



### 100k Results

### High Terrain Events

Pos.	Name	Cat.	Club	Castle CP1	CP1-CP2	Castle CP2	CP2-CP3	Dam CP3	CP3-CP4	Dam CP4	CP4-Finish	Finish Time
1	Ryan Barker	MV40	Halifax Harriers & AC	01:21:00	02:34:00	03:55:00	02:49:00	06:44:00	02:22:00	09:06:00	01:40:30	10:46:30
2	Scott Smith	M	Selby Striders	01:24:00	02:33:00	03:57:00	02:51:00	06:48:00	02:29:00	09:17:00	01:50:10	11:07:09
3	Simon Sikora	M	Marlow Striders	01:21:00	02:36:00	03:57:00	02:52:00	06:49:00	02:45:00	09:34:00	01:52:42	11:26:42
4	Ben Shirley	M	Wellingborough & District AC	01:32:00	04:09:00	05:41:00	02:13:00	07:54:00	02:42:00	10:36:00	01:58:52	12:34:52
5	Hugh Lovatt	M		01:20:00	04:03:00	05:23:00	02:13:00	07:36:00	03:17:00	10:53:00	02:13:38	13:06:38
6	Helen Allison	FV40	Pennine Fell Runners	01:33:00	04:08:00	05:41:00	02:18:00	07:59:00	03:27:00	11:26:00	02:38:15	14:04:15
7	Michelle Hetherington	FV50	Westerlands Cross Country	02:06:00	04:11:00	06:17:00	02:15:00	08:32:00	04:02:00	12:34:00	02:11:09	14:45:09
8	Bev Holmes	FV40	Todmorden Harriers & AC	01:41:00	04:53:00	06:34:00	02:30:00	09:04:00	03:28:00	12:32:00	02:24:13	14:56:13
9	Shaun Mcglynn	M		01:41:00	04:36:00	06:17:00	02:34:00	08:51:00	03:43:00	12:34:00	02:36:13	15:10:13
10	Alan Jackson	MV60	Howgill Harriers	01:49:00	03:58:00	05:47:00	03:56:00	09:43:00	04:03:00	13:46:00	02:53:57	16:39:57
11	Jonathan Copestake	MV50	Durham City Harriers & AC	01:50:00	05:18:00	07:08:00	03:15:00	10:23:00	03:57:00	14:20:00	02:33:02	16:53:02
12	Thomas Vasepuru	M	Ochil Hill Runners	02:10:00	04:27:00	06:37:00	03:06:00	09:43:00	04:19:00	14:02:00	02:53:17	16:55:17
13	Chris Lund	MV40		01:42:00	05:13:00	06:55:00	03:06:00	10:01:00	04:11:00	14:12:00	02:52:47	17:04:47
14	Cas McKinnon	MV50	FRA	01:49:00	05:19:00	07:08:00	03:15:00	10:23:00	04:25:00	14:48:00	03:20:17	18:08:17
15	David Massie	M	North Shields Polytechnic AC	01:49:00	05:06:00	06:55:00	03:33:00	10:28:00	04:10:00	14:38:00	03:30:20	18:08:20
16	Emel Muzac	F		02:03:00	05:57:00	08:00:00	03:10:00	11:10:00	03:50:00	15:00:00	03:15:35	18:15:35
DNF	Jonathan Fletcher	MV40	airbornemuttley.co.uk	01:51:00	06:02:00	07:53:00						-
DNF	Ben Steel	M		01:36:00	05:25:00	07:01:00						-