

## Long Marton Run 2017

## 10km

### Women's Open 10km 20: Women's Open 10km 2017

1 Heidi	Dent	Howgill Harri F	FOpen	00:40:53
2 Karen	Bridge	Eden Runner F	FV40	00:42:32
3 Ruth	Hetherington	Eden Runner F	FV40	00:43:21

### Women's V40

1 Karen	Bridge	Eden Runner F	FV40	00:42:32
2 Ruth	Hetherington	Eden Runner F	FV40	00:43:21
3 Sarah	Holton	Howgill Harri F	FV40	00:47:19

### Women's V50

1 Carole	Alletson	Dufton F	FV50	00:55:09
2 Gina	Mumford	Eden Runner M	FV50	00:58:16
3 Shiona	Graham	Eden Runner F	FV50	01:00:31

NO VF60

### 1st Local

Carole Alletson Dufton

### Men's Open 10km

First Name	Surname	Club	Cat	Time
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1 Jonathan	Cox	Eden Runners	MOpen	00:36:09
2 John	French	Eden Runners	MOpen	00:36:39
3 James	Souter	Arragon's Cumbrina Tri Cl	MOpen	00:38:12

#### Men's V40

1 Robert	Crawford	Howgill Harriers	MV40	00:39:37
2 James	Grinbergs	Eden Runners	MV40	00:43:38
3 Aaron	Baglee	UA	MV40	00:43:43

#### Men's V50

1 Stuart	Robinson	Arragons Cumbria Tri Club	MV50	00:38:37
2 Martin	Hepworth	Eden Runners	MV50	00:40:35
3 Mike	Allison	Eden Runners	MV50	00:41:47

#### Men's V60

1 Michael	Walsh	Kendal AAC	MV60	00:48:33
2 Alan	Jackson	Howgill Harriers	MV60	00:49:06
3 Ron	Fletcher	Cumberland Fell Runners	MV60	00:49:14

#### Men's V70

1 Alan	Prest	Quakers RC M	MV70	01:13:24
2 Joseph	Harker	Durham City M	MV70	01:16:26

#### Men's Under 18

1 Craig	Bottomley	UA	15 MU18	00:43:01
2 Jake	Higginbottom	Eden Runner	17 MU18	00:46:51
3 James	Dunham	UA	15 MU18	00:56:34

1st Local

Stuart Robin: Arragon's Cumbrian Triathlon Club