

TRI ISLAND RUNNING

SUMMER SAUNTER SERIES – DAY 3

SOWERBY WOODS ADVENTURE CHALLENGE

5KM RACE		
POSITION	NAME	TIME
1	Malcolm Hill	0:24:27
2	Maria Blakey	0:27:28
3	Matt Pearson	0:27:53
4	Mike Higgins	0:28:25
5	Audrey Crosthwaite	0:28:46
6	Steph Roberts	0:29:03
7	Niamh Carruthers	0:34:16
8	Elaine Baker	0:34:26
9	Claire O'Hare	0:39:42
10	William Jones-Barnes	0:44:10
10	Annette Higgins	0:44:10
11	Laura Jones-Barnes	0:44:25
12	Nicola Noble	0:45:19
12	Kirsty Noble	0:45:19
13	Sam Jones-Barnes	0:49:39
13	Andy Jones-Barnes	0:49:29
10KM RACE		
POSITION	NAME	TIME
1	Paul Managh	0:47:57
2	Heather Travis	0:51:16
3	Chris Young	0:52:35
4	Mark Barrow	0:52:44
5	Neil Cooke	0:55:52
5	Al McNulty	0:55:52
6	Brenda Bagley	1:00:38
7	Karen Ann Bennett	1:02:01
8	Kelly White	1:02:05
9	David Morris	1:03:31
10	Hazel Sankey	1:03:52
11	Suzanne Boyle	1:04:28
12	Jeff Crosthwaite	1:05:00
13	Catherine Campbell	1:06:15
14	Dawn Wild	1:07:18
15	Denise Whitfield	1:10:00
16	Julie Clark	1:10:47
17	Frank Nash	1:13:48
18	David Aitken	1:16:53
19	Katie Noble	1:21:44
20	Mark Noble	1:21:46

Half Marathon Race		
Position	Name	Time
1	Ross Husband	1:40:24
2	Colin Thompson	1:44:24
3	Simon Wright-Rosie	1:51:40
4	Marion Wright-Rosie	1:53:07
5	Jo Barnard	1:53:09
6	Robin Cassell	1:57:56
7	Paula Herbert	2:02:52
8	Helen Marr	2:04:38
9	Clive Mast	2:06:40
10	Danny Turner	2:07:44
11	Paul Hill	2:08:12
12	Shaun Nelson	2:12:14
13	Alison Currie	2:12:38
MARATHON RACE		
POSITION	NAME	TIME
1	Marc Potter	3:36:34
2	Sam Hughes	4:23:50
3	Sophie Birnie	4:36:15
4	Sonja Farish	5:20:16
5	Chris Foden	5:27:13
6	Claire Pendery	5:29:14
7	Jo Yarnall	5:41:27
8	Simon Hudson	5:41:27