

# CARLISLE RESOLUTION 10K

## 2016

No	Name	Club	Cat	M/F	Time	Position	Cat Position	M/F Position
882	Robert	Hodgson	Border Harriers & AC	MS	M	00:32:39.35	1	1
742	James	Buis	Border Harriers & AC	MS	M	00:34:10.15	2	2
815	Ross	Landon	Border Harriers & AC	MS	M	00:34:27.65	3	3
826	Daniel	Hornsby	Border Harriers & AC	MS	M	00:35:50.35	4	4
848	David	Thompson	U.K.Postal	MS	M	00:36:14.35	5	5
748	Stuart	Robinson	Border Harriers & AC	V50	M	00:36:18.85	6	1
1000	Steven	Martin	Gala Harriers	V40	M	00:38:01.95	7	1
786	Howard	Kirkbride	Cumberland AC	V50	M	00:38:15.25	8	2
746	Shane	Stobbart	Cumberland AC	MS	M	00:38:16.15	9	6
674	Ben	Smith	Motherwell AC	MS	M	00:38:17.65	10	7
728	Andy	Render	Annan & District AC	V40	M	00:38:31.75	11	2
900	Ian	Weisser	Unattached	MS	M	00:38:51.40	12	8
896	Alex	Roberts	Cumberland AC	MS	M	00:38:53.15	13	9
883	Josh	Waite	Carlisle Tri Club	MS	M	00:39:19.20	14	10
791	Karl	Edwards	Hartlepool Burn Road Harriers	V60	M	00:39:44.95	15	1
638	Kevin	Scott	DH Runners	V40	M	00:39:49.20	16	3
834	Ewan	Waite	Unattached	MS	M	00:39:53.60	17	11
875	Darren	Wilder	Carlisle Tri Club	V40	M	00:40:01.30	18	4
894	Lucy	Stobbart	Cumberland AC	FS	F	00:40:05.00	19	1
816	David	Jardin	Elswick Harriers	V40	M	00:40:07.85	20	5
889	Carl	Blackburn	Unattached	MS	M	00:40:11.35	21	12
762	Karen	Bridge	Eden Runners	FV40	F	00:40:15.75	22	1
876	Steven	Boyd	DH Runners	MS	M	00:40:33.15	23	13
743	James	Grinbergs	Eden Runners	MS	M	00:40:46.05	24	14
770	Wayne	Laird	Border Warrior	MS	M	00:41:19.60	25	15
749	Vicky	Johnston	Unattached	FS	F	00:41:21.90	26	2

847	Robert	Paterson	Derwent AC Cockermouth	MS	M	00:41:27.45	27	16	24
856	Nicholas	Mitchell	Vegan Runners UK	MS	M	00:41:42.45	28	17	25
729	Matt	Charlton	Headington RR	MS	M	00:41:46.70	29	18	26
671	John	Oakey	Eden Runners	V40	M	00:41:57.35	30	6	27
662	Suzanne	Toppin	Arragons Cumbria Tri Club	FV40	F	00:42:10.60	31	2	4
773	Stuart	Morrison	Unattached	V50	M	00:42:17.90	32	3	28
787	Chris	Wear	Cumberland AC	V40	M	00:42:24.00	33	7	29
824	Keith	Ainslie	Dumfries Harriers	V50	M	00:42:24.80	34	4	30
771	Robert	Hastings	Unattached	MS	M	00:42:26.50	35	19	31
768	Paul	Todd	Cumberland AC	V40	M	00:42:32.10	36	8	32
657	Pamela	Morris	Unattached	FS	F	00:42:41.75	37	3	5
845	David	Todd	Quakers Running Club	V40	M	00:42:50.35	38	9	33
846	Gareth	Irving	Unattached	MS	M	00:42:55.10	39	20	34
887	Douglas	Gold	Unattached	MS	M	00:42:57.60	40	21	35
785	Fiona	Todd	Unattached	FV40	F	00:42:59.40	41	3	6
719	Philip	Meloy	Cumberland AC	MS	M	00:43:17.80	42	22	36
701	Brian	McGhee	Unattached	MS	M	00:43:33.05	43	23	37
611	Peter	Milligan	Cumberland AC	MS	M	00:43:44.55	44	24	38
656	Teresa	Medley	Border Harriers & AC	FV40	F	00:43:54.05	45	4	7
797	Hazel	Smyth	Dumfries Harriers	FS	F	00:43:56.25	46	4	8
899	Micheal	Brown	Unattached	MS	M	00:44:01.35	47	25	39
614	Dean	Mason	Cumberland AC	V40	M	00:44:07.15	48	10	40
838	David	Scattergood	Unattached	V40	M	00:44:13.20	49	11	41
867	John	Bridge	Eden Runners	V50	M	00:44:17.20	50	5	42
744	Kerry	Grinbergs	Eden Runners	FS	F	00:44:19.25	51	5	9
685	Jamie	Crossan	Unattached	MS	M	00:44:31.15	52	26	43
892	Matt	Begg	DH Runners	MS	M	00:44:37.75	53	27	44
780	Mark	Rutherford	Keswick AAC	MS	M	00:44:49.65	54	28	45
859	Louise	Trainor	Quakers Running Club	FV40	F	00:44:52.60	55	5	10
818	Susan	Fawkes	DH Runners	FS	F	00:44:55.45	56	6	11
805	Christopher	Smith	Moray Road Runners	MS	M	00:44:57.60	57	29	46
821	Stephen	Carroll	Dunfries Harriers	V40	M	00:45:08.15	58	12	47

751	Dave	Evans	Eden Runners	V60	M	00:45:30.60	59	2	48
716	Michael	Brooks	Unattached	V40	M	00:45:39.95	60	13	49
756	Douglas	Kerr	Dumfries Harriers	V40	M	00:45:45.15	61	14	50
884	Gary	Boak	Unattached	MS	M	00:45:46.90	62	30	51
796	Dan	Nicholson	SLG Runners	MS	M	00:45:49.15	63	31	52
794	Chris	Cook	SLG Runners	MS	M	00:46:00.35	64	32	53
829	Noel	Urwin	Unattached	V50	M	00:46:17.15	65	6	54
843	Wayne	Horsley	Unattached	MS	M	00:46:29.65	66	33	55
639	Jonathan	Marshall	Wigton Road Runners	MS	M	00:46:41.85	67	34	56
868	Larry	Horne	Eden Runners	V50	M	00:46:45.40	68	7	57
807	Steve	Viney	DH Runners	V60	M	00:46:50.55	69	3	58
710	Graham	Tennet	Unattached	V40	M	00:46:54.90	70	15	59
629	John	Grimshaw	Unattached	V50	M	00:46:59.10	71	8	60
750	Colin	Fell	Unattached	V50	M	00:47:01.65	72	9	61
877	John	McGibbon	Border Harriers & AC	V50	M	00:47:20.45	73	10	62
835	Willie	Martin	Dumfries Harriers	V40	M	00:47:31.95	74	16	63
776	Marc	Scott	Dumfries Harriers	V40	M	00:47:44.40	75	17	64
734	Nadia	Shaw	Unattached	FS	F	00:47:50.40	76	7	12
885	Heather	Eccles	Eden Runners	FS	F	00:48:05.05	77	8	13
851	Stephen	Blackwell	Unattached	MS	M	00:48:05.45	78	35	65
732	Henry	Cumbers	Keighley & Craven AC	MS	M	00:48:13.15	79	36	66
795	Danny	Wilkinson	Carlisle Tri Club	MS	M	00:48:16.55	80	37	67
688	Richard	Nash	Galloway Harriers	V40	M	00:48:20.45	81	18	68
881	Tony	Lowery	Eden Runners	V40	M	00:48:20.80	82	19	69
714	Angela	Fisher	Carlisle Tri Club	FS	F	00:48:21.10	83	9	14
649	Peter	Garnett	Border Harriers & AC	V60	M	00:48:28.25	84	4	70
841	Linda	Aspinall	Unattached	FV40	F	00:48:34.15	85	6	15
1001	Gary	Holliday	Unattached	MS	M	00:48:35.55	86	38	71
895	Lisa	Martins	Derwent AC Cockermouth	FS	F	00:48:40.85	87	10	16
769	Michael	Fordyce	Unattached	V50	M	00:49:07.60	88	11	72
646	Samantha	Cartmel	Unattached	FS	F	00:49:10.60	89	11	17
865	Mark	Appleby	Unattached	V40	M	00:49:10.65	90	20	73

898	Juliet	Story	DH Runners	FV40	F	00:49:18.00	91	7	18
704	Paul	Saager	Eden Runners	V60	M	00:49:23.30	92	5	74
667	Rachael	Whitehead	Unattached	FS	F	00:49:23.50	93	12	19
730	Caroline	Evans	Headington RR	FS	F	00:49:29.75	94	13	20
810	David	Peacock	Eden Runners	V50	M	00:49:34.30	95	12	75
633	Julia	King	Eden Runners	FV60	F	00:49:43.55	96	1	21
717	Cameron	Westmorland	Unattached	MJ	M	00:49:49.95	97	1	76
754	Steve	Head	Dumfries Harriers	V60	M	00:49:52.05	98	6	77
758	Gillian	McLeod	Dumfries Harriers	FV40	F	00:49:53.05	99	8	22
830	Stevie	Sharp	Unattached	MS	M	00:49:53.85	100	39	78
871	Andrew	Walker	Eden Runners	V50	M	00:50:24.40	101	13	79
772	John	Lewis	Cumberland AC	V60	M	00:50:34.75	102	7	80
891	Adrian	Holme	Keswick AAC	V40	M	00:50:49.40	103	21	81
725	Joanne	May	Eden Runners	FV40	F	00:50:59.80	104	9	23
880	Lindsay	Graham	DH Runners	FS	F	00:51:06.95	105	14	24
802	Raymond	Lightle	Bedale & Aiskew Runners	V60	M	00:51:17.75	106	8	82
870	Amy	Pinguey	Unattached	FV40	F	00:51:26.00	107	10	25
1002	Lorna	Gold	Unattached	FV50	F	00:51:28.85	108	1	26
812	Helen	Gardner	Unattached	FS	F	00:51:34.00	109	15	27
760	Neil	Jamieson	Carlisle Tri Club	V60	M	00:51:34.25	110	9	83
799	Carol	Elliot	Dumfries Harriers	FV50	F	00:51:34.95	111	2	28
735	Natalie	McCarron	Unattached	FS	F	00:51:44.95	112	16	29
878	Carmel	Bones	Carlisle Tri Club	FV40	F	00:51:44.95	113	11	30
644	Louise	Duffy	DH Runners	FV40	F	00:51:47.90	114	12	31
669	Nick	Whitehead	Unattached	MS	M	00:51:54.30	115	40	84
813	Steve	Claringbold	DH Runners	MS	M	00:52:02.45	116	41	85
664	Jason	Miles-Campbell	Unattached	V40	M	00:52:04.60	117	22	86
632	Daniel	Kershaw	Scottish Athletics	MS	M	00:52:06.90	118	42	87
852	Jackson	Kelly	Cumberland AC	MS	M	00:52:09.70	119	43	88
801	Bruce	Morgan	Unattached	V40	M	00:52:10.45	120	23	89
828	Chris	Robinson	Unattached	V50	M	00:52:13.35	121	14	90
651	Brendan	Mcardle	Unattached	V40	M	00:52:26.60	122	24	91

811	Christopher	Winspear	Unattached	V50	M	00:52:39.05	123	15	92
827	Karoline	Rose	Unattached	FS	F	00:52:45.05	124	17	32
675	Emma	Eagling	Unattached	FS	F	00:52:45.55	125	18	33
722	Parish	Minton	Glaxo Hoad Hill Harriers	FS	F	00:52:46.80	126	19	34
844	Nicola	Jameson	Carlisle Tri Club	FS	F	00:53:11.05	127	20	35
723	Karter	Minton	Unattached	MJ	M	00:53:17.50	128	2	93
703	Fiona	Jardine	Dumfries Running Club	FV40	F	00:53:25.05	129	13	36
849	Karen	Ben Dhaou	Unattached	FS	F	00:53:30.10	130	21	37
783	Gary	Bell	Unattached	MS	M	00:53:36.40	131	44	94
745	Anthony	Nicholson	DH Runners	V40	M	00:53:39.25	132	25	95
676	George	Fraser	Annan & District AC	V60	M	00:53:49.35	133	10	96
890	Kathryn	Holliday	DH Runners	FV40	F	00:54:04.85	134	14	38
647	Craig	McDougall	Unattached	V40	M	00:54:06.10	135	26	97
864	Beverley	Armstrong	DH Runners	FV40	F	00:54:09.65	136	15	39
857	Mark	Drummond	DH Runners	V40	M	00:54:09.75	137	27	98
698	Sarah	Wright	Eden Runners	FS	F	00:54:11.00	138	22	40
863	Kevin	Whitemore	Eden Runners	V60	M	00:54:14.50	139	11	99
874	Eric	Oneil	Unattached	V50	M	00:54:22.75	140	16	100
778	David	Thompson	Unattached	V40	M	00:54:24.45	141	28	101
893	Heather	Rowe	Carlisle Tri Club	FV40	F	00:54:25.35	142	16	41
653	Sue	Blackmore	Unattached	FV50	F	00:54:25.65	143	3	42
850	Paul	Saunders	Unattached	V40	M	00:54:40.00	144	29	102
689	Katy	Nash	Galloway Harriers	FV40	F	00:54:52.45	145	17	43
800	Lucy	Child	Unattached	FS	F	00:55:04.05	146	23	44
765	Duncan	Scott	Unattached	MS	M	00:55:22.45	147	45	103
711	Chris	Lockley	Eden Runners	V50	M	00:55:41.15	148	17	104
840	Lynn	Clemmitt	Carlisle Tri Club	FV50	F	00:55:42.95	149	4	45
831	Sue	Lovett	Unattached	FV50	F	00:55:45.15	150	5	46
740	Richard	Hill	Eden Runners	V40	M	00:55:48.60	151	30	105
737	Richard	Eastoe	Alnwick Harriers	V60	M	00:55:55.95	152	12	106
738	Gay	Eastoe	Alnwick Harriers	FV60	F	00:55:56.05	153	2	47
866	Louise	Macrae	Unattached	FS	F	00:55:57.50	154	24	48

733	Stephanie	Shaw	Unattached	FS	F	00:55:58.00	155	25	49
720	Richard	Bowman	Unattached	V40	M	00:56:12.65	156	31	107
718	Andrea	Young	DH Runners	FV40	F	00:56:17.35	157	18	50
707	Fiona	Moore	Unattached	FS	F	00:56:22.65	158	26	51
739	Stephen	Long	Unattached	V50	M	00:56:32.60	159	18	108
652	Lorraine	Hodgson	Unattached	FV50	F	00:56:34.45	160	6	52
672	Gillian	Silson	Eden Runners	FV50	F	00:56:38.05	161	7	53
763	Lucy	Cowton	DH Runners	FV40	F	00:56:47.60	162	19	54
860	Carolyn	Gregory	Fellside Ladies	FS	F	00:57:20.35	163	27	55
779	Bev	Baird	Sunderland Strollers	FV40	F	00:57:30.35	164	20	56
836	Rachel	Lee	DH Runners	FV50	F	00:57:41.15	165	8	57
700	Fiona	McGhee	Unattached	FV40	F	00:57:44.25	166	21	58
784	Katherine	Bell	Unattached	FS	F	00:57:47.60	167	28	59
631	Gill	Cherry	Unattached	FV40	F	00:57:48.10	168	22	60
697	Michelle	Moffat	Unattached	FS	F	00:57:49.00	169	29	61
837	David	Moore	Unattached	MS	M	00:57:52.65	170	46	109
665	Colin	Waite	Unattached	V70	M	00:58:01.05	171	1	110
687	Louise	Porter	DH Runners	FV40	F	00:58:04.75	172	23	62
673	Mary	Chaplehow	Eden Runners	V50	M	00:58:16.45	173	19	111
702	Nicola	Seggie	Sands Centre	FS	F	00:58:24.40	174	30	63
814	Peter	Manning	Blengdale Runners	V60	M	00:58:30.80	175	13	112
741	David	McGinn	Unattached	V40	M	00:59:11.65	176	32	113
897	Steve	Shovlin	Unattached	V40	M	00:59:18.25	177	33	114
712	Helen	Ashburner	Unattached	FS	F	00:59:20.40	178	31	64
684	Nicola	Byrne	Unattached	FV40	F	00:59:31.50	179	24	65
683	Gary	Byrne	Unattached	V40	M	00:59:31.50	180	34	115
803	Dawn	Slater	Unattached	FV50	F	00:59:32.90	181	9	66
872	Glanda	Howson	DH Runners	FV40	F	01:00:20.60	182	25	67
798	Gordon	Paterson	Dumfries Harriers	V60	M	01:00:23.40	183	14	116
790	Paul	Todd	Unattached	V40	M	01:00:44.20	184	35	117
879	Kate	Whalen	DH Runners	FS	F	01:00:49.50	185	32	68
696	Lynsey	Buckle	Unattached	FS	F	01:00:53.50	186	33	69

731	Heather	Harrison	Carlisle Tri Club	FV40	F	01:00:55.40	187	26	70
862	Paula	Knox	Unattached	FS	F	01:00:57.30	188	34	71
642	Sarah	Douthwaite	Unattached	FS	F	01:01:08.35	189	35	72
789	Ellen	Russell	Unattached	FS	F	01:02:28.05	190	36	73
618	Kathleen	Taylor	Eden Runners	FV50	F	01:02:38.70	191	10	74
869	Tony	Brooke	Eden Runners	V40	M	01:02:40.90	192	36	118
888	Kirsty	Mahong	DH Runners	FS	F	01:04:22.50	193	37	75
854	Helen	Cupac	DH Runners	FV40	F	01:07:15.85	194	27	76
682	Sara	Milburn	DH Runners	FV60	F	01:07:18.35	195	3	77
793	Millie	Lepic	Unattached	FS	F	01:08:13.00	196	38	78
727	Jacqui	Raw	Unattached	FV60	F	01:08:13.70	197	4	79
661	Sue	Crust	New Marske Harriers	FV60	F	01:08:35.00	198	5	80
822	Terry	Saffin	New Marske Harriers Club	FV50	F	01:08:35.05	199	11	81
658	Joanna	Morris	Unattached	FS	F	01:10:48.85	200	39	82
699	David	Macnaughton	DH Runners	V40	M	01:10:50.55	201	37	119
706	Emma	Richardson	DH Runners	FS	F	01:11:32.05	202	40	83
832	Tracey	Pape	Unattached	FS	F	01:12:08.35	203	41	84
692	Dave	Boom	Carlisle Tri Club	V40	M	01:12:10.25	204	38	120
808	Diane	Peacock	Eden Runners	FV50	F	01:15:52.75	205	12	85
705	Anne	Blues	Eden Runners	FV60	F	01:18:22.90	206	6	86