

Carlisle Resolution 10K

Sunday January 15th 2017

No	Name		Club	Cat	M/F	Time	Overall	Cat	M/F
1806	Darren	Thom	New Marske Harriers Club	MS	M	00:32:32.10	1	1	1
1803	Jonathan	Cox	Eden Runners	MS	M	00:32:47.20	2	2	2
1854	Gary	Wallace	Blackhill Bounders	MS	M	00:33:10.80	3	3	3
1924	Mark	Benson	Tri-Lakeland	MS	M	00:34:03.85	4	4	4
1966	John	French	Eden Runners	MS	M	00:34:26.00	5	5	5
1686	James	Buis	Border Harriers & AC	MS	M	00:35:24.70	6	6	6
1804	Stuart	Robinson	Border Harriers & AC	MV50	M	00:35:33.35	7	1	7
1885	Alastair	Thomas	Unattached	MJ	M	00:35:41.30	8	1	8
1606	Mark	Kearney	Unattached	MS	M	00:35:42.70	9	7	9
1871	Iain	Craven	Edinburgh Athletic Club	MS	M	00:35:53.70	10	8	10
1681	Richard	Keefe	Unattached	MS	M	00:36:01.85	11	9	11
1989	Scott	Martin	Kilmarnock H & AC	MV40	M	00:36:08.40	12	1	12
1750	Daniel	Hornsby	Border Harriers & AC	MS	M	00:36:18.30	13	10	13
1773	David	Thompson	Rock2Roll CC	MS	M	00:36:55.90	14	11	14
1927	Alex	Roberts	Ellenborough AC	MS	M	00:37:11.90	15	12	15
1997	Zac	Hudd	Unattached	MJ	M	00:37:27.90	16	2	16
1778	Nathan	Postill	Unattached	MJ	M	00:37:28.65	17	3	17
1722	Chris	Sterling	Unattached	MS	M	00:37:56.70	18	13	18
1771	Steven	Pagan	Unattached	MV40	M	00:38:06.30	19	2	19
1714	Shane	Stobbart	Cumberland AC	MS	M	00:38:22.85	20	14	20
1947	Andrew	Wilson	Unattached	MS	M	00:38:30.30	21	15	21
1666	Stephen	Welsh	Unattached	MV40	M	00:38:39.70	22	3	22
1786	Nick	Thomas	Unattached	MV40	M	00:39:00.40	23	4	23
1994	Stuart	Windsor	DH Runners	MV40	M	00:39:14.85	24	5	24
1992	Nick	Tait	Unattached	MV40	M	00:39:17.25	25	6	25
1832	Mike	Allison	Eden Runners	MV50	M	00:39:19.10	26	2	26
1636	Matt	Charlton	DH Runners	MS	M	00:39:22.15	27	16	27
200	Kevin	Scott	DH Runners	MV40	M	00:39:41.80	28	7	28
1837	Brian	Hughes	Glasgow South RR	MV60	M	00:39:43.10	29	1	29
1746	Eddie	Fletcher	Keswick AAC	MS	M	00:39:48.45	30	17	30
1777	Geoffrey	Chapman	Eden Runners	MV40	M	00:39:48.75	31	8	31
1893	Antony	Briscoe	Cumberland AC	MV50	M	00:39:49.85	32	3	32
1879	Mike	Bell	Eden Runners	MV40	M	00:39:58.10	33	9	33
1930	Craig	Marsh	Keswick AAC	MS	M	00:40:18.10	34	18	34
1931	Craig	Little	Unattached	MS	M	00:40:20.45	35	19	35
1857	Ryan	Williams	Unattached	MS	M	00:40:23.50	36	20	36
1926	Lucy	Stobbart	Cumberland AC	FS	F	00:40:24.50	37	1	1
1795	Luke	Russell	University of Cumbria RR	MS	M	00:40:26.70	38	21	37
1894	Carl	Blackburn	Unattached	MS	M	00:40:33.50	39	22	38
1920	James	Grinbergs	Eden Runners	MS	M	00:40:37.30	40	23	39
1713	John	Oakey	Eden Runners	MV40	M	00:40:54.40	41	10	40
1980	Joseph	Collins	Unattached	MJ	M	00:41:02.55	42	4	41
1754	Baz	Harper	Carlisle Tri Club	MS	M	00:41:08.00	43	24	42
1661	Brian	McGhee	Unattached	MS	M	00:41:14.65	44	25	43
1849	Daniel	Orton	Quakers Running Club	MS	M	00:41:15.55	45	26	44
1865	Alasdair	Duke	Westerlands Cross Country	MS	M	00:41:30.05	46	27	45
1868	Suzanne	Toppin	Unattached	FV40	F	00:41:36.50	47	1	2
1839	David	Postill	Carlisle Tri Club	MV40	M	00:41:41.60	48	11	46
1819	Fiona	Todd	Unattached	FV40	F	00:41:45.70	49	2	3

1647	Adrian	Hall	Tyne Bridge Harriers	MS	M	00:41:53.15	50	28	47
1745	Grant	Rodgers	Unattached	MV40	M	00:42:02.15	51	12	48
1640	Adrian	Hadley	Unattached	MS	M	00:42:05.75	52	29	49
1952	Vanessa	Strickland	Border Harriers & AC	FV40	F	00:42:06.50	53	3	4
1950	Colin	Nicholl	DH Runners	MV40	M	00:42:07.50	54	13	50
1847	Vicky	Johnston	Unattached	FS	F	00:42:08.90	55	2	5
1841	John	McGibbon	DH Runners	MV50	M	00:42:15.85	56	4	51
1937	Tanya	Coates	Carlisle Tri Club	FS	F	00:42:16.80	57	3	6
1922	Robert	Hastings	Unattached	MS	M	00:42:24.05	58	30	52
1896	Kirsty	Alexander	Kilmarnock H & AC	FV40	F	00:42:26.90	59	4	7
1859	Lee	Pattinson	Blaydon Harriers & A.C.	MV40	M	00:42:28.40	60	14	53
1846	Philip	Meloy	Cumberland AC	MV40	M	00:42:34.10	61	15	54
1973	Karen	Bridge	Eden Runners	FV40	F	00:42:43.80	62	4	8
1792	Martin	Steele	Unattached	MV50	M	00:42:51.00	63	5	55
1830	Emma	Nielsen	Eden Runners	FV40	F	00:42:59.00	64	5	9
1688	Samantha	Ayres	Keswick AAC	FV40	F	00:43:02.10	65	6	10
1623	Kevin	McMahon	Unattached	MS	M	00:43:18.00	66	31	56
1882	Megan	Martin	Unattached	FS	F	00:43:19.45	67	4	11
1727	Colin	Fell	Northern Fells RC	MV50	M	00:43:22.00	68	6	57
1993	John	Andrewartha	Eden Runners	MV40	M	00:43:24.15	69	16	58
1845	Holly	Harper	Keswick AAC	FS	F	00:43:34.00	70	5	12
1945	David	Robinson	Eden Runners	MV40	M	00:43:44.65	71	17	59
1788	James	Coulthard	Howgill Harriers	MV40	M	00:43:45.00	72	18	60
1757	Gordon	Vivers	ADAC	MV50	M	00:43:46.80	73	7	61
1724	Robert	Sunners	Unattached	MS	M	00:43:47.65	74	32	62
1650	Dave	Evan	Eden Runners	MV60	M	00:43:48.90	75	2	63
1919	Kerry	Grinbergs	Eden Runners	FS	F	00:43:54.95	76	6	13
1664	Sarah	Dent	Carlisle Tri Club	FS	F	00:43:56.50	77	7	14
1764	Philip	Jobson	Blaydon Harriers & A.C.	MS	M	00:43:56.95	78	33	64
1907	Elizabeth	Watson	Derwent AC Cockermouth	FS	F	00:44:00.30	79	8	15
1934	Willie	Martin	Dumfries Harriers	MV40	M	00:44:02.10	80	19	65
1761	Teresa	Medley	Border Harriers & AC	FV40	F	00:44:04.90	81	7	16
1679	Scott	Moore	Unattached	MV40	M	00:44:05.05	82	20	66
1772	Reece	Jefferson	Unattached	MS	M	00:44:15.45	83	34	67
1766	David	Burns	Dumfries Running Club	MV50	M	00:44:23.90	84	8	68
1850	Sophia	Craig	Unattached	FV40	F	00:44:36.85	85	8	17
1747	Hailey	Fletcher	Unattached	FS	F	00:44:42.70	86	9	18
1672	Clem	Coady	Unattached	MS	M	00:44:46.55	87	35	69
1853	Shaun	Cavanagh	Cumberland AC	MV50	M	00:44:48.35	88	9	70
1687	Hugh	Boyce	Unattached	MV40	M	00:44:49.55	89	21	71
1731	Jamie	Crossan	West Cumbria Tri	MS	M	00:45:08.40	90	36	72
1631	Daniel	Barnes	Carlisle Tri Club	MV40	M	00:45:10.90	91	22	73
1968	Stuart	Clark	Unattached	MS	M	00:45:12.30	92	37	74
1855	Steven	Bragg	Carlisle Tri Club	MS	M	00:45:12.45	93	38	75
1901	Simon	Woodrow	Eden Runners	MV60	M	00:45:13.00	94	3	76
1986	Toby	Harling	Unattached	MS	M	00:45:18.10	95	39	77
1699	Louise	Winter	Keswick AAC	FS	F	00:45:20.95	96	10	19
1983	Cath	Burrus	Unattached	FV40	F	00:45:28.75	97	9	20
1963	Georgie	Lowry	Carlisle Tri Club	FS	F	00:45:35.95	98	11	21
1840	Louise	Brown	Carlisle Tri Club	FS	F	00:45:40.55	99	12	22
1827	Daniel	Lewis	Unattached	MS	M	00:45:53.25	100	40	78
1861	Martyn	Black	Unattached	MV40	M	00:45:54.35	101	23	79
1756	Keith	Elliott	Hawick	MV60	M	00:46:00.15	102	4	80
1779	Wayne	Horsley	Unattached	MS	M	00:46:00.75	103	41	81
1656	John	Williams	Eden Runners	MV40	M	00:46:03.20	104	24	82

1675	Steve	McCall	Unattached	MS	M	00:46:06.25	105	42	83
1974	Ruth	Hetherington	Eden Runners	FV40	F	00:46:07.30	106	10	23
1639	Stephen	Ions	Unattached	MV40	M	00:46:29.55	107	25	84
1642	Jonathan	Buckley	Unattached	MS	M	00:46:31.85	108	43	85
1717	Samantha	Sugdon	Eden Runners	FS	F	00:46:35.40	109	13	24
1883	Sarah	Brotherton	Unattached	FS	F	00:46:36.65	110	14	25
1706	Stephen	Gascoigne	BodyFit Runners	MS	M	00:46:40.55	111	44	86
1985	Kerry	Davis	Eden Runners	FV40	F	00:46:42.80	112	11	26
1942	Alison	Phillips	Eden Runners	FV40	F	00:46:52.00	113	12	27
1657	Andrew	Walker	Eden Runners	MV50	M	00:46:55.85	114	10	87
1864	Mhairi	Wear	Eden Runners	FV40	F	00:46:59.95	115	13	28
1725	Bethany	Sunners	BodyFit Runners	FS	F	00:47:02.65	116	15	29
1678	Stephen	Creasey	Unattached	MV40	M	00:47:06.55	117	26	88
1982	Ben	Swinson	Eden Runners	MS	M	00:47:22.20	118	45	89
1892	Kieran	Simpson	Unattached	MS	M	00:47:26.15	119	46	90
1833	Steve	Vinney	DH Runners	MV60	M	00:47:28.10	120	5	91
1742	Mark	Jones	Unattached	MV40	M	00:47:30.00	121	27	92
1712	Thomas	Bentham	Unattached	MV40	M	00:47:31.10	122	28	93
1823	Stephen	Braithwaite	Kendal ACC	MV40	M	00:47:31.80	123	29	94
1826	Keith	Atkinson	DH Runners	MV40	M	00:47:37.85	124	30	95
1987	Lisa	Askins	Eden Runners	FS	F	00:47:41.20	126	16	30
1797	Rachel	Poynter	Eden Runners	FS	F	00:47:41.45	127	17	31
171	Diane	Gallimore	Border Harriers & AC	FV50	F	00:47:41.65	128	1	32
1938	Jo	Gruchy	Carlisle Tri Club	FS	F	00:47:42.45	129	18	33
1923	Lizzie	Mason	Eden Runners	FS	F	00:47:53.90	130	19	34
1673	Stuart	Dryden	Unattached	MS	M	00:47:55.10	131	47	96
1969	Hayley	Clark	Unattached	FS	F	00:47:57.75	132	20	35
1981	Wayne	Fox	Unattached	MS	M	00:48:04.25	133	48	97
1917	Amanda	Singleton	Eden Runners	FV40	F	00:48:09.95	134	14	36
1693	Peter	Campbell	Border Harriers & AC	MV50	M	00:48:13.60	135	11	98
1744	Andy	Hayton	Unattached	MV40	M	00:48:15.90	136	31	99
1953	Keith	Varty	Unattached	MS	M	00:48:20.65	137	49	100
1605	Michael	Hodgkiss	Unattached	MS	M	00:48:20.80	138	50	101
1752	Beverley	Armstrong	DH Runners	FV40	F	00:48:24.50	139	15	37
1638	John	Slater	Unattached	MS	M	00:48:26.20	140	51	102
1762	Larry	Horne	Eden Runners	MV50	M	00:48:30.50	141	12	103
1782	Kate	Turner	Eden Runners	FS	F	00:48:36.40	142	21	38
1991	Sally	Little	Unattached	FV40	F	00:48:38.70	143	16	39
1634	Craig	Hayton	Edinburgh Running Network	MS	M	00:48:40.55	144	52	104
1897	Gary	Holliday	Unattached	MV40	M	00:48:44.85	145	32	105
1889	Wade	Tidbury	Eden Runners	MV50	M	00:48:45.60	146	13	106
1903	Hannah	Mason	Eden Runners	FS	F	00:48:47.60	147	22	40
1816	Richard	Johnston	Carlisle Tri Club	MV40	M	00:48:49.60	148	33	107
1739	John	Lewis	Cumberland AC	MV60	M	00:48:52.80	149	6	108
1800	Claire	Hebdige	Eden Runners	FS	F	00:48:55.10	150	23	41
1843	Ken	Fisher	Unattached	MV50	M	00:48:56.60	151	14	109
1844	Linda	Aspinall	Unattached	FV40	F	00:48:58.20	152	17	42
1928	Jill	Gardiner	Unattached	FS	F	00:48:58.60	153	24	43
1970	Lisa	Jackson Martin	Derwent AC Cockermouth	FS	F	00:49:09.95	154	25	44
1949	Craig	Houghton	Cumberland Fell Runners	MV40	M	00:49:18.60	155	34	110
1617	Lynn	Connolly	DH Runners	FV40	F	00:49:23.90	156	18	45
1808	Andrew	Pescod	DH Runners	MS	M	00:49:28.70	157	53	111
1909	Carole	Alletson	Unattached	FV50	F	00:49:29.85	158	2	46
1649	Juliet	Grieves	Keswick AAC	FV50	F	00:49:35.35	159	3	47
1962	Beverley	Smith	Unattached	FS	F	00:49:37.80	160	26	48

1799	Chris	Robinson	Unattached	MV50	M	00:49:38.00	125	15	112
1842	Donna	Raeburn	Eden Runners	FV40	F	00:49:45.60	161	19	49
1990	Nicola	Black	Keswick AAC	FS	F	00:49:55.10	162	27	50
1619	John	McCostry	Unattached	MS	M	00:49:57.15	163	54	113
1665	Jenny	Mitchell	Unattached	FV40	F	00:49:58.35	164	20	51
1618	Anthony	Nicholson	DH Runners	MV40	M	00:50:01.80	165	35	114
1933	Stuart	Rome	Unattached	MS	M	00:50:03.30	166	55	115
1881	Adrian	Holme	Keswick AAC	MV40	M	00:50:05.70	167	36	116
1910	Michelle	Kingston	Carlisle Tri Club	FS	F	00:50:13.30	168	28	52
1948	Carmel	Bones	Carlisle Tri Club	FV40	F	00:50:16.20	169	21	53
1602	Andrew	Hunter	Unattached	MV40	M	00:50:16.35	170	37	117
1604	Jason	Miles-Campbell	Unattached	MV40	M	00:50:16.95	171	38	118
1988	Simon	Nicholson	Unattached	MS	M	00:50:22.50	172	56	119
1671	Leanne	Norris	Carlisle Tri Club	FS	F	00:50:23.60	173	29	54
1807	David	Robinson	Keswick AAC	MV50	M	00:50:27.05	174	16	120
1929	Lindon	Bolton	Keswick AAC	MS	M	00:50:30.95	175	57	121
1633	Richard	Fox	Unattached	MS	M	00:50:36.95	176	58	122
1614	Bethany	Duffy	DH Runners	FJ	F	00:50:39.30	177	1	55
1701	Ross	Marshall	Unattached	MS	M	00:50:55.10	178	59	123
1860	Pradeep	Bhagawan	Carlisle Tri Club	MV50	M	00:50:57.40	179	17	124
1852	Fiona	Stuart	Eden Runners	FV40	F	00:50:59.05	180	22	56
1785	Rachel	Sate	Salford Metropolitan AC	FS	F	00:51:08.40	181	30	57
1680	Stephen	Carruthers	Unattached	MS	M	00:51:11.30	182	60	125
1684	Lisa	Brunton	Unattached	FV40	F	00:51:27.80	183	23	58
1685	Bob	Lamb	Unattached	MS	M	00:51:28.00	184	61	126
1683	Christopher	Murdoch	Unattached	MV40	M	00:51:28.00	185	39	127
1641	Tracey	Shaw	Unattached	FS	F	00:51:30.45	186	31	59
1975	Richard	Trowles	Sildon Running & AC	MS	M	00:51:32.05	187	62	128
1824	Gillian	Hindle	Unattached	FV40	F	00:51:34.25	188	24	60
1669	Julia	King	Eden Runners	FV60	F	00:51:36.85	189	1	61
1998	Samantha	Cartmel	Unattached	FS	F	00:51:37.80	190	32	62
1984	Liz	Forsyth	Muckle Toon Joggers	FV40	F	00:51:46.20	191	25	63
1721	Ian	Tognarelli	Unattached	MV40	M	00:51:49.50	192	40	129
1728	Audrey	Turnbull	Eden Runners	FS	F	00:52:01.20	193	33	64
1643	Craig	Wagstaff	Unattached	MS	M	00:52:05.10	194	63	130
1979	Claire	Cannon-Park	Unattached	FV40	F	00:52:06.90	195	26	65
1790	David	Peacock	Eden Runners	MV50	M	00:52:15.20	196	18	131
1755	Paul	Todd	DH Runners	MV40	M	00:52:18.65	197	41	132
1810	Kate	Kinnell	Unattached	FS	F	00:52:21.60	198	34	66
1662	David	Galacher	Unattached	MS	M	00:52:25.05	199	64	133
1805	Angela	Watson	Eden Runners	FS	F	00:52:26.60	200	35	67
1677	Scott	McGill	Hikes an aw that	MV40	M	00:52:38.70	201	42	134
1628	Sarah	Wright	Eden Runners	FV40	F	00:52:45.00	202	27	68
1964	David	Hornby	Unattached	MS	M	00:52:46.40	203	65	135
1723	Peter	Garnett	Border Harriers & AC	MV60	M	00:52:58.50	204	7	136
1758	Elizabeth	Dawson	ADAC	FV50	F	00:53:04.10	205	4	69
1908	Kevin	Whitemore	Eden Runners	MV60	M	00:53:07.80	206	8	137
1789	Rouanne	Coulthard	Howgill Harriers	FS	F	00:53:13.20	207	36	70
1775	Simon	McDougall	Unattached	MS	M	00:53:14.55	208	66	138
1914	Tony	Brooke	Eden Runners	MV40	M	00:53:16.50	209	43	139
1613	Louise	Duffy	DH Runners	FV40	F	00:53:18.25	210	28	71
1954	Jen	Moody	Carlisle Tri Club	FV40	F	00:53:18.80	211	29	72
1783	Craig	McDongall	Unattached	MV40	M	00:53:27.50	212	44	140
1971	Kate	Garratt	Derwent AC Cockermouth	FS	F	00:53:39.20	213	37	73
1838	Liz	Postill	Unattached	FV40	F	00:53:41.75	214	30	74

1943	David	Robertson	Unattached	MV50	M	00:53:50.50	215	19	141
1765	Fiona	Jardine	Dumfries Running Club	FV50	F	00:53:55.90	216	5	75
1858	Alison	Williams	Unattached	FS	F	00:53:56.15	217	38	76
1935	Stephen	Bell	Unattached	MV40	M	00:53:56.15	218	45	142
1955	Mark	Moody	Carlisle Tri Club	MV40	M	00:54:00.00	219	46	143
1802	Tony	Lowery	Eden Runners	MV40	M	00:54:02.10	220	47	144
1925	Kirsty	Ash	Muckle Toon Joggers	FV40	F	00:54:07.85	221	31	77
1818	Elaine	Stockdale	Wigton Road Runners	FS	F	00:54:11.45	222	39	78
1822	Susan	Ingham	Kendal ACC	FV40	F	00:54:13.95	223	32	79
1791	Alison	Dixon	Unattached	FV40	F	00:54:16.95	224	33	80
1829	Philip	Parker	Unattached	MV50	M	00:54:17.45	225	20	145
1736	Jaye	Adams	BodyFit Runners	FV40	F	00:54:21.25	226	34	81
1872	David	Wood	DH Runners	MS	M	00:54:21.90	227	67	146
1719	Stephen	Long	Dentonholme Runners	MV50	M	00:54:25.20	228	21	147
1730	Gillian	Silson	Eden Runners	FV50	F	00:54:32.25	229	6	82
1835	Garry	Vernon	Fetch Everyone	MV50	M	00:54:38.75	230	22	148
1911	Karl	Douglas	DH Runners	MV50	M	00:54:45.75	231	23	149
1648	Rob	Craig	Sunderland Strollers	MV50	M	00:54:46.65	232	24	150
1912	Carol	Douglas	DH Runners	FV50	F	00:54:49.40	233	7	83
1936	Alison	Rowsell	Unattached	FV50	F	00:54:54.75	234	8	84
1978	Carolyn	Burns	Eden Runners	FV40	F	00:55:05.00	235	35	85
1905	Kate	Imrie	DH Runners	FS	F	00:55:09.90	236	40	86
1694	Ian	Donnan	BodyFit Runners	MV40	M	00:55:17.60	237	48	151
1781	Andy	Sweetman	Border Reiver Runners	MV50	M	00:55:38.75	238	25	152
1995	Gillian	Titterington	Border Reiver Runners	FS	F	00:55:39.00	239	41	87
1825	Lee	Jardine	Unattached	MS	M	00:55:40.30	240	68	153
1870	Glenda	Blakeley	Unattached	FS	F	00:55:44.50	241	42	88
1906	James	Aiston	Unattached	MS	M	00:55:54.70	242	69	154
1877	Martin	Herriot	Unattached	MS	M	00:55:57.70	243	70	155
1876	Hazel	Oliver	Jog Selkirk	FS	F	00:56:00.75	244	43	89
1940	Tracey	Hunter	Unattached	FS	F	00:56:02.30	245	44	90
1603	Jonathan	Marrow	Unattached	MV40	M	00:56:04.70	246	49	156
1884	Leslie	Nixon	Unattached	MV60	M	00:56:09.20	247	9	157
1831	Lesley	Allison	Eden Runners	FV50	F	00:56:11.15	248	9	91
1759	Gay	Eastoe	Alnwick Harriers	FV60	F	00:56:13.25	249	2	92
1760	Richard	Eastoe	Alnwick Harriers	MV60	M	00:56:13.40	250	10	158
1796	Holly	Mills	University of Cumbria RR	FS	F	00:56:17.55	251	45	93
1828	Jackie	Bennett	Cumberland AC	FV40	F	00:56:32.55	252	36	94
1689	Emma	Bzik	Cumberland AC	FS	F	00:56:32.95	253	46	95
1959	Helen	Sanderson	DH Runners	FV40	F	00:56:33.85	254	37	96
1812	Fiona	Little	Runmum	FV40	F	00:56:47.10	255	38	97
1951	Andrea	Young	DH Runners	FV40	F	00:56:47.75	256	39	98
1856	Euan	Marshall	Unattached	MS	M	00:56:53.25	257	71	159
1740	Hannah	Edwards	Unattached	FS	F	00:56:54.60	258	47	99
1902	Shona	Carey	DH Runners	FS	F	00:57:25.10	259	48	100
1811	Helena	Rath	Unattached	FS	F	00:57:28.70	260	49	101
1809	Chris	Callow	Unattached	MS	M	00:57:28.80	261	72	160
1834	Sarah	Douthwaite	Unattached	FV40	F	00:57:31.95	262	40	102
100	Katy	Livingston-Bray	Unattached	FS	F	00:57:32.70	263	50	103
1956	Alan	Miller	Muckle Toon Joggers	MV40	M	00:57:45.40	264	50	161
1621	Michelle	Moffat	Unattached	FS	F	00:57:50.30	265	51	104
1815	Gary	Frizell	DH Runners	MS	M	00:57:53.25	266	73	162
1821	Lucy	Cowton	DH Runners	FV40	F	00:57:53.35	267	41	105
1622	JP	Whalen	DH Runners	MS	M	00:58:00.75	268	74	163
1890	Neil	Gillespie	Unattached	MV40	M	00:58:25.00	269	51	164

1776	Iain	Mills	Unattached	MV60	M	00:58:29.25	270	11	165
1921	Steve	Campbell	Unattached	MV60	M	00:58:34.40	271	12	166
1707	Tracey	Pagan	DH Runners	FS	F	00:58:36.90	272	52	106
1880	Gill	Holme	Unattached	FV40	F	00:58:43.45	273	42	107
1958	Abigail	Drago	Unattached	FS	F	00:58:44.80	274	53	108
1784	Lucy	Tonkin	Eden Runners	FV40	F	00:58:49.60	275	43	109
1820	Nigel	Cook	Blackhill Bounders	MV40	M	00:58:55.10	276	52	167
1899	Mark	Foudy	Eden Runners	MV50	M	00:58:56.25	277	26	168
1915	Katie	Milner-McLoone	Unattached	FS	F	00:59:10.85	278	54	110
1916	Lee	Crawford	Unattached	MS	M	00:59:11.15	279	75	169
1904	Elaine	Doran	DH Runners	FS	F	00:59:14.25	280	55	111
1957	Audrey	O'Kelly	Carlisle Tri Club	FV50	F	00:59:18.55	281	10	112
1763	George	Fraser	Annan & District A.C.	MV70	M	00:59:22.75	282	1	170
1769	Jill	Glencross	DH Runners	FV40	F	00:59:31.45	283	44	113
1710	Kayley	Hart	Unattached	FS	F	00:59:57.40	284	56	114
1709	Rodger	Hart	Unattached	MV50	M	00:59:58.25	285	27	171
1751	Allen	Winter-Moore	Unattached	MS	M	01:00:12.35	286	76	172
1610	Katherine	Eilbeck	Unattached	FV40	F	01:00:12.65	287	45	115
1637	Ian	Slater	Unattached	MV50	M	01:00:13.80	288	28	173
1794	Dave Boom	Graham	Carlisle Tri Club	MV40	M	01:00:21.60	289	53	174
1674	Charles	Little	Carlisle Tri Club	MV40	M	01:00:22.05	290	54	175
1660	Kerry	Ferguson	Unattached	FV40	F	01:00:31.20	291	46	116
1659	Natalie	Clifford	Unattached	FS	F	01:00:31.35	292	57	117
1898	Stephanie	Foudy	Eden Runners	FV40	F	01:00:42.25	293	47	118
1682	Chris	Glencorse	Unattached	MV40	M	01:00:43.75	294	55	176
1704	Rachel	Lee	DH Runners	FV50	F	01:01:01.80	295	11	119
1939	Carol	Irving	Muckle Toon Joggers	FV40	F	01:01:32.70	296	48	120
1874	John	Dalton	Jogscotland	MV50	M	01:01:36.90	297	29	177
1767	Helen	Tiffin	Runmum	FS	F	01:01:56.20	298	58	121
1732	Laura	Ward	Unattached	FS	F	01:02:16.00	299	59	122
1972	Suzanne	Osborne	DH Runners	FS	F	01:02:16.65	300	60	123
1848	Zoe	King	Sweatshop	FS	F	01:02:20.45	301	61	124
1608	Mia	Lympany	Unattached	FS	F	01:02:22.65	302	62	125
1798	Heather	Harrison	DH Runners	FV40	F	01:02:34.45	303	49	126
1690	Denise	Howie	BodyFit Runners	FV50	F	01:02:52.75	304	12	127
1801	Laura	Kinnard	Eden Runners	FS	F	01:02:58.40	305	63	128
1965	Gillian	Hornby	Toni's Tigers	FS	F	01:03:15.40	306	64	129
1967	Denise	Maxwell	Unattached	FV40	F	01:03:32.55	307	50	130
1873	Emma	Taylor	DH Runners	FS	F	01:03:38.80	308	65	131
1612	Graham	Quinn	Unattached	MV40	M	01:03:50.60	309	56	178
1653	Sarah	Hogg	Unattached	FS	F	01:03:55.60	310	66	132
1655	Gemma	Orchard	Unattached	FS	F	01:03:55.80	311	67	133
1726	Annabelle	Allen	BodyFit Runners	FV50	F	01:04:11.25	312	13	134
1705	Siobhan	Gascoigne	BodyFit Runners	FV50	F	01:04:18.25	313	14	135
1774	Petra	Sheard	Unattached	FV50	F	01:04:21.65	314	15	136
1734	Lesley	Talbot	BodyFit Runners	FV40	F	01:04:29.80	315	51	137
1867	Steve	Conley	Unattached	MV40	M	01:04:36.35	316	57	179
1851	Andrew	Lang	Unattached	MV50	M	01:04:44.55	317	30	180
1749	Bridget	Pollock	Unattached	FV50	F	01:05:08.55	318	16	138
1620	Lynsey	Buckle	Unattached	FS	F	01:05:17.10	319	68	139
1869	Mirelle	Young	Jog Selkirk	FV40	F	01:05:18.60	320	52	140
1711	Lesley Anne	Bentham	Unattached	FV40	F	01:05:21.00	321	53	141
1720	Pamela	Patterson	Teviotdale Harriers	FV40	F	01:05:24.60	322	54	142
1651	Suzanne	Murdoch	Unattached	FV40	F	01:05:26.50	323	55	143
1708	Helen	Hart	Unattached	FV50	F	01:05:32.75	324	17	144

1768	Russell	Hind	Unattached	MV50	M	01:05:32.75	325	31	181
1886	Tracey	Lindle	Unattached	FS	F	01:05:35.00	326	69	145
1887	Lindsey	Armitage	Unattached	FS	F	01:05:35.30	327	70	146
1878	Elma	Heatlie	Jog Selkirk	FV50	F	01:05:48.05	328	18	147
1663	Neville	Lishman	Unattached	MV40	M	01:05:49.60	329	58	182
1976	Heather	Herring	Unattached	FV40	F	01:05:49.75	330	56	148
1787	Kev	Iveson	Unattached	MS	M	01:05:50.30	331	77	183
1941	Linda	Almond	Unattached	FV50	F	01:05:52.30	332	19	149
1996	George	Shadwick	Sands Running Club	MV70	M	01:06:37.45	333	2	184
1888	Fiona	Tidbury	Eden Runners	FV50	F	01:06:47.60	334	20	150
1944	Hannah	Stevens	Unattached	FV40	F	01:06:48.90	335	57	151
1654	Hayley	Rogers	Unattached	FS	F	01:06:50.50	336	71	152
1932	Rachel	Ashburner	Unattached	FS	F	01:06:53.80	337	72	153
1913	Diane	Peacock	Eden Runners	FV50	F	01:06:53.80	338	21	154
1793	Helen	Tucker	Unattached	FV50	F	01:07:07.90	339	22	155
1770	Karen	Dobson	Unattached	FS	F	01:07:09.45	340	73	156
1946	Helen	Cupac	DH Runners	FV40	F	01:08:53.70	341	58	157
1632	Joanna	Morris	Unattached	FS	F	01:10:29.40	342	74	158
1729	Shaun	Silson	Eden Runners	MV50	M	01:10:55.25	343	32	185
1696	Janette	Roe	BodyFit Runners	FV50	F	01:11:24.20	344	23	159
1743	Sarah	Milburn	DH Runners	FV60	F	01:11:35.00	345	3	160
1748	Susanne	Craig	Unattached	FV50	F	01:11:37.10	346	24	161
1875	Amy	Baston	Unattached	FS	F	01:11:40.80	347	75	162
1862	Clare	Douglas	Ashington Hirst RC	FV40	F	01:11:44.85	348	59	163
1780	Ken	Thomas	Shildon Running & AC	MV50	M	01:12:09.30	349	33	186
1658	Francesca	Bee	Unattached	FS	F	01:12:16.95	350	76	164
1691	Dianne	Woodward	BodyFit Runners	FV60	F	01:13:23.70	351	4	165
1738	Rebecca	Fell	Unattached	FJ	F	01:13:43.45	352	2	166
1733	Austen	Raine	Wigton Road Runners	MV60	M	01:13:43.45	353	13	187
1753	Susanne	McDougall	Unattached	FV60	F	01:14:27.90	354	5	167
1668	Peter	Rudd	Unattached	MV50	M	01:15:42.60	355	34	188
170	Fiona	Mcfarlane	Unattached	FV60	F	01:18:48.85	356	6	168
1703	Michelle	Lamdon-Wills	BodyFit Runners	FV40	F	01:19:58.85	357	60	169
1692	Nicole	Regan	Unattached	FS	F	01:21:51.00	358	77	170
1700	Margaret	Turner	BodyFit Runners	FV60	F	01:25:25.55	359	7	171
1697	Elaine	Kelly	BodyFit Runners	FV60	F	01:33:22.90	360	8	172
1630	Nick	Dolan	Unattached	MS	M	01:34:03.30	361	84	189
1629	Kelsey	Summerfield	Unattached	FS	F	01:34:04.45	362	78	173
1695	Julie	Holliday	BodyFit Runners	FV50	F	01:35:08.45	363	25	174
1702	Wendy	Burnie	BodyFit Runners	FV50	F	01:35:08.60	364	26	175