

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

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	Claire Calverley	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

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		

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