

Acorn Bank 10K Results - 2022

Position	Race No.	Time	First Name	Surname	Club	Cat
1st	116	33.01	Nathan	Postill	Border Harriers AC	M
2nd	41	35.24	Tom	Dunlop	Derwent AC	M
3rd	53	35.58	John	French	Eden Runners	M40
4th	61	37.44	Tony	Harrison		M40
5th	106	38.16	Chris	Neil	Eden Runners	M40
6th	30	38.35	Daniel	Dalton	Coventry Godiva Harriers	M
7th	145	40.50	Jez	Westgarth		M40
8th	168	40.50	Mae	Findlay		M
9th	57	41.00	James	Grinbergs	Eden Runners	M40
10th	147	41.11	John	Williams	Eden Runners	M40
11th	159	41.16	Steven	Southern		M
12th	86	41.21	Chloe	Kendal		F
13th	120	41.58	Dave	Ramsay	Bentham Beagles Running Club	M60
14th	39	41.59	David	Dicks	Eden Runners	M50
15th	124	42.07	Kevin	Robinson	Derwent AC	M50
16th	151	42.24	Ian	Wilson	Cumberland AC	M40
17th	49	42.28	Hailey	Fletcher	Sedbergh School Running Club	F
18th	138	42.34	Will	Stewart	Halifax Harriers & AC	M
19th	29	42.49	Mick	Crookes	Totley AC	M50
20th	16	43.28	April	Caufield	Halifax Harriers & AC	F
21st	40	43.31	Philip	Dixon	Eden Runners	M50
22nd	78	43.47	Esther	Illman	Border Harriers AC	F
23rd	2	44.10	Harry	Ardley		M
24th	4	44.21	Jen	Bale		F
25th	161	44.36	Kevin	Scott		M50
26th	167	45.08	Robert	Nuthall		M
27th	97	45.15	Andrew	Meskimmon	Dewsbury Road Runners	M50
28th	157	45.31	Mike	Hall		M60
29th	95	45.34	Ian	McDougall	Cumberland AC	M50
30th	31	45.35	David	Dalziel		M
31st	142	45.39	Jonathan	Tombs	Eden Runners	M50
32nd	148	45.45	Ian	Williamson	Chorlton Runners	M50
33rd	160	45.56	John	Barnes	Derwent AC	M
34th	80	46.01	Mike	Innerdale		M50
35th	105	46.06	John	Myatt	Eden Runners	M60
36th	131	46.11	Carl	Sealby	Eden Runners	M40
37th	93	46.30	Sally	McCulloch		F
38th	164	46.43	Charlotte	Richardson		F
39th	96	46.45	Paul	McKeown	Eden Runners	M50
40th	58	46.53	Kerry	Grinbergs	Eden Runners	F40
41st	81	47.18	Lisa	Jackson	Eden Runners	F
42nd	47	47.50	Steve	Farthing		M60
43rd	56	47.55	Matthew	Gibson		M40
44th	121	48.04	David	Raymond	Teesdale AC	M50
45th	112	48.17	Susan	Pattinson	Eden Runners	F
46th	149	48.21	David	Wills	Eden Runners	M50
47th	119	48.44	Shannon	Raffel		F
48th	100	48.48	Garv	Milnes	Eden Runners	M60
49th	156	48.53	Luke	Gate		M
50th	146	48.54	Hannah	Westley	Cumberland AC	F40
51st	20	48.57	Alison	Cooke	Glaxo Hoad Hill Harriers	F60
52nd	25	49.00	Mark	Cowperthwaite	Cumberland AC	M50
53rd	125	49.13	Nicky	Robinson	Eden Runners	F
54th	118	49.31	James	Pyrah		M
55th	15	49.37	Kate	Brown	Ready2Run Eden	F
56th	74	49.53	Colin	Howard	Furness Fell Runners	M60
57th	76	49.54	Joanne	Humphreys	Derwent AC	F40
58th	79	49.58	Annabelle	Innerdale	Eden Runners	F50
59th	13	50.04	Charlie	Bradshaw	Eden Runners	M60
60th	104	50.11	Bethan	Murray		F
61st	62	50.13	John	Hartness	Eden Runners	M50
62nd	68	50.26	Les	Hill	Dumfries Running Club	M60

63rd	32	50.44	Jeff	Dandy	Cumberland AC	M50
64th	130	50.59	Jan	Scotchford	North Lancs Road Club	F50
65th	143	51.00	Helen	Tyson	Eden Runners	F40
66th	109	51.16	David	Oliver		M50
67th	84	51.29	Steve	Keating	Allithwaite	M50
68th	35	51.47	Joshua	Davies		MJ
69th	69	51.54	Dan	Hinkley		M40
70th	65	51.55	Sophie	Heron	Eden Runners	F
71st	137	51.57	Martin	Sowerby		M40
72nd	85	52.13	Andrew	Kelly	Cumberland AC	M40
73rd	19	52.22	David Lee	Clark	Cumberland AC	M
74th	44	52.40	Alexander	Evans		M60
75th	154	52.57	James	Gilldaley		MJ
76th	75	53.08	Debbie	Howard	Furness Fell Runners	F50
77th	107	53.37	Ian	Nicholson	Chorley Runners	M60
78th	152	53.48	Paul	Wilson	Eden Runners	M60
79th	99	53.55	Carole	Milnes	Eden Runners	F60
80th	51	54.01	Rhys	Foster	Teesdale AC	M
81st	8	54.03	Katie	Bird	Eden Runners	F
82nd	162	54.17	Amy	McGowan		F
83rd	54	54.44	Julie	Gate	Eden Runners	F50
84th	83	54.54	Nick	Jones		M
85th	165	55.15	Richard	Dixon		M50
86th	27	55.20	Claire	Crewe	Eden Runners	F
87th	139	55.26	Alison	Thorburn		F50
88th	48	55.35	Emma	Fleming		F
89th	43	56.13	Gary	Emmerson		M60
90th	9	56.32	Sally	Blackmore	Eden Runners	F50
91st	133	56.51	Sarah	Simmons	Wigton Road Runners	F40
92nd	21	56.55	James	Cooke	Glaxo Hoad Hill Harriers	M60
93rd	90	57.00	Darren	Loftas		M50
94th	108	57.23	Ed	Noble		M70
95th	55	57.30	Claire	Gibson		F
96th	141	57.36	Paul	Titterington		M60
97th	77	57.41	Kat	Hutton		F40
98th	5	57.43	Sally	Barton	Glaxo Hoad Hill Harriers	F60
99th	87	57.44	Joanne	Key		F50
100th	82	57.46	Glen	Jeffries		M
101st	163	57.47	Simon	Barton	Glaxo Hoad Hill Harriers	M60
102nd	94	57.52	Ruth	McDonald	Bentham Beagles Running Club	F60
103rd	123	58.11	David	Robertson	Eden Runners	M60
104th	126	58.15	Andrew	Robson		M60
105th	52	58.15	Matthew	Foulds		M
106th	24	58.20	Karen	Cowperthwaite	Cumberland AC	F50
107th	64	58.20	Heather	Heron	Eden Runners	F60
108th	66	58.39	Mark	Hesketh		M40
109th	158	59.27	Kathryn	Green		F50
110th	153	59.43	Emma	Daley		F40
111th	155	59.44	Lily	Gilldaley		F
112th	6	59.48	Charlie	Beaumont		M60
113th	23	1.00.29	Nicola	Cowan	Cumberland AC	F40
114th	101	1.00.49	Margaret	Mossman	Eden Runners	F40
115th	42	1.00.57	Elizabeth	Eden		F
116th	12	1.01.02	Richard	Boyce	Eden Runners	M50
117th	28	1.01.18	Pam	Critchley		F50
118th	129	1.01.18	Jonathan	Sandelands		M40
119th	136	1.01.43	Terry	Smith		M60
120th	92	1.01.46	Claudia	Marks		F
121st	59	1.01.52	Michael	Hall	Eden Runners	M60
122nd	114	1.02.00	Anna	Pickthall		F
123rd	127	1.02.13	Ken	Rogers		M60
124th	111	1.02.21	Adam	Pattinson		M40
125th	144	1.02.27	Claire	Westgarth		F40
126th	22	1.02.31	Brian	Cowan	Cumberland AC	F40

127th	67	1.02.45	Charlotte	Hill	Eden Runners	F60
128th	37	1.02.48	Gavin	Dennis		M40
129th	46	1.03.49	Liz	Farthing	Eden Runners	F50
130th	7	1.04.07	Angie	Bewick		F40
131st	166	1.04.38	Hollie	Green		F40
132nd	91	1.06.53	Helen	Macleod		F40
133rd	38	1.07.36	Rebecca	Dennis		F
134th	103	1.08.01	Barbara	Murphy	Eden Runners	F60
135th	72	1.08.33	Christine	Hope		F50
136th	115	1.08.35	Emma	Pickup		F
137th	11	1.08.59	Hannah	Bowness		F
138th	1	1.09.13	Elena	Allison		F
139th	98	1.09.13	Karen	Millican		F
140th	128	1.10.25	Elizabeth	Sandelands	Cumberland AC	F50
141st	150	1.10.25	Kate	Wills	Eden Runners	F60
142nd	89	1.10.48	Rosalie	Liddell	Eden Runners	F60
143rd	33	1.13.12	Andrew	Davies		M40
144th	50	1.13.50	Gail	Foster	Teesdale AC	F50
145th	140	1.14.24	Naomi	Thornton		F40
146th	73	1.15.30	Jayne	Housby	Eden Runners	F
147th	71	1.15.31	Stuart	Hodgson	Ready2Run Eden	M40
148th	135	1.18.25	Susan	Smith		F60
149th	88	1.21.34	Laura	Kinnard	Eden Runners	F
150th	10	1.21.36	Garry	Bower	Eden Runners	M50
151st	110	1.34.21	Kayleigh	Ovington		F