

# CINTRA Try on the Tyne 10k

Saturday 21st August 2021

# RESULT

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1	722	36:20	Jonny Malley	GATESHEAD HARRIERS	Male	1	10K-MS	1	36:19	1
2	646	36:27	Enda Kilgallon		Male	2	10K-MS	2	36:25	2
3	662	36:32	Simon Watson		Male	3	10K-MS	3	36:30	3
4	550	36:56	Alasdair Blain	TYNE BRIDGE HARRIERS	Male	4	10K-M40	1	36:54	4
5	414	36:59	Anthony Wilton		Male	5	10K-M40	2	36:55	5
6	575	37:29	Jake Ridding		Male	6	10K-MS	4	37:27	7
7	667	37:38	Luke McCormack	SUNDERLAND STROLLERS	Male	7	10K-M40	3	37:37	8
8	417	37:53	Darren Lees		Male	8	10K-M50	1	37:16	6
9	519	37:54	Jonathan Attwood	CROOK AND DISTRICT AC	Male	9	10K-M40	4	37:53	9
10	658	38:06	Ptoli Hand	ELVET STRIDERS	Male	10	10K-MS	5	38:00	10
11	407	38:09	Matt Walker		Male	11	10K-M40	5	38:08	11
12	527	38:27	Andrew Freeman		Male	12	10K-MS	6	38:21	12
13	515	38:34	Sam Wood	SALTWELL HARRIERS	Male	13	10K-MS	7	38:28	13
14	579	38:38	Allan Renwick	ELVET STRIDERS	Male	14	10K-M50	2	38:33	14
15	606	38:39	Kathryn Stevenson	TYNE BRIDGE HARRIERS	Female	1	10K-F40	1	38:36	15
16	577	39:03	Lindsay Mcewan	ELVET STRIDERS	Male	15	10K-M40	6	38:58	16
17	632	39:45	Adam Palmer		Male	16	10K-M40	7	39:23	17
18	625	39:51	Simon Long	SALTWELL HARRIERS	Male	17	10K-M40	8	39:45	18
19	549	39:54	Rebecca Parkin	TYNE BRIDGE HARRIERS	Female	2	10K-FS	1	39:51	19
20	457	40:22	Martin Gleghorn		Male	18	10K-MS	8	40:17	20
21	678	40:32	Danny Dixon		Male	19	10K-MS	9	40:28	21
22	557	40:34	Alexander Graham		Male	20	10K-M40	9	40:31	22
23	605	41:02	Graham Harris		Male	21	10K-MS	10	40:54	23
24	680	42:21	Andrew Simpson		Male	22	10K-MS	11	42:20	24
25	569	42:37	Paul Kersley		Male	23	10K-M40	10	42:32	25
26	409	43:21	Lisa Baston		Female	3	10K-FS	2	43:15	26
27	522	43:39	Christopher Van der merwe		Male	24	10K-MS	12	43:35	28
28	714	43:42	Scott Danks		Male	25	10K-MS	13	43:34	27
29	531	43:53	Adam Blakelock		Male	26	10K-MS	14	43:44	29
30	502	44:06	Finn Hebron		Male	27	10K-MS	15	43:52	30
31	486	44:11	Colin Walker		Male	28	10K-M60	1	44:05	33
32	418	44:11	Adrian Bell		Male	29	10K-M50	3	44:07	34
33	539	44:20	Fraser Bigg	TYNE BRIDGE HARRIERS	Male	30	10K-MS	16	44:14	35
34	516	44:27	Alan O'brien		Male	31	10K-M40	11	43:55	31
35	453	44:39	Craig Mason		Male	32	10K-MS	17	44:00	32
36	401	44:49	Andrew Bailey		Male	33	10K-MS	18	44:43	36
37	415	45:08	Malcolm Cox		Male	34	10K-M60	2	45:04	42
38	408	45:14	Kathryn Common		Female	4	10K-F40	2	44:58	40
39	596	45:17	Phil Lutas		Male	35	10K-MS	19	44:51	38
40	669	45:24	Richard Wilkinson		Male	36	10K-MS	20	44:50	37
41	578	45:27	Nina Bojadzic	ELVET STRIDERS	Female	5	10K-FS	3	45:20	44
42	432	45:32	David Walton		Male	37	10K-M60	3	45:00	41
43	402	45:38	Chris Wales		Male	38	10K-MS	21	45:33	46
44	682	45:39	Jacob Soupe		Male	39	10K-MS	22	44:56	39
45	628	45:42	Jonathan Beaufort-jones		Male	40	10K-MS	23	45:33	45
46	459	45:48	Rob Rob		Male	41	10K-MS	24	45:13	43
47	674	45:53	Adam Salkeld		Male	42	10K-MS	25	45:40	47
48	565	46:04	David Barrass		Female	6	10K-FS	4	45:54	49
49	412	46:14	Matthew Walker		Male	43	10K-MS	26	45:59	50
50	525	46:18	Lewis Cameron		Male	44	10K-MS	27	45:41	48
51	580	46:30	Karen Byng	ELVET STRIDERS	Female	7	10K-F50	1	46:23	51
52	558	46:52	Philip Allen	WALLSEND HARRIERS	Male	45	10K-MS	28	46:28	53
53	537	46:53	Jason Raper		Male	46	10K-MS	29	46:28	52
54	706	47:23	Anthony Paul		Male	47	10K-M40	12	46:36	54
55	589	47:26	Darren Watson	SOUTH SHIELDS HARRIERS AC	Male	48	10K-M40	13	46:44	55
56	517	47:29	Helen Burn		Female	8	10K-FS	5	46:57	56
57	440	47:34	Alex Walton		Male	49	10K-MS	30	47:02	57
58	479	47:39	Allan Barratt		Male	50	10K-M40	14	47:18	60
59	498	47:40	Mhairi Donnelly	HEATON HARRIERS	Female	9	10K-FS	6	47:14	59
60	540	47:42	Ian Blair		Male	51	10K-M40	15	47:32	61
61	633	47:47	Robin Erskine		Male	52	10K-MS	31	47:07	58
62	559	47:48	James Sibbald	TYNE BRIDGE HARRIERS	Male	53	10K-M40	16	47:33	63
63	554	47:48	Steven Sibbald		Male	54	10K-MS	32	47:33	62
64	423	48:07	Craig Bradley		Male	55	10K-MS	33	47:34	64
65	563	48:14	Robbie Best		Male	56	10K-M40	17	47:44	65
66	576	48:34	Paul Williams		Male	57	10K-MS	34	48:03	66
67	560	48:39	Róisín Plunkett	TEAM COCO	Female	10	10K-FS	7	48:09	68
68	644	48:51	David Ball		Male	58	10K-M40	18	48:20	69
69	413	48:52	Helen Lilley		Female	11	10K-FS	8	48:42	71
70	686	48:55	Andy Ashworth		Male	59	10K-MS	35	48:06	67
71	556	49:04	Sara Childs		Female	12	10K-FS	9	48:33	70
72	608	49:13	Michael Robson	WASHINGTON RUNNING CLUB	Male	60	10K-M40	19	48:56	72
73	637	49:30	Joe Moore		Male	61	10K-MS	36	49:00	75
74	661	49:33	Kieran Mcadam		Male	62	10K-MS	37	49:03	76
75	566	49:39	Adam Ryan		Male	63	10K-MS	38	48:57	73

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
76	520	49:41	Katy Wilkes		Female	13	10K-FS	10	48:57	74
77	708	49:44	Daniel Orton	QUAKERS	Male	64	10K-MS	39	49:04	77
78	406	49:46	Barbara Bone		Female	14	10K-FS	11	49:19	78
79	551	49:57	James Robinson		Male	65	10K-MS	40	49:44	83
80	553	50:09	Darren Cowell	NEWBURN	Male	66	10K-M50	4	49:42	81
81	507	50:13	Mark Dawson		Male	67	10K-M40	20	49:44	82
82	694	50:14	Leigh Owbridge	HARTLEPOOL BURN ROAD HARRIERS	Male	68	10K-M50	5	49:30	79
83	538	50:17	Jules Pearson	TYNEDALE HARRIERS & ATHLETIC CLUB	Female	15	10K-F40	3	49:49	84
84	707	50:26	Roger Thomas		Male	69	10K-M40	21	49:38	80
85	704	50:28	James Clarke		Male	70	10K-M50	6	49:59	86
86	541	50:36	Martin Blakelock		Male	71	10K-MS	41	49:53	85
87	609	50:37	Kay Hood		Female	16	10K-FS	12	50:04	88
88	500	50:43	Tom Farmer		Male	72	10K-MS	42	50:04	87
89	627	50:58	Graeme Scott		Male	73	10K-MS	43	50:11	89
90	544	51:15	Emily Allison	ELSWICK HARRIERS	Female	17	10K-FS	13	51:07	94
91	641	51:17	Kris Curtis		Male	74	10K-MS	44	50:59	93
92	572	51:22	Mark Appleby		Male	75	10K-M40	22	50:39	90
93	612	51:28	David Jurgens		Male	76	10K-M50	7	50:59	92
94	564	51:37	Richard Brown		Male	77	10K-MS	45	50:53	91
95	696	51:55	Anthony Duggan		Male	78	10K-MS	46	51:16	95
96	604	52:05	Anthony Harvey		Male	79	10K-M50	8	51:29	96
97	461	52:08	Tony Barrass		Male	80	10K-M50	9	51:33	97
98	422	52:26	Kerry Spencer		Female	18	10K-F40	4	51:45	98
99	700	52:27	Kirsty Malloch		Female	19	10K-FS	14	51:48	99
100	128	52:30	Gillian Hurdman		Female	20	10K-F50	2	52:02	101
101	702	52:31	John Stanley		Male	81	10K-M40	23	51:52	100
102	699	52:32	James Mcadam		Male	82	10K-M50	10	52:02	102
103	635	52:38	Ian Atherton	ALNWICK HARRIERS	Male	83	10K-M60	4	52:06	104
104	508	52:42	Jason Scott		Male	84	10K-M50	11	52:20	106
105	511	52:47	Duncan Black		Male	85	10K-M40	24	52:03	103
106	693	52:58	Jack Masters		Male	86	10K-MS	47	52:11	105
107	687	53:11	Kathy Ashworth		Female	21	10K-F40	5	52:22	107
108	712	53:12	Colin Mason		Male	87	10K-M40	25	52:43	109
109	545	53:17	Neil Harker	HARTLEPOOL BURN ROAD HARRIERS	Male	88	10K-M40	26	52:32	108
110	666	53:22	Lucy Gunn		Female	22	10K-FS	15	52:56	110
111	404	53:49	Ross Kane		Male	89	10K-MS	48	53:10	112
112	524	53:50	Craig Simpson		Male	90	10K-MS	49	53:02	111
113	701	54:03	Ashleigh Stevenson		Female	23	10K-FS	16	53:28	114
114	555	54:04	Robbie Anderson		Male	91	10K-MS	50	53:14	113
115	684	54:05	Kelly Martin		Female	24	10K-F40	6	53:29	115
116	518	54:07	Laura Knowles		Female	25	10K-FS	17	53:33	116
117	536	54:17	John Mcconnell		Male	92	10K-M50	12	53:43	119
118	431	54:23	Roger Mills		Male	93	10K-M60	5	53:38	117
119	547	54:27	Jack Stephenson		Male	94	10K-MS	51	53:54	120
120	535	54:31	Bradley Wood		Male	95	10K-M40	27	54:05	122
121	586	54:33	Maria Bankhead		Female	26	10K-F40	7	53:59	121
122	664	54:36	Emily Davidson		Female	27	10K-FS	18	53:41	118
123	671	54:44	Catherine Stothard		Female	28	10K-FS	19	54:28	126
124	403	54:53	Michelle Staines		Female	29	10K-F50	3	54:22	123
125	496	55:00	David Young		Male	96	10K-M40	28	54:29	127
126	688	55:07	Andrea Ingles		Female	30	10K-F40	8	54:25	124
127	620	55:12	Elliot Mcdougall		Male	97	10K-MS	52	54:31	128
128	433	55:13	Lyndsey Pilling		Female	31	10K-F40	9	54:32	129
129	690	55:14	Jehenna Stratford		Female	32	10K-FS	20	54:28	125
130	458	55:41	Steven Kelly		Male	98	10K-MS	53	55:04	131
131	636	55:48	Philippa Mcdonald		Female	33	10K-FS	21	55:06	132
132	630	55:50	Nicky Garland		Male	99	10K-MS	54	54:55	130
133	587	56:08	Steve Flanagan		Male	100	10K-M60	6	55:37	134
134	590	56:18	Tracey Nellist		Female	34	10K-F50	4	55:36	133
135	528	56:28	Dale Scott		Male	101	10K-MS	55	55:38	135
136	446	56:39	John Anderson		Male	102	10K-M60	7	55:46	136
137	685	56:56	Wayne Martin		Male	103	10K-M40	29	56:20	140
138	466	56:57	Louise Hamilton		Female	35	10K-F40	10	56:05	137
139	504	56:58	Ailsa Birkett		Female	36	10K-F60	1	56:24	141
140	622	57:07	Karen Carr		Female	37	10K-F50	5	56:17	138
141	526	57:14	Daniel Gavin	SUNDERLAND STROLLERS	Male	104	10K-MS	56	56:17	139
142	460	57:16	Adam Scadeng		Male	105	10K-MS	57	56:52	147
143	615	57:17	Claire Turner		Female	38	10K-F40	11	56:43	145
144	567	57:21	Adam Gardner	WALLSEND HARRIERS	Male	106	10K-MS	58	56:57	151
145	697	57:23	Rebecca Stobbs		Female	39	10K-FS	22	56:32	143
146	698	57:24	Nathan Davies		Male	107	10K-MS	59	56:31	142
147	529	57:25	Amrut Chari		Male	108	10K-MS	60	56:54	148
148	647	57:28	Sean Williams		Male	109	10K-M40	30	56:47	146
149	654	57:31	Supipi Weerasinghe		Female	40	10K-FS	23	57:21	155
150	624	57:33	Deimantas Janciukas		Male	110	10K-MS	61	56:36	144

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Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
151	503	57:46	Lauren Killcross		Female	41	10K-FS	24	56:54	149
152	610	57:47	Jessica Mcweeney		Female	42	10K-FS	25	57:01	152
153	655	57:48	Mel Howes		Female	43	10K-FS	26	56:55	150
154	692	58:01	Rachel Masters		Female	44	10K-F40	12	57:13	153
155	691	58:01	Lee Masters		Male	111	10K-M40	31	57:13	154
156	475	58:07	Daniel Henry		Male	112	10K-MS	62	57:26	156
157	488	58:23	James Sunley		Male	113	10K-MS	63	57:31	158
158	695	58:28	Ashleigh Atkinson	WASHINGTON RUNNING CLUB	Female	45	10K-FS	27	58:01	160
159	506	58:32	Mark Jankowski		Male	114	10K-MS	64	57:52	159
160	542	58:34	Dan Jackson		Male	115	10K-M40	32	57:28	157
161	649	58:49	Andrew Cartwright		Male	116	10K-MS	65	58:03	162
162	443	58:50	Steve Campbell		Male	117	10K-M60	8	58:02	161
163	411	58:52	David Rushton		Male	118	10K-M50	13	58:24	165
164	638	59:04	Caroline Neves		Female	46	10K-FS	28	58:10	163
165	530	59:16	Aaron Dixon-cave		Male	119	10K-M40	33	58:18	164
166	668	59:22	Julie Dugdale		Female	47	10K-F40	13	58:32	166
167	430	59:26	Mark Nicholson		Male	120	10K-M40	34	58:37	167
168	681	59:28	John Wallace		Male	121	10K-MS	66	59:00	171
169	679	59:28	Michael Donkin		Female	48	10K-FS	29	59:00	170
170	543	59:33	Simon Charlton		Male	122	10K-MS	67	58:44	168
171	675	59:49	Nick Shiel		Male	123	10K-M40	35	59:10	172
172	534	59:50	Avril Robinson	TYNE BRIDGE HARRIERS	Female	49	10K-F50	6	58:56	169
173	660	59:58	Shaun Branley-bell		Male	124	10K-MS	68	59:33	174
174	659	59:58	Dawn Branley-bell		Female	50	10K-FS	30	59:33	175
175	416	1:00:23	Jaime Maccoy		Female	51	10K-F40	14	59:27	173
176	583	1:00:29	Chris Broome		Male	125	10K-M50	14	59:41	176
177	639	1:00:30	Mitchell Hood		Male	126	10K-MS	69	1:00:00	178
178	400	1:00:33	Stephanie Holland		Female	52	10K-F40	15	59:49	177
179	599	1:01:10	Rebecca Willoughby		Female	53	10K-FS	31	1:00:16	179
180	462	1:01:26	Christine Barrass		Female	54	10K-F50	7	1:00:44	180
181	568	1:01:40	Eddie Wong		Male	127	10K-M50	15	1:00:47	181
182	595	1:01:46	Jill Gowan		Female	55	10K-F40	16	1:00:54	183
183	598	1:01:46	Andria Swindle		Female	56	10K-F50	8	1:00:54	182
184	585	1:01:48	Deana Goodfellow		Female	57	10K-F50	9	1:01:21	186
185	465	1:01:50	Vicky Mann		Female	58	10K-F40	17	1:00:58	184
186	588	1:01:50	Alison Cando		Female	59	10K-FS	32	1:01:29	187
187	546	1:02:18	Ian Ross		Male	128	10K-M60	9	1:01:10	185
188	484	1:02:19	Yvette Blaney		Female	60	10K-F40	18	1:01:55	188
189	476	1:02:20	Susan Palmer		Female	61	10K-F40	19	1:01:55	189
190	584	1:02:56	Lynne Pitwood		Female	62	10K-F40	20	1:02:29	192
191	573	1:03:06	Steve Riley	UKNETRUNNER	Male	129	10K-M60	10	1:02:12	190
192	480	1:03:10	Pete Agar		Male	130	10K-M50	16	1:02:16	191
193	651	1:03:34	Christopher Hall		Male	131	10K-M40	36	1:03:01	194
194	650	1:03:34	Scot Mcardle		Male	132	10K-M40	37	1:03:01	195
195	533	1:03:35	Martha Carr		Female	63	10K-FS	33	1:02:42	193
196	490	1:03:55	Kerry Davison-kerr		Female	64	10K-F40	21	1:03:20	198
197	613	1:03:55	Jackie Sessford		Female	65	10K-FS	34	1:03:28	199
198	652	1:04:00	Sharon Fenton		Female	66	10K-F50	10	1:03:04	196
199	474	1:04:01	Joanne Bull		Female	67	10K-F40	22	1:03:05	197
200	523	1:04:21	Shaun Hughes		Male	133	10K-MS	70	1:03:31	200
201	703	1:05:06	Athena-maria Enderstein		Female	68	10K-FS	35	1:04:09	202
202	495	1:05:09	Callum Ravelin		Male	134	10K-MS	71	1:04:08	201
203	676	1:05:22	Salma Miah		Female	69	10K-FS	36	1:05:00	206
204	570	1:05:35	Richard Turnbull		Male	135	10K-M40	38	1:04:49	204
205	455	1:05:40	Louise Robson		Female	70	10K-F40	23	1:04:43	203
206	482	1:05:52	Nicky Sherman		Female	71	10K-F50	11	1:04:55	205
207	456	1:06:03	Sarah Carr		Female	72	10K-FS	37	1:05:14	207
208	470	1:06:15	Tracie Lee		Female	73	10K-F50	12	1:05:20	208
209	467	1:06:15	Joanne Errington		Female	74	10K-F50	13	1:05:20	209
210	705	1:07:01	Gemma Johnston		Female	75	10K-FS	38	1:06:19	211
211	454	1:07:19	Martin Walker		Male	136	10K-M40	39	1:06:16	210
212	552	1:07:34	Kay Wilkinson		Female	76	10K-FS	39	1:06:37	212
213	670	1:08:33	Lauren charlotte Phillips		Female	77	10K-FS	40	1:08:17	217
214	665	1:08:38	Michelle Lauder		Female	78	10K-F40	24	1:07:29	213
215	657	1:08:47	Eleanor Boardman		Female	79	10K-FS	41	1:07:50	214
216	468	1:08:58	Steve Thompson		Male	137	10K-M40	40	1:08:24	219
217	477	1:08:58	Nicola Thompson		Female	80	10K-FS	42	1:08:25	220
218	673	1:09:02	Alex Hughes	PRUDHOE PLODDERS RUNNING CLUB	Female	81	10K-FS	43	1:08:07	215
219	601	1:09:06	Elaine Beeby		Female	82	10K-F50	14	1:08:15	216
220	489	1:09:23	Jessica Whalen		Female	83	10K-FS	44	1:08:22	218
221	497	1:09:44	Steve Inglis		Male	138	10K-M40	41	1:08:49	221
222	653	1:10:00	Maria Ryder		Female	84	10K-F50	15	1:09:10	222
223	447	1:10:12	Paul Carroll		Male	139	10K-MS	72	1:09:34	226
224	410	1:10:12	Rosie Smith		Female	85	10K-FS	45	1:09:34	227
225	582	1:10:15	Laura Riley		Female	86	10K-FS	46	1:09:15	223

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**RESULT**

Pos.	Bib	Time	Name	Team	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
226	581	1:10:15	Tracey Johnson		Female	87	10K-F50	16	1:09:15	224
227	711	1:10:30	Chiara Bautista		Female	88	10K-FS	47	1:10:02	228
228	428	1:10:31	Allan Towns		Male	140	10K-M50	17	1:09:22	225
229	593	1:11:02	Sean Dalton		Male	141	10K-MS	73	1:10:04	229
230	640	1:11:35	Tony Bicker		Male	142	10K-M40	42	1:11:31	233
231	439	1:11:52	Jennifer Stewart		Female	89	10K-F40	25	1:11:34	236
232	485	1:12:11	Steve Woodward		Male	143	10K-M70+	1	1:11:24	232
233	592	1:12:12	Niamh Jones		Female	90	10K-FS	48	1:11:14	230
234	499	1:12:15	Carolyne Lewis		Female	91	10K-FS	49	1:11:17	231
235	663	1:12:30	Jodie Simpson	THESE GIRLS CAN RUN	Female	92	10K-FS	50	1:11:33	235
236	451	1:12:30	Claire Fagan		Female	93	10K-FS	51	1:11:32	234
237	513	1:12:56	Nicola Harrison		Female	94	10K-F40	26	1:11:59	238
238	464	1:12:56	Claire Davidson		Female	95	10K-F40	27	1:11:57	237
239	600	1:13:45	Alyson Cooper		Female	96	10K-F50	17	1:12:54	240
240	607	1:13:45	Emma Lawley		Female	97	10K-F50	18	1:12:54	239
241	469	1:15:45	Susan Robson		Female	98	10K-F60	2	1:14:35	241
242	427	1:15:45	Joanna Bates		Female	99	10K-F40	28	1:14:35	242
243	514	1:16:29	Phil Lane		Male	144	10K-M60	11	1:15:38	243
244	509	1:16:35	Julie Trow		Female	100	10K-FS	52	1:15:56	244
245	512	1:19:29	Hayley Revell		Female	101	10K-FS	53	1:18:31	245
246	645	1:19:36	Lynne Barber		Female	102	10K-F50	19	1:18:41	246
247	629	1:19:37	Rebecca Appleby-dean		Female	103	10K-FS	54	1:18:44	247
248	591	1:19:46	Lewis Butler		Male	145	10K-MS	74	1:19:14	248
249	623	1:20:14	Lauren Matthews		Female	104	10K-FS	55	1:19:28	249
250	626	1:20:21	Melanie Lisle		Female	105	10K-FS	56	1:19:35	250
251	532	1:24:30	Alexandra Ingram		Female	106	10K-FS	57	1:23:47	251
252	672	1:28:18	Lyndsey Taylor		Female	107	10K-F40	29	1:27:31	252
253	419	1:40:48	Kate Fisher		Female	108	10K-FS	58	1:39:46	253