

Carlisle City 10K Series 2016

Points Table - Lowest 3 scores out of 4 races will decide series winners

Name	Club	Cat	Sex	Resolution 10K February 17th	CCUTR May 18th	Carlisle Tri 10K June 1st	Sport in Action 10K August 28th	Points				Total Points	Series Pos	Series Winners
								Race 1	Race 2	Race 3	Race 4			
Series Qualifiers														
James	Buis	Border Harriers & AC	Open	M	00:34:10.15	35.38			2	1			3	Leading M Open
Suzanne	Toppin	Arragons Cumbria Tri Club	Vet 40	F	00:42:10.60	42.44			4	2			6	Leading - F Vet 40
Lucy	Stobbart	Cumberland AC	Open	F	00:40:05.00	44.39			1	6			7	Leading F Open
Stu	Windsor	DH Runners	Vet 40	M		36.01	00:36:17			2	6		8	Leading - M Vet 40
Fiona	Todd	Unattached	Vet 40	F	00:42:59.40	43.15			6	3			9	
Hazel	Smyth	Dumfries Running Club	Open	F	00:43:56.25		00:42:13		8		2		10	
Teresa	Medley	Unattached	Vet 40	F	00:43:54.05	45.24			7	7			14	
Alex	Roberts	Ellenborough	Open	M	00:38:53.15	38.10			13	4			17	
Nadia	Shaw	Unattached	Open	F	00:47:50.40	43.22			13	4			17	
Heather	Eccles Bunker	Eden Runners	Open	F	00:48:05.05		00:45:10		14		4		18	
Shane	Stobbart	Cumberland AC	Open	M	00:38:16.15	40.10			9	9			18	
Linda	Aspinnall	Unattached	Vet 40	F	00:48:34.15	49.45			16	13			29	
Darren	Willey	Carlisle Tri Club	Vet 40	M	00:40:01.30	40.21			18	11			29	
Andy	Render	Annan & District AC	Vet 40	M	00:38:31.75	38.49	00:38:39		11	5	14		30	
Caroline	Evans	Headington RR	Open	F	00:49:29.75		00:47:54		21		11		32	
Gillian	McLeod	Dumfries Harriers	Vet 40	F	00:49:53.05		00:47:05		23		10		33	
Julie	Story	DH Runners	Vet 40	F	00:49:18.00		00:49:44		19		16		35	
Audrey	O'Kelly	Carlisle Tri Club	Vet 50	F		51.19	00:50:33			18	19		37	Leading F Vet 50
Nathan	Postill	Josh Waite Fan Club	Jun	M		41.04	00:40:27			14	28		42	Leading M Jun
Nicky	Butler	Keswick AAC	Vet 50	F		52.13	00:51:03			21	22		43	
Kyle	Laurie	Unattached	Open	M		42.27	00:40:09			19	24		43	
Josh	Waite	Carlisle Tri Club	Open	M	00:39:19.20	41.40	00:38:28		14	16	13		43	
Kevin	Scott	DH Runners	Vet 40	M	00:39:49.20	39.33	00:39:38		16	8	20		44	
Helen	Gardner	Unattached	Open	F	00:51:34.00	53.31			28	24			52	
Steven	Boyd	DH Runners	Open	M	00:40:33.15		00:40:56		21		32		53	
Audrey	Turnbull	Eden Runners	Open	F	00:49:43.55		00:52:49		22		33		55	
Beverly	Armstrong	DH Runners	Vet 40	F	00:54:09.65	50.45			40	17			57	
Carl	Blackburn	Unattached	Open	M	00:40:11.35	41.56	00:40:18		20	17	25		62	
Karen	Bowler	Hailsham Harriers	Vet 60	F		54.39	00:52:55			26	36		62	Leading F Vet 60
Carmel	Bones	Carlisle Tri Club	Vet 40	F	00:51:44.95	51.33	00:49:59		30	19	17		66	
Diane	Graham	DH Runners	Vet 40	F		59.53	00:56:58			43	26		69	
Sandra	Kay	DH Runners	Vet 50	F		55.52	00:54:39			29	43		72	
Peter	Milligan	Cumberland AC	Open	M	00:43:44.55		00:41:33		38		35		73	
Michael	Storey	DH Runners	Open	M		44.32	00:43:22			23	51		74	
Martin	Cockroft	Unattached	Open	M		45.21	00:43:24			26	52		78	
Lynn	Clemmitt	DH Runners	Vet 50	F	00:55:42.95	56.43			46	33			79	
Gay	Eastoe	Alnwick Harriers	Vet 60	F	00:55:56.05	58.33			48	37			85	
Louise	Duffy	DH Runners	Vet 40	F	00:51:47.90	51.56	00:52:55		32	20	35		87	
Fiona	Jardine	Dumfries Running Club	Vet 40	F	00:53:25.05	1.05.13			37	50			87	
Emma	Davidson	Unattached	Open	F		58.46	00:55:12			40	48		88	
Douglas	Gold	Unattached	Open	M	00:42:57.60		00:43:42		35		54		89	
Lucy	Cowton	DH Runners	Vet 40	F	00:56:47.60	56.55			55	35			90	
Chris	Knox	DH Runners	Vet 50	M		46.29	00:44:54			30	64		94	Leading M Vet 50
Mark	Rutherford	Keswick AAC	Open	M	00:44:49.65		00:43:21		45		50		95	
Brian	Hazelwood	Unattached	Vet 40	M		46.52	00:45:13			33	67		100	
Katherine	Bell	Unattached	Open	F	00:57:47.60	1.02.26			60	46			106	
Willie	Martin	Dumfries Harriers	Vet 40	M	00:47:31.95		00:42:55		62		44		106	

Fiona	Moore	DH Runners	Open	F	00:56:22.65		00:55:51		52		55		107
Michael	Fordyce	Unattached	Vet 50	M	00:49:07.60	48.28			71	39			110
Marie	Milligan	Unattached	Open	F		59.31	00:57:27			42	68		110
Peter	Garnett	Border Harriers & AC	Vet 60	M	00:48:28.25	50.46			69	44			113
Jonathan	Marshall	Wigton Road Runners	Open	M	00:46:41.85		00:44:23		55		59		114
Fiona	Wilson	DH Runners	Vet 40	F		58.43	00:59:29			38	76		114
Keith	Ainslie	Dumfries Harriers	Vet 50	M	00:42:24.80		00:47:06		30		85		115
Wayne	Horsley	Unattached	Open	M	00:46:29.65	45.36	00:45:41		12	29	75		116
Kate	Whalen	DH Runners	Open	F	01:00:49.50	1.03.36			69	48			117
Neil	Jamieson	Unattached	Vet 60	M	00:51:34.25	47.10			82	36			118
Marc	Scott	Dumfries Harriers	Vet 40	M	00:47:44.40		00:44:19		63		58		121
Douglas	Kerr	Dumfries Harriers	Vet 40	M	00:45:45.15		00:45:38		50		74		124
Rachel	Lee	DH Runners	Vet 50	F	00:57:41.15		00:59:36		58		78		136
Emma	Richardson	DH Runners	Open	F	01:11:32.05	1.12.21			84	53			137
Gary	Boak	Unattached	Open	M	00:45:46.90	45.27	00:44:38		51	27	62		140
Pauline	Connelly	Unattached	Vet 40	F		1.10.52	01:08:03			51	99		150
Simon	Dolman	DH Runners	Vet 40	M		51.34	00:51:58			45	106		151
Colin	Browne	Unattached	Vet 40	M		55.33	00:51:21			53	100		153
Gary	Bell	Unattached	Open	M	00:53:36.40	1.02.25			93	61			154
John	Hiscox	Unattached	Vet 40	M		55.33	00:51:56			54	105		159
Sophie	Wardle	DH Runners	Jun	F		1.13.44	01:10:23			55	104		159
Rebecca	Birkett	Unattached	Open	F		1.13.28	01:10:35			54	106		160
Sarah	Wardle	DH Runners	Vet 40	F		1.13.44	01:10:25			56	105		161
Richard	Eastoe	Alnwick Harriers	Vet 60	M	00:55:55.95	58.34			104	58			162
John	Lewis	Cumberland AC	Vet 60	M	00:50:34.75		00:48:47		79		89		168
Helen	Cupac	DH Runners	Vet 40	F	01:07:15.85		01:04:54		77		95		172
Nicola	Seggie	Sands Centre	Open	F	00:58:24.40	57.28	00:59:13		64	36	73		173
Steve	Claringbold	DH Runners	Open	M	00:52:02.45	47.07	00:45:29		84	35	72		191
Tim	Bowler	Hailsham Harriers	Vet 60	M		1.07.59	01:04:44			62	134		196
Gordon	Beattie	DH Runners	Vet 40	M		1.16.59	01:18:40			63	136		199
Glenda	Howson	DH Runners	Vet 40	F	01:00:20.60	1.02.41	01:01:35		68	47	87		202
George	Fraser	Annan & District AC	Vet 60	M	00:53:49.35		01:01:46		95		131		226
Steve	Shovlin	Unattached	Vet 40	M	00:59:18.25		00:54:08		112		119		231
Anthony	Nicholson	DH Runners	Vet 40	M	00:53:39.25	52.23	00:50:03		94	47	95		236
Gordon	Paterson	Dumfries Harriers	Vet 60	M	01:00:23.40		01:00:53		114		129		243
David	Macnaughton	DH Runners	Vet 40	M	01:10:50.55		01:12:49		117		135		252
Christopher	Winspear	Unattached	Vet 50	M	00:52:39.05	53.00	00:54:17		91	49	120		260
David	McGinn	Unattached	Vet 40	M	00:59:11.65	58.00	00:58:05		111	57	126		294
Paul	Todd	DH Runners	Vet 40	M	01:00:44.20	1.00.32	00:58:29		115	59	127		301

Leading M Vet 60

Leading F Jun

Unable to Win the Series due to competing in less than 3 events

Kevin	Bell	Border Harriers	Open	M			00:33:25				1		1
Robert	Hodgson	Border Harriers & AC	Open	M	00:32:39.35				1				1
Annika	Stumpf	DH Runners	Open	F			00:40:54				1		1
Joasia	Zakrzewski	Dumfries Running Club	Vet 40	F		38.12				1			1
Karen	Bridge	Eden Runners	Vet 40	F	00:40:15.75				2				2
Paul	Graves	DH Runners	Open	M			00:33:49				2		2
Jim	Buchanan	Dumfries Running Club	Vet 50	M		37.24				3			3
Donna	Burnett	Unattached	Open	F			00:43:28				3		3
Vicky	Johnston	Unattached	Open	F	00:41:21.90				3				3
Ross	Landon	Border Harriers & AC	Open	M	00:34:27.65				3				3
Sam	Stead	Keswick AC	Open	M			00:34:29				3		3
Daniel	Hornsby	Border Harriers & AC	Open	M	00:35:50.35				4				4
Steven	Weston	DH Runners	Open	M			00:35:25				4		4

Tanya	Coates	Unattached	Open	F		43.23				5			5
Sophia	Craig	Unattached	Vet 40	F				00:45:31			5		5
Pamela	Morris	Unattached	Open	F	00:42:41.75					5			5
Marc	Penn	Keswick AC	Vet 40	M				00:35:55			5		5
David	Thompson	U.K.Postal	Open	M	00:36:14.35					5			5
Georgie	Lowrie	Carlisle Tri Club	Open	F				00:46:42			6		6
Trevor	Martin	Unattached	Vet 40	M		38.51					6		6
Stuart	Robinson	Border Harriers & AC	Vet 50	M	00:36:18.85					6			6
Chris	Brewer	Keswick AC	Vet 40	M				00:36:44			7		7
Steven	Martin	Gala Harriers	Vet 40	M	00:38:01.95					7			7
Megan	Martin	Unattached	Open	F				00:46:49			7		7
Andrew	Wilson	Unattached	Open	M		38.57					7		7
Sarah	Brotherton	Unattached	Open	F				00:46:49			8		8
Cath	Burrus	Unattached	Vet 40	F		46.30					8		8
Howard	Kirkbride	Cumberland AC	Vet 50	M	00:38:15.25					8			8
Alastair	Thomas	Unattached	Jun	M				00:36:57			8		8
Hailey	Fletcher	Unattached	Open	F				00:47:01			9		9
Kerry	Grinbergs	Eden Runners	Open	F	00:44:19.25					9			9
Ian	Harkness	DH Runners	Open	M				00:37:11			9		9
Sue	Jeffery	Dumfries Running Club	Open	F		46.46					9		9
Les	Hill	Dumfries Running Club	Vet 50	M		40.19					10		10
Anne	Macfarlane	Dumfries Running Club	Vet 50	F		47.44					10		10
Alan	McKee	Ellenborough AC	Vet 40	M				00:38:10			10		10
Ben	Smith	Motherwell AC	Open	M	00:38:17.65					10			10
Louise	Trainor	Quakers Running Club	Vet 40	F	00:44:52.60					10			10
Susan	Fawkes	DH Runners	Open	F	00:44:55.45					11			11
Alison	McKean	Dumfries Running Club	Open	F		48.54					11		11
Stuart	Sirey	Carlisle Tri Club	Open	M				00:38:11			11		11
Laurens	Damminga	Carlisle Tri Club	Open	M				00:38:23			12		12
Adam	Dickie	Dumfries Running Club	Open	M		40.34					12		12
Jo	Gruchy	Unattached	Open	F		49.40					12		12
Kate	Hurr	Unattached	Open	F				00:48:28			12		12
Ian	Weisser	Unattached	Open	M	00:38:51.40					12			12
Sandy	Shankland	Dumfries Running Club	Vet 60	M		40.57					13		13
Janey	Priestley	Annan & District AC	Vet 50	F				00:48:43			14		14
Adam	Armata	Unattached	Open	M		41.18					15		15
Rachel	Ash	Unattached	Open	F				00:48:57			15		15
Karl	Edwards	Hartlepool Burn Road Harriers	Vet 60	M	00:39:44.95					15			15
Angela	Fisher	Carlisle Tri Club	Open	F	00:48:21.10					15			15
Mark	Irving	Border Riever Runners	Open	M				00:38:50			15		15
Julie	Ross	Carlisle Tri Club	Vet 50	F		50.37					15		15
Vicky	Hart	Dumfries Running Club	Open	F		50.43					16		16
Paul	McKnespiey	Carlisle Tri Club	Vet 40	M				00:39:01			16		16
Lisa	Martins	Derwent AC Cockermouth	Open	F	00:48:40.85					17			17
Gareth	Melvin	Border Harriers	Open	M				00:39:04			17		17
Ewan	Waite	Unattached	Open	M	00:39:53.60					17			17
Samantha	Cartmel	Unattached	Open	F	00:49:10.60					18			18
Liz	Dawson	Annan & District AC	Vet 50	F				00:50:26			18		18
Lee	Doswell	Unattached	Open	M				00:39:14			18		18
David	Postill	Carlisle Tri Club	Vet 40	M		42.22					18		18
Garry	Burns	Hardrock Hoodlums	Vet 40	M				00:39:32			19		19
David	Jardin	Elswick Harriers	Vet 40	M	00:40:07.85					19			19
Jennifer	Moody	Unattached	Vet 40	F				00:50:54			20		20
Jose	Sauchet	Unattached	Open	M		43.23					20		20
Rachael	Whitehead	Unattached	Open	F	00:49:23.50					20			20

Mike	Brown	Unattached	Vet 40	M			00:39:44				21		21
Sharron	Clark	Wigton Road Runners	Vet 40	F			00:50:55				21		21
Neil	Ingladow	Border Reviers	Vet 40	M		43.56					21		21
James	Grinbergs	Eden Runners	Open	M	00:40:46.05						22		22
Laura	Mccall	Dumfries Running Club	Open	F		52.44					22		22
Ian	McDougall	Unattached	Vet 50	M			00:39:55				22		22
Christopher	Tolley	Unattached	Open	M		44.15					22		22
Mike	Holliday	DH Runners	Open	M			00:40:09				23		23
Wayne	Laird	Border Warrior	Open	M	00:41:19.60						23		23
Nicola	Ostridge	Unattached	Vet 40	F			00:51:05				23		23
Skye	Sarabs	Dumfries Running Club	Open	F		52.46					23		23
Dan	Barry	Unattached	Vet 40	M		44.58					24		24
Joanne	May	Eden Runners	Vet 40	F	00:50:59.80						24		24
Ann	Milburn	Unattached	Open	F			00:51:13				24		24
Robert	Paterson	Derwent AC Cockermouth	Open	M	00:41:27.45						24		24
David	Burns	Dumfries Running Club	Vet 50	M		45.20					25		25
Lindsay	Graham	DH Runners	Open	F	00:51:06.95						25		25
Viki	Kent	Unattached	Open	F			00:51:26				25		25
Nicholas	Mitchell	Vegan Runners UK	Open	M	00:41:42.45						25		25
Julie	Thompson	Unattached	Open	F		53.31					25		25
Steven	Berry	Border Harriers & AC	Open	M			00:40:19				26		26
Matt	Charlton	Headington RR	Open	M	00:41:46.70						26		26
Lorna	Graham	DH Runners	Vet 40	F			00:51:53				26		26
Amy	Pinguey	Unattached	Vet 40	F	00:51:26.00						26		26
Lorna	Gold	Unattached	Vet 50	F	00:51:28.85						27		27
Angus	Harman	Unattached	Open	M			00:40:24				27		27
John	Oakey	Eden Runners	Vet 40	M	00:41:57.35						27		27
Helen	Short	Unattached	Vet 40	F		55.05					27		27
Emma	Smith	Unattached	Open	F			00:52:06				27		27
Natalie	Storey	DH Runners	Open	F		50.03	00:48:37				14	13	27
Claire	Andrews	Unattached	Open	F			00:52:08				28		28
Jody	Dempster	Dumfries Running Club	Open	F		55.42					28		28
David	McGilluray	DH Runners	Vet 50	M		45.32					28		28
Stuart	Morrison	Unattached	Vet 50	M	00:42:17.90						28		28
Carol	Elliot	Dumfries Harriers	Vet 50	F	00:51:34.95						29		29
Kate	Stark	Unattached	Open	F			00:52:18				29		29
Sean	Uttley	Unattached	Vet 50	M			00:40:38				29		29
Chris	Wear	Cumberland AC	Vet 40	M	00:42:24.00						29		29
Kim	Aldersey	Unattached	Vet 40	F			00:52:30				30		30
Clare	Anderson	Unattached	Vet 50	F		56.01					30		30
Antony	Briscoe	Cumberland AC	Vet 50	M			00:40:42				30		30
Kerry	Braithwaite	Unattached	Vet 40	F		56.17					31		31
Robert	Hastings	Unattached	Open	M	00:42:26.50						31		31
Natalie	McCarron	Unattached	Open	F	00:51:44.95						31		31
Stephen	Mohan	Dumfries Running Club	Vet 50	M		46.31					31		31
Marina	Powell-Currie	Eden Runners	Vet 40	F			00:52:32				31		31
Nico	Watt	Unattached	Open	M			00:40:53				31		31
Claire	Borradaile	Unattached	Open	F			00:52:42				32		32
Will	Maginn	Unattached	Open	M		46.32					32		32
Tracey	Shaw	Unattached	Open	F		56.39					32		32
Paul	Todd	Cumberland AC	Vet 40	M	00:42:32.10						32		32
James	Graham	Cumbria Police	Open	M			00:41:13				33		33
Karoline	Rose	Unattached	Open	F	00:52:45.05						33		33
David	Todd	Quakers Running Club	Vet 40	M	00:42:50.35						33		33
Bethany	Duffy	DH Runners	Jun	F			00:52:55				34		34

Emma	Eagling	Unattached	Open	F	00:52:45.55				34				34
Zoe	Fox	Unattached	Open	F		56.55				34			34
Gareth	Irving	Unattached	Open	M	00:42:55.10				34				34
Keith	Martin	Unattached	Open	M		47.05				34			34
Derek	Rose	Unattached	Vet 40	M			00:41:23				34		34
Parish	Minton	Glaxo Hoad Hill Harriers	Open	F	00:52:46.80				35				35
Carl	Douglas	Unattached	Vet 40	M			00:41:34				36		36
Nicola	Jameson	Carlisle Tri Club	Open	F	00:53:11.05				36				36
Philip	Meloy	Cumberland AC	Open	M	00:43:17.80				36				36
Pradeep	Bhagawan	Carlisle Tri Club	Vet 50	M		47.41				37			37
Lydia	Hindmoor	Unattached	Open	F			00:53:22				37		37
Craig	Little	Unattached	Open	M			00:42:02				37		37
Brian	McGhee	Unattached	Open	M	00:43:33.05				37				37
Karen	Ben Dhau	Unattached	Open	F	00:53:30.10				38				38
Martin	Gallagher	Unattached	Open	M			00:42:05				38		38
Nicola	Latimer	Wigton Road Runners	Vet 40	F			00:53:25				38		38
Bill	Rogers	Border Harriers & AC	Vet 50	M		48.14				38			38
Micheal	Brown	Unattached	Open	M	00:44:01.35				39				39
Daniel	Crooks	Derwent AC	Open	M			00:42:19				39		39
Rowane	Glendinning	Unattached	Open	F			00:53:57				39		39
Kathryn	Holliday	DH Runners	Vet 40	F	00:54:04.85				39				39
Abi	Lindsay	DH Runners	Open	F		58.45				39			39
Kim	Clark	Keswick AC	Vet 50	F			00:54:14				40		40
Dean	Mason	Cumberland AC	Vet 40	M	00:44:07.15				40				40
Andrew	Nelson	Derwent AC Cockermonth	Vet 50	M		48.59				40			40
Sam	Verry	Unattached	Open	M			00:42:24				40		40
Jonathan	Buckley	Unattached	Open	M		49.10				41			41
Paul	Hayton	Unattached	Open	M			00:42:42				41		41
Liz	Postill	Carlisle Tri Club	Vet 40	F			00:54:23				41		41
Maria	Renucci	Unattached	Vet 40	F		59.13				41			41
David	Scattergood	Unattached	Vet 40	M	00:44:13.20				41				41
Sarah	Wright	Eden Runners	Open	F	00:54:11.00				41				41
Daniel	Braithwaite	Unattached	Vet 40	M		49.25				42			42
John	Bridge	Eden Runners	Vet 50	M	00:44:17.20				42				42
Michelle	Kingston	Unattached	Open	F			00:54:37				42		42
Heather	Rowe	Carlisle Tri Club	Vet 40	F	00:54:25.35				42				42
Ian	Wilson	Cumberland AC	Open	M			00:42:43				42		42
Sue	Blackmore	Unattached	Vet 50	F	00:54:25.65				43				43
Jamie	Crossan	Unattached	Open	M	00:44:31.15				43				43
Martin	Dodd	Unattached	Vet 40	M		50.44				43			43
Graham	Lewis	Unattached	Open	M			00:42:52				43		43
Matt	Begg	DH Runners	Open	M	00:44:37.75				44				44
Joanna	Fleming	Unattached	Vet 40	F		1.00.18				44			44
Katy	Nash	Galloway Harriers	Vet 40	F	00:54:52.45				44				44
Mel	Warwick	DH Runners	Open	F			00:54:40				44		44
Lucy	Child	Unattached	Open	F	00:55:04.05				45				45
Louise	Jordan	Unattached	Open	F		1.02.13				45			45
Catherine	Keevil	Derwent AC	Open	F			00:54:53				45		45
Martin	Middlemiss	Derwent Valley Trail Runners	Vet 40	M			00:42:58				45		45
Kerri	Burnie	Dumfries Harriers	Vet 40	F			00:54:58				46		46
Ryan	Park	Unattached	Open	M		52.14				46			46
Jose	Sanchez	Unattached	Open	M			00:43:06				46		46
Christopher	Smith	Moray Road Runners	Open	M	00:44:57.60				46				46
Stephen	Carroll	Dunfries Harriers	Vet 40	M	00:45:08.15				47				47
Daniel	Ibbotson	Border Harriers	Vet 40	M			00:43:09				47		47

Nicola	Irving	Unattached	Open	F			00:55:06			47		47
Sue	Lovett	Unattached	Vet 50	F	00:55:45.15				47			47
Dave	Evans	Eden Runners	Vet 60	M	00:45:30.60				48			48
Tony	Mills	DH Runners	Vet 50	M			00:43:14				48	48
Jason	Smith	Unattached	Vet 40	M		52.27				48		48
Michael	Brooks	Unattached	Vet 40	M	00:45:39.95				49			49
Toby	Harling	Unattached	Open	M			00:43:17				49	49
Louise	Macrae	Unattached	Open	F	00:55:57.50				49			49
Sharon	Marshall	Dumfries Running Club	Vet 40	F		1.05.12				49		49
Sarah	Simmon	Wigton Road Runners	Open	F			00:55:19				49	49
Stephanie	Shaw	Unattached	Open	F	00:55:58.00					50		50
Diane	Shaw	Keswick AC	Vet 50	F			00:55:23				50	50
Stephen	Warwick	Unattached	Vet 40	M		53.30				50		50
Andy	Dickson	Dumfries Running Club	Vet 50	M		54.43				51		51
Alison	Hickie	Unattached	Open	F			00:55:28				51	51
Andrea	Young	DH Runners	Vet 40	F	00:56:17.35				51			51
Gareth	Johnstone	Fylde Coast Runners	Vet 40	M		55.13				52		52
Dan	Nicholson	SLG Runners	Open	M	00:45:49.15				52			52
Helen	Sanderson	DH runners	Vet 40	F			00:55:32				52	52
Jo	Turnbull	DH Runners	Vet 40	F		1.11.04				52		52
Chris	Cook	SLG Runners	Open	M	00:46:00.35					53		53
Lorraine	Hodgson	Unattached	Vet 50	F	00:56:34.45					53		53
Gordon	Vivers	Annan & District AC	Vet 50	M			00:43:35				53	53
Sarah	White	Unattached	Vet 40	F			00:55:38				53	53
Faith	Matthews	Unattached	Vet 40	F			00:55:41				54	54
Gillian	Silson	Eden Runners	Vet 50	F	00:56:38.05					54		54
Noel	Urwin	Unattached	Vet 50	M	00:46:17.15					54		54
Baz	Harper	Carlisle Tri Club	Open	M			00:43:42				55	55
Rob	Irving	Unattached	Vet 50	M		57.01				55		55
John	Green	Annan & District AC	Vet 50	M			00:44:00				56	56
Carolyn	Gregory	Fellside Ladies	Open	F	00:57:20.35					56		56
Larry	Horne	Eden Runners	Vet 50	M	00:46:45.40					56		56
Carly	Matthews	Runnum	Vet 40	F			00:56:02				56	56
Sean	McGleenan	Dumfries Running Club	Vet 50	M		57.44				56		56
Bev	Baird	Sunderland Strollers	Vet 40	F	00:57:30.35					57		57
Michelle	Barron	Wigton Roadrunners	Vet 40	F			00:56:03				57	57
Gary	Ellison	Unattached	Open	M			00:44:16				57	57
Steve	Viney	DH Runners	Vet 60	M	00:46:50.55					57		57
Jane	Adams	Bodyfit	Vet 40	F			00:56:08				58	58
Graham	Tennet	Unattached	Vet 40	M	00:46:54.90					58		58
John	Grimshaw	Unattached	Vet 50	M	00:46:59.10					59		59
Fiona	McGhee	Unattached	Vet 40	F	00:57:44.25					59		59
Natalie	McGowan	Dumfries Harriers	Vet 40	F			00:56:11				59	59
Vicky	Cuthbert	Unattached	Vet 40	F			00:56:28				60	60
Colin	Fell	Unattached	Vet 50	M	00:47:01.65					60		60
Roger	Grey	Unattached	Vet 60	M			00:44:28				60	60
Alexis	Oates	Unattached	Vet 60	M		1.00.45				60		60
Gill	Cherry	Unattached	Vet 40	F	00:57:48.10					61		61
Sarah	Gibson	Runnum	Open	F			00:56:41				61	61
John	McGibbon	Border Harriers & AC	Vet 50	M	00:47:20.45					61		61
Dave	Norman	Unattached	Open	M			00:44:33				61	61
Jill	Glencross	DH Runners	Vet 40	F			00:56:46				62	62
Michelle	Moffat	Unattached	Open	F	00:57:49.00						62	62
David	MacGillivray	DH Runners	Vet 50	M			00:44:48				63	63
Louise	Porter	DH Runners	Vet 40	F	00:58:04.75						63	63

Stephen	Blackwell	Unattached	Open	M	00:48:05.45			64			64
Tracey	Taylor	Cumberland AC	Vet 40	F			00:57:01			64	64
Helen	Ashburner	Unattached	Open	F	00:59:20.40			65			65
Shaun	Cavanagh	Cumberland AC	Vet 50	M			00:45:07			65	65
Henry	Cumbers	Keighley & Craven AC	Open	M	00:48:13.15			65			65
Anne	Stopinske-Leruche	Unattached	Open	F			00:57:10			65	65
Nicola	Byrne	Unattached	Vet 40	F	00:59:31.50			66			66
Rosie	Cimella	Unattached	Open	F			00:57:10			66	66
Neil	Hudson	Unattached	Open	M			00:45:08			66	66
Danny	Wilkinson	Carlisle Tri Club	Open	M	00:48:16.55			66			66
Lisa	Bragg	Unattached	Open	F			00:57:23			67	67
Richard	Nash	Galloway Harriers	Vet 40	M	00:48:20.45			67			67
Dawn	Slater	Unattached	Vet 50	F	00:59:32.90			67			67
Mike	Beechey	Keswick AC	Vet 40	M			00:45:16			68	68
Tony	Lowery	Eden Runners	Vet 40	M	00:48:20.80			68			68
Steven	Archibald	Unattached	Vet 40	M			00:45:20			69	69
Angela	Irwin	Unattached	Vet 40	F			00:58:24			69	69
Lynsey	Buckle	Unattached	Open	F	01:00:53.50			70			70
Carol	Douglas	DH runners	Vet 50	F			00:58:36			70	70
Gary	Holiday	Unattached	Open	M	00:48:35.55			70			70
David	Mason	Unattached	Vet 40	M			00:45:24			70	70
Craig	Harper	Carlisle Tri Club	Open	M			00:45:27			71	71
Heather	Harrison	Carlisle Tri Club	Vet 40	F	01:00:55.40			71			71
Jane	Lenza	Dumfries Harriers	Vet 50	F			00:58:48			71	71
Mark	Appleby	Unattached	Vet 40	M	00:49:10.65			72			72
Jackie	Davies	Unattached	Open	F			00:58:53			72	72
Paula	Knox	Unattached	Open	F	01:00:57.30			72			72
Sarah	Douthwaite	Unattached	Open	F	01:01:08.35			73			73
Gary	Irving	Carlisle Tri Club	Vet 50	M			00:45:33			73	73
Paul	Saager	Eden Runners	Vet 60	M	00:49:23.30			73			73
Emily	Mechie	Unattached	Open	F			00:59:17			74	74
David	Peacock	Eden Runners	Vet 50	M	00:49:34.30			74			74
Ellen	Russell	Unattached	Open	F	01:02:28.05			74			74
Louise	Stewart	Runnum	Vet 50	F			00:59:20			75	75
Kathleen	Taylor	Eden Runners	Vet 50	F	01:02:38.70			75			75
Cameron	Westmorland	Unattached	Jun	M	00:49:49.95			75			75
Steve	Head	Dumfries Harriers	Vet 60	M	00:49:52.05			76			76
Kirsty	Mahong	DH Runners	Open	F	01:04:22.50			76			76
Chris	Wright	Unattached	Vet 50	M			00:45:53			76	76
Abi	Drago	Unattached	Open	F			00:59:31			77	77
Kev	Iveson	Unattached	Open	M			00:46:04			77	77
Stevie	Sharp	Unattached	Open	M	00:49:53.85			77			77
Paul	Martin	Cumberland AC	Vet 50	M			00:46:04			78	78
Sara	Milburn	DH Runners	Vet 60	F	01:07:18.35			78			78
Andrew	Walker	Eden Runners	Vet 50	M	00:50:24.40			78			78
Christine	Alcock	Carlisle Tri Club	Vet 50	F			00:59:54			79	79
Millie	Lepic	Unattached	Open	F	01:08:13.00			79			79
David	Rice	Keswick AC	Vet 40	M			00:46:11			79	79
Dion	Crozier	DH Runners	Open	M			00:46:16			80	80
Adrian	Holme	Keswick AAC	Vet 40	M	00:50:49.40			80			80
Jenna	Pattinson	Unattached	Open	F			01:00:02			80	80
Jacqui	Raw	Unattached	Vet 60	F	01:08:13.70			80			80
Andy	Baker	DH Runners	Vet 40	M			00:46:48			81	81
Sue	Crust	New Marske Harriers	Vet 60	F	01:08:35.00			81			81
Raymond	Lightle	Bedale & Aiskew Runners	Vet 60	M	00:51:17.75			81			81

Rebecca	Wilson	DH Runners	Open	F			01:00:14				81		81
Andy	Caven	DH Runners	Vet 50	M			00:46:51				82		82
Lesley Anne	Machinnon	Unattached	Open	F			01:00:51				82		82
Terry	Saffin	New Marske Harriers Club	Vet 50	F	01:08:35.05					82			82
Martin	Grey	DH Runners	Vet 50	M			00:46:55				83		83
Joanna	Morris	Unattached	Open	F	01:10:48.85					83			83
Fiona	Warwick	Dumfries Harriers	Vet 40	F			01:01:12				83		83
Nick	Whitehead	Unattached	Open	M	00:51:54.30					83			83
Arran	Johnson	Unattached	Open	M			00:47:04				84		84
Michelle	MacKay	DH Runners	Vet 40	F			01:01:16				84		84
Sarah	Glencross	Runnum	Open	F			01:01:27				85		85
Jason	Miles-Campbell	Unattached	Vet 40	M	00:52:04.60					85			85
Tracey	Pape	Unattached	Open	F	01:12:08.35					85			85
Jill	Cooke	Runnum	Vet 40	F			01:01:29				86		86
Daniel	Kershaw	Scottish Athletics	Open	M	00:52:06.90					86			86
Diane	Peacock	Eden Runners	Vet 50	F	01:15:52.75					86			86
Grant	Seaton	Annan & District AC	Open	M			00:47:11				86		86
Anne	Blues	Eden Runners	Vet 60	F	01:18:22.90					87			87
Jackson	Kelly	Cumberland AC	Open	M	00:52:09.70					87			87
Kevin	Robinson	Unattached	Vet 40	M			00:48:14				87		87
Karen	Cavanagh	Cumberland AC	Vet 50	F			01:02:13				88		88
Richard	Henry	DH Runners	Open	M			00:48:42				88		88
Bruce	Morgan	Unattached	Vet 40	M	00:52:10.45					88			88
Helen	Turner	Runnum	Open	F			01:02:14				89		89
Chris	Robinson	Unattached	Vet 50	M	00:52:13.35					89			89
Carl	Deane	DH Runners	Vet 40	M			00:48:55				90		90
Brendan	Mcardle	Unattached	Vet 40	M	00:52:26.60					90			90
Emma	Taylor	DH Runners	Open	F			01:02:15				90		90
Jason	Maxwell	Unattached	Open	M			00:49:26				91		91
Mary	Messenger	Runnum	Vet 40	F			01:02:25				91		91
Karter	Minton	Unattached	Jun	M	00:53:17.50					92			92
Timo	Neiminen	Unattached	Vet 50	M			00:49:32				92		92
Joanne	Peart	DH Runners	Vet 50	F			01:02:35				92		92
Andrew	Hemsley	Eden Runners	Vet 50	M			00:49:35				93		93
Susan	Plant	Unattached	Vet 50	F			01:03:31				93		93
Heather	Glendinning	Unattached	Vet 50	F			01:03:55				94		94
James	MacKay	Unattached	Open	M			00:49:40				94		94
Craig	McDougall	Unattached	Vet 40	M	00:54:06.10					96			96
Dave	Wilson	Unattached	Open	M			00:50:20				96		96
Rachel	Wood	Unattached	Open	F			01:05:27				96		96
Mark	Drummond	DH Runners	Vet 40	M	00:54:09.75					97			97
Toni	Hogarth	Unattached	Open	F			01:05:43				97		97
John	Shaw	Keswick AC	Vet 50	M			00:50:31				97		97
Cameron	Alan	Annan & District AC	Vet 50	M			00:51:00				98		98
Nicola	Jackson	DH Runners	Vet 40	F			01:06:32				98		98
Kevin	Whemore	Eden Runners	Vet 60	M	00:54:14.50					98			98
Dave	Bentley	Unattached	Vet 50	M			00:51:07				99		99
Eric	Oneil	Unattached	Vet 50	M	00:54:22.75					99			99
Tracy	Lazonby	Unattached	Vet 40	F			01:08:36				100		100
David	Thompson	Unattached	Vet 40	M	00:54:24.45					100			100
Tony	Morgan	Unattached	Vet 40	M			00:51:38				101		101
Duncan	Scott	Unattached	Open	M	00:55:22.45					101			101
Petra	Sheard	Bodyfit	Vet 50	F			01:08:48				101		101
Jennifer	Bell	Unattached	Vet 40	F			01:09:01				102		102
Peter	Campbell	Border Harriers	Vet 50	M			00:51:45				102		102

Chris	Lockley	Eden Runners	Vet 50	M	00:55:41.15				102				102
Sandra	Gowling	Unattached	Vet 40	F			01:09:03				103		103
Steve	Harwood	Keswick AC	Vet 60	M			00:51:54				103		103
Richard	Hill	Eden Runners	Vet 40	M	00:55:48.60					103			103
Dave	Moran	Unattached	Open	M			00:51:56				104		104
Richard	Bowman	Unattached	Vet 40	M	00:56:12.65					105			105
Stephen	Long	Unattached	Vet 50	M	00:56:32.60					106			106
M	Fox	Unattached	Open	M			00:52:05				107		107
David	Moore	Unattached	Open	M	00:57:52.65					107			107
Karen	Rome	DH Runners	Vet 40	F			01:11:50				107		107
Martin	Gordon	Dumfries Harriers	Open	M			00:52:11				108		108
Jill	Rice	Dumfries Harriers	Vet 50	F			01:13:25				108		108
Colin	Waite	Unattached	Vet 70	M	00:58:01.05					108			108
Mary	Chaplehow	Eden Runners	Vet 50	M	00:58:16.45					109			109
Jaclyn	Gray	Unattached	Open	F			01:13:40				109		109
Paul	Irving	Unattached	Open	M			00:52:12				109		109
Joanne	Gordon	Dumfries Harriers	Open	F			01:15:48				110		110
Peter	Manning	Blengdale Runners	Vet 60	M	00:58:30.80					110			110
Johnny	Minto	Annan & District AC	Vet 40	M			00:52:25				110		110
Fiona	Nelson	Dumfries Harriers	Vet 50	F			01:16:21				111		111
Matthew	Waning	Carlisle Tri Club	Open	M			00:52:33				111		111
Francesca	Bee	DH Runners	Open	F			01:19:15				112		112
James	Docherty	Unattached	Vet 40	M			00:52:44				112		112
Gary	Byrne	Unattached	Vet 40	M	00:59:31.50					113			113
Nicola	Campbell	Runnum	Open	F			01:27:21				113		113
Leslie	Thompson	Unattached	Open	M			00:53:03				113		113
Linda	Morrison	Unattached	Vet 50	F			01:37:04				114		114
Mark	Wilson-Maher	Unattached	Open	M			00:53:06				114		114
Mike	Graham	Ellenborough AC	Vet 60	M			00:53:43				115		115
Tony	Brooke	Eden Runners	Vet 40	M	01:02:40.90					116			116
David	Robinson	Carlisle Tri Club	Vet 50	M			00:53:56				116		116
Chris	Clark	Keswick AC	Vet 60	M			00:54:02				117		117
Dave	Boom	Carlisle Tri Club	Vet 40	M	01:12:10.25					118			118
David	Ferrier	Keswick Tri Club	Vet 50	M			00:54:05				118		118
Tony	Carrigan	DH Runners	Vet 40	M			00:54:27				121		121
Neil	Gillespie	Unattached	Vet 40	M			00:54:30				122		122
Mark	Moody	Carlisle Tri Club	Vet 40	M			00:55:46				123		123
Robin	Howson	Unattached	Open	M			00:55:50				124		124
Phil	Reynolds	Unattached	Vet 40	M			00:57:06				125		125
Karl	Douglas	DH Runners	Vet 50	M			00:59:06				128		128
Allan	Redoble	Unattached	Open	M			01:01:37				130		130
Jim	Connolly	Unattached	Open	M			01:01:47				132		132
Julian	Aukland-Lewis	Unattached	Vet 50	M			01:04:09				133		133