	5	4	5
106	Shane	Stobbart	Cumberland AC	Open	M	37.15	6	5	6
372	Carl	Fisher	Cumberland AC	Open	M	37.38	7	6	7
433	Lisa	Finlay	Dumfries Running Club	Vet 40	F	37.39	8	1	1
391	Gary	Mann	Valley Striders AC	Open	M	37.51	9	7	8
55	Catherine	Spurden	Keswick AC	Open	F	37.58	10	1	2
100	Matt	Archer	Elvet Striders	Open	M	38.08	11	8	9
108	Andrew	Wilson	Unattached	Open	M	38.14	12	9	10
31	Grant	Noble	Dunbar Running Club	Vet 50	M	38.36	13	2	11
154	Craig	Little	Unattached	Open	M	38.42	14	10	12
150	Ross	Butler	Keswick AC	Vet 40	M	38.48	15	1	13
397	Michael	Hawley	Cumberland AC	Open	M	39.12	16	11	14
389	Maciej	Trzeciak	Unattached	Open	M	39.16	17	12	15
376	Alison	Matthews	Darlington H & AC	Open	F	39.18	18	2	3
89	Kevin	Scott	DH Runners	Vet 40	M	39.26	19	2	16
101	Stuart	Lightfoot	DH Runners	Open	M	39.36	20	13	17
448	Richard	Hodgson	Unattached	Open	M	39.45	21	14	18
111	Harris	Strickland	Border Harriers & AC	JUN	M	39.53	22	1	19
133	Martin	Gallagher	Unattached	Vet 40	M	40.48	23	3	20
118	Karen	Bridge	Eden Runners	Vet 40	F	40.58	24	2	4
29	Wayne	Greig	Carlisle Tri Club	Open	M	41.08	25	15	21
383	Franc	Karpo	Dumfries Running Club	Vet 60	M	41.28	26	1	22
348	Ian	Wilson	Cumberland AC	Open	M	41.34	27	16	23
76	Cameron	Westmorland	Unattached	JUN	M	41.35	28	2	24
355	James	Grinbergs	Eden Runners	Vet 40	M	41.40	29	4	25
58	Antony	Briscoe	Cumberland AC	Vet 50	M	41.43	30	3	26
434	Justin	Tracey	Eden Runners	Vet 40	M	41.48	31	5	27
50	Jonathan	Buckley	Cumberland AC	Open	M	41.51	32	17	28
19	Baz	Harper	Carlisle Tri Club	Open	M	41.57	33	18	29
351	Tony	Holliday	Cumberland AC	Vet 40	M	41.57	34	6	30
38	Martin	Grey	DH Runners	Vet 50	M	41.58	35	4	31
121	Peter	Bennett	Cumberland AC	Vet 40	M	42.06	36	7	32
379	Les	Hill	Dumfries Running Club	Vet 50	M	42.08	37	5	33
43	Martin	Steele	Unattached	Vet 50	M	42.14	38	6	34
164	Michael	Mallen	Keswick AC	Vet 60	M	42.23	39	2	35

350	Paul	Walker	Derwent AC	Vet 40	M	42.27	40	8	36
120	Andrew	Martindale	Northern Fells Running Club	Vet 40	M	42.45	41	9	37
61	David	Cain	Cumberland AC	Vet 60	M	42.47	42	3	38
32	Graeme	Jones	Unattached	Vet 40	M	42.53	43	10	39
153	Fiona	Todd	Unattached	Vet 40	F	42.55	44	3	5
358	Shaun	Cavanagh	Cumberland AC	Vet 50	M	43.05	45	7	40
156	Teresa	Medley	Border Harriers & AC	Vet 40	F	43.24	46	4	6
161	James	Coulthard	Howgill Harriers	Vet 40	M	43.34	47	11	41
96	Peter	Askins	Eden Runners	Open	M	43.57	48	19	42
442	Tim	Lee	Unattached	Open	M	44.04	49	20	43
422	Michael	Fountain	Unattached	Vet 50	M	44.07	50	8	44
3	Sarah	Dent	Carlisle Tri Club	Open	F	44.16	51	3	7
110	Vanessa	Strickland	Border Harriers & AC	Vet 40	F	44.20	52	5	8
107	Colin	Nicholl	DH Runners	Vet 40	M	44.22	53	12	45
356	Kerry	Grinbergs	Eden Runners	Open	F	44.25	54	4	9
115	Ben	Harper	Carlisle Tri Club	Open	M	44.34	55	21	46
16	Julie	Dodd	DH Runners	Vet 40	F	44.36	56	6	10
435	Shaun	Greenup	Unattached	Open	M	44.38	57	22	47
131	Brian	Smith	Northern Front Runners	Vet 50	M	44.50	58	9	48
12	Kev	Iveson	Unattached	Open	M	45.07	59	23	49
360	Toby	Harling	DH Runners	Open	M	45.24	60	24	50
72	Susan	Fawkes	DH Runners	Open	F	45.44	61	5	11
347	Paul	Cowing	Carlisle Tri Club	Vet 40	M	45.45	62	13	51
11	Simon	Dolman	DH Runners	Vet 40	M	45.47	63	14	52
415	David	Johnson	Eden Runners	Vet 50	M	45.55	64	10	53
66	Andrew	Walker	Eden Runners	Vet 50	M	46.16	65	11	54
420	Jack	Rylands	Unattached	Open	M	46.19	66	25	55
430	David	Scattergood	Carlisle Tri Club	Vet 40	M	46.23	67	15	56
384	Louise	Brown	Carlisle Tri Club	Open	F	46.30	68	6	12
142	Ross	McLaughlin	Cumberland AC	Open	M	46.38	69	26	57
112	Andrew	Caven	DH Runners	Vet 50	M	46.39	70	12	58
48	Andrew	Pescod	DH Runners	Open	M	46.45	71	27	59
395	Noel	Urwin	Unattached	Vet 50	M	46.51	72	13	60
371	Alex	Mitchell	Eden Runners	Vet 40	M	47.18	73	16	61
117	Carl	Dowell	Unattached	Open	M	47.29	74	28	62
396	Beverley	Smith	Cumberland AC	Open	F	47.36	75	7	13
47	Ryan	Brennand	Eden Runners	Open	M	47.43	76	29	63
385	Shirley	Teasdale	Unattached	Open	F	47.47	77	8	14
427	Mike	Beechey	Keswick AC	Vet 50	M	47.53	78	14	64
10	Bethany	Duffy	DH Runners	JUN	F	48.01	79	1	15
436	Isobel	Graham	Unattached	Vet 50	F	48.02	80	1	16
87	Steve	Viney	DH Runners	Vet 60	M	48.16	81	4	65
79	Seema	Ritson	DH Runners	Vet 40	F	48.21	82	7	17
438	Scott	Nichol	Carlisle Tri Club	Open	M	48.21	83	30	66

394	Peter	Telford	Cumberland AC	Vet 40	M	48.25	84	17	67
373	Charlotte	Treloar	Eden Runners	Open	F	48.30	85	9	18
60	Susan	Cain	Cumberland AC	Vet 60	F	48.36	86	1	19
95	Lisa	Askins	Eden Runners	Open	F	48.37	87	10	20
152	Wayne	Fox	St Bees Triers	Open	M	48.41	88	31	68
14	Michael	Fordyce	Unattached	Vet 50	M	48.52	89	15	69
157	Chris	Knox	DH Runners	Vet 50	M	48.57	90	16	70
399	Simon	Richardson	Unattached	Vet 40	M	48.59	91	18	71
352	Paul	Harrington	F.R.A.	Vet 50	M	49.14	92	17	72
45	Kevin	Ramshaw	DH Runners	Vet 40	M	49.33	93	19	73
367	Wade	Tidbury	Eden Runners	Vet 50	M	49.43	94	18	74
381	Nicola	Lee	Carlisle Tri Club	Open	F	49.46	95	11	21
365	Helen	Moss	Unattached	Open	F	49.49	96	12	22
409	Jill	Gardiner	Carlisle Tri Club	Open	F	49.49	97	13	23
85	Matt	Taylor	DH Runners	Vet 40	M	49.58	98	20	75
446	Kerry	Braithwaite	Carlisle Tri Club	Vet 40	F	50.08	99	8	24
94	Kevin	Gibbons	Unattached	Vet 60	M	50.16	100	5	76
109	Wayne	Moynan	Unattached	Open	M	50.17	101	32	77
37	Michelle	Kingston	Carlisle Tri Club	Open	F	50.21	102	14	25
18	Viki	Kent	Unattached	Open	F	50.28	103	15	26
124	Chris	Robinson	Unattached	Vet 50	M	50.31	104	19	78
382	Nigel	Hierons	Eden Runners	Vet 40	M	50.34	105	21	79
134	Keith	Atkinson	Unattached	Vet 40	M	50.39	106	22	80
35	Sarah	Lord	DH Runners	Vet 40	F	50.41	107	9	27
116	Peter	Campbell	Border Harriers & AC	Vet 50	M	50.45	108	20	81
123	Richard	Johnston	Carlisle Tri Club	Vet 40	M	50.50	109	23	82
160	Rouanne	Coulthard	Howgill Harriers	Open	F	50.55	110	16	28
378	Christine	Clubbs	Wetherby Runners AC	Vet 40	F	50.55	111	10	29
417	James	Scott	Unattached	Open	M	51.02	112	33	83
68	Julie	Story	DH Runners	Vet 40	F	51.22	113	11	30
13	John	Rowland	Unattached	Vet 50	M	51.28	114	21	84
125	Steeve	Whitehead	Unattached	Open	M	51.34	115	34	85
441	Sebastian	Buszko	Carlisle Tri Club	Vet 40	M	52.07	116	24	86
390	Sarah	Mann	Valley Striders AC	Open	F	52.09	117	17	31
412	Magda	Trafas	Unattached	Open	F	52.11	118	18	32
361	Jim	Connolly	Unattached	Open	M	52.17	119	35	87
93	Alison	Simmons	Unattached	Open	F	52.19	120	19	33
424	David	Horne	Unattached	Vet 50	M	52.20	121	22	88
411	Sharron	Clark	Wigton Road Runners	Vet 40	F	52.21	122	12	34
432	Margaret	Hawley	Cumberland AC	Vet 60	F	52.23	123	2	35
88	Jayne	Hanson	Unattached	Vet 50	F	52.25	124	2	36
168	Nicholas	Downes	Cumberland AC	Vet 40	M	52.41	125	25	89
400	Gill	Mackay	St Bees Triers	Open	F	52.43	126	20	37
172	Stephen	Harbach	Unattached	Vet 50	M	52.45	127	23	90

169	David	Wood	DH Runners	Open	M	52.46	128	36	91
44	Tracey	Pagin	DH Runners	Open	F	52.47	129	21	38
404	Kim	Clark	Keswick AC	Vet 60	F	52.51	130	3	39
392	Katie	Bell	Unattached	Open	F	52.56	131	22	40
364	Suzanne	Gilmore	Keswick AC	Vet 40	F	52.58	132	13	41
53	Sarah	Wright	Eden Runners	Vet 40	F	53.01	133	14	42
137	Anthony	Nicholson	DH Runners	Vet 40	M	53.02	134	26	92
406	Linda	Judd	Keswick AC	Vet 40	F	53.09	135	15	43
141	Sarah	King	Chorlton Runners	Open	F	53.11	136	23	44
403	Chris	Clark	Keswick AC	Vet 60	M	53.16	137	6	93
159	Craig	Gibson	Unattached	Vet 40	M	53.17	138	27	94
80	David	ferrier	Keswick AC	Vet 50	M	53.21	139	24	95
408	Julia	King	Eden Runners	Vet 60	F	53.26	140	4	45
90	Maile	Convery	Unattached	JUN	F	53.31	141	2	46
91	Ian	Convery	Unattached	Vet 50	M	53.31	142	25	96
147	Elaine	Bilsland	Unattached	Vet 40	F	53.38	143	16	47
401	Laura	Nasif	Unattached	Open	F	53.43	144	24	48
407	Nik	Morris	Unattached	Vet 40	M	53.47	145	28	97
374	Selena	Cairns	Unattached	Open	F	53.54	146	25	49
39	Andrew	Metherell	Unattached	Open	M	54.06	147	37	98
155	Andrew	Atkinson	Carlisle Tri Club	Vet 60	M	54.14	148	7	99
24	Lindsay	Graham	DH Runners	Open	F	54.19	149	26	50
113	Michelle	Moffat	Unattached	Vet 40	F	54.20	150	17	51
398	Caitlin	Stokes	Howgill Harriers	Open	F	54.22	151	27	52
440	Glenda	Blakey	DH Runners	Vet 40	F	54.33	152	18	53
9	Louise	Duffy	DH Runners	Vet 40	F	54.35	153	19	54
135	Jill	Cooke	Runmums	Vet 40	F	54.36	154	20	55
166	Nicola	Portergill	Unattached	Vet 50	F	54.39	155	3	56
25	Louisa	Weeks	Carlisle Tri Club	Vet 40	F	54.42	156	21	57
158	Sarah	Gibson	Runmums	Open	F	54.44	157	28	58
82	Karen	Taylor	DH Runners	Vet 40	F	54.48	158	22	59
92	Angela	Watson	Eden Runners	Vet 40	F	54.53	159	23	60
444	Munim	?	Unattached	Open	M	54.56	160	38	100
127	Helen	McManus	Unattached	Vet 40	F	55.04	161	24	61
393	Andrea	Challenger	Cumberland AC	Vet 40	F	55.08	162	25	62
418	Christine	Alcock	DH Runners	Vet 50	F	55.12	163	4	63
138	Pauline	Ballantyne	Runmums	Vet 50	F	55.15	164	5	64
402	Emma	Davidson	Unattached	Open	F	55.20	165	29	65
414	Haley	Millican	Unattached	Open	F	55.26	166	30	66
52	Beverley	Armstrong	DH Runners	Vet 40	F	55.31	167	26	67
380	Fiona	Little	Runmums	Vet 40	F	55.32	168	27	68
97	Carol	Douglas	DH Runners	Vet 50	F	55.38	169	6	69
173	Martyn	Wood	Unattached	Open	M	55.44	170	39	101
437	Richard	Henry	DH Runners	Open	M	56.07	172	40	102

34	Wayne	Stevens	DH Runners	Vet 40	M	56.07	171	29	103
171	Malcolm	Wood	Cumberland AC	Vet 50	M	56.38	173	26	104
349	Emma	Walker	Derwent AC	Vet 40	F	56.42	174	28	70
26	Jen	Moody	Carlisle Tri Club	Vet 40	F	56.48	175	29	71
447	Cath	Ball	Unattached	Open	F	56.59	176	31	72
46	Elaine	Stockdale	Wigton Road Runners	Open	F	57.00	177	32	73
143	Austen	Raine	Unattached	Vet 60	M	57.00	178	8	105
443	Kelly	Crosbie	Carlisle Tri Club	Open	F	57.17	179	33	74
67	Laura	Kinnard	Eden Runners	Open	F	57.23	180	34	75
54	Nicola	Seggie	Unattached	Vet 40	F	57.24	181	30	76
136	Audrey	O'Kelly	Carlisle Tri Club	Vet 50	F	57.30	182	7	77
130	Laura	Bowness	Cumberland AC	Open	F	57.32	183	35	78
74	Kate	Imrie	DH Runners	Open	F	57.34	184	36	79
20	Marie	Milligan	Unattached	Open	F	57.36	185	37	80
103	Karen	Bowler	Cumberland AC	Vet 60	F	57.48	186	5	81
98	Fiona	Moore	DH Runners	Vet 40	F	57.55	187	31	82
41	Mark	Evans	Unattached	Vet 40	M	57.59	188	30	106
162	Ian	Wilson	Blengdale Runners AC	Vet 50	M	58.00	189	27	107
405	Tanya	Walsh	Unattached	Open	F	58.40	190	38	83
146	Phil	Hughes	Cumberland AC	Vet 60	M	58.41	191	9	108
17	Hannah	Edwards	Unattached	Open	F	58.49	192	39	84
429	Sarah	Pagan	Unattached	Open	F	58.49	193	40	85
122	Jackie	Bennett	Cumberland AC	Vet 40	F	58.57	194	32	86
426	Carol	Graham	Dumfries Running Club	Vet 50	F	59.03	195	8	87
149	Claire	Chapman	Unattached	Vet 40	F	59.15	196	33	88
86	Judith	Wilson	Unattached	Vet 50	F	59.16	197	9	89
102	Emma	Bzik	Cumberland AC	Open	F	59.18	198	41	90
81	Nicola	Edwards	Unattached	Vet 40	F	59.20	199	34	91
139	Denise	Butler	Cumberland AC	Vet 40	F	59.23	200	35	92
140	Paul	Martin	Cumberland AC	Vet 50	M	59.23	201	28	109
369	Jane	Armstrong	Unattached	Vet 50	F	59.30	202	10	93
145	Stephanie	Foudy	Eden Runners	Vet 40	F	59.43	203	36	94
132	Gill	Harding	Unattached	Vet 50	F	59.44	204	11	95
22	George	Fraser	Annan & District A.C.	Vet 70	M	59.52	205	1	110
126	Heather	Harrison	DH Runners	Vet 40	F	60.00	206	37	96
359	Karen	Cavanagh	Cumberland AC	Vet 50	F	60.03	207	12	97
416	Flo	Bell	Unattached	Vet 40	F	60.28	208	38	98
84	Marie	Nunes	Keswick AC	Open	F	60.49	209	42	99
62	Mary	Messenger	DH Runners	Vet 40	F	61.11	210	39	100
129	Craig	Kershaw	Cumberland AC	Vet 70	M	61.16	211	2	111
165	Karen	Mitchell	Cumberland AC	Open	F	61.29	212	43	101
99	Joseph	Cole	Cumberland AC	Open	M	61.38	213	41	112
77	Kath	Saunders	DH Runners	Vet 60	F	61.56	214	6	102
353	George	Shadwick	Sands Running Club	Vet 70	M	61.56	215	3	113

370	Kelly	Gullen	Sands Running Club	Vet 40	F	61.58	216	40	103
69	Jennifer	Withers	Unattached	Open	F	62.03	217	44	104
419	Helen	Fell	Carlisle Tri Club	Open	F	62.16	218	45	105
445	Mark	Bean	Unattached	Vet 40	M	62.34	219	31	114
368	Diana	Cooper	Cumberland AC	Open	F	62.45	220	46	106
377	Gary	Othick	Wetherby Runners AC	Vet 50	M	63.04	221	29	115
413	Tracey	Sowerby	DH Runners	Vet 50	F	63.11	222	13	107
8	Elaine	Doran	DH Runners	Open	F	63.15	223	47	108
73	Emma	Taylor	DH Runners	Open	F	63.19	224	48	109
170	Allen	Winter-Moore	Unattached	Open	M	63.43	225	42	116
63	Bev	PASA	DH Runners	Vet 40	F	64.14	226	41	110
423	Janette	Fountain	Unattached	Vet 50	F	64.27	227	14	111
439	Claire	Imrie	DH Runners	Vet 40	F	64.32	228	42	112
65	Jo	Hutchinson	DH Runners	Vet 60	F	65.02	229	7	113
114	Lynsey	Buckle	Unattached	Open	F	65.07	230	49	114
363	Helen	Cupac	DH Runners	Vet 40	F	65.13	231	43	115
128	Tasha	Burns	Unattached	Open	F	65.21	232	50	116
144	Susan	Raine	Unattached	Vet 60	F	65.43	233	8	117
49	Tracey	Kennett	Cumberland AC	Vet 40	F	66.23	234	44	118
366	Fiona	Tidbury	Eden Runners	Vet 50	F	66.35	235	15	119
4	Francesca	Bee	Unattached	Open	F	66.49	236	51	120
375	Tracey	Pape	Carlisle Tri Club	Open	F	67.17	237	52	121
104	Tim	Bowler	Cumberland AC	Vet 60	M	68.18	238	10	117
388	Natalie	Chatterton	Blackburn Road Runners	Vet 40	F	68.42	239	45	122
387	Andrew	Chatterton	Blackburn Road Runners	Vet 40	M	68.43	240	32	118
425	Kim	Adamson	Dumfries Running Club	Vet 50	F	69.05	241	16	123
119	Louise	Rossall	Unattached	Open	F	69.11	242	53	124
421	Alison	Pescod	DH Runners	Open	F	69.11	243	54	125
64	Linda	Lee	Eden Runners	Vet 50	F	69.53	244	17	126
42	Jaclyn	Gray	Unattached	Vet 40	F	70.00	245	46	127
33	Helen	Macnaughton	DH Runners	Open	F	70.38	246	55	128
28	Karen	Rome	DH Runners	Vet 40	F	71.32	247	47	129
410	Elizabeth	Dodd	Cumberland AC	Open	F	71.39	248	56	130
431	Gordon	Beattie	DH Runners	Vet 40	M	74.39	249	33	119
75	Rosemary	Potter	Unattached	Vet 50	F	77.24	250	18	131
57	Catherine	Wood	DH Runners	Open	F	80.31	251	57	132
71	Barbara	Schorr	Unattached	Vet 50	F	DNF	252		