

CARLISLE RESOLUTION 10K - Sunday January 20th 2013

| No | Name | Club | Sex | Cat | Time | Cat Pos | P'tion |
|-----|-------------------|-----------------------|-----|-----|-------|---------|--------|
| 130 | James Buis | Unattached | M | 35 | 33.07 | 1 | 1 |
| 93 | Alan Bowness | Ellenborough AC | M | 48 | 34.24 | 1 | 2 |
| 79 | John French | Eden Runners | M | 33 | 34.35 | 2 | 3 |
| 111 | Bob Hodgson | Carlisle Tri Club | M | 32 | 35.25 | 3 | 4 |
| 76 | Eddie Simpson | Barrow & Furness | M | 45 | 35.30 | 2 | 5 |
| 18 | Neil Farquharson | Unattached | M | 42 | 35.40 | 3 | 6 |
| 67 | John Hore | Sport in Action | M | 30 | 35.53 | 4 | 7 |
| 115 | Mark Ryan | Border Harriers | M | 33 | 35.56 | 5 | 8 |
| 89 | Mark Likeman | Heaton Harriers | M | 33 | 36.47 | 6 | 9 |
| 97 | Jim Kenny | Eden Runners | M | 49 | 36.58 | 4 | 10 |
| 100 | Richard Dayment | Eden Runners | M | 26 | 37.13 | 7 | 11 |
| 73 | Alan Baxter | Dumfries Running Club | M | 37 | 37.20 | 8 | 12 |
| 80 | Andy Thompson | Eden Runners | M | 32 | 37.38 | 9 | 13 |
| 72 | Kevin Conchar | Dumfries Running Club | M | 39 | 37.48 | 10 | 14 |
| 69 | Robert Teasdale | Crook & District AC | M | 27 | 38.09 | 11 | 15 |
| 8 | Kevin Scott | Unattached | M | 41 | 39.12 | 5 | 16 |
| 99 | Craig Barron | Keswick AC | M | 29 | 39.30 | 12 | 17 |
| 145 | Garath Hill | Unattached | M | 30 | 39.53 | 13 | 18 |
| 30 | Chris Davison | Carlisle Tri Club | M | 49 | 39.58 | 6 | 19 |
| 81 | Daniel Hale | Unattached | M | 25 | 40.04 | 14 | 20 |
| 86 | Keith Melvin | Unattached | M | 27 | 40.16 | 15 | 21 |
| 107 | Josh Waite | Carlisle Tri Club | M | 32 | 40.33 | 16 | 22 |
| 110 | Derek Rose | Carlisle Tri Club | M | 37 | 40.38 | 17 | 23 |
| 71 | Daniel Queen | Dumfries Running Club | M | 58 | 40.51 | 1 | 24 |
| 127 | Andrew Wilson | Unattached | M | 33 | 40.55 | 18 | 25 |
| 102 | Alan Cornthwaite | West Cumbria Tri | M | 36 | 41.29 | 19 | 26 |
| 144 | Daniel Ibbotson | Border Harriers | M | 44 | 41.35 | 7 | 27 |
| 40 | Karen Bridge | Eden Runners | F | 43 | 41.42 | 1 | 28 |
| 120 | Alan Marshall | Eden Runners | M | 55 | 41.54 | 2 | 29 |
| 16 | David Ross | C.F.R. | M | 44 | 42.18 | 8 | 30 |
| 156 | Geoffrey Chapman | Eden Runners | M | 44 | 43.25 | 9 | 31 |
| 41 | John Bridge | Eden Runners | M | 47 | 43.32 | 10 | 32 |
| 153 | Andrew Graham | DH Runners | M | 32 | 43.33 | 20 | 33 |
| 57 | Mark Colman | Carlisle Tri Club | M | 36 | 43.35 | 21 | 34 |
| 75 | Les Hill | Dumfries Running Club | M | 55 | 43.39 | 3 | 35 |
| 68 | Caroline Holmes | Crook & District AC | F | 29 | 43.43 | 1 | 36 |
| 90 | Mark Studholme | Unattached | M | 30 | 43.45 | 22 | 37 |
| 108 | Steve Moss | Teesdale AC | M | 54 | 43.52 | 4 | 38 |
| 9 | Andrew Crabtree | Unattached | M | 21 | 43.57 | 23 | 39 |
| 49 | Suzzane Toppin | Unattached | F | 43 | 44.16 | 2 | 40 |
| 96 | Helen Young | Carlisle Tri Club | F | 32 | 44.21 | 2 | 41 |
| 35 | Deborah Edginton | Keswick A.C. | F | 37 | 44.23 | 3 | 42 |
| 103 | David Magari | Unattached | M | 32 | 44.37 | 24 | 43 |
| 135 | Sean McMinn | Dumfries Harriers | M | 26 | 44.42 | 26 | 45 |
| 91 | Barrie Studholme | Unattached | M | 34 | 44.42 | 25 | 44 |
| 38 | Wayne Greig | Carlisle Tri Club | M | 28 | 44.57 | 27 | 46 |
| 133 | Heather Eccles | Eden Runners | F | 29 | 45.04 | 4 | 47 |
| 139 | Phil Pattinson | Carlisle Tri Club | M | 34 | 45.05 | 28 | 48 |
| 74 | Mark Johnston | Dumfries Running Club | M | 34 | 45.06 | 29 | 49 |
| 106 | Nicola Carruthers | Carlisle Tri Club | F | 36 | 45.09 | 5 | 50 |

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|-----|----------------------|-------------------|---|----|-------|----|-----|
| 132 | Shaun Graham | Eden Runners | M | 46 | 45.25 | 11 | 51 |
| 158 | Luke Wordsworth | DH Runners | M | 27 | 45.33 | 30 | 52 |
| 150 | Jason Pollock | Unattached | M | 41 | 45.39 | 12 | 53 |
| 44 | Emma Volpe | Unattached | F | 48 | 45.44 | 3 | 54 |
| 37 | Siobhan Brewer | Keswick A.C. | F | 41 | 45.56 | 4 | 55 |
| 47 | Steve Viney | Unattached | M | 64 | 46.03 | 1 | 56 |
| 55 | Danny Wilkinson | Carlisle Tri Club | M | 32 | 46.07 | 31 | 57 |
| 53 | Alan Ritchie | Unattached | M | 28 | 46.10 | 32 | 58 |
| 25 | David Liddle | Unattached | M | 45 | 46.14 | 13 | 59 |
| 31 | Heidi Moore | Unattached | F | 25 | 46.42 | 6 | 60 |
| 32 | Thomas Moore | Unattached | M | 28 | 46.42 | 33 | 61 |
| 151 | Brendan McAedle | Unattached | M | 39 | 46.49 | 34 | 62 |
| 131 | Chris Bunker | Carlisle Tri Club | M | 33 | 46.59 | 35 | 63 |
| 109 | Nick Thomas | Unattached | M | 33 | 47.06 | 36 | 64 |
| 60 | Richard Hill | Manx Harriers | M | 42 | 47.07 | 14 | 65 |
| 123 | Steve Stamper | Unattached | M | 33 | 47.14 | 37 | 66 |
| 84 | Teresa Medley | Unattached | F | 43 | 47.18 | 5 | 67 |
| 160 | Ben Whitfield | Unattached | M | 27 | 47.27 | 7 | 68 |
| 64 | Derek Walsh | Unattached | M | 45 | 47.32 | 15 | 69 |
| 88 | John Woolridge | Border Harriers | M | 63 | 47.33 | 2 | 70 |
| 134 | Mark Hail | Dumfries Harriers | M | 41 | 47.36 | 16 | 71 |
| 95 | Nicola Gaskell | Eden Runners | F | 34 | 47.39 | 8 | 72 |
| 146 | Steph Marshall | Unattached | F | 28 | 47.43 | 9 | 73 |
| 6 | Graham Harmse | Carlisle Tri Club | M | 49 | 47.46 | 17 | 74 |
| 85 | ClaireCalverley | Unattached | F | 36 | 47.50 | 10 | 75 |
| 114 | Philip Meloy | Unattached | M | 36 | 48.01 | 38 | 76 |
| 141 | Leanne Norris | Unattached | F | 33 | 48.07 | 11 | 77 |
| 140 | James Irving | Unattached | M | 37 | 48.07 | 39 | 78 |
| 128 | Andrew Wood | Unattached | M | 26 | 48.09 | 40 | 79 |
| 87 | Mary Beckett | Unattached | F | 28 | 48.34 | 12 | 80 |
| 161 | Aundrey O'Kelly | Unattached | F | 48 | 48.41 | 6 | 81 |
| 137 | Toby Harling | Border Harriers | M | 34 | 48.44 | 41 | 82 |
| 147 | John Andrewartha | Eden Runners | M | 37 | 48.47 | 42 | 83 |
| 148 | Neil Jamieson | Unattached | M | 60 | 48.57 | 3 | 84 |
| 122 | Jack Stamper | Unattached | M | 24 | 49.01 | 43 | 85 |
| 17 | Julie Ross | Unattached | F | 47 | 49.02 | 7 | 86 |
| 54 | Dion Crozier | Unattached | M | 34 | 49.02 | 44 | 87 |
| 61 | Paul Jordan | Unattached | M | 39 | 49.04 | 45 | 88 |
| 24 | Peter Campbell | Border Harriers | M | 50 | 49.20 | 5 | 89 |
| 58 | Dave Thompson | Carlisle Tri Club | M | 53 | 49.36 | 6 | 90 |
| 59 | Morag Thompson | Carlisle Tri Club | F | 48 | 49.39 | 8 | 91 |
| 77 | Steve Wharton | Unattached | M | 55 | 49.44 | 7 | 92 |
| 113 | Carolyn Millican | Border Harriers | F | 30 | 50.05 | 13 | 93 |
| 66 | David Jamieson | Carlisle Tri Club | M | 42 | 50.10 | 18 | 94 |
| 92 | Wade Tidbury | Eden Runners | M | 50 | 50.16 | 8 | 95 |
| 2 | Alison Price-Jones | Unattached | F | 49 | 50.20 | 9 | 96 |
| 65 | Jack Mazur | Carlisle Tri Club | M | 31 | 50.32 | 46 | 97 |
| 3 | Sarah Wright | Unattached | F | 38 | 50.39 | 14 | 98 |
| 155 | Andrew Jefferson | Carlisle Tri Club | M | 44 | 50.45 | 19 | 99 |
| 10 | S Claringbold | DH Runners | M | 32 | 50.46 | 47 | 100 |
| 159 | Ian Toenarelli | Unattached | M | 44 | 51.11 | 20 | 101 |
| 149 | Gemma Carter | Unattached | F | 35 | 51.14 | 15 | 102 |
| 13 | Hailey Fletcher | Unattached | F | 25 | 51.22 | 16 | 103 |
| 36 | Christopher Winspear | Unattached | M | 47 | 51.40 | 21 | 104 |

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|-----|-------------------|---------------------------|---|----|-------|----|-----|
| 157 | Kate Seddon | Unattached | F | 47 | 51.42 | 10 | 105 |
| 20 | Sophie Marshall | Carlisle Tri Club | F | 22 | 52.31 | 17 | 106 |
| 19 | Terance Harmse | Carlisle Tri Club | M | 26 | 52.36 | 48 | 107 |
| 118 | Mark Chandler | Unattached | M | 32 | 52.39 | 49 | 108 |
| 34 | Samantha Sugden | Eden Runners | F | 32 | 52.48 | 18 | 109 |
| 143 | Nicola Irving | Unattached | F | 26 | 52.55 | 19 | 110 |
| 117 | Carolyn Burns | Unattached | F | 39 | 52.58 | 20 | 111 |
| 23 | Richard Bamber | Unattached | M | 42 | 52.58 | 22 | 112 |
| 98 | Peter Taylor | CFR | M | 73 | 53.27 | 4 | 113 |
| 46 | Diane Cannon | Unattached | F | 43 | 53.36 | 11 | 114 |
| 136 | Lynn Clemmitt | Carlisle Tri Club | F | 48 | 53.40 | 12 | 115 |
| 1 | Toinette Thomas | Unattached | F | 41 | 54.07 | 13 | 116 |
| 112 | Susan Mein | Unattached | F | 43 | 54.09 | 14 | 117 |
| 119 | David Peacock | Eden Runners | M | 51 | 54.18 | 9 | 118 |
| 39 | Denise Jopson | Unattached | F | 43 | 54.28 | 15 | 119 |
| 101 | Andrew Atkinson | Carlisle Tri Club | M | 55 | 54.32 | 10 | 120 |
| 82 | Angela Watson | Eden Runners | F | 35 | 55.16 | 21 | 121 |
| 63 | Darren Irving | Carlisle Tri Club | M | 41 | 55.16 | 23 | 122 |
| 50 | Paul Murray | Unattached | M | 33 | 55.22 | 50 | 123 |
| 78 | Rich Hill | Unattached | M | 44 | 55.31 | 24 | 124 |
| 7 | Elizabth Sochacka | Carlisle Tri Club | F | 43 | 55.40 | 16 | 125 |
| 152 | Janet McArdle | Unattached | F | 38 | 55.42 | 22 | 126 |
| 126 | Yann Doleyres | Unattached | M | 38 | 56.22 | 51 | 127 |
| 45 | Andrew Cannon | Unattached | M | 44 | 56.40 | 25 | 128 |
| 28 | Carolyn Helliwell | Unattached | M | 31 | 57.17 | 52 | 129 |
| 104 | Anna Magari | Unattached | F | 28 | 57.25 | 23 | 130 |
| 129 | Audrey Turnbull | Eden Runners | F | 30 | 57.28 | 24 | 131 |
| 83 | Fionna Newman | Cat Belles | F | 43 | 57.41 | 17 | 132 |
| 142 | Haley Millican | Unattached | F | 30 | 57.42 | 25 | 133 |
| 33 | Sally Metcalfe | Unattached | F | 38 | 57.45 | 26 | 134 |
| 70 | David Spicer | Nothern Veterans | M | 71 | 59.19 | 5 | 135 |
| 52 | Alison Rowsell | Unattached | F | 53 | 59.47 | 1 | 136 |
| 105 | Elaine Wilcox | Unattached | F | 55 | 60.34 | 2 | 137 |
| 154 | Lindsey Graham | DH Runners | F | 33 | 61.27 | 27 | 138 |
| 116 | Emma Welsby | Unattached | F | 35 | 62.02 | 28 | 139 |
| 94 | Colin Noble | Unattached | M | 40 | 62.14 | 26 | 140 |
| 62 | Tracy Irving | Unattached | F | 43 | 62.21 | 18 | 141 |
| 12 | Lisa Jones | Unattached | F | 42 | 63.41 | 19 | 142 |
| 14 | Ella Scott | Cat Belles | F | 46 | 63.42 | 20 | 143 |
| 138 | Deborah Turner | Unattached | F | 41 | 66.01 | 21 | 144 |
| 121 | Susan Mitton | Sands Centre Running Club | F | 44 | 66.02 | 22 | 145 |
| 22 | Steven Thomlinson | Unattached | M | 38 | 69.33 | 53 | 146 |
| 21 | Rebecca Ward | Unattached | F | 37 | 69.34 | 29 | 147 |
| 125 | Helen Quinn | OT Class | F | 22 | 71.16 | 30 | 148 |
| 124 | Treasa Marrison | OT Class | F | 30 | 71.17 | 31 | 149 |
| 26 | Diane McConnell | Catbells | F | 45 | 72.52 | 23 | 150 |
| 4 | Lee Smith | Unattached | M | 29 | DNS | | |
| 5 | Gareth Milburn | Unattached | M | 34 | DNS | | |
| 11 | Lesley Wallace | Unattached | F | 45 | DNS | | |
| 15 | Lin Atrill | Unattached | F | 42 | DNS | | |
| 27 | Brian Kelly | Low Fell RC | M | 37 | DNS | | |
| 29 | Darren Ryan | Unattached | M | 46 | DNS | | |
| 42 | Emily Heaviside | Eden Runners | F | 17 | DNS | | |
| 43 | Viv Pannell | Unattached | F | 45 | DNS | | |

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| 48 | Heather Halliday | Unattached | F | 52 | DNS |
| 51 | Tracey Horseman | Unattached | F | 42 | DNS |
| 56 | Chris Cook | Unattached | M | 31 | DNS |