

Border Harriers Club Road Rankings 2013

Name	Time	Venue	Date	Name	Time	Venue	Date		
5k Men				5k Women					
1	Russell Maddams (V35)	16:02	Horwich	16th Jun					
2	George Thompson (V55)	16:14	Lancaster	25th May					
3	Jordan Hull (U17)	17:14	Lytham St Annes	7th Jul					
4	Kevin Hull (V50)	19:53	Lytham St Annes	7th Jul					
5	Oliver Howse (SM)	21:22	Lancaster	29th Jun					
5k Park Run Men				5k Park Run Women					
1	Jon Fletcher (SM)	16:16	Carlisle	19th Jan	1	Abi Hetherington (U20)	18:00	Workington	28th Dec
2	Kev Bell (SM)	16:19	Carlisle	20th Apr	2	Rhiannon Silson (SW)	18:59	Forest Rec	9th Nov
3	James Buis (V35)	16:20	Carlisle	25th May	3	Clare McKeown (W45)	19:36	Carlisle	24th Aug
4	Declan Conley (SM)	16:40	Strathclyde	5th Oct	4	Sarah Brookes (U15)	20:48	Carlisle	19th Oct
5	Julian Hatcher (V35)	16:41	Carlisle	21st Sep	5	Teresa Medley (W40)	22:23	Carlisle	21st Sep
6	Russell Maddams (V35)	16:44	Carlisle	10th Aug	6	Anna Kirby (SW)	22:28	Carlisle	6th Apr
7	Callum Plunkett (U20)	17:11	Carlisle	20th Apr	7	Joanne O'Doherty (W35)	23:44	Carlisle	9th Mar
8	Ciaran Campbell (U17)	17:32	Carlisle	20th Jul	8	Mary Campbell (U11)	25:02	Carlisle	6th Apr
9	Jordan Hull (U17)	17:37	Carlisle	19th Oct	9	Ali Wilson (SW)	25:28	Carlisle	16th Mar
10	Chris Neil (SM)	17:59	Braunstone	14th Sep	10	Niamh Campbell (U9)	30:04	Carlisle	27th Jul
11	Graham Millican (SM)	18:05	Carlisle	8th Jun					
12	Stu Windsor (V40)	18:14	Carlisle	6th Jul					
13	Steve Angus (V40)	18:32	Carlisle	2nd Nov					
14	Richard Mace (V35)	18:54	Carlisle	31st Nov					
15	Ewan Waite (T38) (U17)	18:55	Carlisle	24th Aug					
16	Liam Medley (U20)	19:17	Carlisle	6th Apr					
17	Gareth Hill (SM)	19:18	Carlisle	16th Feb					
18	Daniel Ibbotson (V40)	19:24	Preston Park	10th Aug					
19	Kevin Williams (SM)	19:44	Newcastle	17th Aug					
20	Mike Sellars (V40)	20:39	Carlisle	31st Aug					
21	Matthew Adamson (U15)	21:17	Carlisle	2nd Feb					
22	Steve Bradley (V45)	21:22	Carlisle	2nd Feb					
23	Toby Harling (V35)	21:30	Carlisle	14th Sep					
24	John McGibbon (V45)	22:02	Carlisle	14th Sep					
25	Bill Rodgers (V50)	22:33	Carlisle	2nd Mar					
26	Alan Hodgson (V50)	23:39	Carlisle	9th Feb					
27	Peter Campbell (V50)	23:57	Carlisle	21st Sep					
28	Mario Pellegrino (V35)	24:32	Carlisle	21st Sep					
29	Richard Claydon (V65)	28:25	Carlisle	6th Jul					
30	Aaron Campbell (U15)	31:55	Carlisle	2nd Mar					
31	Allan Campbell (V75)	44:31	Carlisle	2nd Mar					
5mile Men				5mile Women					
				1	Lisa Lancaster (W40)	42:09	Alsager	3rd Feb	

10k Men

1	James Douglas (SM)	30:22	Clitheroe	29th Dec
2	James Buis (V35)	32:31	Blyth	7th Apr
3	Jon Fletcher (SM)	33:04	Fleetwood	23rd Jun
4	Russell Maddams (V35)	33:28	Glasgow	18th Aug
5	George Thompson (V55)	33:58	Dumfries	4th Sep
6	Alan Bowness (V45)	34:24	Carlisle	20th Jan
7	John Mason (SM)	34:32	Lazonby	12th May
8	Alistair Weymouth (U20)	34:37	Gretna	21st Jul
9	Mark Ryan (SM)	35:47	Carlisle	20th Jan
10	Stuart Robinson (V50)	36:35	Gt. Langdale	13th Apr
11	Steve Angus (V40)	37:12	Keswick	23rd Apr
12	Stu Windsor (V40)	37:12	Gretna	21st Jul
13	Gareth Melvin (SM)	37:54	Carlisle	5th Jun
14	Ewan Waite T38 (U17)	38:37	Carlisle	5th Jun
15	Daniel Ibbotson (V40)	38:55	Clitheroe	29th Dec
16	Liam Medley (U20)	38:59	Blackpool	31st Aug
17	Ewan Clementson (U17)	39:53	Lazonby	12th May
18	Toby Harling (SM)	43:26	Gretna	21st Jul
19	Peter Garnett (V55)	45:18	Carlisle	5th Jun
20	John Woolridge (V60)	47:33	Carlisle	20th Jan
21	Peter Campbell (V50)	49:20	Carlisle	20th Jan

10k Women

1	Rhiannon Silson (SW)	37:05	Leeds	17th Nov
2	Teresa Medley (W40)	45:47	Blackpool	31st Aug
3	Deborah Curle (V50)	46:26	Gretna	21st Jul
4	Carolyn Millican (SW)	49:04	Carlisle	5th Jun
5	Toni Chaplin-Armer (W45)	49:29	Gretna	21st Jul

10mile Men

1	Russell Maddams (V35)	54:15	Brampton	17th Nov
2	George Thompson (V55)	55:46	Brampton	17th Nov
3	Steve Angus (V40)	58:08	Brampton	17th Nov
4	Graham Millican (SM)	58:56	Brampton	17th Nov
5	Harry Earl (U23)	59:03	Witney	8th Sep
6	Mark Ryan (V40)	60:52	Longtown	6th Apr
7	Stu Windsor (V40)	63:25	Brampton	17th Nov
8	Daniel Ibbotson (V40)	64:19	Brampton	17th Nov
9	Kevin Hull (V50)	65:48	Brampton	17th Nov
10	Peter Garnett (V55)	72:57	Brampton	17th Nov
11	John Woolridge (V60)	74:15	Brampton	17th Nov
12	David Harrison (SM)	79:07	Brampton	17th Nov
13	John Woolridge (V60)	79:24	Longtown	6th Apr
14	Peter Campbell (V50)	80:35	Brampton	17th Nov
15	John Earl (V50)	86:17	Witney	8th Sep
16	Bob Hodgson (V40)	55:02	Brampton	17th Nov

10mile Women

1	Teresa Medley (W40)	73:35	Brampton	17th Nov
2	Diane Gallimore (W45)	74:17	Longtown	6th Apr
3	Joanne O'Doherty (W35)	80:16	Brampton	17th Nov
4	Carolyn Millican (SW)	81:43	Brampton	17th Nov

Half Marathon Men

1	James Buis (V35)	70:36	Gosport	17th Nov
2	Russell Maddams (V35)	72:00	Edinburgh	26th May
3	George Thompson (V55)	76:31	Wilmslow	24th Mar
4	Julian Hatcher (V35)	77:15	Carlisle	6th Oct
5	Graham Millican (SM)	81:53	Wilmslow	24th Mar
6	Mark Ryan (SM)	82:19	Bampton	3rd Mar
7	Tom Nicholson (SM)	87:55	Lancaster	1st Dec
8	Darren Rook (V40)	89:36	Inskip	20th Jan
9	Liam Medley (SM)	91:18	Carlisle	6th Oct
10	Toby Harling (V35)	1:40:11	Carlisle	6th Oct
11	John Woolridge (V60)	1:43:36	Carlisle	6th Oct
12	Peter Leech (V65)	1:55:00	Carlisle	6th Oct

Half Marathon Women

1	Deborah Curle (V50)	98:47	South Shields	15th Sep
2	Teresa Medley (W40)	1:40:19	Carlisle	6th Oct
3	Toni Chaplin-Armer (W45)	1:50:29	Freckleton	16th Jun

Marathon Men

1	James Buis (V35)	2:33:45	Reykjavik, ISL	24th Aug
2	Graham Millican (SM)	2:52:11	London	21st Apr
3	Steve Angus (V40)	3:13:21	Snowdonia	26th Oct

Marathon Women

1	Diane Gallimore (W45)	3:34:04	London	21st Apr
2	Teresa Medley (W40)	3:39:28	Manchester	28th Apr