

# Carlisle Resolution 5K

16yrs Plus

Sunday January 15th 2017

No	Name		Club	Cat	M/F	Time	Overall	Cat	M/F
141	Derek	Newport	Penicuik Harriers	MV50	M	00:18:29.70	1	1	1
142	Ross	Acklam	Unattached	MJ	M	00:18:34.50	2	1	2
133	Ewan	Waite	Gateshead Harriers & AC	MS	M	00:19:20.30	3	1	3
137	Wayne	Greggs	Unattached	MV40	M	00:20:46.45	4	1	4
149	Gareth	Irving	Unattached	MS	M	00:20:52.45	5	2	5
146	Sebastian	Buszko	Carlisle Tri Club	MV40	M	00:21:20.40	6	2	6
159	Ron	Flecher	CFR	MV60	M	00:21:57.20	7	1	7
161	Samantha	Wilson	Wigton Road Runners	FS	F	00:22:14.50	8	1	1
169	George	Wilkinson	Vigto Road Club	MS	M	00:22:22.15	9	3	8
150	Damian	Rys	Unattached	MS	M	00:22:42.35	10	4	9
168	Peter	Stockdale	Carlise Tri Club	MV40	M	00:24:00.25	11	3	10
140	Pamela	Newport	Penicuik Harriers	FV50	F	00:24:18.00	12	1	2
148	Lisa	Haughan	Carlisle Tri Club	FS	F	00:25:17.70	13	2	3
167	Rob	Irving	Unattached	MV50	M	00:25:44.00	14	2	11
138	David	Thompson	Unattached	MS	M	00:26:17.05	15	5	12
157	Mateusz	Sobolewski	Unattached	MS	M	00:27:24.85	16	6	13
153	Hannah	Baker	DH Runners	FS	F	00:27:49.00	17	3	4
166	Sandra	Davidson	DH Runners	FV50	F	00:27:51.25	18	2	5
155	Jay	Semple	Unattached	FS	F	00:28:19.45	19	4	6
160	Gillian	Wilsoon	Wigton Road Runners	FV40	F	00:29:00.75	20	1	7
147	Jenny	Finnegan	Unattached	FS	F	00:29:58.40	21	5	8
135	Tracey	Smith	Unattached	FV40	F	00:30:13.30	22	2	9
163	Jenny	White	BodyFit Runners	FV50	F	00:31:57.65	23	3	10
152	Rafal	Pyrzyna	Unattached	MS	M	00:32:48.60	24	7	14
151	Joanna	Jablonska	Unattached	FS	F	00:32:48.70	25	6	11
143	Lauren	Ulliyart	Unattached	FS	F	00:33:00.80	26	7	12
136	Claire	Pearce	Unattached	FS	F	00:33:25.20	27	8	13
162	Tracey	Pape	Carlise Tri Club	FS	F	00:33:59.60	28	9	14
139	Stephanie	Roberts	Unattached	FS	F	00:35:03.45	29	10	15
156	Becky	Moore	Runmum	FV40	F	00:37:55.90	30	3	16
165	Lynn	Trussell	Keswick AAC	FV60	F	00:40:01.80	31	1	17
145	Lisa	Postlethwaite	DH Runners	FS	F	00:41:14.65	32	11	18
131	Sharron	Bil	Unattached	FV40	F	00:43:09.75	33	4	19
154	Angela	Stedman	Unattached	FV40	F	00:43:26.15	34	5	20