

# The XBorder Challenge

## at Carlisle on Sunday 4th September 2016

### XBorder - 10k — FINAL RESULTS

Pos	Num	Name	Club	Time					
1	136	Liam Medley	Unattached	36:00	81	93 Angie Sleep	L40 10 Unattached		57:54
2	111	Tom Nicholson	Border Harriers & Ac	37:50	82	4 Elaine Doran	L 28 Dh Runners		57:59
3	123	Chris Paton	Gateshead Harriers & Ac	38:09	83	158 Christine Alcock	L50 5 Dh Runners		57:59
4	183	Mark Irving	Dh Runners	38:57	84	132 Stephen Rock	V60 1 Unattached		58:01
5	157	Andrew Robinson	Unattached	39:14	85	65 Emma Taylor	L 30 Dh Runners		58:23
6	69	Paul Bassindale	V50 1 Border Reiver Runners	39:34	86	28 Elaine Bilstrand	L40 11 Unattached		59:01
7	160	Kyle Laurie	Unattached	39:38	87	144 Sharon Curran	L 32 Unattached		59:07
8	68	Jason Pollock	V40 1 Border Reiver Runners	40:18	88	154 Jim Connolly	Unattached		59:12
9	104	Kevin Scott	V40 2 Dh Runners	40:42	89	145 Emma Davidson	L 33 Unattached		59:48
10	110	Chris Wear	V40 3 Cumberland AC	41:14	90	146 Tanya Walsh	L 34 Unattached		59:48
11	148	Dan Nicholson	Unattached	41:35	91	152 Gary English	V50 12 Border Reiver Runners		59:58
12	180	Andy Bailey	V40 4 Tri Lakeland	42:26	92	7 Lori Quayle	L40 12 Unattached		1:00:00
13	161	Fiona Todd	L 1 Unattached	42:40	93	109 Emma Bzik	L 36 Unattached		1:00:15
14	122	Howard Kirkbride	V50 2 Cumberland AC	43:07	94	26 Hannah Plimmer	L 37 Unattached		1:00:21
15	188	Gareth Irving	Unattached	43:23	95	181 Charles Lamont	V40 18 Unattached		1:00:38
16	171	Michael Sellars	V40 5 Unattached	43:38	96	102 Heather Keiller	L40 13 Unattached		1:00:53
17	100	Paul Todd	V40 6 Cumberland AC	43:40	97	14 Elaine Stockdale	L 39 Wigton Roadrunners		1:00:55
18	164	Scott Evans	Unattached	44:33	98	187 Angela Irving	L 40 Wigton Roadrunners		1:01:14
19	70	Neil Ingledow	V40 7 Border Reiver Runners	44:43	99	89 Stacey McLachlan	L40 14 Unattached		1:01:14
20	124	Jack Cook	Unattached	44:48	100	29 Lucy Cowton	L40 15 Dh Runners		1:01:17
21	40	David Greenwood	V40 8 Unattached	44:54	101	50 Sandra Nordon	L 43 Wigton Roadrunners		1:01:19
22	131	Craig Harper	Unattached	45:00	102	19 Kirsty Mahoney	L 44 Dh Runners		1:01:27
23	106	Stephen Bradley	V50 3 Unattached	45:00	103	79 Denise Maxwell	L40 16 Unattached		1:01:32
24	108	Sebastian Buszko	V40 9 Unattached	45:09	104	9 Nina Errington	L 46 Dh Runners		1:01:38
25	121	Sharon Spriggs	L40 1 Unattached	45:32	105	115 Austen Raine	V60 2 Unattached		1:01:43
26	107	?Ben Harper	Carlisle Tri	45:59	106	185 Jo Ison	L40 17 Dh Runners		1:02:07
27	116	Matthew Holliday	V50 4 Dh Runners	46:30	107	172 Carl Scholey	Unattached		1:02:17
28	71	Rebecca Foster	L 3 Border Reiver Runners	46:43	108	167 Katie Little	L 48 Unattached		1:02:26
29	27	Andy Sweetman	V50 5 Border Reiver Runners	47:09	109	117 Zoe Johnstone	L40 18 Unattached		1:02:44
30	140	Damian Rys	Unattached	47:14	110	52 Gillian Waterman	L50 6 Unattached		1:03:07
31	119	Isobel Graham	L50 1 Unattached	47:17	111	41 Susan Steel	L40 19 Border Reiver Runners		1:03:15
32	53	Grant Wylie	Unattached	47:26	112	88 Sherree Gracie	L 52 Unattached		1:03:22
33	165	Stephen Blackwell	V40 10 Unattached	47:32	113	44 Sarah Middlemiss	L40 20 Unattached		1:04:08
34	182	Richard Henry	Dh Runners	47:37	114	169 Cath Thomson	L 54 Unattached		1:04:17
35	5	Vicky Raffles	L40 2 Dh Runners	47:44	115	173 Susan Owen	L50 7 Unattached		1:04:24
36	170	Paul McConnell	Unattached	47:48	116	153 Natalie Nicholls	L 56 Unattached		1:04:31
37	92	Stuart Bell	Unattached	47:57	117	73 Deborah Hiscox	L40 21 Unattached		1:04:31
38	159	Edward Green	Unattached	48:02	118	155 Claire Imrie	L40 22 Unattached		1:04:47
39	6	Leanne Norris	L 6 Unattached	48:35	119	186 George Fraser	V70 1 Altrincham & District Ac		1:05:01
40	130	Keith Atkinson	V40 11 Unattached	48:39	120	327 Carol Lewis	L50 8 Unattached		1:05:52
41	163	Barry Maxey	V50 6 Dh Runners	48:39	121	179 Cath Fairlan	L40 23 Unattached		1:06:01
42	84	Andy Nelson	V50 7 Border Reiver Runners	49:00	122	66 Alex Sealey	L 61 Border Reiver Runners		1:06:11
43	156	Sarah Carruthers	L 7 Unattached	49:59	123	139 David Stretton	Border Reiver Runners		1:06:14
44	168	Simon Dolman	Dh Runners	50:22	124	43 Samantha Howe	L40 24 Unattached		1:06:29
45	54	Dan Thwaites	Unattached	50:52	125	135 Sarah Hastie	L 63 Unattached		1:07:02
46	134	Gary Bell	Unattached	50:53	126	64 Karl Daniel	Unattached		1:07:21
47	142	Ian Raffles	V40 12 Unattached	50:58	127	176 Bhim Limbu	V50 13 Unattached		1:07:35
48	83	Kevin Ramshaw	V40 13 Unattached	50:58	128	94 Lorna Taylor	L40 25 Unattached		1:07:43
49	11	Bethany Duffy	L 8 Dh Runners	51:06	129	177 Sandra Gowling	L40 26 Unattached		1:07:45
50	51	Stuart Nordon	V40 14 Unattached	51:09	130	178 Alison Welton	L 66 Unattached		1:07:45
51	23	Vicky Cuthbert	L40 3 Unattached	51:44	131	192 David Little	V50 14 Unattached		1:07:59
52	82	Craig Parkinson	V50 8 Unattached	52:46	132	67 Wayne Lee	V40 19 Border Reiver Runners		1:08:00
53	74	John Hiscox	V40 15 Unattached	52:50	133	86 Kirstie Clark	L40 27 Unattached		1:08:04
54	10	Louise Duffy	L40 4 Dh Runners	53:15	134	61 Rachel Cameron	L 68 Unattached		1:08:15
55	174	Alistair Smith	V40 16 Unattached	53:45	135	98 Pauline Connolly	L 69 Unattached		1:08:15
56	55	Michelle Hannah	L 11 Unattached	53:46	136	36 Helen Cupac	L40 28 Dh Runners		1:08:15
57	56	Jane Jones	L 12 Unattached	53:46	137	13 Rebecca Errington	L 71 Unattached		1:09:17
58	150	Bev Ramshaw	L 13 Unattached	54:10	138	184 Ellie Armstrong	L 72 Dh Runners		1:09:46
59	12	Erica Robison	L 14 Unattached	54:17	139	20 Sophie Wardle	L 73 Unattached		1:10:04
60	175	Sarah Rae	L 15 Unattached	54:26	140	18 Sarah Wardle	L40 29 Unattached		1:10:05
61	46	Kim Ramshaw	L40 5 Unattached	54:33	141	190 Andrea Smith	L40 30 Unattached		1:11:09
62	85	Harry McCormack	V50 9 Unattached	54:58	142	189 Sarah Hanlon	L40 31 Unattached		1:11:23
63	91	Zbigniew Utnik	V40 17 Unattached	55:07	143	143 Carole Burnie	L50 9 Cumberland AC		1:11:59
64	149	Neil Rutherford	Unattached	55:11	144	126 Yvonne Harland	L40 32 Unattached		1:12:08
65	141	Jayne Clarke	L50 2 Unattached	55:31	145	129 Nick Rose	V40 20 Unattached		1:12:08
66	120	Richard Graham	V50 10 Unattached	55:40	146	133 Katherine Bell	L 79 Unattached		1:12:08
67	138	Daniel Scott	Unattached	56:00	147	39 Tracy Kenny	L40 33 Dh Runners		1:12:51
68	77	Tracie Pollock	L40 6 Border Reiver Runners	56:06	148	72 Sue Kaveney	L40 34 Border Reiver Runners		1:12:56
69	128	Carol Douglas	L50 3 Dh Runners	56:08	149	78 Claudia Pollock	L 82 Border Reiver Runners		1:12:56
70	95	Belinda Amos	L40 7 Unattached	56:16	150	87 Steven Binnie	V40 21 Unattached		1:13:25
71	45	Marie Milligan	L 21 Unattached	56:20	151	137 Heidi Kendrew	L40 35 Unattached		1:13:38
72	151	Tracey Hunter	L 22 Unattached	56:34	152	81 Kelly Pattison	L40 36 Dh Runners		1:16:47
73	37	Julian Ponsford	V50 11 Unattached	56:48	153	147 Emma Wood	L 85 Runmums		1:16:47
74	38	Alison French	L40 8 Unattached	56:48	154	76 Elaine Black	L40 37 Border Reiver Runners		1:19:12
75	107	?Ben Harper	Carlisle Tri	56:49	155	101 Emma Andrews	L 87 Unattached		1:19:12
76	59	Ben Crystal	Unattached	57:04	156	15 Bec Birkett	L40 38 Unattached		1:19:49
77	114	Jenny Mitchell	L40 9 Unattached	57:04	157	80 Helen Dawson	L40 39 Border Reiver Runners		1:21:20
78	166	Lynda Carter	L 25 Unattached	57:40	158	58 Glynn Pope	V40 22 Unattached		1:23:48
79	103	Jay Ritchie	Unattached	57:40	159	57 Pearl Pope	L40 40 Unattached		1:23:48
80	42	Carole Steel	L50 4 Border Reiver Runners	57:40	160	3 Lisa Postlethwaite	L 91 Unattached		1:28:06