

The X Border Challenge 10k at Carlisle on Sunday 29th January 2017

X Border — FINAL RESULTS

Pos	Num	Name	Cat/Pos	Club	Time								
1	369	Jonathan Cox		Eden Runners	33:09	91	141	Craig Hayton		Edinburgh Running Network	47:10		
2	198	Blain Rooney		Ellenbrough	33:18	92	414	David Robinson	V50	6	Keswick AC	47:12	
3	410	James Buis		Border Harriers	34:04	93	149	Mark Graham	V40	12	Unattached	47:12	
4	366	John French		Eden Runners	34:23	94	245	Gareth Dent			Unattached	47:21	
5	248	Ryan Gavin		Carlisle Tri Club	35:19	95	111	Kim Lancaster	L35	3	South Shields Harriers	47:21	
6	355	David Thompson		Rock2rollcc	35:28	96	110	Lee Hetherington	V45	8	South Shields Harriers	47:32	
7	363	Steven Berry		Border Harriers	36:08	97	21	Richard Johnston	V40	13	Unattached	47:36	
8	181	Nathan Postill	U20	1	Unattached	36:11	98	352	Lorraine Cowan	L	17	Dalbeattie Running Club	47:43
9	301	Alan Baxter	V40	1	Dumfries Running Club	36:40	99	341	Chris Wright			Unattached	47:45
10	390	Joasia Zakrzewski	L40	1	Dumfries Running Club	36:46	100	384	Callum Cannon			Unattached	47:53
11	172	Nathan Gray	U20	2	Cumberland AC	37:14	101	464	Ed Green			Unattached	47:54
12	329	Charlie Storrie	U20	3	Dumfries Running Club	37:45	102	227	John McGrath	V40	14	Teesdale AC	47:56
13	452	Amy Foster	L	2	Teesdale AC	38:06	103	353	Pamela Stitt	L35	4	Kirkcudbright Running Club	47:56
14	468	Mark Irving		Border Reivers	38:19	104	235	Caroline Stanger	L50	3	Teesdale AC	47:59	
15	397	Stephen Hackley	V40	2	Derwent AC	38:26	105	218	Stevie Sharp	L	20	Unattached	48:00
16	25	Luke Russell		Unattached	38:38	106	368	Lynn Connolly	L40	5	Dh Runners	48:13	
17	196	Kevin McCaig	V55	1	Dumfries Running Club	38:52	107	444	Richard Pagan	V40	15	Unattached	48:26
18	252	Dan Nicholson		Unattached	39:00	108	185	Kev Iveson			Unattached	48:27	
19	372	Jamie Arkle		Easingwold	39:02	109	32	Kevin Ramshaw	V40	16	Unattached	48:35	
20	98	Carl Douglas	V40	3	Unattached	39:48	110	351	Stephen Barlow	V45	9	Unattached	48:39
21	463	Harry Telfon		Unattached	40:15	111	308	?Diane Gallimore	L50	4	Border Harriers	48:43	
22	119	Chris Paton		Gateshead Harriers	40:17	112	392	?Steven Cook			Unattached	48:46	
23	205	Kyle Laurie		Unattached	40:22	113	195	Katie Mottershead	L	23	Teesdale AC	48:47	
24	420	David Grimshaw	V40	4	Unattached	40:36	114	194	Michelle Kingston	L	24	Carlisle Tri Club	48:47
25	237	Mark Wightman	V40	5	Unattached	40:57	115	443	Adrian Holme	V40	17	Unattached	48:48
26	283	Colin Nicholl	V45	1	Dh Runners	40:59	116	428	Sam Hair			Unattached	48:48
27	407	Steven Leith		Nike Run Club	41:01	117	446	James Scott			Unattached	48:52	
28	347	Fiona Todd	L40	2	Unattached	41:22	118	80	Wayne Davies			Unattached	48:56
29	161	Colin Fell	V55	2	Northern Fell Runners	41:24	119	262	Andrew Drummond			Unattached	48:57
30	458	Annabel Coulthard	L	4	Unattached	41:33	120	389	Jeff Dandy	V45	10	Unattached	48:58
31	197	Steve Gray	V45	2	Gateshead Harriers	41:52	121	120	Johnny Minto	V45	11	Annan And District Athletic Cl	49:04
32	371	Sandy Shankland	V60	1	Dumfries Running Club	41:58	122	188	Stuart Nordon	V40	18	Unattached	49:08
33	295	Gareth Irving		Unattached	42:12	123	206	Chris Robinson	V55	7	Unattached	49:18	
34	228	Anthony Wright		Unattached	42:12	124	392	?Steven Cook			Unattached	49:22	
35	423	Tobias Barthelmes	U20	4	Unattached	42:17	125	375	Claire Reid	L40	6	Unattached	49:22
36	122	Sarah Dent	L	5	Carlisle Tri Club	42:27	126	396	Chris Bardini			Unattached	49:26
37	297	Martin Grey	V55	3	Dh Runners	42:46	127	344	Greg Clark			Unattached	49:29
38	327	Michael Bisset	V45	3	Carnegie Harriers	42:47	128	173	Stephen Gray	V50	7	Unattached	49:33
39	346	Harrison Ward		Unattached	42:56	129	438	James Glencross			Unattached	49:37	
40	242	David Burns	V55	4	Dumfries Running Club	43:01	130	19	Bethany Duffy	L20	1	Dh Runners	49:39
41	68	Alan Young		Unattached	43:04	131	406	Lisa Haughan	L	27	Carlisle Tri Club	49:46	
42	349	Josh Waite		Carlisle Tri Club	43:09	132	337	Tony Brooke	V45	12	Eden Runners	50:06	
43	58	Ian Bell	V45	4	Unattached	43:24	133	150	RossWest			Unattached	50:16
44	124	Mark Rutherford	V40	6	Keswick AC	43:26	134	40	Paul Todd	V45	13	Dh Runners	50:19
45	178	Julie Dodd	L45	1	Dh Runners	43:27	135	164	Jenny Mitchell	L40	7	Runnum	50:22
46	357	Ryan Geldart		Unattached	43:31	136	246	Skye Sarahs	L	29	Dumfries Running Club	50:23	
47	130	Clem Coady		Unattached	43:37	137	204	Paul Attwood	V55	8	Unattached	50:26	
48	162	Michael Potter	V40	7	Gateshead Harriers	43:42	138	358	Calvin Ho	U20	5	Dalbeattie Running Club	50:37
49	254	Ernie Bryden	V50	1	Annan And District Athletic Cl	43:43	139	96	Andy Conley	V40	19	Unattached	50:38
50	17	Daniel Barnes	V45	5	Unattached	43:44	140	312	Bryan Mooney	V45	14	Unattached	50:42
51	441	(No. 441)		Unattached	43:51	141	257	James Slack			Unattached	50:53	
52	348	?Craig Burns		Unattached	44:03	142	365	Mike Holmes	V45	15	Dh Runners	50:56	
53	81	Ben Harper		Unattached	44:09	143	434	(No. 434)			Altrincham & Dist	51:01	
54	391	Craig Little		Unattached	44:20	144	165	Jayne Hanson	L50	5	Unattached	51:02	
55	425	Damian Rys		Unattached	44:20	145	38	Heidi Marshall	L	31	Unattached	51:03	
56	433	Wayne Horsley		Unattached	44:23	146	6	Elaine Stockdale	L	32	Unattached	51:08	
57	5	John Slater		Unattached	44:27	147	336	Emma Gillespie	L35	5	Unattached	51:16	
58	467	Anthony McGrath		Unattached	44:32	148	18	Louise Duffy	L45	3	Dh Runners	51:16	
59	264	John Murphy	V55	5	Annan And District Athletic Cl	44:36	149	314	Jackie Davies	L	35	Unattached	51:17
60	426	Louise Brown	L35	1	Carlisle Tri Club	44:41	150	113	Fayaz Muzammil			Unattached	51:19
61	280	Andrew Hullock		Unattached	44:46	151	465	Sam Ogle			Unattached	51:22	
62	418	Victoria Lawson	L	8	Unattached	45:02	152	379	Louise Stephen	L	36	Jog Scotland	51:23
63	276	Anne Macfarlane	L50	1	Dumfries Running Club	45:06	153	422	Carole Fearon	L35	6	Unattached	51:26
64	7	Darren Fell		Unattached	45:16	154	117	Erica Robison	L	38	Unattached	51:28	
65	364	Sean Williams	V45	6	Teesdale AC	45:18	155	45	Mark Drummond	V40	20	Dh Runners	51:39
66	43	Grant Seaton	V40	8	Annan And District Athletic Cl	45:20	156	325	Jabs Mumim			Unattached	51:45
67	26	Georgie McRoberts	L35	2	Unattached	45:23	157	386	Kate Garratt	L	39	Derwent AC	51:52
68	145	David Hinton		Elvet Striders	45:24	158	90	Lucy Banes	L	40	Unattached	52:01	
69	448	Adie Cairns		Unattached	45:24	159	10	Jane Jones	L	41	Unattached	52:02	
70	405	Dawn Pritchard	L40	3	Tri-Lakeland	45:25	160	76	Ben Judge			Unattached	52:05
71	454	Edward Jardine	V50	2	Unattached	45:29	161	404	Colin Armstrong	V40	21	Unattached	52:11
72	107	Grant Wylie		Unattached	45:36	162	121	Paul Musgrave	V50	8	Unattached	52:12	
73	123	Josh Waite	V55	6	Unattached	45:42	163	251	Helen Sanderson	L45	4	Dh Runners	52:14
74	359	Mike Jardine	V50	3	Dumfries Running Club	45:48	164	244	Ann Kisluk	L45	5	Eccleshill Road Runners	52:16
75	308	?Diane Gallimore	L50	2	Border Harriers	46:00	165	155	Graeme Barham	V45	16	Gateshead Harriers	52:16
76	447	Simon O'Neill		Unattached	46:02	166	85	Sarah White	L	44	Unattached	52:19	
77	274	Michelle Sinsheimer	L	13	Unattached	46:11	167	243	David Goodyear	V50	9	Eccleshill Road Runners	52:24
78	263	Stephen Belford		Unattached	46:16	168	203	Stuart Mallin	V45	17	Unattached	52:26	
79	47	Steve Duggan	V40	9	Unattached	46:18	169	220	Louis Sproat	U17	1	Unattached	52:28
80	385	Liam McNulty		Unattached	46:29	170	167	Nik Morris	V45	18	Unattached	52:28	
81	144	Peter Campbell	V50	4	Border Harriers	46:31	171	168	Stu Miller	V40	22	Unattached	52:30
82	401	Jack Mazur		Carlisle Tri Club	46:38	172	270	Karl Douglas	V50	10	Dh Runners	52:32	
83	209	Alan Huggon	V45	7	Unattached	46:44	173	335	Carol Douglas	L50	6	Dh Runners	52:35
84	233	Steve Viney	V65	1	Dh Runners	46:46	174	75	Sarah Grundy	L40	8	Unattached	52:39
85	381	Grant Shann	V40	10	Teesdale AC	46:47	175	202	Deborah Mallin	L45	6	Unattached	52:44
86	334	Thomas Bentham	V40	11	Unattached	46:47	176	176	Fiona Jardine	L50	7	Dumfries Running Club	52:46
87	46	Andy Sweetman	V50	5	Unattached	46:56	177	13	Rob Streit	V45	19	Unattached	52:53
88	169	Joanne Wilson	L40	4	Wigton Road Runners	47:06	178	231	Philip Parker	V50	11	Unattached	52:53
89	460	Adam Dobinson		Unattached	47:08	179	304	Dave Moran			Unattached	53:04	
90	412	Sally Little	L45	2	Unattached	47:08	180	97	(No. 97)	V45	20	Unattached	53:07

Results Service by G.J. Fecitt (SportSoft) Tel & Fax 01204 884887, Email: graham@race-results.co.uk
Internet: <http://www.race-results.co.uk> -- full results will be available for downloading tonight

181	299	Natalie Clifford	L 49	Unattached	53:08	278	234	Jill Bell	L35 19	Unattached	58:49
182	417	Hannah Baker	L 50	Dh Runners	53:12	279	138	Tony Davidson	V5017	Five 0 Runners	58:52
183	92	Joanne Hall	L40 9	Unattached	53:16	280	210	Jayde Harrison	L 109	Unattached	58:52
184	221	Satpal Burns	L45 7	Dumfries Running Club	53:16	281	132	Jessica Morton	L 110	Five 0 Runners	58:54
185	147	Alan Brownlie	V55 9	Unattached	53:19	282	409	Jane Charteries	L45 15	Jog On The Tyne	59:03
186	315	Emily Mechie	L 53	Unattached	53:22	283	279	Heather Keiller	L45 16	Unattached	59:10
187	298	Sally-Anne Monaghan	L4010	Unattached	53:28	284	136	Claire Hope	L4025	Five 0 Runners	59:20
188	103	Paul Harrington	V5012	Fra	53:29	285	261	Aoife Maher	L 114	Unattached	59:22
189	27	Holly Mills	L 55	Unattached	53:32	286	258	Hayley Slack	L 115	Unattached	59:22
190	186	Becky Holliday	L 56	Unattached	53:37	287	383	Susan Edwards	L45 17	Sunderland Strollers	59:26
191	432	Gordon Thorburn	V5510	Unattached	53:43	288	48	Gillian Waterman	L50 11	Unattached	59:34
192	182	Beth Graham	L 57	Unattached	53:46	289	306	Chris Wilson	V4031	Dumfries Running Club	59:37
193	23	Vanessa Connor	L40 11	Unattached	54:00	290	370	Lyn Bell	L35 20	Dalbeattie Running Club	59:43
194	199	Andrew Crawley	V55 11	Teesdale AC	54:11	291	37	Mark Pearson	Unattached	Unattached	59:46
195	213	Susan Gallagher	L40 12	Dumfries Running Club	54:17	292	88	Karen Pearson	L 119	Unattached	59:47
196	319	Angela Irving	L35 7	Unattached	54:26	293	226	Katie Hamiltie	L 120	South Shields Harriers	59:50
197	290	Emma Eagling	L35 8	Unattached	54:31	294	320	Jacqueline Harris	L45 18	Dalbeattie Running Club	59:53
198	240	Stephen Irving		Unattached	54:31	295	222	Claire Campbell	L35 21	Dumfries Running Club	59:57
199	33	Bev Ramshaw	L 62	Unattached	54:32	296	331	Martin Curran	Unattached	Unattached	59:58
200	373	Marie Milligan	L35 9	Unattached	54:32	297	330	Rachel Hogarth	L35 22	Unattached	59:58
201	238	Iain Wilson	V4023	Unattached	54:33	298	255	Lynsey Buckle	L35 23	Unattached	1:00:28
202	100	Andrea Young	L45 8	Dh Runners	54:43	299	380	Steven McCubbing	V5018	Unattached	1:00:34
203	445	Jim Connolly		Unattached	54:46	300	137	Tony Spruce	V4523	Five 0 Runners	1:00:42
204	183	Paul Westrip		Unattached	54:47	301	54	Margo McQuarrie	L50 12	Unattached	1:00:43
205	139	Simon Pettitt	V5013	Teesdale AC	54:47	302	2	Jay Ritchie		Dh Runners	1:00:44
206	215	Matthew Hawcroft	V4024	Teesdale AC	54:53	303	135	Garry Geoghegan	V4524	Five 0 Runners	1:00:45
207	224	Cheryl Miller	L35 10	Teesdale AC	54:53	304	102	Peter Allan	Unattached	Unattached	1:00:53
208	457	Glen Vlakey	V4521	Dh Runners	54:53	305	41	Denise Maxwell	L45 19	Unattached	1:01:00
209	436	Rachel Young	L 66	Unattached	54:54	306	317	Jo Ison	L45 20	Unattached	1:01:08
210	360	Abigail Drago	L35 11	Unattached	54:54	307	307	Ashley Cowan	L 128	Dalbeattie Running Club	1:01:12
211	163	Suzy Kelly	L40 13	Unattached	55:00	308	305	Fiona Kirkpatrick	L40 26	Dalbeattie Running Club	1:01:12
212	99	Clare Houghton	L50 8	Unattached	55:04	309	343	Jenny Finnegan	L 130	Unattached	1:01:19
213	118	Michelle Papworth	L40 14	Jog Moffat	55:10	310	275	Kathryn Sinsheimer	L55 2	Unattached	1:01:23
214	398	Jayne Porteous	L 71	Unattached	55:14	311	57	Claire Holt	L 132	Unattached	1:01:42
215	104	Mark Barron		Unattached	55:14	312	387	Leanne Ruddick	L 133	Unattached	1:01:46
216	31	Jack Binstead		Unattached	55:14	313	294	Michelle Barron	L40 27	Wigton Road Runners	1:01:47
217	324	Po Ho	L45 9	Dalbeattie Running Club	55:14	314	134	Angela Bahn	L 135	Five 0 Runners	1:01:53
218	160	Ruth O'Neil	L40 15	Runnum	55:21	315	259	Carl Scholey	V4032	Unattached	1:01:57
219	211	Judith Rodwell	L65 1	Teesdale AC	55:23	316	8	Yvonne Nicholson	L40 28	Unattached	1:02:01
220	200	Barbara Crawley	L50 9	Teesdale AC	55:26	317	207	Allan Redoble	Unattached	Unattached	1:02:07
221	286	Peter Gallagher	V5014	Jog On The Tyne	55:27	318	143	Scott McLaughlan	V4525	Unattached	1:02:07
222	354	Scott Williamson		Unattached	55:32	319	142	David Somerville	Unattached	Unattached	1:02:07
223	241	Andy Munro		Unattached	55:36	320	318	Helen Prudham	L35 24	South Shields Harriers	1:02:07
224	256	Michelle Moffat	L35 12	Unattached	55:36	321	273	Suzanne Martin	L40 29	Wigton Road Runners	1:02:10
225	382	Steve Conley	V4522	Unattached	55:37	322	442	Nicola Edwards	L40 30	Unattached	1:02:13
226	451	Peter Hutchinson	V65 2	Dumfries	55:38	323	348	?Craig Burns	Unattached	Unattached	1:02:14
227	115	Helen McManus	L40 16	Unattached	55:46	324	311	Dorothy Smith	L60 1	Dalbeattie Running Club	1:02:16
228	29	Lori Quayle	L40 17	Unattached	55:46	325	309	Margaret Laurie	L55 3	Dumfries Running Club	1:02:21
229	378	Fiona Moore	L40 18	Dh Runners	55:46	326	12	Terry Lobb	V5019	Unattached	1:02:26
230	449	Allister Helly		Dalbeattie Running Club	55:48	327	11	Nadine Hetherington	L35 25	Unattached	1:02:26
231	171	Dawn Gray	L40 19	Wigton Road Runners	55:51	328	291	Claire Logan	L 143	Unattached	1:02:31
232	313	Dave Steele		Unattached	55:51	329	292	Emma Teggart	L35 26	Unattached	1:02:31
233	456	Chris Dixon		Unattached	55:55	330	439	Michelle Swainson	L 145	Unattached	1:02:31
234	109	Yordan Popov		Unattached	55:58	331	53	Cath Fairlam	L45 21	Unattached	1:02:43
235	131	Karen Bennett	L45 10	Unattached	56:02	332	332	Lesley Bentham	L45 22	Unattached	1:02:58
236	105	Jennifer Turnbull	L35 13	Unattached	56:05	333	44	S Stocy		Dh Runners	1:03:09
237	338	Jacqueline Bennett	L40 20	Cumberland AC	56:09	334	415	Sandra Gowling	L45 23	Unattached	1:03:12
238	69	Lesley Angell	L55 1	Unattached	56:13	335	177	Lesley McCallay	L40 31	Dumfries Running Club	1:03:12
239	14	Ian Slater	V5015	Unattached	56:16	336	193	Lynne Wilson	L40 32	Dumfries Running Club	1:03:12
240	156	Valerie Dowell	L40 21	Unattached	56:20	337	170	Debbie Rutherford	L40 33	Runnum	1:03:12
241	128	Stuart Dowell	V4025	Unattached	56:23	338	230	Caroline Hamilton	L45 24	Teesdale AC	1:03:14
242	93	Sharon Curran	L35 14	Unattached	56:27	339	402	Pauline Connolly	L45 25	Dh Runners	1:03:24
243	64	Julian Ponsford	V5016	Unattached	56:31	340	326	Abigail Macdonald	L 154	Jog On The Tyne	1:03:30
244	356	Yoichi Sawada	V55 12	Unattached	56:34	341	289	Sarah Barclay	L45 26	Runnum	1:03:32
245	66	Alison French	L45 11	Unattached	56:38	342	302	Joanne Hymers	L40 34	Jog On The Tyne	1:03:36
246	416	Jay Semple		Unattached	56:41	343	455	Rachel Wood	L 157	Unattached	1:03:36
247	22	Gayle Andrews	L35 15	Unattached	56:45	344	399	Sarah Pagan	L 158	Unattached	1:03:37
248	376	Emma Davidson	L 89	Unattached	56:49	345	50	Ian Adams	V4526	Unattached	1:03:39
249	459	Alex Bell		Unattached	56:52	346	179	Kathleen Lightfoot	L45 27	Runnum	1:03:41
250	296	Charlotte Wigham	L 90	Unattached	56:56	347	49	Fiona Adams	L45 28	Unattached	1:03:43
251	72	Elaine Doran	L35 16	Dh Runners	56:59	348	127	Caroline Gate	L40 35	Unattached	1:03:46
252	374	Tanya Walsh	L 92	Unattached	57:03	349	342	Anne Hutchison	L35 27	Unattached	1:03:54
253	208	Rowane Glendinning	L 93	Unattached	57:07	350	300	Pauline Nicholson	L50 13	Jog On The Tyne	1:04:04
254	249	Nicola Armstrong	L 94	Unattached	57:10	351	82	Emma Stockdale	L35 28	Unattached	1:04:08
255	377	Hannah Cundall	L 95	Unattached	57:14	352	3	Jane Cairns	L40 36	Unattached	1:04:27
256	461	Stephen Shoulin	V4026	Unattached	57:17	353	225	Leanne Defty	L35 29	South Shields Harriers	1:04:29
257	462	John Trenell	V4027	Unattached	57:21	354	77	Beverley Dodgson	L45 29	Unattached	1:05:04
258	55	Ashleigh Potts	L 96	Unattached	57:25	355	253	Helen Tucker	L50 14	Unattached	1:05:28
259	79	Austen Raine	V65 3	Unattached	57:28	356	271	Sarah Hastie	L35 30	Unattached	1:05:34
260	269	Jemma Muir	L35 17	Unattached	57:32	357	427	Bianca Dulaney	L45 30	Unattached	1:05:54
261	408	Suzanne Hughes-Rudd	L4022	Bodyfit Cumbria	57:35	358	367	Ade Golbourn		Cumbria Police	1:06:30
262	323	Ann Pattinson	L45 12	Jog On The Tyne	57:39	359	16	Heather Glendinning	L50 15	Unattached	1:06:49
263	35	Katherine Kevell	L 100	Derwent AC	57:43	360	146	Julie Mitchell	L45 31	Unattached	1:06:52
264	278	Rob Catterall		Five 0 Runners	57:46	361	152	Janis Martinez	L40 37	Unattached	1:07:02
265	187	Sandra Nordon	L35 18	Wigton Road Runners	57:50	362	216	Liz Stanwell	L35 31	Unattached	1:07:23
266	431	Andrea Reese	L 102	Unattached	57:53	363	125	Helen Studholme	L45 32	Unattached	1:08:08
267	133	Chris Davies		Five 0 Runners	57:57	364	450	Jodie Robinson	L 176	Unattached	1:08:59
268	350	Helen Taylor	L45 13	Unattached	58:01	365	277	Fiona Macfarlane	L60 2	Unattached	1:09:04
269	174	George Fraser	V70 1	Annan And District Athletic Cl	58:10	366	95	Leigh Hindle	L40 38	Unattached	1:09:16
270	413	Jonny Forbes	V4028	Unattached	58:10	367	362	Wendy Black	V4033	Unattached	1:09:41
271	61	Victoria Tait	L40 23	Unattached	58:29	368	361	Colin Briody	V4034	Fylde Coast Runners	1:09:42
272	285	Eleanor Gallagher	L50 10	Jog On The Tyne	58:33	369	236	Mhari Davidson	L35 32	Dumfries Running Club	1:10:02
273	239	Richard Brookes	V65 4	Unattached	58:38	370	52	Nicola Smith	L35 33	Unattached	1:10:11
274	453	Rachel Dawkins	L40 24	Unattached	58:38	371	140	A Pettitt	L50 16	Teesdale AC	1:10:13
275	159	Kate Browne	L45 14	Women On The Run	58:38	372	260	Susan Scholey	L35 34	Unattached	1:10:32
276	266	Mark Robson	V4029	Teesdale AC	58:46	373	36	Lorna Taylor	L45 33	Unattached	1:10:41
277	303	Craig McCallay	V4030	Dumfries Running Club	58:48	374	287	Susanne McDougall	L65 2	Unattached	1:10:54

Results Service by G.J. Fecitt (SportSoft) Tel & Fax 01204 884887, Email: graham@race-results.co.uk

Internet: <http://www.race-results.co.uk> -- full results will be available for downloading tonight

375	94 Sarah Hanlon	L40 39	Unattached	1:10:54
376	393 Emma Wood	L35 35	Runmum	1:11:04
377	71 Sophie Wardle	L20 2	Dh Runners	1:11:24
378	70 Sarah Wardle	L45 34	Dh Runners	1:11:24
379	421 Mandy Atkinson	L50 17	Unattached	1:11:24
380	74 Bec Birkett	L45 35	Dh Runners	1:11:24
381	9 Heather Herring	L40 40	Unattached	1:11:32
382	65 Valda Woods	L45 36	Unattached	1:11:36
383	20 Matt Waning		Unattached	1:11:54
384	24 Abby Waning	L35 36	Unattached	1:12:06
385	223 Cheryl Reah	L35 37	South Shields Harriers	1:13:05
386	400 Kelly Pattison	L40 41	Dh Runners	1:13:32
387	153 Kelly Henderson		Unattached	1:13:59
388	154 Kelly Henderson		Unattached	1:13:59
389	268 Emma Andrews	L 196	Unattached	1:14:50
390	62 Rosemary Potter	L50 18	Unattached	1:20:25
391	126 Jean-Ann Gate	L40 42	Unattached	1:21:07
392	78 Jan Halliburton	L40 43	Unattached	1:22:37
393	116 Carole Jardine	L55 4	Unattached	1:24:16
394	429 Eleanor Graham	L 201	Unattached	1:24:20
395	28 Somer Slater	L 202	Unattached	1:29:21