

## 2019 Kirkby Stephen 10K

| Pos | No  | First Name | Surname      | Club             | Age | Cat   | Time     |
|-----|-----|------------|--------------|------------------|-----|-------|----------|
| 1   | 130 | Ross       | Jenkin       | Howgill Harriers | 38  | MOpen | 00:41:33 |
| 2   | 104 | James      | Coulthard    | Howgill Harriers | 42  | MV40  | 00:43:25 |
| 3   | 114 | Stephen    | Moffat       | Howgill Harriers | 61  | MV60  | 00:45:18 |
| 4   | 129 | Andrew     | Leach        | Howgill Harriers | 27  | MOpen | 00:45:38 |
| 5   | 117 | Alan       | Barr         | Howgill Harriers | 47  | MV40  | 00:46:05 |
| 6   | 102 | John       | Bowman       | Howgill Harriers | 28  | MOpen | 00:46:27 |
| 7   | 107 | Nathan     | Dobson       | None             | 27  | MOpen | 00:46:46 |
| 8   | 111 | David      | Roper        | Howgill Harriers | 60  | MV60  | 00:46:49 |
| 9   | 121 | Michael    | Harrison     | Howgill Harriers | 56  | MV50  | 00:47:55 |
| 10  | 112 | Carl       | Sealby       | None             | 44  | MV40  | 00:48:36 |
| 11  | 125 | Chloe      | Brown        | Howgill Harriers | 26  | FOpen | 00:49:36 |
| 12  | 106 | Gareth     | Cozens       | Howgill Harriers | 52  | MV50  | 00:51:10 |
| 13  | 124 | Tony       | Hodson       | Howgill Harriers | 57  | MV50  | 00:51:41 |
| 14  | 132 | Richard    | Halliday     | Howgill Harriers | 31  | MOpen | 00:52:54 |
| 15  | 116 | Zoe        | Robinson     | Howgill Harriers | 38  | FOpen | 00:53:39 |
| 16  | 118 | Adrian     | Verity       | Howgill Harriers | 46  | MV40  | 00:53:39 |
| 17  | 101 | Rachel     | Ash          | None             | 37  | FOpen | 00:54:14 |
| 18  | 115 | Cheryl     | Moffat       | Howgill Harriers | 23  | FOpen | 00:55:04 |
| 19  | 120 | Carole     | Milnes       | Eden Runners     | 60  | FV60  | 00:56:06 |
| 20  | 122 | Adam       | Hoyle        | Howgill Harriers | 52  | MV50  | 00:57:18 |
| 21  | 131 | Lucy       | Sawyer       | UA               | 27  | FOpen | 00:57:57 |
| 22  | 123 | Tim        | Sawyer       | Howgill Harriers | 55  | MV50  | 00:59:54 |
| 23  | 110 | Leanne     | Pearson      | Howgill Harriers | 23  | FOpen | 01:01:38 |
| 24  | 134 | Will       | Thwaite      | UA               | 25  | MOpen | 01:03:50 |
| 25  | 119 | Claire     | Penhallurick | Howgill Harriers | 39  | FOpen | 01:04:01 |
| 26  | 127 | Tracy      | Fisher       | Howgill Harriers | 35  | FOpen | 01:04:19 |
| 27  | 128 | Kelly      | Smith        | Howgill Harriers | 32  | FOpen | 01:05:04 |
| 28  | 103 | Katherine  | Cooper       | Howgill Harriers | 47  | FV40  | 01:07:37 |
| 29  | 105 | Rouanne    | Coulthard    | Howgill Harriers | 36  | FOpen | 01:07:37 |
| 30  | 133 | Emily      | Marston      | Howgill Harriers | 23  | FOpen | 01:07:38 |
| 31  | 126 | Debra      | Robinson     | Howgill Harriers | 33  | FOpen | 01:10:29 |
| 32  | 113 | Trish      | Woof         | Howgill Harriers | 46  | FV40  | 01:13:05 |
| 33  | 109 | Howard     | Parsons      | Howgill Harriers | 62  | MV60  | 01:13:20 |