

**THE MALCOLM MCDUGALL NETHERHALL 10 MILE
SUNDAY 28TH FEB 2010 - RESULTS**

POSITION	TIME	NUMBER	NAME	CLUB	AGE CAT	CAT POS
1	57.42	384	Brian Taylor	Ellenborough	M40	1
2	57.54	336	Paul Curtis	Blengdale Runners AC	M	1
3	59.50	366	Jason Holmes	Carlisle Tri	M40	2
4	60.58	359	Steve Angus	Border Harriers	M40	3
5	61.17	330	Peter Cruse	Lytham St Annes	M40	4
6	62.00	311	Andrew Meskimmon	Dewsbury Road Runners	M40	5
7	62.25	340	Paul Jackson	Cumberland AC	M	2
8	62.42	305	Howard Seal	Derwent AC	M	3
9	63.13	356	Philip Cueto	Derwent AC	M	4
10	63.34	363	Nick Ogden	Keswick	M40	6
11	64.06	372	Duncan Frampton	Borrowdale	M50	1
12	65.11	302	Marc Penn	Blengdale Runners AC	M	5
13	65.14	369	Jo Zakrzewski	Dumfries	F	1
14	66.35	306	Denise (Eddy) Graham	Blengdale Runners AC	F35	1
15	66.37	321	Ian McDougall	Cumberland AC	M40	7
16	67.25	360	Gerrard Mulgrew	Ellenborough	M40	8
17	67.27	368	Kevin Lister	North East Vets	M	6
18	67.32	354	Charles Mason	CFR	M40	9
19	67.45	349	Tony Davis	Derwent AC	M40	10
20	68.21	337	Adam James	Dumfries	M	7
21	68.29	327	Josh Waite	Carlisle Tri	M	8
22	68.32	309	Erika Johnson	Swaledale Road Runners	F35	2
23	68.40	303	Michelle Hetherington	Helensburgh AAC	F45	1
24	69.09	324	Mark Gibson	U/A	M	9
25	69.12	375	Peter Walker	U/A	M40	11
26	69.14	342	Chris Knox	U/A	M50	2
27	69.24	371	Larry Abel	Blengdale Runners AC	M40	12
28	70.11	373	John Curran	Keswick	M40	13
29	70.14	310	Nicholas Mason	Quakers	M40	14
30	70.54	343	Stephen Hackley	Derwent AC	M	10
31	71.00	315	Roger Grey	Cumberland AC	M50	3
32	71.15	329	Jonathan Brewer	Carlisle Tri	M	11
33	71.25	328	Angela Armstrong	Carlisle Tri	F	2
34	74.26	352	Anthony Lees	U/A	M40	15
35	74.30	316	Errick Hannah	Cumberland AC	M50	4
36	74.39	365	Brian Story	U/A	M40	16
37	75.46	323	Andy Sutton	U/A	M	12
38	75.48	370	Paul Wilson	Ellenborough	M40	17
39	76.10	353	Peter Bingham	Keswick	M40	18
40	76.40	357	Kevin Scott	Eden Runners	M40	19
41	77.02	374	Robert Earle	Saltwell Harriers	M	13
42	77.19	304	Garry Taylor	U/A	M40	20
43	78.32	345	Susan Cain	Penny Lane Striders	F45	2
44	79.15	348	Andrew Adams	Derwent AC	M50	5
45	79.25	347	Frank Moger	Cumberland AC	M	14
46	79.29	325	John Woolridge	Border Harriers	M60	1
47	79.36	339	Marian McPhail	Dumfries	F55	1
48	80.07	344	Rebecca Weston	CFR	F35	3
49	80.10	351	Alan Kay	100 Marathon Club	M60	2
50	80.21	312	Simon Humphries	U/A	M40	21
51	80.33	335	Neil Jamieson	U/A	M50	6
52	82.13	361	Patrick Gilchrist	Keswick	M60	3
53	82.25	338	John Lewis	Cumberland AC	M60	4
54	82.29	326	Peter Taylor	CFR	M70	1
55	82.39	367	Jackie Holmes	Carlisle Tri	F	3
56	83.25	318	Elizabeth Earle	Tynedale Harriers	F	4
57	83.31	364	Nicola Lattimer	Wigton Road Runners	F35	4
58	83.57	381	Ian James Allan	U/A	M40	22
59	84.09	341	Wendy Figes	Cumberland AC	F	5
60	84.10	350	Jane Mottram	CFR	F55	2

