

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		34.36	2	1		2	5	1	Overall Winner
Fiona	Todd	Unattached	Vet 40	F	00:42:59.40	43.15		42.41	6	3		5	14	1	Overall Winner
Suzanne	Toppin	Arragons Cumbria Tri Club	Vet 40	F	00:42:10.60	42.44		43.43	4	2		9	15	2	Winner Female Vet 40
Teresa	Medley	Unattached	Vet 40	F	00:43:54.05	45.24		43.22	7	7		8	22	3	
Nadia	Shaw	Unattached	Open	F	00:47:50.40	43.22		43.15	13	4		7	24	1	
Shane	Stobbart	Cumberland AC	Open	M	00:38:16.15	40.10		37.40	9	9		7	25	2	
Andy	Render	Annan & District AC	Vet 40	M	00:38:31.75	38.49	00:38:39	38.36	11	5		11	27	1	Winner Male Vet 40
Josh	Waite	Carlisle Tri Club	Open	M	00:39:19.20	41.40	00:38:28	38.49	14		13	12	39	3	
Kevin	Scott	DH Runners	Vet 40	M	00:39:49.20	39.33	00:39:38	40.31	16	8		18	42	2	
Darren	Willey	Carlisle Tri Club	Vet 40	M	00:40:01.30	40.21		40.59	18	11		20	49	3	
Nathan	Postill	Josh Waite Fan Club	Jun	M		41.04	00:40:27	39.26		14	28	13	55	1	Winner Male Junior
Audrey	O'Kelly	Carlisle Tri Club	Vet 50	F		51.19	00:50:33	52.34		18	19	21	58	1	Winner Female Vet 50
Kyle	Laurie	Unattached	Open	M		42.27	00:40:09	40.04		19	24	16	59	4	
Carl	Blackburn	Unattached	Open	M	00:40:11.35	41.56	00:40:18		20	17	25		62	5	
Carmel	Bones	Carlisle Tri Club	Vet 40	F	00:51:44.95	51.33	00:49:59		30	19	17		66	4	
Louise	Duffy	DH Runners	Vet 40	F	00:51:47.90	51.56	00:52:55		32	20	35		87	5	
Karen	Bowler	Hailsham Harriers	Vet 60	F		54.39	00:52:55	54.30		26	36	26	88	1	Winner Female Vet 60
Gay	Eastoe	Alnwick Harriers	Vet 60	F	00:55:56.05	58.33		54.39	48	37		27	112	2	
Wayne	Horsley	Unattached	Open	M	00:46:29.65	45.36	00:45:41		12	29	75		116	6	
Chris	Knox	DH Runners	Vet 50	M		46.29	00:44:54	45.24		30	64	31	125	1	Winner Male Vet 50
Brian	Hazelwood	Unattached	Vet 40	M		46.52	00:45:13	45.41		33	67	34	134	4	
Fiona	Wilson	DH Runners	Vet 40	F		58.43	00:59:29	58.27		38	76	23	137	6	
Gary	Boak	Unattached	Open	M	00:45:46.90	45.27	00:44:38		51	27	62		140	7	
Marie	Milligan	Unattached	Open	F		59.31	00:57:27	57.08		42	68	38	148	2	
Nicola	Seggie	Sands Centre	Open	F	00:58:24.40	57.28	00:59:13		64	36	73		173	3	
Steve	Claringbold	DH Runners	Open	M	00:52:02.45	47.07	00:45:29		84	35	72		191	8	
Emma	Richardson	DH Runners	Open	F	01:11:32.05	1.12.21		1.24.04	84	53		58	195	4	
Christopher	Winspear	Unattached	Vet 50	M	00:52:39.05	53.00	00:54:17	53.28	91	49		55	195	2	
Simon	Dolman	DH Runners	Vet 40	M		51.34	00:51:58	49.44		45	106	47	198	5	
Glenda	Howson	DH Runners	Vet 40	F	01:00:20.60	1.02.41	01:01:35		68	47	87		202	7	
Richard	Eastoe	Alnwick Harriers	Vet 60	M	00:55:55.95	58.34		54.40	104	58		56	218	1	Winner Male Vet 60
Anthony	Nicholson	DH Runners	Vet 40	M	00:53:39.25	52.23	00:50:03		94	47	95		236	6	
Tim	Bowler	Hailsham Harriers	Vet 60	M		1.07.59	01:04:44	1.04.16		62	134	60	256	2	
Steve	Shovlin	Unattached	Vet 40	M	00:59:18.25		00:54:08	57.42	112		119	58	289	7	
David	McGinn	Unattached	Vet 40	M	00:59:11.65	58.00	00:58:05		111	57	126		294	8	
Paul	Todd	DH Runners	Vet 40	M	01:00:44.20	1.00.32	00:58:29		115	59	127		301	9	
Unable to Win the Series due to competing in less than 3 events															
Jane	Adams	Bodyfit	Vet 40	F			00:56:08				58		58		
Keith	Ainslie	Dumfries Harriers	Vet 50	M	00:42:24.80		00:47:06		30		85		115		
Cameron	Alan	Annan & District AC	Vet 50	M			00:51:00				98		98		
Christine	Alcock	Carlisle Tri Club	Vet 50	F			00:59:54	57.44			79	40	119		
Kim	Aldersey	Unattached	Vet 40	F			00:52:30				30		30		
Clare	Anderson	Unattached	Vet 50	F		56.01				30			30		
Claire	Andrews	Unattached	Open	F			00:52:08				28		28		
Mark	Appleby	Unattached	Vet 40	M	00:49:10.65				72				72		
Steven	Archibald	Unattached	Vet 40	M			00:45:20				69		69		
Adam	Armata	Unattached	Open	M		41.18				15			15		
Beverly	Armstrong	DH Runners	Vet 40	F	00:54:09.65	50.45			40	17			57		
Rachel	Ash	Unattached	Open	F			00:48:57				15		15		
Helen	Ashburner	Unattached	Open	F	00:59:20.40				65				65		
Linda	Aspinall	Unattached	Vet 40	F	00:48:34.15	49.45			16	13			29		
Julian	Aukland-Lewis	Unattached	Vet 50	M			01:04:09				133		133		
Bev	Baird	Sunderland Strollers	Vet 40	F	00:57:30.35				57				57		

Andy	Baker	DH Runners	Vet 40	M			00:46:48				81		81	
Tom	Barnes	Unattached	Open	M				48.18				43	43	
Michelle	Barron	Wigton Roadrunners	Vet 40	F				00:56:03				57	57	
Dan	Barry	Unattached	Vet 40	M		44.58				24			24	
Gordon	Beattie	DH Runners	Vet 40	M		1.16.59	01:18:40			63	136		199	
Mary	Beckett	Eden Runners	Open	F				48.01				13	13	
Francesca	Bee	DH Runners	Open	F				1.14.09				112	56	168
Mike	Beechey	Keswick AC	Vet 40	M				00:45:16				68		68
Matt	Begg	DH Runners	Open	M	00:44:37.75					44				44
Kevin	Bell	Border Harriers	Open	M				00:33:25				1		1
Jennifer	Bell	Unattached	Vet 40	F			01:09:01					102		102
Gary	Bell	Unattached	Open	M	00:53:36.40	1.02.25				93	61			154
Lucy	Bell	Unattached	Open	F				1.04.45				48		48
Alistair	Bell	Carlisle Tri Club	Open	M				45.36				33		33
Karen	Ben Dhaou	Unattached	Open	F	00:53:30.10					38				38
Jackie	Bennett	Cumberland AC	Vet 40	F				56.17				34		34
Peter	Bennett	Cumberland AC	Vet 40	M				40.08				17		17
Dave	Bentley	Unattached	Vet 50	M			00:51:07					99		99
Steven	Berry	Border Harriers & AC	Open	M			00:40:19					26		26
Pradeep	Bhagawan	Carlisle Tri Club	Vet 50	M		47.41				37				37
Rebecca	Birkett	Unattached	Open	F		1.13.28	01:10:35			54	106			160
Sue	Blackmore	Unattached	Vet 50	F	00:54:25.65					43				43
Stephen	Blackwell	Unattached	Open	M	00:48:05.45					64				64
Anne	Blues	Eden Runners	Vet 60	F	01:18:22.90					87				87
Oliver	Blutling	Unattached	Open	M				1.13.01				62		62
Dave	(Boom) Graham	Carlisle Tri Club	Vet 40	M	01:12:10.25					118				118
Jamie	Boot	Unattached	Open	M				44.19				26		26
Claire	Borradaile	Unattached	Open	F			00:52:42					32		32
Richard	Bowman	Unattached	Vet 40	M	00:56:12.65					105				105
Steven	Boyd	DH Runners	Open	M	00:40:33.15		00:40:56			21	32			53
Lisa	Bragg	Unattached	Open	F			00:57:23					67		67
Steven	Bragg	Carlisle Tri Club	Open	M				42.25				23		23
Kerry	Braithwaite	Unattached	Vet 40	F		56.17				31				31
Daniel	Braithwaite	Unattached	Vet 40	M		49.25				42				42
Anna	Breitenbach	Unattached	Open	F				1.13.01				54		54
Chris	Brewer	Keswick AC	Vet 40	M			00:36:44					7		7
Karen	Bridge	Eden Runners	Vet 40	F	00:40:15.75			42.37	2			4		6
John	Bridge	Eden Runners	Vet 50	M	00:44:17.20					42				42
Antony	Briscoe	Cumberland AC	Vet 50	M			00:40:42					30		30
Tony	Brooke	Eden Runners	Vet 40	M	01:02:40.90			49.57	116			48		164
Michael	Brooks	Unattached	Vet 40	M	00:45:39.95					49				49
Sarah	Brotherton	Unattached	Open	F			00:46:49					8		8
Mike	Brown	Unattached	Vet 40	M			00:39:44					21		21
Micheal	Brown	Unattached	Open	M	00:44:01.35					39				39
Colin	Browne	Unattached	Vet 40	M		55.33	00:51:21				53	100		153
Jim	Buchanan	Dumfries Running Club	Vet 50	M		37.24					3			3
Lynsey	Buckle	Unattached	Open	F	01:00:53.50					70				70
Jonathan	Buckley	Unattached	Open	M		49.1					41			41
Donna	Burnett	Unattached	Open	F			00:43:28					3		3
Kerri	Burnie	Dumfries Harriers	Vet 40	F			00:54:58					46		46
Garry	Burns	Hardrock Hoodlums	Vet 40	M			00:39:32					19		19
David	Burns	Dumfries Running Club	Vet 50	M		45.2					25			25
Cath	Burrus	Unattached	Vet 40	F		46.3					8			8
Nicky	Butler	Keswick AAC	Vet 50	F		52.13	00:51:03				21	22		43
Nicola	Byrne	Unattached	Vet 40	F	00:59:31.50						66			66
Gary	Byrne	Unattached	Vet 40	M	00:59:31.50					113				113
Emma	Bzik	Cumberland AC	Open	F				59.25				44		44
Peter	Campbell	Border Harriers	Vet 50	M			00:51:45	50.24				102	49	151
Nicola	Campbell	Runnum	Open	F			01:27:21					113		113
Claire	Cannon-Park	Unattached	Vet 40	F				51.48				18		18
Tony	Carrigan	DH Runners	Vet 40	M			00:54:27					121		121
Stephen	Carroll	Dunfries Harriers	Vet 40	M	00:45:08.15					47				47

Sarah	Carruthers	Unattached	Open	F				49.11				15	15	
Samantha	Cartmel	Unattached	Open	F	00:49:10.60					18			18	
Shaun	Cavanagh	Cumberland AC	Vet 50	M				00:45:07				65	65	
Karen	Cavanagh	Cumberland AC	Vet 50	F				01:02:13				88	88	
Andy	Caven	DH Runners	Vet 50	M				00:46:51				82	82	
Mary	Chaplehow	Eden Runners	Vet 50	M	00:58:16.45					109			109	
Matt	Charlton	Headington RR	Open	M	00:41:46.70					26			26	
Gill	Cherry	Unattached	Vet 40	F	00:57:48.10					61			61	
Lucy	Child	Unattached	Open	F	00:55:04.05					45			45	
Rosie	Cimella	Unattached	Open	F				00:57:10				66	66	
Sharron	Clark	Wigton Road Runners	Vet 40	F				00:50:55				21	21	
Kim	Clark	Keswick AC	Vet 50	F				00:54:14				40	40	
Chris	Clark	Keswick AC	Vet 60	M				00:54:02				117	117	
Lynn	Clemmitt	DH Runners	Vet 50	F	00:55:42.95	56.43				46	33		79	
Michelle	Coady	Unattached	Vet 40	F				56.00				33	33	
Tanya	Coates	Unattached	Open	F		43.23		42.34			5	3	8	
Martin	Cockroft	Unattached	Open	M		45.21	00:43:24			26	52		78	
Kathy	Colam	Keswick AAC	Vet 60	F				52.03				19	19	
Sharon	Coles	Unattached	Vet 40	F				1.15.41				57	57	
Arran	Coles	Unattached	Open	M				1.15.11				63	63	
Pauline	Connelly	Unattached	Vet 40	F		1.10.52	01:08:03			51	99		150	
Jim	Connolly	Unattached	Open	M			01:01:47					132	132	
Chris	Cook	SLG Runners	Open	M	00:46:00.35					53			53	
Jill	Cooke	Runnum	Vet 40	F			01:01:29					86	86	
Lucy	Cowton	DH Runners	Vet 40	F	00:56:47.60	56.55				55	35		90	
Sophia	Craig	Unattached	Vet 40	F			00:45:31	44.20				5	11	16
Robert	Craig	Sunderland Strollers	Vet 50	M				47.01				38	38	
Chris	Crook	Unattached	Vet 50	M				1.06.23				61	61	
Daniel	Crooks	Derwent AC	Open	M			00:42:19					39	39	
Kelly	Crosbie	Carlisle Tri Club	Open	F				53.41				24	24	
Jamie	Crossan	Unattached	Open	M	00:44:31.15			44.28		43		28	71	
Dion	Crozier	DH Runners	Open	M			00:46:16					80	80	
Sue	Crust	New Marske Harriers	Vet 60	F	01:08:35.00					81			81	
Henry	Cumbers	Keighley & Craven AC	Open	M	00:48:13.15					65			65	
Helen	Cupac	DH Runners	Vet 40	F	01:07:15.85		01:04:54			77		95	172	
Vicky	Cuthbert	Unattached	Vet 40	F			00:56:28					60	60	
Laurens	Damminga	Carlisle Tri Club	Open	M			00:38:23					12	12	
Emma	Davidson	Unattached	Open	F		58.46	00:55:12			40		48	88	
Jackie	Davies	Unattached	Open	F			00:58:53					72	72	
Liz	Dawson	Annan & District AC	Vet 50	F			00:50:26					18	18	
Carl	Deane	DH Runners	Vet 40	M			00:48:55					90	90	
Jody	Dempster	Dumfries Running Club	Open	F		55.42					28		28	
Adam	Dickie	Dumfries Running Club	Open	M		40.34					12		12	
Andy	Dickson	Dumfries Running Club	Vet 50	M		54.43					51		51	
James	Docherty	Unattached	Vet 40	M			00:52:44				112		112	
Martin	Dodd	Unattached	Vet 40	M		50.44		53.24		43		54	97	
Jackie	Dodd	Unattached	Vet 40	F				1.01.04				47	47	
Elaine	Doran	Unattached	Open	F				57.46				41	41	
Lee	Doswell	Unattached	Open	M			00:39:14	37.55			18	8	26	
Carl	Douglas	Unattached	Vet 40	M			00:41:34	42.21				36	21	57
Carol	Douglas	DH runners	Vet 50	F			00:58:36	56.29				70	35	105
Karl	Douglas	DH Runners	Vet 50	M			00:59:06					128	128	
Sarah	Douthwaite	Unattached	Open	F	01:01:08.35					73			73	
Abi	Drago	Unattached	Open	F			00:59:31					77	77	
Mark	Drummond	DH Runners	Vet 40	M	00:54:09.75					97			97	
Bethany	Duffy	DH Runners	Jun	F			00:52:55					34	34	
Emma	Eagling	Unattached	Open	F	00:52:45.55					34			34	
Heather	Eccles Bunker	Eden Runners	Open	F	00:48:05.05		00:45:10			14		4	18	
Karl	Edwards	Hartlepool Burn Road Harriers	Vet 60	M	00:39:44.95							15	15	
Carol	Elliot	Dumfries Harriers	Vet 50	F	00:51:34.95					29			29	
Gary	Ellison	Unattached	Open	M			00:44:16					57	57	
Dave	Evans	Eden Runners	Vet 60	M	00:45:30.60					48			48	

Caroline	Evans	Headington RR	Open	F	00:49:29.75		00:47:54		21		11		32
Mark	Evans	Unattached	Vet 40	M				57.24				57	57
Rachel	Farr	Unattached	Vet 40	F				1.10.15				52	52
Susan	Fawkes	DH Runners	Open	F	00:44:55.45				11				11
Colin	Fell	Unattached	Vet 50	M	00:47:01.65				60				60
David	Ferrier	Keswick Tri Club	Vet 50	M			00:54:05				118		118
Angela	Fisher	Carlisle Tri Club	Open	F	00:48:21.10				15				15
Joanna	Fleming	Unattached	Vet 40	F		1.00.18				44			44
Hailey	Fletcher	Unattached	Open	F			00:47:01				9		9
Michael	Fordyce	Unattached	Vet 50	M	00:49:07.60	48.28			71	39			110
Zoe	Fox	Unattached	Open	F		56.55				34			34
M	Fox	Unattached	Open	M			00:52:05				107		107
George	Fraser	Annan & District AC	Vet 60	M	00:53:49.35		01:01:46		95		131		226
Martin	Gallagher	Unattached	Open	M			00:42:05	40.49			38	19	57
Jill	Gardiner	Unattached	Open	F				48.36				14	14
Helen	Gardner	Unattached	Open	F	00:51:34.00	53.31			28	24			52
Peter	Garnett	Border Harriers & AC	Vet 60	M	00:48:28.25	50.46			69	44			113
Luke	Gay	Border Harriers & AC	Open	M				38.17				9	9
Sarah	Gibson	Runnum	Open	F			00:56:41				61		61
Neil	Gillespie	Unattached	Vet 40	M			00:54:30				122		122
Jill	Glencross	DH Runners	Vet 40	F			00:56:46				62		62
Sarah	Glencross	Runnum	Open	F			01:01:27				85		85
Rowane	Glendinning	Unattached	Open	F			00:53:57				39		39
Heather	Glendinning	Unattached	Vet 50	F			01:03:55				94		94
Lorna	Gold	Unattached	Vet 50	F	00:51:28.85			51.08	27			17	44
Douglas	Gold	Unattached	Open	M	00:42:57.60		00:43:42		35		54		89
David	Goodall	Unattached	Vet 40	M				46.54				37	37
Martin	Gordon	Dumfries Harriers	Open	M			00:52:11				108		108
Joanne	Gordon	Dumfries Harriers	Open	F			01:15:48				110		110
Sandra	Gowling	Unattached	Vet 40	F			01:09:03				103		103
Lindsay	Graham	DH Runners	Open	F	00:51:06.95				25				25
Lorna	Graham	DH Runners	Vet 40	F			00:51:53				26		26
James	Graham	Cumbria Police	Open	M			00:41:13				33		33
Mike	Graham	Ellenborough AC	Vet 60	M			00:53:43				115		115
Diane	Graham	DH Runners	Vet 40	F		59.53	00:56:58			43	26		69
Ruth	Graham	Unattached	Open	F				1.05.05				49	49
Paul	Graves	DH Runners	Open	M			00:33:49				2		2
Jaelyn	Gray	Unattached	Open	F			01:13:40				109		109
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
Roger	Grey	Unattached	Vet 60	M			00:44:28				60		60
Martin	Grey	DH Runners	Vet 50	M			00:46:55				83		83
John	Grimshaw	Unattached	Vet 50	M	00:46:59.10				59				59
Kerry	Grinbergs	Eden Runners	Open	F	00:44:19.25				9				9
James	Grinbergs	Eden Runners	Open	M	00:40:46.05				22				22
Jo	Gruchy	Unattached	Open	F		49.4		46.48		12		14	26
Stephen	Hackley	Derwent AC	Open	M				39.42				14	14
Ian	Harkness	DH Runners	Open	M			00:37:11				9		9
Toby	Harling	Unattached	Open	M			00:43:17	44.16			49	25	74
Angus	Harman	Unattached	Open	M			00:40:24				27		27
Paula	Harmon	DH Runners	Vet 40	F				1.40.05				59	59
Baz	Harper	Carlisle Tri Club	Open	M			00:43:42	39.43			55	15	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			1.11.48	71			53	124
Vicky	Hart	Dumfries Running Club	Open	F		50.43				16			16
Steve	Harwood	Keswick AC	Vet 60	M			00:51:54				103		103
Robert	Hastings	Unattached	Open	M	00:42:26.50				31				31
Paul	Hayton	Unattached	Open	M			00:42:42				41		41
Steve	Head	Dumfries Harriers	Vet 60	M	00:49:52.05				76				76
Andrew	Hemsley	Eden Runners	Vet 50	M			00:49:35				93		93
Sarah	Henderson	Unattached	Open	F				53.31				23	23
Richard	Henry	DH Runners	Open	M			00:48:42	47.14			88	40	128

Alison	Hickie	Unattached	Open	F			00:55:28			51		51
Les	Hill	Dumfries Running Club	Vet 50	M		40.19				10		10
Richard	Hill	Eden Runners	Vet 40	M		00:55:48.60				103		103
Lydia	Hindmoor	Unattached	Open	F				00:53:22			37	37
John	Hiscox	Unattached	Vet 40	M		55.33		00:51:56		54	105	159
Robert	Hodgson	Border Harriers & AC	Open	M		00:32:39.35				1		1
Lorraine	Hodgson	Unattached	Vet 50	F		00:56:34.45				53		53
Sue	Hodgson	Unattached	Vet 40	F					1.06.23			51
Toni	Hogarth	Unattached	Open	F				01:05:43			97	97
Gary	Holiday	Unattached	Open	M		00:48:35.55				70		70
Mike	Holliday	DH Runners	Open	M				00:40:09			23	23
Kathryn	Holliday	DH Runners	Vet 40	F		00:54:04.85				39		39
Adrian	Holme	Keswick AAC	Vet 40	M		00:50:49.40				80		80
Larry	Horne	Eden Runners	Vet 50	M		00:46:45.40				56		56
Daniel	Hornsby	Border Harriers & AC	Open	M		00:35:50.35				4		4
Matthew	Hornsby	Durham City Harriers	Open	M					33.26			1
Robin	Howson	Unattached	Open	M				00:55:50			124	124
Neil	Hudson	Unattached	Open	M				00:45:08			66	66
Anna	Humphreys	Unattached	Open	F					53.56		25	25
Tracey	Hunter	Unattached	Open	F					55.47		32	32
Kate	Hurr	Unattached	Open	F				00:48:28			12	12
Daniel	Ibbotson	Border Harriers	Vet 40	M				00:43:09			47	47
Neil	Ingleadow	Border Reviers	Vet 40	M		43.56				21		21
Mark	Irving	Border Riever Runners	Open	M				00:38:50			15	15
Gareth	Irving	Unattached	Open	M		00:42:55.10				34		34
Nicola	Irving	Unattached	Open	F				00:55:06			47	47
Rob	Irving	Unattached	Vet 50	M		57.01				55		55
Gary	Irving	Carlisle Tri Club	Vet 50	M				00:45:33			73	73
Paul	Irving	Unattached	Open	M				00:52:12			109	109
Angela	Irwin	Unattached	Vet 40	F				00:58:24			69	69
Kev	Iveson	Unattached	Open	M				00:46:04			77	77
Nicola	Jackson	DH Runners	Vet 40	F				01:06:32			98	98
Nicola	Jameson	Carlisle Tri Club	Open	F		00:53:11.05				36		36
Neil	Jamieson	Unattached	Vet 60	M		00:51:34.25	47.1			82	36	118
David	Jardin	Elswick Harriers	Vet 40	M		00:40:07.85				19		19
Fiona	Jardine	Dumfries Running Club	Vet 40	F		00:53:25.05	1.05.13			37	50	87
Sue	Jeffery	Dumfries Running Club	Open	F		46.46				9		9
Tony	Jewell	Cumberland AC	Vet 60	M					47.28			41
Arran	Johnson	Unattached	Open	M				00:47:04			84	84
Vicky	Johnstone	Unattached	Open	F		00:41:21.90				3		3
Gareth	Johnstone	Fylde Coast Runners	Vet 40	M		55.13				52		52
Louise	Jordan	Unattached	Open	F		1.02.13				45		45
Sandra	Kay	DH Runners	Vet 50	F		55.52		00:54:39		29	43	72
Catherine	Keevil	Derwent AC	Open	F				00:54:53			45	45
Jackson	Kelly	Cumberland AC	Open	M		00:52:09.70				87		87
Tracey	Kenny	DH Runners	Vet 40	F					1.13.41		55	55
Viki	Kent	Unattached	Open	F				00:51:26	50.45		25	16
Douglas	Kerr	Dumfries Harriers	Vet 40	M		00:45:45.15		00:45:38		50	74	124
Daniel	Kershaw	Scottish Athletics	Open	M		00:52:06.90				86		86
Michelle	Kingston	Unattached	Open	F				00:54:37			42	42
Michelle	Kingston	Unattached	Open	F					52.40			22
Howard	Kirkbride	Cumberland AC	Vet 50	M		00:38:15.25				8		8
Paula	Knox	Unattached	Open	F		01:00:57.30				72		72
Wayne	Laird	Border Warrior	Open	M		00:41:19.60				23		23
Ross	Landon	Border Harriers & AC	Open	M		00:34:27.65				3		3
Nicola	Latimer	Wigton Road Runners	Vet 40	F				00:53:25			38	38
David	Lawson	Unattached	Vet 40	M					38.25			10
Tracy	Lazonby	Unattached	Vet 40	F				01:08:36			100	100
Rachel	Lee	DH Runners	Vet 50	F		00:57:41.15		00:59:36		58	78	136
Jane	Lenza	Dumfries Harriers	Vet 50	F				00:58:48			71	71
Millie	Lepic	Unattached	Open	F		01:08:13.00				79		79
Graham	Lewis	Unattached	Open	M				00:42:52			43	43

John	Lewis	Cumberland AC	Vet 60	M	00:50:34.75		00:48:47		79		89		168
Raymond	Lightle	Bedale & Aiskew Runners	Vet 60	M	00:51:17.75				81				81
Abi	Lindsay	DH Runners	Open	F		58.45				39			39
Craig	Little	Unattached	Open	M			00:42:02				37		37
Chris	Lockley	Eden Runners	Vet 50	M	00:55:41.15				102				102
Stephen	Long	Unattached	Vet 50	M	00:56:32.60				106				106
Sue	Lovett	Unattached	Vet 50	F	00:55:45.15				47				47
Tony	Lowery	Eden Runners	Vet 40	M	00:48:20.80				68				68
Georgie	Lowrie	Carlisle Tri Club	Open	F			00:46:42				6		6
Anne	Macfarlane	Dumfries Running Club	Vet 50	F		47.44				10			10
David	MacGillivray	DH Runners	Vet 50	M			00:44:48	45.44			63	35	98
Lesley Anne	Machinnon	Unattached	Open	F			01:00:51				82		82
Michelle	MacKay	DH Runners	Vet 40	F			01:01:16				84		84
James	MacKay	Unattached	Open	M			00:49:40				94		94
David	Macnaughton	DH Runners	Vet 40	M	01:10:50.55		01:12:49		117		135		252
Louise	Macrae	Unattached	Open	F	00:55:57.50				49				49
Will	Maginn	Unattached	Open	M		46.32				32			32
Kirsty	Mahong	DH Runners	Open	F	01:04:22.50				76				76
Peter	Manning	Blengdale Runners	Vet 60	M	00:58:30.80				110				110
Sharon	Marshall	Dumfries Running Club	Vet 40	F		1.05.12				49			49
Jonathan	Marshall	Wigton Road Runners	Open	M	00:46:41.85		00:44:23		55		59		114
Trevor	Martin	Unattached	Vet 40	M		38.51				6			6
Steven	Martin	Gala Harriers	Vet 40	M	00:38:01.95				7				7
Megan	Martin	Unattached	Open	F			00:46:49				7		7
Keith	Martin	Unattached	Open	M		47.05				34			34
Paul	Martin	Cumberland AC	Vet 50	M			00:46:04				78		78
Willie	Martin	Dumfries Harriers	Vet 40	M	00:47:31.95		00:42:55		62		44		106
Lisa	Martins	Derwent AC Cockermouth	Open	F	00:48:40.85				17				17
Dean	Mason	Cumberland AC	Vet 40	M	00:44:07.15				40				40
David	Mason	Unattached	Vet 40	M			00:45:24				70		70
Faith	Matthews	Unattached	Vet 40	F			00:55:41				54		54
Carly	Matthews	Runnum	Vet 40	F			00:56:02				56		56
Jason	Maxwell	Unattached	Open	M			00:49:26				91		91
Denise	Maxwell	Unattached	Vet 40	F				1.00.19				45	45
Joanne	May	Eden Runners	Vet 40	F	00:50:59.80				24				24
Brendan	Mcardle	Unattached	Vet 40	M	00:52:26.60				90				90
Laura	Mccall	Dumfries Running Club	Open	F		52.44				22			22
Natalie	McCarron	Unattached	Open	F	00:51:44.95				31				31
Ian	McDougall	Unattached	Vet 50	M			00:39:55				22		22
Craig	McDougall	Unattached	Vet 40	M	00:54:06.10				96				96
Brian	McGhee	Unattached	Open	M	00:43:33.05				37				37
Fiona	McGhee	Unattached	Vet 40	F	00:57:44.25				59				59
John	McGibbon	Border Harriers & AC	Vet 50	M	00:47:20.45			44.22	61		27		88
David	McGilluray	DH Runners	Vet 50	M		45.32				28			28
Sean	Mcgleenan	Dumfries Running Club	Vet 50	M		57.44				56			56
Natalie	McGowan	Dumfries Harriers	Vet 40	F			00:56:11				59		59
Alison	McKean	Dumfries Running Club	Open	F		48.54				11			11
Alan	McKee	Ellenborough AC	Vet 40	M			00:38:10				10		10
Paul	McKnespiey	Carlisle Tri Club	Vet 40	M			00:39:01				16		16
Gillian	McLeod	Dumfries Harriers	Vet 40	F	00:49:53.05		00:47:05		23		10		33
Claire	McManus	North Shields Polytechnic Club	Vet 40	F				40.44				1	1
Emily	Mechie	Unattached	Open	F			00:59:17				74		74
Philip	Meloy	Cumberland AC	Open	M	00:43:17.80				36				36
Gareth	Melvin	Border Harriers	Open	M			00:39:04				17		17
Mary	Messenger	Runnum	Vet 40	F			01:02:25				91		91
Martin	Middlemiss	Derwent Valley Trail Runners	Vet 40	M			00:42:58				45		45
Ann	Milburn	Unattached	Open	F			00:51:13				24		24
Sara	Milburn	DH Runners	Vet 60	F	01:07:18.35				78				78
Jason	Miles-Campbell	Unattached	Vet 40	M	00:52:04.60				85				85
Peter	Milligan	Cumberland AC	Open	M	00:43:44.55		00:41:33		38		35		73
Tony	Mills	DH Runners	Vet 50	M			00:43:14	44.48			48	29	77
Johnny	Minto	Amnan & District AC	Vet 40	M			00:52:25				110		110

Parish	Minton	Glaxo Hoad Hill Harriers	Open	F	00:52:46.80				35				35
Karter	Minton	Unattached	Jun	M	00:53:17.50				92				92
Nicholas	Mitchell	Vegan Runners UK	Open	M	00:41:42.45				25				25
Michelle	Moffat	Unattached	Open	F	00:57:49.00				62				62
Stephen	Mohan	Dumfries Running Club	Vet 50	M		46.31				31			31
Jennifer	Moody	Unattached	Vet 40	F			00:50:54				20		20
Mark	Moody	Carlisle Tri Club	Vet 40	M			00:55:46				123		123
David	Moore	Unattached	Open	M	00:57:52.65				107				107
Fiona	Moore	DH Runners	Open	F	00:56:22.65			00:55:51	52		55		107
Dave	Moran	Unattached	Open	M				00:51:56	49.25		104	45	149
Bruce	Morgan	Unattached	Vet 40	M	00:52:10.45				88				88
Tony	Morgan	Unattached	Vet 40	M				00:51:38			101		101
Pamela	Morris	Unattached	Open	F	00:42:41.75				5				5
Joanna	Morris	Unattached	Open	F	01:10:48.85				83				83
Stuart	Morrison	Unattached	Vet 50	M	00:42:17.90				28				28
Linda	Morrison	Unattached	Vet 50	F				01:37:04			114		114
Alex	Murgatroyd	Unattached	Open	M					45.26			32	32
David	Murgatroyd	Unattached	Vet 60	M					1.03.00			59	59
Peter	Murray	DH Runners	Open	M					46.16			36	36
Katy	Nash	Galloway Harriers	Vet 40	F	00:54:52.45				44				44
Richard	Nash	Galloway Harriers	Vet 40	M	00:48:20.45				67				67
Timo	Neiminen	Unattached	Vet 50	M				00:49:32			92		92
Andrew	Nelson	Derwent AC Cockermouth	Vet 50	M		48.59				40			40
Fiona	Nelson	Dumfries Harriers	Vet 50	F				01:16:21			111		111
Dan	Nicholson	SLG Runners	Open	M	00:45:49.15				52				52
Dave	Norman	Unattached	Open	M				00:44:33			61		61
John	Oakey	Eden Runners	Vet 40	M	00:41:57.35				27				27
Alexis	Oates	Unattached	Vet 60	M		1.00.45				60			60
Eric	Oneil	Unattached	Vet 50	M	00:54:22.75				99				99
Nicola	Ostridge	Unattached	Vet 40	F				00:51:05			23		23
Tracey	Pape	Unattached	Open	F	01:12:08.35				85				85
Ryan	Park	Unattached	Open	M		52.14				46			46
Robert	Paterson	Derwent AC Cockermouth	Open	M	00:41:27.45				24				24
Gordon	Paterson	Dumfries Harriers	Vet 60	M	01:00:23.40			01:00:53	114		129		243
Jenna	Pattinson	Unattached	Open	F				01:00:02			80		80
David	Peacock	Eden Runners	Vet 50	M	00:49:34.30				74				74
Diane	Peacock	Eden Runners	Vet 50	F	01:15:52.75				86				86
Joanne	Pear	DH Runners	Vet 50	F				01:02:35			92		92
Marc	Penn	Keswick AC	Vet 40	M				00:35:55			5		5
Andrew	Pescod	Unattached	Open	M					51.33			52	52
Amy	Pinguey	Unattached	Vet 40	F	00:51:26.00				26				26
Susan	Plant	Unattached	Vet 50	F				01:03:31			93		93
Callum	Plunkett	Border Harriers & AC	Open	M					34.47			3	3
Julian	Ponsford	Unattached	Vet 50	F					1.00.19			46	46
Louise	Porter	DH Runners	Vet 40	F	00:58:04.75				63				63
David	Postill	Carlisle Tri Club	Vet 40	M		42.22			42.23		18		40
Liz	Postill	Carlisle Tri Club	Vet 40	F				00:54:23			41		41
Amy	Potter	Grantham Running Club	Open	F					56.35			36	36
Marina	Powell-Currie	Eden Runners	Vet 40	F				00:52:32			31		31
Janey	Priestley	Annan & District AC	Vet 50	F				00:48:43			14		14
Jacqui	Raw	Unattached	Vet 60	F	01:08:13.70				80				80
Allan	Redoble	Unattached	Open	M				01:01:37			130		130
Maria	Renucci	Unattached	Vet 40	F		59.13					41		41
Phil	Reynolds	Unattached	Vet 40	M				00:57:06			125		125
David	Rice	Keswick AC	Vet 40	M				00:46:11	47.02		79	39	118
Jill	Rice	Dumfries Harriers	Vet 50	F				01:13:25			108		108
Alex	Roberts	Ellenborough	Open	M	00:38:53.15	38.1			13	4			17
Leanne	Roberts	Cumberland AC	Open	F					43.48			10	10
Stuart	Robinson	Border Harriers & AC	Vet 50	M	00:36:18.85				6				6
Kevin	Robinson	Unattached	Vet 40	M				00:48:14			87		87
Chris	Robinson	Unattached	Vet 50	M	00:52:13.35				89				89
David	Robinson	Carlisle Tri Club	Vet 50	M				00:53:56			116		116

Bill	Rogers	Border Harriers & AC	Vet 50	M		48.14			38			38	
Karen	Rome	DH Runners	Vet 40	F			01:11:50			107		107	
Blain	Rooney	Derwent AC Cockermouth	Open	M				35.35			5	5	
Karoline	Rose	Unattached	Open	F	00:52:45.05				33			33	
Derek	Rose	Unattached	Vet 40	M			00:41:23				34	34	
Julie	Ross	Carlisle Tri Club	Vet 50	F		50.37				15		15	
James	Rouse	Unattached	Vet 40	M				48.55			44	44	
Heather	Rowe	Carlisle Tri Club	Vet 40	F	00:54:25.35				42			42	
Simon	Ruddick	Unattached	Open	F				42.49			6	6	
Louise	Ruddick	Unattached	Open	F				55.33			31	31	
Ellen	Russell	Unattached	Open	F	01:02:28.05				74			74	
Mark	Rutherford	Keswick AAC	Open	M	00:44:49.65		00:43:21		45		50	95	
Paul	Saager	Eden Runners	Vet 60	M	00:49:23.30				73			73	
Terry	Saffin	New Marske Harriers Club	Vet 50	F	01:08:35.05				82			82	
Mark	Salisbury	Unattached	Vet 40	M				44.02			24	24	
Jose	Sanchez	Unattached	Open	M						00:43:06	46	46	
Helen	Sanderson	DH runners	Vet 40	F			00:55:32				52	52	
Skye	Sarabs	Dumfries Running Club	Open	F		52.46				23		23	
Jose	Sauchet	Unattached	Open	M		43.23				20		20	
David	Scattergood	Unattached	Vet 40	M	00:44:13.20				41			41	
Duncan	Scott	Unattached	Open	M	00:55:22.45				101			101	
Marc	Scott	Dumfries Harriers	Vet 40	M	00:47:44.40		00:44:19		63		58	121	
Grant	Seaton	Annan & District AC	Open	M			00:47:11				86	86	
Sandy	Shankland	Dumfries Running Club	Vet 60	M		40.57				13		13	
Stevie	Sharp	Unattached	Open	M	00:49:53.85				77			77	
Tracey	Shaw	Unattached	Open	F		56.39				32		32	
Stephanie	Shaw	Unattached	Open	F	00:55:58.00			55.17	50		29	79	
Diane	Shaw	Keswick AC	Vet 50	F			00:55:23				50	50	
John	Shaw	Keswick AC	Vet 50	M			00:50:31				97	97	
Petra	Sheard	Bodyfit	Vet 50	F			01:08:48				101	101	
Lisa	Sheldon	Aycliffe Running Club	Vet 40	F				57.05			37	37	
Helen	Short	Unattached	Vet 40	F		55.05				27		27	
Gillian	Silson	Eden Runners	Vet 50	F	00:56:38.05				54			54	
Sarah	Simmon	Wigton Road Runners	Open	F			00:55:19				49	49	
Stuart	Sirey	Carlisle Tri Club	Open	M			00:38:11				11	11	
Antonia	Skelton	Derwent AC Cockermouth	Open	F				41.05			2	2	
Dawn	Slater	Unattached	Vet 50	F	00:59:32.90				67			67	
Ben	Smith	Motherwell AC	Open	M	00:38:17.65				10			10	
Emma	Smith	Unattached	Open	F			00:52:06				27	27	
Christopher	Smith	Moray Road Runners	Open	M	00:44:57.60				46			46	
Jason	Smith	Unattached	Vet 40	M		52.27				48		48	
Steven	Smith	Dumfries Running Club	Open	M				36.20			6	6	
Hazel	Smyth	Dumfries Running Club	Open	F	00:43:56.25		00:42:13		8		2	10	
Kate	Stark	Unattached	Open	F			00:52:18				29	29	
Sam	Stead	Keswick AC	Open	M			00:34:29				3	3	
Stefanos	Stephanou	Newcastle University AC	Open	M				35.02			4	4	
Louise	Stewart	Runnum	Vet 50	F			00:59:20				75	75	
Lucy	Stobart	Cumberland AC	Open	F	00:40:05.00	44.39			1	6		7	
Anna	Stopinska-Lewucha	Unattached	Open	F				52.16			20	20	
Anne	Stopinske-Leruche	Unattached	Open	F			00:57:10				65	65	
Natalie	Storey	DH Runners	Open	F		50.03	00:48:37			14	13	27	
Michael	Storey	DH Runners	Open	M		44.32	00:43:22			23	51	74	
Julie	Story	DH Runners	Vet 40	F	00:49:18.00		00:49:44		19		16	35	
Annika	Stumpf	DH Runners	Open	F			00:40:54				1	1	
Tracey	Taylor	Cumberland AC	Vet 40	F			00:57:01				64	64	
Kathleen	Taylor	Eden Runners	Vet 50	F	01:02:38.70				75			75	
Emma	Taylor	DH Runners	Open	F			01:02:15	58.11			90	42	132
Graham	Tennet	Unattached	Vet 40	M	00:46:54.90				58			58	
Alastair	Thomas	Unattached	Jun	M			00:36:57				8	8	
David	Thompson	U.K.Postal	Open	M	00:36:14.35				5			5	
Julie	Thompson	Unattached	Open	F		53.31				25		25	
David	Thompson	Unattached	Vet 40	M	00:54:24.45				100			100	

Leslie	Thompson	Unattached	Open	M			00:53:03			113		113	
Wade	Tidbury	Eden Runners	Vet 50	M				50.30			50	50	
Paul	Todd	Cumberland AC	Vet 40	M	00:42:32.10				32			32	
David	Todd	Quakers Running Club	Vet 40	M	00:42:50.35				33			33	
Christopher	Tolley	Unattached	Open	M		44.15				22		22	
Louise	Trainor	Quakers Running Club	Vet 40	F	00:44:52.60				10			10	
Jo	Turnbull	DH Runners	Vet 40	F		1.11.04				52		52	
Audrey	Turnbull	Eden Runners	Open	F	00:49:43.55		00:52:49		22		33	55	
Helen	Turner	Runnum	Open	F			01:02:14				89	89	
Noel	Urwin	Unattached	Vet 50	M	00:46:17.15				54			54	
Sean	Uttley	Unattached	Vet 50	M			00:40:38				29	29	
Sam	Verry	Unattached	Open	M			00:42:24				40	40	
Steve	Viney	DH Runners	Vet 60	M	00:46:50.55			49.27	57		46	103	
Gordon	Vivers	Annan & District AC	Vet 50	M			00:43:35				53	53	
Ewan	Waite	Unattached	Open	M	00:39:53.60				17			17	
Colin	Waite	Unattached	Vet 70	M	00:58:01.05				108			108	
Andrew	Walker	Eden Runners	Vet 50	M	00:50:24.40				78			78	
Matthew	Waning	Carlisle Tri Club	Open	M			00:52:33	50.32			111	51	162
Sophie	Wardle	DH Runners	Jun	F		1.13.44	01:10:23			55	104	159	
Sarah	Wardle	DH Runners	Vet 40	F		1.13.44	01:10:25			56	105	161	
Mel	Warwick	DH Runners	Open	F			00:54:40				44	44	
Stephen	Warwick	Unattached	Vet 40	M		53.3				50		50	
Fiona	Warwick	Dumfries Harriers	Vet 40	F			01:01:12				83	83	
Nico	Watt	Unattached	Open	M			00:40:53				31	31	
Chris	Wear	Cumberland AC	Vet 40	M	00:42:24.00				29			29	
Nathan	Weaver	Unattached	Open	M				45.12			30	30	
Louisa	Weeks	Unattached	Vet 40	F				55.20			30	30	
Ian	Weisser	Unattached	Open	M	00:38:51.40				12			12	
Cameron	Westmorland	Unattached	Jun	M	00:49:49.95				75			75	
Steven	Weston	DH Runners	Open	M			00:35:25				4	4	
Kate	Whalen	DH Runners	Open	F	01:00:49.50	1.03.36			69	48		117	
Sarah	White	Unattached	Vet 40	F			00:55:38				53	53	
Rachael	Whitehead	Unattached	Open	F	00:49:23.50				20			20	
Nick	Whitehead	Unattached	Open	M	00:51:54.30				83			83	
Kevin	Whitmore	Eden Runners	Vet 60	M	00:54:14.50				98			98	
Danny	Wilkinson	Carlisle Tri Club	Open	M	00:48:16.55				66			66	
Andrew	Wilson	Unattached	Open	M		38.57				7		7	
Ian	Wilson	Cumberland AC	Open	M			00:42:43				42	42	
Rebecca	Wilson	DH Runners	Open	F			01:00:14	57.27			81	39	120
Dave	Wilson	Unattached	Open	M			00:50:20	48.09			96	42	138
Fiona	Wilson	DH Runners	Vet 40	F				58.27				43	43
Mark	Wilson-Maher	Unattached	Open	M			00:53:06				114		114
Stu	Windsor	DH Runners	Vet 40	M		36.01	00:36:17			2	6		8
Jennifer	Withers	Unattached	Open	F				1.06.23				50	50
Rachel	Wood	Unattached	Open	F			01:05:27				96		96
Ger	Wood	Midsummer Tri	Vet 50	F				55.06				28	28
David	Wood	Unattached	Open	M				52.08				53	53
Sarah	Wright	Eden Runners	Open	F	00:54:11.00				41				41
Chris	Wright	Unattached	Vet 50	M			00:45:53				76		76
Andrea	Young	DH Runners	Vet 40	F	00:56:17.35				51				51
Joasia	Zakrzewski	Dumfries Running Club	Vet 40	F		38.12				1			1