

Mulgrave Castle 10k

Place	Name	Team	Bib No	Gender	Age	Chip Time	Gun Time	Cat	Cat Place
1	ADAM THEAKER	Loftus & Whitby AC	451	M	31	00:34:15	00:34:16		
2	OLIVER SHAW	Loftus & Whitby AC	434	M	25	00:35:32	00:35:34		
3	SIMON JONES	Abbey Runners	295	M	31	00:35:43	00:35:44		
4	SAM LEADLEY		387	M	30	00:36:20	00:36:21		
5	DANIEL MCKEOWN	Ilkley Harriers AC	400	M	46	00:37:31	00:37:33		
6	CHARLOTTE KNOWLES	Abbey Runners	341	F	25	00:37:33	00:37:34		
7	MIKEY GARBUTT	Loftus & Whitby AC	197	M	29	00:37:55	00:37:57		
8	CATHERINE WILLIAMSON	Loftus & Whitby AC	471	F	42	00:38:08	00:38:09		
9	SEAN KELLY		395	M	57	00:38:19	00:38:21		
10	JEREMY PEARSON	Ackworth Road Runners	416	M	49	00:38:30	00:38:31		
11	ADAM EWART		158	M	28	00:38:40	00:38:43		
12	RICHARD ATKINS	North York Moors AC	19	M	42	00:38:47	00:38:49		
13	MICHAEL ABRAMS-COHEN	Abbey Runners	3	M	28	00:39:01	00:39:04		
14	ROBERT WILLIAMSON	Loftus & Whitby AC	472	M	59	00:39:11	00:39:13		
15	AARON KEYS	Middlesbrough & Cleveland Harriers	332	M	37	00:39:59	00:40:03		
16	JONO URBAN	Loftus & Whitby AC	457	M	24	00:40:03	00:40:05		
17	NEIL SALTER		429	M	46	00:40:07	00:40:09		
18	KEALAN BRION	Loftus & Whitby AC	82	M	20	00:40:20	00:40:22		
19	RHONA MARSHALL	Scarborough Athletic Club	394	F	42	00:40:49	00:40:52		
20	JOSEPH SMITH	Richmond & Zetland Harriers	443	M	40	00:40:52	00:40:55		
21	JUSTIN WARING	Loftus & Whitby AC	464	M	52	00:41:04	00:41:08		
22	ARTHUR GREEN	Loftus & Whitby AC	202	M	25	00:41:13	00:41:15		
23	TOM ROGERSON	Abbey Runners	426	M	46	00:42:17	00:42:19		
24	PAUL CRAVEN	Abbey Runners	134	M	56	00:44:07	00:44:11		
25	RICHARD ASHWORTH	Abbey Runners	18	M	49	00:44:38	00:44:42		
26	NICK BOOKER	Steel City Striders RC	75	M	56	00:45:05	00:45:06		
27	COLIN HARRISON	Loftus & Whitby AC	233	M	63	00:45:20	00:45:26		
28	JOHN TOLLITT	Tyne Bridge Harriers	455	M	60	00:45:41	00:45:44		
29	TOM HERBERT		405	M	47	00:45:46	00:45:58		
30	MICHAELA WELHAM	Loftus & Whitby AC	467	F	47	00:46:39	00:46:45		
31	ALLAN MCFARLANE		396	M	55	00:46:46	00:46:51		
32	JOE MIDDLETON	Ackworth Road Runners	401	M	17	00:46:52	00:46:59		
33	SIMON NEAL	Scarborough Athletic Club	406	M	58	00:47:12	00:47:19		
34	ROMANY MAE PRICE COATES		422	F	25	00:47:19	00:47:21		
35	SUE HASLAM	Scarborough Athletic Club	240	F	70	00:47:23	00:47:26		
36	ANNA COVELL		118	F	24	00:47:38	00:47:41		
37	STEPHEN LEWIN	Loftus & Whitby AC	388	M	42	00:47:41	00:47:46		
38	MATTHEW TAYLOR		450	M	42	00:47:47	00:47:53		
39	AMY BLETSOE	Loftus & Whitby AC	65	F	44	00:48:07	00:48:08		
40	DAWN HARRISON	Loftus & Whitby AC	239	F	54	00:48:21	00:48:27		
41	TIM SHEER		436	M	44	00:48:30	00:48:35		
42	ALISON SMITH	Abbey Runners	440	F	51	00:48:34	00:48:38		
43	ELLIE ROUND		427	F	29	00:48:46	00:48:53		
44	ANDREW SMITH	Ackworth Road Runners	441	M	49	00:48:52	00:49:09		
45	TONY BASTIN	Abbey Runners	24	M	58	00:49:15	00:49:19		
46	LUCY VAMPLEW	Ackworth Road Runners	458	F	43	00:49:22	00:49:31		
47	JAMES DAVEY	Ackworth Road Runners	136	M	44	00:49:25	00:49:39		
48	KIERAN O'FLAHERTY		408	M	39	00:49:31	00:49:46		
49	CHRIS BOURNE	Scarborough Athletic Club	77	M	55	00:49:38	00:49:44		
50	KELLY CLAPTON	Loftus & Whitby AC	103	F	53	00:49:54	00:49:57		
51	KEVIN RUDD	Loftus & Whitby AC	428	M	47	00:50:01	00:50:05		
52	MICHAEL CLARKE	Loftus & Whitby AC	110	M	64	00:50:05	00:50:16		
53	TAMMY GAINES	Ackworth Road Runners	187	F	43	00:50:23	00:50:37		
54	LAURA PHILLIPS	Abbey Runners	421	F	33	00:51:29	00:51:38		
55	KYAH HALL	Loftus & Whitby AC	218	F	29	00:51:36	00:51:42		
56	JUSTINE BEDFORD		51	F	53	00:51:38	00:51:45		
57	DOMINIC HARLAND	Boro Runners	228	M	27	00:51:41	00:51:45		
58	KATHRYN BIRT		56	F	44	00:51:46	00:51:55		
59	SARAH HUDSON	Loftus & Whitby AC	255	F	46	00:51:46	00:51:59		
60	MATTHEW VINCENT	York Knavesmire Harriers	460	M	29	00:51:51	00:52:11		

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61	PAUL GREENE	Abbey Runners	204	M	65	00:52:01	00:52:06		
62	PAUL SARGEANT		430	M	48	00:52:07	00:52:20		
63	JULIA SHEER	Abbey Runners	435	F	48	00:52:08	00:52:14		
64	MICHAEL SMITH	Abbey Runners	446	M	52	00:52:33	00:52:44		
65	JIM WHITTAKER	Abbey Runners	469	M	56	00:52:33	00:52:40		
66	BECKY ASHWORTH	Abbey Runners	13	F	20	00:52:49	00:52:55		
67	RON DOWNIE	New Marske Harriers Club	156	M	73	00:53:03	00:53:17		
68	BENJI WILSON-LAKE		474	M	28	00:53:16	00:53:28		
69	STEVE WATKINS		465	M	59	00:53:25	00:53:43		
70	WILLIAM WALKER	Ackworth Road Runners	462	M	44	00:53:26	00:53:41		
71	NICK GRIMSHAW	Whitby Running Club	207	M	60	00:53:30	00:53:44		
72	IAN PATCHETT	Abbey Runners	413	M	61	00:53:43	00:53:47		
73	JOHN WARD	Abbey Runners	463	M	72	00:53:59	00:54:02		
74	DONNA BAILEY	Ackworth Road Runners	20	F	46	00:54:16	00:54:31		
75	PAULA SLACK		437	F	57	00:54:18	00:54:25		
76	SANDRA BUTLER	Whitby Running Club	95	F	45	00:54:24	00:54:39		
77	PETER PERSICO	Abbey Runners	420	M	46	00:54:39	00:54:46		
78	FRANCESCA HUME		275	F	21	00:55:06	00:55:16		
79	BEV BROWN	Ackworth Road Runners	84	F	49	00:55:09	00:55:17		
80	ADRIAN LEACH	Ackworth Road Runners	373	M	59	00:55:10	00:55:17		
81	SIMON COOK	Loftus & Whitby AC	115	M	58	00:55:14	00:55:20		
82	JULIA THOMSON		452	F	60	00:55:38	00:55:45		
83	TONY SLACK		438	M	56	00:56:23	00:56:31		
84	TRACY MOOR		403	F	51	00:56:25	00:56:30		
85	LUKE FLETCHER		161	M	47	00:56:35	00:56:49		
86	REBECCA CACIOPPO	Loftus & Whitby AC	97	F	47	00:56:40	00:56:53		
87	GARY BEARD	Loftus & Whitby AC	32	M	62	00:57:08	00:57:20		
88	EMMA FOSTER		183	F	43	00:57:37	00:57:43		
89	JOANNA LANS	Whitby Running Club	347	F	57	00:57:49	00:58:03		
90	JOE BROOKES		83	M	27	00:57:56	00:58:01		
91	ALAN BOLAND	Whitby Running Club	70	M	71	00:58:11	00:58:25		
92	PETER BLINSTON	Abbey Runners	69	M	57	00:58:15	00:58:24		
93	JANE OUGHTON	Abbey Runners	411	F	65	00:58:22	00:58:31		
94	LISA VERRILL	Loftus & Whitby AC	459	F	37	00:58:26	00:58:39		
95	DONNA SWALES	Abbey Runners	449	F	45	00:58:30	00:58:38		
96	CLAIRE BISBY	Redcar Running Club	58	F	34	00:58:33	00:58:48		
97	ELLIE HAMP		222	F	28	00:58:43	00:59:02		
98	LEIGH HESELTINE		251	M	36	00:58:46	00:59:07		
99	MARTIN LUXTON	Nidd Valley Road Runners	391	M	72	00:58:47	00:58:57		
100	JANE HAMP	Scarborough Athletic Club	227	F	66	00:58:55	00:59:15		
101	CHARLIE CRADDOCK	Abbey Runners	133	M	56	00:59:22	00:59:33		
102	CRAIG JESSOP		284	M	37	00:59:23	00:59:35		
103	LIZ WHITTAKER	Abbey Runners	470	F	59	00:59:49	01:00:00		
104	KATHRYN ASHWORTH	Abbey Runners	14	F	49	00:59:58	01:00:10		
105	RUTH WALKER	Ackworth Road Runners	461	F	42	01:00:27	01:00:43		
106	LUCY COHEN	Abbey Runners	114	F	53	01:01:05	01:01:18		
107	RUTH SARFIELD	Abbey Runners	431	F	55	01:01:05	01:01:18		
108	DAWN MCGOVERN		397	F	52	01:01:30	01:01:35		
109	HOLLY KARIUKI		310	F	36	01:01:37	01:01:58		
110	CHARLOTTE SUCKLING		447	F	34	01:01:37	01:01:58		
111	LYNDA SMITH		445	F	56	01:02:03	01:02:14		
112	MARK SCOTT		432	M	49	01:02:27	01:02:40		
113	ROBERT HOWARD		253	M	75	01:02:35	01:02:43		
114	SARAH COVELL		132	F	26	01:02:40	01:02:55		
115	MARK COVELL		125	M	57	01:02:40	01:02:56		
116	RACHEL BARNICOAT	Abbey Runners	21	F	27	01:02:43	01:02:51		
117	CLARE AGAR	Redcar Running Club	5	F	43	01:02:55	01:03:18		
118	VICTORIA LOCKEY	Scarborough Athletic Club	390	F	42	01:02:59	01:03:20		
119	ADAM ELLIS	Abbey Runners	157	M	48	01:03:08	01:03:16		
120	AIDAN MOONEY	Abbey Runners	402	M	47	01:03:37	01:03:40		
121	CAROLE BRION	Whitby Running Club	78	F	53	01:03:45	01:04:02		
122	ROBERT ARMITAGE		9	M	56	01:03:49	01:03:59		

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Place	Name	Team	Bib No	Gender	Age	Chip Time	Gun Time	Cat	Cat Place
123	SOPHIE WATKINSON		466	F	41	01:04:26	01:04:48		
124	JANINE PEMBERTON	Whitby Running Club	418	M	51	01:05:06	01:05:21		
125	KARL PAYNE		415	M	52	01:05:28	01:05:47		
126	PAUL TIDY		454	M	58	01:05:29	01:05:48		
127	LISA HULME-VICKERSTAFF	Abbey Runners	260	F	57	01:05:40	01:05:50		
128	ALASTAIR WHITE		468	M	59	01:05:40	01:05:50		
129	KATIE BASTIN	Abbey Runners	23	F	25	01:06:07	01:06:15		
130	HARRY PEMBERTON	Whitby Running Club	419	F	17	01:06:14	01:06:29		
131	MANDY BURTON	Loftus & Whitby AC	89	F	60	01:06:29	01:06:39		
132	DARYL PEARSON		417	M	36	01:07:01	01:07:18		
133	LESLEY NEEDHAM	Ackworth Road Runners	407	F	61	01:07:09	01:07:25		
134	RUFUS BECKETT		41	M	41	01:08:12	01:08:23		
135	JOSIE PARRY		412	F	27	01:08:42	01:08:53		
136	JON BECKETT		34	M	70	01:08:57	01:09:09		
137	MALCOLM LAVERY	Abbey Runners	356	M	57	01:09:23	01:09:34		
138	LESLEY LAVERY	Abbey Runners	353	F	56	01:09:23	01:09:34		
139	VICKI DERITIS	Tyne Bridge Harriers	151	F	61	01:10:04	01:10:17		
140	DEREK GEORGE	Redcar Running Club	198	M	60	01:10:57	01:11:20		
141	LIZ SWAINSTON		448	F	61	01:11:13	01:11:34		
142	SARAH BECKETT		47	F	44	01:11:58	01:12:11		
143	ELIZABETH SMITH		442	F	51	01:14:39	01:14:57		
144	CHRIS MAIN		392	M	43	01:14:43	01:14:49		
145	JULIE MCGRATH	Hartlepool Burn Road Harriers	399	F	64	01:19:32	01:19:54		
146	JULIE TWEEDY	Billingham Running Club	456	F	57	01:19:33	01:19:55		
147	ANDREA TIDY	Lonely Goat RC	453	F	64	01:22:49	01:23:07		
148	ADELE PAYNE	Redcar Running Club	414	F	51	01:23:18	01:23:37		
149	DEBORAH HUNTER		278	F	54	01:23:23	01:23:42		
150	JUDITH SMITH	Abbey Runners	444	F	71	01:28:01	01:28:19		
151	SAMUEL BLACK	Abbey Runners	61	M	78	01:30:13	01:30:27		