

TIDAL TRIPLE DAY! – BARROW COASTAL CHALLENGE 7<sup>th</sup> June 2019

<b>5KM RACE</b>	<b>Name</b>	<b>Time</b>
1	Adam Dawson	0:23:26
2	Mark Wilding	0:24:55
3	Malcolm Hill	0:25:10
4	Janice Callister	0:25:53
5	Sally Barton	0:27:25
6	Victoria Wilding	0:29:40
7	Marie Morris	0:34:12
8	Gemma McGlinchey	0:35:20
9	Caroline Peet	0:37:04
10	Siobhan Lines	0:37:36
11	Sharon Hill	0:38:33
12	Terry Peet + big dog	0:48:18
<b>10KM RACE</b>	<b>Name</b>	<b>Time</b>
1	Darren Coward	0:45:31
2	Mark Barrow	0:50:54
3	Nick Armstrong	0:54:12
4	Sandra Garnett	0:54:36
5	Jo Barnard	0:56:00
6	Colin Borrows	0:56:30
7	Maria Blakey	0:58:08
8	Christine Borrows	1:09:04
9	Mark Noble	1:09:53
10	Lesley Pymm	1:18:18
<b>Half Marathon</b>	<b>Name</b>	<b>Time</b>
1	Ted Smith	1:45:11
2	Andrew Moonan	1:57:05
3	Rachel Read	2:14:50
4	Kelly White	2:22:43
5	Lesley Grieve	2:38:46
<b>Marathon</b>	<b>Name</b>	<b>Time</b>
1	Richard Collitt	3:29:36
2	Tracy Charters	3:58:18 (+30 mins)
3	Sam Hughes	4:01:17
4	Elanor Reynolds	4:27:48
5	Paul Edwards	4:53:28