

Carlisle City 10K Series 2017

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

Name	Club	Cat	Sex	Resolution 10K January 15th	CCUTR May 17th	Carlisle Tri 10K June 7th	Sport in Action 10K August 27th	Points				Total Points	Series Pos	Series Winners	
								Race 1	Race 2	Race 3	Race 4				
Series Qualifiers															
Fiona	Todd	Unattached	Vet 40	F	00:41:45.70	43.10	00:42:07.70		3	4	2		9	1	Leading After Rd 3
James	Buis	Border Harriers & AC	Vet 40	M	00:35:24.70	36.00	00:34:25.55		6	2	2		10	1	Leading After Rd 3
Vanessa	Strickland	Runmums	Vet 40	F	00:42:06.50	44.37			4	7			11	2	Leading After Rd 3
Susan	Fawkes	DH Runners	Open	F		44.09	00:45:02.60			6	9		15	3	
Tanya	Coates	Carlisle Tri Club	Open	F	00:42:16.80	45.32			6	10			16	4	
Niall	Campbell	Dumfries Running Club	Open	M		37.41	00:36:53.25			9	8		17	2	
Julie	Dodd	DH Runners	Vet 40	F		44.40	00:45:12.85			8	10		18	5	
Sarah	Dent	Carlisle Tri Club	Open	F	00:43:56.50		00:43:41.85		14		6		20	6	
Daniel	Hornsby	Border Harriers & AC	Open	M	00:36:18.30	36.49	00:36:08.75		13	4	4		21	3	
Sue	Jeffery	Dumfries Running Club	Open	F		46.34	00:45:36.35			13	11		24	7	
Teresa	Medley	Border Harriers & AC	Vet 40	F	00:44:04.90	44.04	00:43:48.05		16	5	7		28	8	
Shane	Stobbs	Cumberland AC	Open	M	00:38:22.85	37.32			20	8			28	4	
Anne	MacFarlane	Dumfries Running Club	Vet 50	F		46.40	00:46:37.55			14	15		29	9	Leading After Rd 3
Rosie	Billett	DH Runners	Open	F		46.58	00:46:51.75			15	16		31	10	
Nathan	Postill	Keswick AC	Jun	M	00:37:28.65	37.22	00:36:48.35		17	7	7		31	5	
Richard	Hodgson	Unattached	Open	M		39.24	00:39:51.65			15	16		31	7	
Kevin	Mccaig	Dumfries Running Club	Vet 50	M		40.25	00:39:09.20			17	14		31	6	Leading After Rd 3
Louise	Brown	Carlisle Tri Club	Open	F	00:45:40.55		00:46:27.65		22		14		36	11	
Mike	Reed	Unattached	Open	M		41.14	00:40:34.45			22	18		40	8	
Georgie	Lowry	Carlisle Tri Club	Open	F	00:45:35.95	45.55	00:45:54.75		21	11	13		45	12	
Viki	Kent	Unattached	Open	F		50.35	00:49:19.50			25	23		48	13	
Beverley	Armstrong	DH Runners	Vet 40	F	00:48:24.50	47.19			37	16			53	14	
Kevin	Scott	DH Runners	Vet 40	M	00:39:41.80	39.30	00:38:25.35		28	16	12		56	9	Leading After Rd 3
Carl	Blackburn	Unattached	Open	M	00:40:33.50	40.26			38	18			56	10	
Sally	Little	Unattached	Vet 40	F	00:48:38.70	49.52			39	23			62	15	
Sandy	Shankland	Dumfries Running Club	Vet 60	M		41.35	00:42:26.55			29	34		63	11	Leading After Rd 3
Nicola	Latimer	Wigton Road Runners	Vet 40	F		52.23	00:51:08.65			32	34		66	16	
Helen	Short	Unattached	Vet 40	F		52.29	00:52:34.45			33	38		71	17	
Stuart	Gillespie	Dumfries Running Club	Open	M		44.05	00:42:06.55			43	30		73	12	
Daniel	Braithwaite	Unattached	Vet 40	M		47.42				73			73	13	
Adrian	Hadley	Unattached	Open	M	00:42:05.75	42.10			49	31			80	15	
Tony	Mills	DH Runners	Vet 50	M		45.00	00:42:20.90			47	33		80	14	
Carmel	Bones	Carlisle Tri Club	Vet 40	F	00:50:16.20		00:50:16.60		53		28		81	18	
Jill	Gardiner	Carlisle Tri Club	Open	F	00:48:58.60	48.37	00:48:16.75		43	18	21		82	19	
Carole	Alletson	Unattached	Vet 50	F	00:49:29.85	53.09			46	37			83	20	
Shirley	Teasdale	Unattached	Open	F		57.05	00:49:27.10			61	24		85	21	
Tracey	Shaw	Unattached	Open	F	00:51:30.45		00:50:04.85		59		26		85	22	
Linda	Aspinall	Unattached	Vet 40	F	00:48:58.20	48.53	00:49:53.20		42	19	25		86	23	
Craig	Little	Unattached	Open	M	00:40:20.45	42.53	00:40:30.05		35	34	17		86	16	
Michael	Jardine	Dumfries Running Club	Vet 50	M		44.19	00:43:32.60			44	43		87	18	
Les	Hill	Dumfries Running Club	Vet 50	M		44.38	00:43:31.55			45	42		87	17	
Martin	Curran	Unattached	Open	M		44.00	00:43:59.10			42	47		89	19	
Martin	Steele	Unattached	Vet 50	M	00:42:51.00	43.04			55	35			90	20	
Sarah	Lord	DH Runners	Vet 40	F		55.00	00:53:45.90			44	49		93	24	
Bethany	Duffy	DH Runners	Jun	F	00:50:39.30	49.13	00:47:27.55		55	21	19		95	25	Leading After Rd 3
Michael	Marsh	Unattached	Vet 40	M		45.25	00:44:11.65			50	48		98	21	
Jan	Moody	Carlisle Tri Club	Vet 40	F	00:53:18.80		00:50:09.00		72		27		99	26	
John	Andrewartha	Eden Runners	Vet 40	M	00:43:24.15		00:43:17.35		58		41		99	22	
Jo	Gruchy	Carlisle Tri Club	Open	F	00:47:42.45	59.12			33	70			103	27	
David	Postill	Carlisle Tri Club	Vet 40	M	00:41:41.60	42.29	00:41:25.05		46	33	25		104	23	
Josh	Waite	Carlisle Tri Club	Open	M		45.38	00:44:25.60			54	50		104	25	
Toby	Harling	DH Runners	Open	M	00:45:18.10		00:41:40.40		77		27		104	24	
Jenny	Mitchell	Carlisle Tri Club	Vet 40	F	00:49:58.35	49.47	00:50:51.05		51	22	32		105	28	
Philip	Meloy	Cumberland AC	Vet 40	M	00:42:34.10		00:44:37.65		54		52		106	26	
Michelle	Kingston	Carlisle Tri Club	Open	F	00:50:13.30	51.42	00:50:16.90		52	28	29		109	29	
Adrian	Brown	Unattached	Open	M		45.51	00:44:52.30			55	54		109	27	
Laura	Broatch	Dumfries Running Club	Open	F		55.57	00:55:27.55			51	59		110	31	
Haley	Millican	Unattached	Open	F		57.02	00:54:36.30			59	51		110	30	

Rosie	Heavens	Unattached	Open	F		57.04	00:54:42.45		60	52	112	32
Wayne	Watson	DH Runners	Vet 40	M		45.58	00:45:00.40		57	55	112	28
David	Burns	Dumfries Running Club	Vet 50	M	00:44:23.90		00:44:20.55	68	49		117	29
Elaine	Stockdale	Wigton Road Runners	Open	F	00:54:11.45	53.52		78	40		118	34
Lindsay	Graham	DH Runners	Open	F		56.56	00:55:36.15		57	61	118	33
Marie	Milligan	Unattached	Open	F		58.43	00:55:17.00		66	56	122	35
Colin	Nicholl	DH Runners	Vet 40	M	00:42:07.50	43.15	00:42:43.20	50	36	37	123	30
Jennifer	Ross	Dumfries Running Club	Open	F		59.00	00:55:21.75		69	57	126	36
Kate	Imrie	DH Runners	Open	F	00:55:09.90		00:52:56.60	86		43	129	37
Mark	Hall	Dumfries Running Club	Vet 40	M		46.37	00:46:09.70		61	68	129	31
Wayne	Horsley	Unattached	Open	M	00:46:00.75	45.07		81	49		130	32
Martyn	Black	Unattached	Vet 40	M	00:45:54.35	45.37		79	53		132	33
Kathryn	Holliday	DH Runners	Vet 40	F		63.58	00:52:35.35		94	39	133	38
Richard	Henry	DH Runners	Open	M		48.52	00:45:10.75		76	57	133	34
Chris	Knox	DH Runners	Vet 50	M		46.52	00:46:38.75		63	71	134	35
Craig	Kerr	Dumfries Running Club	Vet 40	M		47.27	00:45:53.35		70	65	135	36
Glenda	Blakeley	DH Runners	Open	F	00:55:44.50	55.56		88	49		137	39
Simon	Dolman	DH Runners	Vet 40	M		46.54	00:46:41.50		64	73	137	37
Amanda	Kirtley	DH Runners	Vet 40	F		59.38	00:56:37.85		74	66	140	40
David	Goodall	Cumberland AC	Vet 40	M		47.12	00:46:54.45		68	76	144	38
Liz	Postill	Carlisle Tri Club	Vet 40	F	00:53:41.75	52.44	00:52:17.90	74	34	37	145	41
Jonathan	Buckley	Unattached	Open	M	00:46:31.85	42.10	00:41:52.60	85	32	29	146	39
Daniel	Van Lierop	SWPT	Open	M		46.11	00:48:33.30		59	88	147	40
Wayne	Davies	Unattached	Open	M		47.34	00:47:24.75		71	79	150	41
Neil	Moffat	Dumfries Running Club	Vet 60	M		47.02	00:47:53.90		67	84	151	42
Louise	Duffy	DH Runners	Vet 40	F	00:53:18.25	53.59	00:52:37.20	71	41	40	152	42
Carol	Douglas	DH Runners	Vet 50	F	00:54:49.40		00:57:25.30	83		71	154	43
Holly	Mills	Unattached	Open	F	00:56:17.55	57.48		93	64		157	44
Helen	Sanderson	DH Runners	Vet 40	F	00:56:33.85	52.17	00:50:43.50	96	31	31	158	45
Keith	Elliot	Unattached	Vet 60	M	00:46:00.15		00:47:20.55	80		78	158	43
Mathew	Ireland	Carlisle Tri Club	Open	M		47.22	00:49:40.60		69	95	164	44
Claire	Cannon-Park	Eden Runners	Vet 40	F	00:52:06.90	56.40	00:54:59.25	65	53	54	172	46
Keith	Atkinson	DH Runners	Vet 40	M	00:47:37.85		00:47:19.15	95		77	172	45
Jenny	Finnegan	Unattached	Open	F		62.08	00:59:38.45		87	86	173	47
Lucy	Cowton	DH Runners	Vet 40	F	00:57:53.35	59.24		105	73		178	48
Emma	Bzik	Cumberland AC	Open	F	00:56:32.95		00:59:34.20	95		84	179	49
Carl	Dowell	Unattached	Open	M		53.20	00:48:40.55		90	90	180	46
Niki	Iveson	Unattached	Open	F		60.14	01:01:57.75		79	104	183	50
Audrey	O'Kelly	Carlisle Tri Club	Vet 50	F	00:59:18.55	52.56	00:52:17.25	112	36	36	184	51
Fiona	Jardine	Dumfries Running Club	Vet 50	F	00:53:55.90	53.43	00:58:03.15	75	38	75	188	52
Gill	Harding	Unattached	Vet 50	F		64.43	01:01:24.30		95	96	191	53
Chris	Robinson	Unattached	Vet 50	M	00:49:38.00	50.02		112	79		191	47
Tracey	Pagan	DH Runners	Open	F	00:58:36.90	55.16	00:52:43.30	106	47	42	195	54
Suzanne	Osborne	DH Runners	Open	F	01:02:16.65	59.16		123	72		195	55
Dave	Moran	Unattached	Open	M		53.46	00:51:08.90		91	104	195	48
Lucy	Jackson	DH Runners	Open	F		61.12	01:04:07.95		82	116	198	56
David	Robinson	Keswick AC	Vet 50	M	00:50:27.05	50.00		120	78		198	50
Stephen	Warwick	Unattached	Vet 40	M		52.29	00:52:39.25		86	112	198	49
Heather	Harrison	DH Runners	Vet 40	F	01:02:34.45	60.13		126	78		204	57
Abigail	Drago	Carlisle Tri Club	Open	F	00:58:44.80	55.01	00:54:53.75	108	45	53	206	58
Kate	Whalen	DH Runners	Open	F		63.55	01:04:04.70		93	115	208	59
Anthony	Nicholson	DH Runners	Vet 40	M	00:50:01.80	54.17		114	95		209	51
Christopher	Winspear	Unattached	Vet 50	M		54.24	00:55:30.90		97	116	213	52
Rachel	Lindsay	Unattached	Open	F		66.21	01:04:56.25		98	119	217	60
Andrew	Pescod	DH Runners	Open	M	00:49:28.70		00:51:48.50	111		107	218	53
Denise	Maxwell	Unattached	Vet 40	F	01:03:32.55	62.39		130	89		219	62
Elaine	Doran	DH Runners	Open	F	00:59:14.25		01:02:37.45	111		108	219	61
Tracey	Pape	Carlisle Tri Club	Open	F		67.22	01:04:58.85		102	120	222	63
Steve	Viney	DH Runners	Vet 60	M	00:47:28.10	46.56	00:46:32.75	91	65	70	226	54
Sarah	Barclay	Runmuns	Vet 40	F		67.36	01:05:54.65		103	124	227	65
Sean	Mcgleenan	Dumfries Running Club	Vet 50	M		58.34	00:56:05.05		106	121	227	55
Daniel	Alexander	Unattached	Open	M		56.32	00:59:08.05		103	125	228	56
Victoria	Irving	University of Cumbria Road Runners	Vet 40	F		67.49	01:06:34.05		105	128	233	66
Allan Raymond	Redoble	DH Runners	Vet 40	M		58.49	00:59:16.00		107	126	233	57
Laura	Ward	Unattached	Open	F	01:02:16.00		01:02:50.90	122		112	234	67
Karl	Douglas	DH Runners	Vet 50	M	00:54:45.75	52.53		149	88		237	58

Wendy	Heap	Runmums	Vet 40	F		68.17	01:06:36.25			108	130		238	68	
Andy	Airey	Unattached	Vet 50	M		63.51	01:01:07.35			111	127		238	59	
Denise	Howie	BodyFit Runners	Vet 50	F	01:02:52.75		01:04:42.35		127		117		244	69	
Nicola	Jackson	DH Runners	Vet 40	F		70.19	01:07:01.35			115	132		247	70	
Mark	Moody	Carlisle Tri Club	Vet 40	M	00:54:00.00		00:52:19.40		143		110		253	60	
Mary	Messenger	DH Runners	Vet 40	F		76.17	01:07:25.50				123	134	257	71	
Gary	Frizell	DH Runners	Open	M	00:57:53.25		56.08			162	101		263	61	
Emma	Richardson	DH Runners	Open	F		77.31	01:17:01.90				126	144	270	72	
Paula	Harmon	DH Runners	Vet 40	F		89.02	01:28:15.10				129	145	274	73	
Leslie	Nixon	Unattached	Vet 60	M	00:56:09.20		00:56:00.85		157		119		276	62	
Steve	Conley	Unattached	Vet 40	M	01:04:36.35		56.17			179	102		281	63	
Neil	Gillespie	Unattached	Vet 40	M	00:58:25.00		00:56:02.60			164		120	284	64	
Rachel	Lee	DH Runners	Vet 50	F	01:01:01.80		61.22	01:00:49.40		119	83	92	294	74	
Susanne	McDougall	Unattached	Vet 60	F	01:14:27.90		80.40			167	128		295	75	Leading After Rd 3
George	Shadwick	Sands Running Club	Vet 70	M	01:06:37.45		66.51			184	115		299	65	Leading After Rd 3
George	Fraser	Annan & District A.C.	Vet 70	M	00:59:22.75			01:06:53.35		170		130	300	66	
Peter	Rudd	Unattached	Vet 50	M	01:15:42.60		68.51			188	117		305	67	
Emma	Taylor	DH Runners	Open	F	01:03:38.80		61.43	01:01:22.00		131	84	95	310	76	
Peter	Garnett	Border Harriers & AC	Vet 60	M	00:52:58.50		53.00	00:50:01.90		136	89	100	325	68	
Keve	Iveson	Unattached	Open	M	01:05:50.30		60.15	00:43:06.65		183	109	39	331	69	
Paul	Todd	DH Runners	Vet 40	M	00:52:18.65		55.43	00:55:52.35		132	100	117	349	70	
John-Paul	Whalen	DH Runners	Open	M	00:58:00.75		54.18	00:52:20.80		163	96	111	370	71	
Heather	Herring	Unattached	Vet 40	F	01:05:49.75		74.47	01:02:30.70		148	122	107	377	77	
Helen	Cupac	DH Runners	Vet 40	F	01:08:53.70		67.03	01:05:06.80		157	100	121	378	78	
Sarah	Milburn	DH Runners	Vet 60	F	01:11:35.00		66.16	01:07:24.10		160	97	133	390	79	
Francesca	Bee	Unattached	Open	F	01:12:16.95		73.11	01:10:20.70		164	120	140	424	80	

Unable to win series due competing in less than 3 events

Darren	Thom	New Marske Harriers Club	Open	M	00:32:32.10					1				1	
Lucy	Stobart	Cumberland AC	Open	F	00:40:24.50					1				1	
Natlie	Mccarron	Cumberland AC	Open	F				00:40:46.80				1		1	
Robert	Hodgson	Border Harriers & AC	Open	M				00:33:42.20				1		1	
Paul	Graves	DH Runners	Open	M		35.20					1			1	
Nicola	Hood	Dumfries Running Club	Open	F		37.26					1			1	
Jonathan	Cox	Eden Runners	Open	M	00:32:47.20					2				2	
Suzanne	Toppin	Unattached	Vet 40	F	00:41:36.50					2				2	
Philippa	Wakefield	DH Runners	Open	F		40.20					2			2	
Gary	Wallace	Blackhill Bounders	Open	M	00:33:10.80					3				3	
Nadia	Shaw	Cumberland AC	Open	F				00:42:34.65				3		3	
Steven	Berry	Border Harriers & AC	Open	M				00:35:43.50				3		3	
Michael	Holliday	DH Runners	Open	M		36.02					3			3	
Camilla	McKnespiey	Border Harriers & AC	Jun	F		41.50					3			3	
Mark	Benson	Tri-Lakeland	Open	M	00:34:03.85					4				4	
Melanie	Martin	Unattached	Vet 40	F				00:42:58.95				4		4	
John	French	Eden Runners	Open	M	00:34:26.00					5				5	
Vicky	Johnston	Unattached	Open	F	00:42:08.90					5				5	
Alex	Bryson	Dalbeattie	Open	F				00:42:59.25				5		5	
Mike	Scott	Border Harriers & AC	Vet 50	M				00:36:19.00				5		5	
Craig	Holliday	Carlisle Tri Club	Open	M		36.59					5			5	
Richard	Murdock	Elenborough	Open	M				00:36:26.40				6		6	
Dean	Douglas	Unattached	Open	M		37.16					6			6	
Stuart	Robinson	Border Harriers & AC	Vet 50	M	00:35:33.35					7				7	
Kirsty	Alexander	Kilmarnock H & AC	Vet 40	F	00:42:26.90					7				7	
Alastair	Thomas	Unattached	Jun	M	00:35:41.30					8				8	
Karen	Bridge	Eden Runners	Vet 40	F	00:42:43.80					8				8	
Elizabeth	Earle	Tynedale Harriers and AC	Open	F				00:44:31.40				8		8	
Mark	Kearney	Unattached	Open	M	00:35:42.70					9				9	
Emma	Nielsen	Eden Runners	Vet 40	F	00:42:59.00					9				9	
Shane	Stobart	Cumberland AC	Open	M				00:37:08.45				9		9	
Sophia	Craig	Unattached	Vet 40	F		45.31					9			9	
Iain	Craven	Edinburgh Athletic Club	Open	M	00:35:53.70					10				10	
Samantha	Ayres	Keswick AAC	Vet 40	F	00:43:02.10					10				10	
Andrew	Wilson	Unattached	Open	M				00:37:39.45				10		10	
Darren	Rook	Unattached	Vet 40	M		37.48						10		10	
Richard	Keefe	Unattached	Open	M	00:36:01.85					11				11	
Megan	Martin	Unattached	Open	F	00:43:19.45					11				11	

John	Pattinson	Unattached	Open	M			00:37:47.00			11		11
Andrew	Wilson	Unattached	Open	M		37.54				11		11
Scott	Martin	Kilmarnock H & AC	Vet 40	M	00:36:08.40				12			12
Holly	Harper	Keswick AAC	Open	F	00:43:34.00				12			12
Emily	Arter	Carlisle Tri Club	Open	F			00:45:47.05				12	12
Thomas	Nicholson	Border Harriers & AC	Open	M		38.03				12		12
Robin	Barrie	Unattached	Open	F		46.31					12	12
Kerry	Grinbergs	Eden Runners	Open	F	00:43:54.95				13			13
Allan	Baxtar	Dumfries Running Club	Vet 40	M			00:38:48.45				13	13
Michael	Natras	Unattached	Open	M		38.19					13	13
David	Thompson	Rock2Roll CC	Open	M	00:36:55.90				14			14
Stuart	Sirey	Carlisle Tri Club	Open	M		38.46				14		14
Alex	Roberts	Ellenborough AC	Open	M	00:37:11.90				15			15
Elizabeth	Watson	Derwent AC Cockermouth	Open	F	00:44:00.30				15			15
Maciej	Trzeciak	Unattached	Open	M			00:39:17.70				15	15
Zac	Hudd	Unattached	Jun	M	00:37:27.90				16			16
Sophia	Craig	Unattached	Vet 40	F	00:44:36.85				17			17
Emma	Aupin	Allen Valley Striders	Vet 40	F			00:46:56.95				17	17
Suzanne	Mcardle	Unattached	Open	F		48.17				17		17
Chris	Sterling	Unattached	Open	M	00:37:56.70				18			18
Hailey	Fletcher	Unattached	Open	F	00:44:42.70				18			18
Alyx	Murdock	Tri Lakeland	Open	F			00:47:11.25				18	18
Steven	Pagan	Unattached	Vet 40	M	00:38:06.30				19			19
Louise	Winter	Keswick AAC	Open	F	00:45:20.95				19			19
Ross	Butler	Keswick AC	Vet 40	M			00:40:35.40				19	19
Richard	Holliday	DH Runners	Open	M		41.05				19		19
Cath	Burrus	Unattached	Vet 40	F	00:45:28.75				20			20
Beverley	Armstrong	DH Runners	Vet 40	F			00:47:40.85				20	20
Neil	Hudson	Unattached	Open	M			00:40:45.75				20	20
Sean	Uttley	Unattached	Vet 50	M		41.06				20		20
Kerry	Braithwaite	Carlisle Tri Club	Vet 40	F		49.07				20		20
Andrew	Wilson	Unattached	Open	M	00:38:30.30				21			21
Ian	Wilson	Cumberland AC	Open	M			00:40:58.40				21	21
Ian	Hodgson	Carlisle Tri Club	Open	M		41.13				21		21
Stephen	Welsh	Unattached	Vet 40	M	00:38:39.70				22			22
Julie	Story	Unattached	Vet 40	F			00:49:10.20				22	22
Jordan	Kelly	Unattached	Open	M			00:41:03.80				22	22
Nick	Thomas	Unattached	Vet 40	M	00:39:00.40				23			23
Ruth	Hetherington	Eden Runners	Vet 40	F	00:46:07.30				23			23
Thomas	Bentley	Allen Valley Striders	Open	M			00:41:16.55				23	23
Martin	Gallagher	Unattached	Vet 40	M		41.16				23		23
Stuart	Windsor	DH Runners	Vet 40	M	00:39:14.85				24			24
Samantha	Sugdun	Eden Runners	Open	F	00:46:35.40				24			24
Brendon	Jackson	Allen Valley Striders	Vet 40	M			00:41:17.30				24	24
Chris	Davison	Carlisle Tri Club	Vet 50	M		41.17				24		24
Hannah	Billett	Unattached	Open	F		50.26				24		24
Nick	Tait	Unattached	Vet 40	M	00:39:17.25				25			25
Sarah	Brotherton	Unattached	Open	F	00:46:36.65				25			25
Simon	Mortlock	Dumfries Running Club	Vet 50	M		41.22				25		25
Mike	Allison	Eden Runners	Vet 50	M	00:39:19.10				26			26
Kerry	Davis	Eden Runners	Vet 40	F	00:46:42.80				26			26
Tony	Holliday	CAC	Vet 40	M			00:41:36.35				26	26
Paul	McKnespiey	DH Runners	Vet 40	M		41.26				26		26
Skye	Sarabs	Dumfries Running Club	Open	F		50.39				26		26
Matt	Charlton	DH Runners	Open	M	00:39:22.15				27			27
Alison	Phillips	Eden Runners	Vet 40	F	00:46:52.00				27			27
Ivan	Newton	Tynedale Harriers & AC	Vet 40	M		41.29				27		27
Victoria	Wilson	Cumberland AC	Open	F		50.44				27		27
Mhairi	Wear	Eden Runners	Vet 40	F	00:46:59.95				28			28
Kyle	Laurie	Unattached	Open	M			00:41:42.10				28	28
Mark	Rutherford	Keswick AC	Vet 40	M		41.32				28		28
Brian	Hughes	Glasgow South RR	Vet 60	M	00:39:43.10				29			29
Bethany	Sunners	BodyFit Runners	Open	F	00:47:02.65				29			29
Alison	Simmonds	Unattached	Open	F		52.12				29		29
Eddie	Fletcher	Keswick AAC	Open	M	00:39:48.45				30			30
Lisa	Askins	Eden Runners	Open	F	00:47:41.20				30			30

Sharon	Clark	Wigton Road Runners	Vet 40	F			00:50:36.55			30	30
Cameron	Westmorland	Unattached	Jun	M		42.09				30	30
Rachel	Young	Unattached	Open	F		52.16				30	30
Geoffrey	Chapman	Eden Runners	Vet 40	M	00:39:48.75				31		31
Rachel	Poynter	Eden Runners	Open	F	00:47:41.45				31		31
Steve	Claringbold	DH Runners	Open	M			00:42:12.05			31	31
Antony	Briscoe	Cumberland AC	Vet 50	M	00:39:49.85				32		32
Diane	Gallimore	Border Harriers & AC	Vet 50	F	00:47:41.65				32		32
Brian	Mohan	Dumfries Running Club	Vet 50	M			00:42:12.15			32	32
Mike	Bell	Eden Runners	Vet 40	M	00:39:58.10				33		33
Sally-Ann	Mcvaghan	Unattached	Vet 40	F			00:50:54.25			33	33
Craig	Marsh	Keswick AAC	Open	M	00:40:18.10				34		34
Lizzie	Mason	Eden Runners	Open	F	00:47:53.90				34		34
Hayley	Clark	Unattached	Open	F	00:47:57.75				35		35
Nicky	Butler	Keswick AC	Vet 50	F			00:51:33.70			35	35
Gareth	Irving	Unattached	Open	M			00:42:27.80			35	35
Gail	Oliver	Unattached	Vet 40	F		52.53				35	35
Ryan	Williams	Unattached	Open	M	00:40:23.50				36		36
Amanda	Singleton	Eden Runners	Vet 40	F	00:48:09.95				36		36
Jason	Forster	Allen Valley Striders	Vet 40	M			00:42:32.40			36	36
Luke	Russell	University of Cumbria RR	Open	M	00:40:26.70				37		37
Martin	Grey	DH Runners	Vet 50	M		43.25				37	37
Kate	Turner	Eden Runners	Open	F	00:48:36.40				38		38
Shaun	Cavanagh	Cumberland AC	Vet 50	M			00:43:03.25			38	38
Paul	Rawlinson	DH Runners	Open	M		43.41				38	38
James	Grinbergs	Eden Runners	Open	M	00:40:37.30				39		39
Paul	Griffin	Stocksfield Striders	Vet 50	M		43.47				39	39
Jane	Jones	Unattached	Open	F		53.47				39	39
John	Oakey	Eden Runners	Vet 40	M	00:40:54.40				40		40
Hannah	Mason	Eden Runners	Open	F	00:48:47.60				40		40
Thomas	Towle	Carlisle Tri Club	Open	M			00:43:08.30			40	40
Ben	Harper	Carlisle Tri Club	Open	M		43.52				40	40
Joseph	Collins	Unattached	Jun	M	00:41:02.55				41		41
Claire	Hebdige	Eden Runners	Open	F	00:48:55.10				41		41
Stella	Atherton	Cumberland AC	Vet 40	F			00:52:37.75			41	41
Andrew	Graham	DH Runners	Vet 40	M		43.54				41	41
Baz	Harper	Carlisle Tri Club	Open	M	00:41:08.00				42		42
Emma	Eagling	Unattached	Open	F		54.23				42	42
Brian	McGhee	Unattached	Open	M	00:41:14.65				43		43
Jill	Carruthers	Unattached	Open	F		54.24				43	43
Daniel	Orton	Quakers Running Club	Open	M	00:41:15.55				44		44
Lisa	Jackson Martin	Derwent AC Cockermouth	Open	F	00:49:09.95				44		44
Vikki	Byrne	Cumberland AC	Open	F			00:53:09.15			44	44
Brian	Hazlewood	DH Runners	Vet 40	M			00:43:39.10			44	44
Alasdair	Duke	Westerlands Cross Country	Open	M	00:41:30.05				45		45
Lynn	Connolly	DH Runners	Vet 40	F	00:49:23.90				45		45
Andrea	Challenger	Cumberland AC	Vet 40	F			00:53:11.45			45	45
Andrew	Hemsley	Eden Runners	Vet 50	M			00:43:42.55			45	45
Carol	Elliot	Dumfries Harriers	Vet 50	F			00:53:24.75			46	46
Mark	Wilson-Maher	Unattached	Open	M			00:43:44.10			46	46
Norman	Johnstone	Annan & District AC	Vet 40	M		44.58				46	46
Satpal	Burns	Dumfries Running Club	Vet 40	F		55.12				46	46
Adrian	Hall	Tyne Bridge Harriers	Open	M	00:41:53.15				47		47
Juliet	Grieves	Keswick AAC	Vet 50	F	00:49:35.35				47		47
Jayne	Phillips	Allen Valley Striders	Vet 60	F			00:53:39.25			47	47
Grant	Rodgers	Unattached	Vet 40	M	00:42:02.15				48		48
Beverley	Smith	Unattached	Open	F	00:49:37.80				48		48
Kate	Stark	Unattached	Open	F			00:53:43.55			48	48
Paul	Thomason	Unattached	Vet 40	M		45.04				48	48
Ruth	Griffith	Annan & District AC	Vet 40	F		55.48				48	48
Donna	Raeburn	Eden Runners	Vet 40	F	00:49:45.60				49		49
Nicola	Black	Keswick AAC	Open	F	00:49:55.10				50		50
Claire	Botradale	Unattached	Open	F			00:54:03.45			50	50
Jody	Dempster	Dumfries Running Club	Open	F		55.57				50	50
John	McGibbon	DH Runners	Vet 50	M	00:42:15.85				51		51
Peter	Murray	DH Runners	Open	M			00:44:32.40			51	51

Ernie	Bryden	Annan & District AC	Vet 50	M		45.29				51		51
Robert	Hastings	Unattached	Open	M	00:42:24.05				52			52
Chris	McCellenad	Unattached	Open	M		45.35				52		52
Katherine	Bell	Unattached	Open	F		56.38				52		52
Lee	Pattinson	Blaydon Harriers & A.C.	Vet 40	M	00:42:28.40				53			53
Stephen	Mohan	Dumfries Running Club	Vet 50	M			00:44:48.05				53	53
Leanne	Norris	Carlisle Tri Club	Open	F	00:50:23.60				54			54
Fiona	Moore	DH Runners	Vet 40	F		56.41				54		54
Wendy	Navin	St Bees Triers	Vet 40	F			00:55:00.80				55	55
Emma	Davidson	Unattached	Open	F		56.51				55		55
Kevin	McMahon	Unattached	Open	M	00:43:18.00					56		56
Fiona	Stuart	Eden Runners	Vet 40	F	00:50:59.05					56		56
Paul	Martin	Cumberland AC	Vet 50	M			00:45:05.30				56	56
Matthew	Haskins	Unattached	Open	M		45.54				56		56
Tanya	Walsh	Unattached	Open	F		56.51				56		56
Colin	Fell	Northern Fells RC	Vet 50	M	00:43:22.00				57			57
Rachel	Sate	Salford Metropolitan AC	Open	F	00:51:08.40					57		57
Lisa	Brunton	Unattached	Vet 40	F	00:51:27.80					58		58
Seema	Ritson	DH Runners	Vet 40	F			00:55:23.45				58	58
Mark	McCready	Crossfit Hawkeye	Open	M			00:45:11.60				58	58
Mark	Chandler	Unattached	Open	M		46.06				58		58
Alison	French	Unattached	Vet 40	F		57.02				58		58
David	Robinson	Eden Runners	Vet 40	M	00:43:44.65				59			59
Steven	Archibald	Carlisle Tri Club	Vet 40	M			00:45:19.60				59	59
James	Coulthard	Howgill Harriers	Vet 40	M	00:43:45.00					60		60
Gillian	Hindle	Unattached	Vet 40	F	00:51:34.25					60		60
Emma	Routledge	Unattached	Vet 40	F			00:55:32.90				60	60
David	Johnson	Eden Runners	Vet 50	M			00:45:26.25				60	60
Jack	Mazur	Carlisle Tri Club	Open	M		46.23					60	60
Gordon	Vivers	ADAC	Vet 50	M	00:43:46.80				61			61
Julia	King	Eden Runners	Vet 60	F	00:51:36.85					61		61
Andy	Caven	DH Runners	Vet 50	M			00:45:28.85				61	61
Robert	Sunners	Unattached	Open	M	00:43:47.65					62		62
Samantha	Cartmel	Unattached	Open	F	00:51:37.80					62		62
Rebecca	Marrs	Unattached	Open	F			00:55:36.60				62	62
Scott	Nichol	Carlisle Tri Club	Open	M			00:45:36.20				62	62
Michael	Fordyce	Unattached	Vet 50	M		46.41				62		62
Lynn	Clemmitt	Unattached	Vet 50	F		57.06				62		62
Dave	Evan	Eden Runners	Vet 60	M	00:43:48.90					63		63
Liz	Forsyth	Muckle Toon Joggers	Vet 40	F	00:51:46.20					63		63
Rose	Todhunter	Allen Valley Striders	Vet 50	F			00:56:19.50				63	63
Ron	Fletcher	Cumberland Fell Runners	Vet 60	M			00:45:46.45				63	63
Lynsey	Dawson	Unattached	Open	F		57.25					63	63
Philip	Jobson	Blaydon Harriers & A.C.	Open	M	00:43:56.95					64		64
Audrey	Turnbull	Eden Runners	Open	F	00:52:01.20					64		64
Dawn	Gray	Unattached	Vet 40	F			00:56:20.25				64	64
David	Rice	Carlisle Tri Club	Vet 40	M			00:45:47.70				64	64
Willie	Martin	Dumfries Harriers	Vet 40	M	00:44:02.10					65		65
Ellie	Thompsett	Cumberland AC	Vet 40	F			00:56:30.60				65	65
Helen	Taylor	Unattached	Open	F		58.08					65	65
Scott	Moore	Unattached	Vet 40	M	00:44:05.05					66		66
Kate	Kinnell	Unattached	Open	F	00:52:21.60					66		66
Tony	Jewell	Cumberland Fell Runners	Vet 60	M			00:45:57.45				66	66
Jeremy	Dix	Unattached	Open	M		46.57					66	66
Reece	Jefferson	Unattached	Open	M	00:44:15.45					67		67
Angela	Watson	Eden Runners	Open	F	00:52:26.60					67		67
Emily	Mechie	Unattached	Open	F			00:56:47.60				67	67
Paul	Irving	Unattached	Open	M			00:46:00.70				67	67
Alison	Wright	Unattached	Vet 40	F		58.45					67	67
Sarah	Wright	Eden Runners	Vet 40	F	00:52:45.00					68		68
Sarah	Norman	Swaledale Runners	Open	F			00:57:03.20				68	68
Cath	Ball	Unattached	Open	F		58.50					68	68
Clem	Coady	Unattached	Open	M	00:44:46.55					69		69
Elizabeth	Dawson	ADAC	Vet 50	F	00:53:04.10					69		69
Karen	Scott	Dumfries Running Club	Open	F			00:57:11.15				69	69
Frank	Hewer	CAC	Vet 40	M			00:46:31.10				69	69

Shaun	Cavanagh	Cumberland AC	Vet 50	M	00:44:48.35				70			70
Rouanne	Coulthard	Howgill Harriers	Open	F	00:53:13.20				70			70
Michelle	Barron	Wigton Road Runners	Vet 40	F			00:57:22.60				70	70
Hugh	Boyce	Unattached	Vet 40	M	00:44:49.55				71			71
Michelle	Little	Unattached	Open	F		59.13				71		71
Jamie	Crossan	West Cumbria Tri	Open	M	00:45:08.40				72			72
Ellie	Hatt	Unattached	Open	F			00:57:54.00				72	72
James	Brown	Unattached	Open	M			00:46:38.75				72	72
Michael	Storey	DH Runners	Open	M		47.40				72		72
Daniel	Barnes	Carlisle Tri Club	Vet 40	M	00:45:10.90				73			73
Kate	Garratt	Derwent AC Cockermonth	Open	F	00:53:39.20				73			73
Sarah Jane	Edwards	Cumberland AC	Vet 50	F			00:57:55.80				73	73
Stuart	Clark	Unattached	Open	M	00:45:12.30				74			74
Hayley	Slack	Unattached	Open	F			00:58:02.30				74	74
Bill	Rogers	Border Harriers & AC	Vet 50	M			00:46:42.00				74	74
William	Macleod	Unattached	Open	M		47.48				74		74
Steven	Bragg	Carlisle Tri Club	Open	M	00:45:12.45				75			75
Jack	Rylands	Unattached	Open	M			00:46:52.25				75	75
Philip	Schofield	Unattached	Open	M		47.57				75		75
Fiona	Wilson	DH Runners	Vet 40	F		59.40				75		75
Simon	Woodrow	Eden Runners	Vet 60	M	00:45:13.00				76			76
Alison	Williams	Unattached	Open	F	00:53:56.15				76			76
Kerry	Jardine	Dumfries Running Club	Open	F			00:58:03.15				76	76
Ruth	O'Neil	Runmums	Vet 40	F		59.42				76		76
Kirsty	Ash	Muckle Toon Joggers	Vet 40	F	00:54:07.85				77			77
Shirley	Whitby	Unattached	Vet 40	F			00:58:34.45				77	77
Chris	Wright	Unattached	Vet 50	M		49.36				77		77
Alexis	Oates	Unattached	Vet 60	F		60.00				77		77
Daniel	Lewis	Unattached	Open	M	00:45:53.25				78			78
Gayle	Andrews	Unattached	Open	F			00:58:38.65				78	78
Susan	Ingham	Kendal ACC	Vet 40	F	00:54:13.95				79			79
Maria	Renucci	Unattached	Vet 40	F			00:58:38.95				79	79
Alison	Dixon	Unattached	Vet 40	F	00:54:16.95				80			80
Amanda	Westgarth	Unattached	Vet 40	F			00:59:05.75				80	80
Alex	Mitchell	Eden Runners	Vet 40	M			00:47:40.55				80	80
Mark-Lucas	Winspear	Unattached	Jun	M		50.23				80		80
Jill	Cooke	Runmums	Vet 40	F		60.29				80		80
Jaye	Adams	BodyFit Runners	Vet 40	F	00:54:21.25				81			81
Louise	Parker	Unattached	Vet 40	F			00:59:06.90				81	81
Anthony	Turner	Carlisle Tri Club	Vet 50	M			00:47:41.00				81	81
Dan	Wilson	Unattached	Open	M		50.35				81		81
Sarah	Glencross	Runmums	Open	F		60.36				81		81
John	Williams	Eden Runners	Vet 40	M	00:46:03.20				82			82
Gillian	Silson	Eden Runners	Vet 50	F	00:54:32.25				82			82
Helen	Steele	Dumfries Running Club	Open	F			00:59:11.55				82	82
Peter	Telford	Cumberland AC	Vet 40	M			00:47:41.35				82	82
Graham	Harmse	Carlisle Tri Club	Vet 50	M		50.59				82		82
Steve	McCall	Unattached	Open	M	00:46:06.25				83			83
Rachael	Fearon	Cumberland AC	Open	F			00:59:23.50				83	83
Derek	Todhunter	Allen Valley Striders	Vet 50	M			00:47:45.45				83	83
Jim	Connolly	Unattached	Vet 40	M		51.30				83		83
Stephen	Ions	Unattached	Vet 40	M	00:46:29.55				84			84
Alison	Rowsell	Unattached	Vet 50	F	00:54:54.75				84			84
Daniel	Gill	Unattached	Open	M		52.17				84		84
Jane	Grimshaw	Runmums	Vet 40	F		61.31				84		84
Carolyn	Burns	Eden Runners	Vet 40	F	00:55:05.00				85			85
Carole	Steel	DH Runners	Vet 50	F			00:59:37.00				85	85
Brian	Stonehouse	Elswick Harriers	Vet 60	M			00:47:57.70				85	85
Greg	Harrison	Unattached	Vet 40	M		52.28				85		85
Nicola	Edwards	Unattached	Vet 40	F		61.33				85		85
Stephen	Gascoigne	BodyFit Runners	Open	M	00:46:40.55				86			86
Kevin	Robinson	Unattached	Vet 40	M			00:47:59.90				86	86
Andrew	Walker	Eden Runners	Vet 50	M	00:46:55.85				87			87
Gillian	Titterington	Border Reiver Runners	Open	F	00:55:39.00				87			87
Wendy	Fothergill	Unattached	Open	F			00:59:39.60				87	87
Paul	Moore	Allen Valley Striders	Open	M			00:48:28.60				87	87

Craig	Costine	Unattached	Open	M		52.35				87		87
Stephen	Creasey	Unattached	Vet 40	M	00:47:06.55				88			88
Sarah	Gibson	Runmums	Open	F			00:59:47.60				88	88
Claire	Campbell	Dumfries Running Club	Open	F		62.21				88		88
Ben	Swinson	Eden Runners	Open	M	00:47:22.20				89			89
Hazel	Oliver	Jog Selkirk	Open	F	00:56:00.75				89			89
Emma	Hodgson	Border Reiver Runners	Vet 40	F			01:00:18.35				89	89
Andrew	Carlile	Unattached	Open	M			00:48:33.35				89	89
Kieran	Simpson	Unattached	Open	M	00:47:26.15				90			90
Tracey	Hunter	Unattached	Open	F	00:56:02.30				90			90
Caroline	Park	Unattached	Vet 40	F			01:00:28.55				90	90
Lori	Carnochan	Unattached	Open	F		62.50				90		90
Lesley	Allison	Eden Runners	Vet 50	F	00:56:11.15				91			91
Christine	Alcock	DH Runners	Vet 50	F			01:00:39.90				91	91
Neil	Jamieson	Unattached	Vet 60	M			00:48:45.60				91	91
Adele	Irwin	Runmums	Vet 40	F		63.52				91		91
Mark	Jones	Unattached	Vet 40	M	00:47:30.00				92			92
Gay	Eastoe	Alnwick Harriers	Vet 60	F	00:56:13.25				92			92
John	Mcgath	Teesdale Athletics	Vet 40	M			00:49:06.05				92	92
Donald	Richardson	Unattached	Vet 50	M		53.52				92		92
Louise	Stewart	Runmums	Vet 50	F		63.52				92		92
Thomas	Bentham	Unattached	Vet 40	M	00:47:31.10				93			93
Karen	Cavanagh	Cumberland AC	Vet 50	F			01:01:04.15				93	93
Mick	Price	Crossfit Hawkeye	Open	M			00:49:25.05				93	93
Stuart	Miller	Unattached	Vet 40	M		54.16				93		93
Stephen	Braithwaite	Kendal ACC	Vet 40	M	00:47:31.80				94			94
Jackie	Bennett	Cumberland AC	Vet 40	F	00:56:32.55				94			94
Joanne	Champkins	Border Reiver Runners	Vet 40	F			01:01:06.90				94	94
Kevin	Ramshaw	DH Runners	Vet 40	M			00:49:37.95				94	94
Nik	Morris	Unattached	Vet 40	M		54.16				94		94
Stuart	Dryden	Unattached	Open	M	00:47:55.10				96			96
Tony	Martin	Cumberland AC	Open	M			00:49:42.00				96	96
Alison	Evans	Runmums	Vet 40	F		64.55				96		96
Wayne	Fox	Unattached	Open	M	00:48:04.25				97			97
Fiona	Little	Runmum	Vet 40	F	00:56:47.10				97			97
Hannah	Latimer	Wigton Road Runners	Jun	F			01:01:27.95				97	97
David	Marr	Barrow & Furness Striders AC	Vet 40	M			00:49:49.65				97	97
Peter	Campbell	Border Harriers & AC	Vet 50	M	00:48:13.60				98			98
Andrea	Young	DH Runners	Vet 40	F	00:56:47.75				98			98
Laura	Kirkpatrick	Unattached	Open	F			01:01:30.10				98	98
Mike	Armstrong	Unattached	Vet 50	M			00:49:54.05				98	98
Darren	Ryan	Carlisle Tri Club	Vet 50	M		54.36				98		98
Andy	Hayton	Unattached	Vet 40	M	00:48:15.90				99			99
Hannah	Edwards	Unattached	Open	F	00:56:54.60				99			99
Tracey	Kennett	Cumberland AC	Vet 40	F			01:01:30.90				99	99
Andrew	Mcmanus	Carlisle Tri Club	Vet 40	M			00:49:56.90				99	99
John	Galloway	Unattached	Vet 50	M		54.57				99		99
Kath	Saunders	DH Runners	Vet 60	F		66.25				99		99
Keith	Varty	Unattached	Open	M	00:48:20.65				100			100
Shona	Carey	DH Runners	Open	F	00:57:25.10				100			100
Caroline	Towers	Unattached	Open	F			01:01:33.05				100	100
Michael	Hodgkiss	Unattached	Open	M	00:48:20.80				101			101
Helena	Rath	Unattached	Open	F	00:57:28.70				101			101
Joanne	French	Unattached	Open	F			01:01:42.95				101	101
Robert	Fearon	Cumberland AC	Vet 40	M			00:50:28.95				101	101
Jo	Hutchinson	DH Runners	Vet 60	F		67.16				101		101
John	Slater	Unattached	Open	M	00:48:26.20				102			102
Sarah	Douthwaite	Unattached	Vet 40	F	00:57:31.95				102			102
Helen	Turner	Runmums	Vet 40	F			01:01:55.35				102	102
Chris	Whitby	Cumberland AC	Vet 50	M			00:50:40.25				102	102
Larry	Horne	Eden Runners	Vet 50	M	00:48:30.50				103			103
Katy	Livingston-Bray	Unattached	Open	F	00:57:32.70				103			103
Hannah	Cundall	Unattached	Open	F			01:01:57.20				103	103
Karl	Douglas	DH Runners	Vet 50	M			00:50:58.25				103	103
Craig	Hayton	Edinburgh Running Network	Open	M	00:48:40.55				104			104
Michelle	Moffat	Unattached	Open	F	00:57:50.30				104			104

Julian	Ponsford	Unattached	Vet 50	M		57.02				104		104
Ann-Marie	Cossar	Unattached	Open	F		67.48				104		104
Gary	Holliday	Unattached	Vet 40	M	00:48:44.85				105			105
Valerie	Welden	Unattached	Vet 40	F				01:01:58.25			105	105
Stuart	Buchanan	Cumberland AC	Vet 50	M				00:51:24.20			105	105
Simon	Wilkinson	Unattached	Vet 40	M		57.25				105		105
Wade	Tidbury	Eden Runners	Vet 50	M	00:48:45.60				106			106
Laura	White	Unattached	Open	F				01:02:11.55			106	106
Ian	Anderson	Dumfries Running Club	Vet 40	M				00:51:45.45			106	106
Lesley	Mclatchie	Unattached	Open	F		68.10				106		106
Richard	Johnston	Carlisle Tri Club	Vet 40	M	00:48:49.60				107			107
Gill	Holme	Unattached	Vet 40	F	00:58:43.45				107			107
Stephanie	Sproat	Runmums	Vet 40	F		68.17				107		107
John	Lewis	Cumberland AC	Vet 60	M	00:48:52.80				108			108
Graham	Fraser	Allen Valley Striders	Vet 60	M				00:51:59.50			108	108
Richard	Garrett	Unattached	Open	M		59.42				108		108
Ken	Fisher	Unattached	Vet 50	M	00:48:56.60				109			109
Lucy	Tonkin	Eden Runners	Vet 40	F	00:58:49.60				109			109
Deborah	Hiscox	Border Reiver Runners	Vet 40	F				01:02:38.20			109	109
Gary	Paterson	Unattached	Vet 40	M				00:52:10.55			109	109
Carolyn	Mooney	Unattached	Vet 40	F		68.18				109		109
Craig	Houghton	Cumberland Fell Runners	Vet 40	M	00:49:18.60				110			110
Katie	Milner-McLoone	Unattached	Open	F	00:59:10.85				110			110
Jacqui	Byers	Unattached	Open	F				01:02:39.90			110	110
David	Macnaughton	DH Runners	Open	M		60.47				110		110
Carla	Young	Unattached	Open	F		68.27				110		110
Emma	Gibson	Unattached	Vet 40	F				01:02:43.15			111	111
Keri	Van Nuil	Unattached	Open	F		68.44				111		111
Julian	Auckland-Lewis	Unattached	Vet 50	M		65.42				112		112
Virginia	Walkingshaw	Unattached	Vet 40	F		69.02				112		112
John	McCostry	Unattached	Open	M	00:49:57.15				113			113
Jill	Glencross	DH Runners	Vet 40	F	00:59:31.45				113			113
Nichola	Stubbs	Unattached	Vet 40	F				01:03:22.45			113	113
Neil	Wallace	Unattached	Vet 50	M				00:53:13.45			113	113
Brian	Makepeace	Unattached	Vet 60	M		66.07				113		113
Kath	McKie	Runmums	Vet 40	F		69.24				113		113
Kayley	Hart	Unattached	Open	F	00:59:57.40				114			114
Sarah	Grundy	Wigton Road Runners	Vet 40	F				01:03:22.75			114	114
Andrew	Atkinson	Carlisle Tri Club	Vet 50	M				00:54:09.40			114	114
Jamie	Collard	Unattached	Open	M		66.26				114		114
Donna	Edmunds	Runmums	Vet 40	F		69.24				114		114
Stuart	Rome	Unattached	Open	M	00:50:03.30				115			115
Katherine	Eilbeck	Unattached	Vet 40	F	01:00:12.65				115			115
James	Slack	Unattached	Open	M				00:54:27.15			115	115
Adrian	Holme	Keswick AAC	Vet 40	M	00:50:05.70				116			116
Kerry	Ferguson	Unattached	Vet 40	F	01:00:31.20				116			116
Peter	Graham	Unattached	Vet 40	M		67.25				116		116
Frances	Braithwaite	DH Runners	Open	F		70.24				116		116
Andrew	Hunter	Unattached	Vet 40	M	00:50:16.35				117			117
Natalie	Clifford	Unattached	Open	F	01:00:31.35				117			117
Mhari	Davidson	Dumfries Running Club	Open	F		70.28				117		117
Jason	Miles-Campbell	Unattached	Vet 40	M	00:50:16.95				118			118
Stephanie	Foudy	Eden Runners	Vet 40	F	01:00:42.25				118			118
Pamela	Coughlan	Unattached	Vet 50	F				01:04:43.25			118	118
Gordon	Paterson	Dumfries Harriers	Vet 60	M				00:55:59.25			118	118
Stephanie	Johnson	Unattached	Vet 40	F		70.41				118		118
Simon	Nicholson	Unattached	Open	M	00:50:22.50				119			119
Torrie	Sullivan	Unattached	Open	F		72.23				119		119
Carol	Irving	Muckle Toon Joggers	Vet 40	F	01:01:32.70				120			120
Lindon	Bolton	Keswick AAC	Open	M	00:50:30.95				121			121
Helen	Tiffin	Runnum	Open	F	01:01:56.20				121			121
Valda	Woods	Unattached	Vet 40	F		74.46				121		121
Richard	Fox	Unattached	Open	M	00:50:36.95				122			122
Susan	Milburn	Unattached	Vet 40	F				01:05:38.65			122	122
Michael	Graham	Unattached	Vet 70	M				00:56:15.85			122	122
Ross	Marshall	Unattached	Open	M	00:50:55.10				123			123

Debbie	Harrison	DH Runners	Open	F							123		123
John	Salt	Unattached	Vet 60	M							123		123
Pradeep	Bhagawan	Carlisle Tri Club	Vet 50	M	00:50:57.40					124			124
Zoe	King	Sweatshop	Open	F	01:02:20.45					124			124
Luke	Barker	Unattached	Open	M							124		124
Sarah	Wardle	DH Runners	Vet 40	F		77.18					124		124
Stephen	Carruthers	Unattached	Open	M	00:51:11.30					125			125
Mia	Lympany	Unattached	Open	F	01:02:22.65					125			125
Karen	Vidler	Runmums	Vet 40	F							125		125
Sophie	Wardle	DH Runners	Jun	F		77.19					125		125
Bob	Lamb	Unattached	Open	M	00:51:28.00					126			126
Jennifer	White	BodyFit Cumbria	Vet 50	F							126		126
Christopher	Murdoch	Unattached	Vet 40	M	00:51:28.00					127			127
Ginny	Walkingshaw	Unattached	Vet 40	F							127		127
Joanna	BitHELL	Dumfries Running Club	Open	F		78.20					127		127
Richard	Trowles	Shildon Running & AC	Open	M	00:51:32.05					128			128
Laura	Kinnard	Eden Runners	Open	F	01:02:58.40					128			128
Greg	Harrison	Unattached	Vet 40	M							128		128
Ian	Tognarelli	Unattached	Vet 40	M	00:51:49.50					129			129
Gillian	Hornby	Toni's Tigers	Open	F	01:03:15.40					129			129
Tracy	Johnston	Unattached	Vet 40	F							129		129
John	Haigh	Unattached	Vet 70	M							129		129
Craig	Wagstaff	Unattached	Open	M	00:52:05.10					130			130
David	Peacock	Eden Runners	Vet 50	M	00:52:15.20					131			131
Sharon	Greer	Unattached	Vet 40	F							131		131
David	Firth	DH Runners	Vet 60	M							131		131
Sarah	Hogg	Unattached	Open	F	01:03:55.60					132			132
David	Galacher	Unattached	Open	M	00:52:25.05					133			133
Gemma	Orchard	Unattached	Open	F	01:03:55.80					133			133
Scott	McGill	Hikes an aw that	Vet 40	M	00:52:38.70					134			134
Annabelle	Allen	BodyFit Runners	Vet 50	F	01:04:11.25					134			134
David	Hornby	Unattached	Open	M	00:52:46.40					135			135
Siobhan	Gascoigne	BodyFit Runners	Vet 50	F	01:04:18.25					135			135
Kerry	Gibson	Unattached	Vet 40	F							135		135
Petra	Sheard	Unattached	Vet 50	F	01:04:21.65					136			136
Rachel	Wood	Unattached	Open	F							136		136
Kevin	Whitemore	Eden Runners	Vet 60	M	00:53:07.80					137			137
Lesley	Talbot	BodyFit Runners	Vet 40	F	01:04:29.80					137			137
Catherine	Nixon	Unattached	Open	F							137		137
Simon	McDougall	Unattached	Open	M	00:53:14.55					138			138
Bridget	Pollock	Unattached	Vet 50	F	01:05:08.55					138			138
Jackie	Davies	Unattached	Open	F							138		138
Tony	Brooke	Eden Runners	Vet 40	M	00:53:16.50					139			139
Lynsey	Buckle	Unattached	Open	F	01:05:17.10					139			139
Annais	Wright	Unattached	Open	F							139		139
Craig	McDongall	Unattached	Vet 40	M	00:53:27.50					140			140
Mirelle	Young	Jog Selkirk	Vet 40	F	01:05:18.60					140			140
David	Robertson	Unattached	Vet 50	M	00:53:50.50					141			141
Lesley Anne	Bentham	Unattached	Vet 40	F	01:05:21.00					141			141
Avan	Diggins	Dumfries Harriers	Vet 40	F							141		141
Stephen	Bell	Unattached	Vet 40	M	00:53:56.15					142			142
Pamela	Patterson	Teviotdale Harriers	Vet 40	F	01:05:24.60					142			142
Jill	Rice	Dumfries Harriers	Vet 50	F							142		142
Suzanne	Murdoch	Unattached	Vet 40	F	01:05:26.50					143			143
Jaclyn	Gray	Unattached	Vet 40	F							143		143
Tony	Lowery	Eden Runners	Vet 40	M	00:54:02.10					144			144
Helen	Hart	Unattached	Vet 50	F	01:05:32.75					144			144
Philip	Parker	Unattached	Vet 50	M	00:54:17.45					145			145
Tracey	Lindle	Unattached	Open	F	01:05:35.00					145			145
David	Wood	DH Runners	Open	M	00:54:21.90					146			146
Lindsey	Armitage	Unattached	Open	F	01:05:35.30					146			146
Stephen	Long	Dentonholme Runners	Vet 50	M	00:54:25.20					147			147
Elma	Heattie	Jog Selkirk	Vet 50	F	01:05:48.05					147			147
Garry	Vernon	Fetch Everyone	Vet 50	M	00:54:38.75					148			148
Linda	Almond	Unattached	Vet 50	F	01:05:52.30					149			149
Rob	Craig	Sunderland Strollers	Vet 50	M	00:54:46.65					150			150

Fiona	Tidbury	Eden Runners	Vet 50	F	01:06:47.60				150			150
Ian	Donnan	BodyFit Runners	Vet 40	M	00:55:17.60				151			151
Hannah	Stevens	Unattached	Vet 40	F	01:06:48.90				151			151
Andy	Sweetman	Border Reiver Runners	Vet 50	M	00:55:38.75				152			152
Hayley	Rogers	Unattached	Open	F	01:06:50.50				152			152
Lee	Jardine	Unattached	Open	M	00:55:40.30				153			153
Rachel	Ashburner	Unattached	Open	F	01:06:53.80				153			153
James	Aiston	Unattached	Open	M	00:55:54.70				154			154
Diane	Peacock	Eden Runners	Vet 50	F	01:06:53.80				154			154
Martin	Herriot	Unattached	Open	M	00:55:57.70				155			155
Helen	Tucker	Unattached	Vet 50	F	01:07:07.90				155			155
Jonathan	Marrow	Unattached	Vet 40	M	00:56:04.70				156			156
Karen	Dobson	Unattached	Open	F	01:07:09.45				156			156
Richard	Eastoe	Alnwick Harriers	Vet 60	M	00:56:13.40				158			158
Joanna	Morris	Unattached	Open	F	01:10:29.40				158			158
Euan	Marshall	Unattached	Open	M	00:56:53.25				159			159
Janette	Roe	BodyFit Runners	Vet 50	F	01:11:24.20				159			159
Chris	Callow	Unattached	Open	M	00:57:28.80				160			160
Alan	Miller	Muckle Toon Joggers	Vet 40	M	00:57:45.40				161			161
Susanne	Craig	Unattached	Vet 50	F	01:11:37.10				161			161
Amy	Baston	Unattached	Open	F	01:11:40.80				162			162
Clare	Douglas	Ashington Hirst RC	Vet 40	F	01:11:44.85				163			163
Iain	Mills	Unattached	Vet 60	M	00:58:29.25				165			165
Dianne	Woodward	BodyFit Runners	Vet 60	F	01:13:23.70				165			165
Steve	Campbell	Unattached	Vet 60	M	00:58:34.40				166			166
Rebecca	Fell	Unattached	Jun	F	01:13:43.45				166			166
Nigel	Cook	Blackhill Bounders	Vet 40	M	00:58:55.10				167			167
Mark	Foudy	Eden Runners	Vet 50	M	00:58:56.25				168			168
Fiona	Mcfarlane	Unattached	Vet 60	F	01:18:48.85				168			168
Lee	Crawford	Unattached	Open	M	00:59:11.15				169			169
Michelle	Lamdon-Wills	BodyFit Runners	Vet 40	F	01:19:58.85				169			169
Nicole	Regan	Unattached	Open	F	01:21:51.00				170			170
Rodger	Hart	Unattached	Vet 50	M	00:59:58.25				171			171
Margaret	Turner	BodyFit Runners	Vet 60	F	01:25:25.55				171			171
Allen	Winter-Moore	Unattached	Open	M	01:00:12.35				172			172
Elaine	Kelly	BodyFit Runners	Vet 60	F	01:33:22.90				172			172
Ian	Slater	Unattached	Vet 50	M	01:00:13.80				173			173
Kelsey	Summerfield	Unattached	Open	F	01:34:04.45				173			173
Dave Boom	Graham	Carlisle Tri Club	Vet 40	M	01:00:21.60				174			174
Julie	Holliday	BodyFit Runners	Vet 50	F	01:35:08.45				174			174
Charles	Little	Carlisle Tri Club	Vet 40	M	01:00:22.05				175			175
Wendy	Burnie	BodyFit Runners	Vet 50	F	01:35:08.60				175			175
Chris	Glencorse	Unattached	Vet 40	M	01:00:43.75				176			176
John	Dalton	Jogscotland	Vet 50	M	01:01:36.90				177			177
Graham	Quinn	Unattached	Vet 40	M	01:03:50.60				178			178
Andrew	Lang	Unattached	Vet 50	M	01:04:44.55				180			180
Russell	Hind	Unattached	Vet 50	M	01:05:32.75				181			181
Neville	Lishman	Unattached	Vet 40	M	01:05:49.60				182			182
Shaun	Silson	Eden Runners	Vet 50	M	01:10:55.25				185			185
Ken	Thomas	Sildon Running & AC	Vet 50	M	01:12:09.30				186			186
Austen	Raine	Wigton Road Runners	Vet 60	M	01:13:43.45				187			187
Nick	Dolan	Unattached	Open	M	01:34:03.30				189			189