

Raby Castle 10k :- 30th May 2010

A mixture of wet, overcast, windy and sunny conditions welcomed the runners to the Raby Castle race, a two lap course featuring the picturesque Raby Castle. **Paul Lowe** of North York moors was the winner of this years race in a fantastic time of 35.02. He was followed in by **Alan Shepherd (36.02)** of Morpeth. In third, and exactly another minute behind was **Steven Duffy (37.02)** of Sunderland Harriers.

Phil Teece was the first Marsh House man, and once again the first in the over 50's veteran category. His time was 37.42, enough to earn him 10th place. The 2nd Marsh House man was **Andy Davies** who has hit a real purple patch lately, coming in with 38.50 showing on the clock. The 3rd Marsh House finisher was **Tom Gale**, who crossed the finish line in 40.24, a 1 minute 16 seconds improvement of last year's race. Improving **Gary Dack** was 4th for Marsh House in a time of 43.03. Dack was followed home by **Peter Greenan** (43.55) and **Gary Lynch** (44.43)

The Women's event was won by **Aiveen Fox** of Morpeth by more than 5 minutes, in a time of 37.36. **Joanne Lee** of Tynedale was the 2nd women, who finished in 42.57, and the 3rd Women was **Annie Shepherd**, who is an Unattached runner. She came home in 44.20.

The first Marsh House woman was **Kay Stokes** who won her category. She finished in 49.39. Behind Stokes came **Claire Wilkinson** (50.05). In form **Melissa Hunter** was 3rd in 50.57. The 4th and 5th Marsh House women were **Sally Dack** and **Fiona Sharpe**, who completed the course in 51.46 and 55.14 respectively.

Sam Carter was the loan Marsh House competitor in the fun run, he finished 30th and got a time of 27.46.

Category results for Marsh House runners

Male:

- 1st: Andy Davies
- 2nd: Tom Gale
- 3rd: Chris Hedley
- 4th: Gary Carter

Male 40:

- 1st: Michael Gosney

Male 45:

- 1st: Gary Dack
- 2nd: Peter Greenan
- 3rd: Gary Lynch
- 4th: Kenneth Stephenson
- 5th: John Bentley
- 6th: Craig Lightfoot

Male 50:

1st: Phil Teece

Male 60:

1st: Richard Scott

2nd: Leslie Gordon

Female:

1st: Claire Wilkinson

2nd: Melissa Hunter

3rd: Helen Hill

Female 40:

1st: Fiona Sharpe

2nd: Karen Hutchinson

3rd: Michelle Hedley

Female 45:

1st: Sally Dack

2nd: Linda Coull

3rd: Judith Weston

4th: Rosanne Lightfoot

Female 50:

1st: Kay Stokes

2nd: Anne Robson

3rd: Heather Field

Female 55+:

1st: Christine Richardson

2nd: Erika Enisz

I'd just like to thank the runners on behalf of the club for running, and well done!!!