

## **Tees Barrage 10K :- Monday 3<sup>rd</sup> May 2010**

A gusty but dry day welcomed the runners to the 5<sup>th</sup> annual Tees Barrage 10K. A new two lap course was constructed due to some of the old course being sectioned off due to improvement works on the barrage itself. This proved to be very difficult going for the runners. The 1<sup>st</sup> lap was contested under a cat and mouse style pace, with no one out of the top 3 wanting to take up the lead, but it was eventually left down to **Gary Dunn** to take up the running and he stayed there till the end, with a fantastic time of 32.48. He was followed by **James Bulman** from North York Moors with a time of 33.16, and after that it was another North Yorkshire moors runner **Alasdair Tatham** who came home in 34.17

In 4<sup>th</sup> place was our very own **Gary Grounds**, who was only 17 seconds behind **Tatham**, who had to dig deep to keep up. In 6<sup>th</sup> place was the returning **Andy Chadfield**, 35.09, a great effort by Andy because of his recent injury. In 11<sup>th</sup> place was in-form **Andy Davies**, who came home in 36.38, although he may have been quicker if he didn't get sent the wrong way on the last straight, but a good performance anyway. The next Marsh House man was **Paul Hughes** who ran 38.50, a good time from Paul considering the conditions. Up next for the men was **Gary Carter**, a time of 39.35, equal to his PB. One man who didn't finish unfortunately was Chris Hedley who pulled out at 5K due to a chest infection.

The Marsh House women were out in force and the first Marsh House woman was **Melissa Hunter** with a time of 47.52. 2<sup>nd</sup> Marsh House woman was **Claire Wilkinson**, with a time of 48.35, and she was closely followed by **Bernadette Doab** who got a time of 49.12. The next Marsh House Lady was **Sally Dack** who got a time of 51.23. The next Marsh House lady was **Paula Metcalfe-Smith**, who got a time of 52.09

### **Category results for Marsh House runners:-**

#### **Male :**

- 1<sup>st</sup>: Andy Chadfield
- 2<sup>nd</sup>: Andy Davies
- 3<sup>rd</sup>: Gary Carter
- 4<sup>th</sup>: Andrew Featherstone
- 5<sup>th</sup>: Tom Gale
- 6<sup>th</sup>: Richard Green

#### **Male V40 :**

- 1<sup>st</sup>: Gary Grounds
- 2<sup>nd</sup>: Paul Hughes
- 3<sup>rd</sup>: Michael Fawcett
- 4<sup>th</sup>: Peter Greenan
- 5<sup>th</sup>: Kenneth Stephenson
- 6<sup>th</sup>: Gary Lynch
- 7<sup>th</sup>: Paul Wharton
- 8<sup>th</sup>: Craig Lightfoot
- 9<sup>th</sup>: Michael Gosney

10<sup>th</sup>: Paul Cutler  
11<sup>th</sup>: Ian Harris  
12<sup>th</sup>: Stephen Shaw  
13<sup>th</sup>: John Blenkinsop  
14<sup>th</sup>: Gerry Stone

**Male V50 :**

1<sup>st</sup>: Gordon Richards  
2<sup>nd</sup>: John Oyston  
3<sup>rd</sup>: Barry Johnson

**Male V60 :**

1<sup>st</sup>: Richard Scott  
2<sup>nd</sup>: Gordon MCGough  
3<sup>rd</sup>: Ken Ellis  
4<sup>th</sup>: Leslie Gordon

**Male V70 :**

1<sup>st</sup>: John Mulligan  
2<sup>nd</sup>: Peter Braney

**Female :**

1<sup>st</sup>: Melissa Hunter  
2<sup>nd</sup>: Claire Wilkinson  
3<sup>rd</sup>: Helen Johnston  
4<sup>th</sup>: Kawun Williams  
5<sup>th</sup>: Emma Johnson  
6<sup>th</sup>: Tara Oxley  
7<sup>th</sup>: Rachel Dalby  
8<sup>th</sup>: Kelly MCGough

**Female V35 :**

1<sup>st</sup>: Bernadette Doab  
2<sup>nd</sup>: Paula-Metcalf Smith  
3<sup>rd</sup>: Helen Johnston  
4<sup>th</sup>: Helen Hill  
5<sup>th</sup>: Karen Hutchinson  
6<sup>th</sup>: Vicky Carter  
7<sup>th</sup>: Michelle Hedley  
8<sup>th</sup>: Lisa Hollifield

**Female V45 :**

1<sup>st</sup>: Sally Dack  
2<sup>nd</sup>: Anne Robson  
3<sup>rd</sup>: Judith Weston  
4<sup>th</sup>: Heather Field  
5<sup>th</sup>: Rosanne Lightfoot  
6<sup>th</sup>: Jeanette Gratton  
7<sup>th</sup>: Geraldine Bouttell  
8<sup>th</sup>: Bernadette Hennessy  
9<sup>th</sup>: Lynda Lawton

10<sup>th</sup>: Alison Rae

**Female V55 :**

1<sup>st</sup>: Christine Richardson

**I'd Just like to thank the 56 Marsh House Runners on behalf of the club for running, and well done!!!**