

# 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				
<b>Series Qualifiers</b>															
Fiona	Todd	Unattached	Vet 40	F	00:41:45.70	43.10	00:42:07.70	42.55	3	4	2	5	9	1	Female Series Winner
James	Buis	Border Harriers & AC	Vet 40	M	00:35:24.70	36.00	00:34:25.55		6	2	2		10	1	Male Series Winner
Daniel	Hornsby	Border Harriers & AC	Open	M	00:36:18.30	36.49	00:36:08.75	36.19	13	4	4	3	11	2	
Teresa	Medley	Border Harriers & AC	Vet 40	F	00:44:04.90	44.04	00:43:48.05	43.24	16	5	7	6	18	2	Female Vet 40 Winner
Vanessa	Strickland	Runmums	Vet 40	F	00:42:06.50	44.37		44.20	4	7		8	19	3	
Shane	Stobbar	Cumberland AC	Open	M	00:38:22.85	37.32	00:37:08.45	37.15	20	8	9	6	23	3	
Susan	Fawkes	DH Runners	Open	F		44.09	00:45:02.60	45.44		6	9	11	26	4	
Sarah	Dent	Carlisle Tri Club	Open	F	00:43:56.50		00:43:41.85	44.16	14		6	7	27	5	
Julie	Dodd	DH Runners	Vet 40	F		44.40	00:45:12.85	44.36		8	10	10	28	6	
Andrew	Wilson	Unattached	Open	M	00:38:30.30	37.54	00:37:39.45	38.14	21	11	10	10	31	4	
Nathan	Postill	Keswick AC	Jun	M	00:37:28.65	37.22	00:36:48.35		17	7	7		31	5	Male Junior Winner
Kevin	Scott	DH Runners	Vet 40	M	00:39:41.80	39.30	00:38:25.35	39.26	28	16	12	16	44	6	Male Vet 40 Winner
Georgie	Lowry	Carlisle Tri Club	Open	F	00:45:35.95	45.55	00:45:54.75		21	11	13		45	7	
Louise	Brown	Carlisle Tri Club	Open	F	00:45:40.55		00:46:27.65	46.30	22		14	12	48	8	
Richard	Hodgson	Unattached	Open	M		39.24	00:39:51.65	39.45		15	16	18	49	7	
Bethany	Duffy	DH Runners	Jun	F	00:50:39.30	49.13	00:47:27.55	48.01	55	21	19	15	55	9	Female Junior Winner
Jill	Gardiner	Carlisle Tri Club	Open	F	00:48:58.60	48.37	00:48:16.75	49.49	43	18	21	23	62	10	
Craig	Little	Unattached	Open	M	00:40:20.45	42.53	00:40:30.05	38.42	35	34	17	12	63	8	
Viki	Kent	Unattached	Open	F		50.35	00:49:19.50	50.28		25	23	26	74	11	
Michelle	Kingston	Carlisle Tri Club	Open	F	00:50:13.30	51.42	00:50:16.90	50.21	52	28	29	25	82	12	
Linda	Aspinall	Unattached	Vet 40	F	00:48:58.20	48.53	00:49:53.20		42	19	25		86	13	
Jonathan	Buckley	Cumberland AC	Open	M	00:46:31.85	42.10	00:41:52.60	41.51	85	32	29	28	89	9	
Shirley	Teasdale	Unattached	Open	F		57.05	00:49:27.10	47.47		61	24	14	99	14	
David	Postill	Carlisle Tri Club	Vet 40	M	00:41:41.60	42.29	00:41:25.05		46	33	25		104	10	
Jenny	Mitchell	Carlisle Tri Club	Vet 40	F	00:49:58.35	49.47	00:50:51.05		51	22	32		105	15	
Colin	Nicholl	DH Runners	Vet 40	M	00:42:07.50	43.15	00:42:43.20	44.22	50	36	37	45	118	11	
Beverley	Armstrong	DH Runners	Vet 40	F	00:48:24.50	47.19		55.31	37	16		67	120	16	
Sarah	Lord	DH Runners	Vet 40	F		55.00	00:53:45.90	50.41		44	49	27	120	17	
Les	Hill	Dumfries Running Club	Vet 50	M		44.38	00:43:31.55	42.08		45	42	33	120	12	Male Vet 50 Winner
Martin	Steele	Unattached	Vet 50	M	00:42:51.00	43.04		42.14	55	35		34	124	13	
Tracey	Pagan	DH Runners	Open	F	00:58:36.90	55.16	00:52:43.30	52.47	106	47	42	38	127	18	
Louise	Duffy	DH Runners	Vet 40	F	00:53:18.25	53.59	00:52:37.20	54.35	71	41	40	54	135	19	
Liz	Postill	Carlisle Tri Club	Vet 40	F	00:53:41.75	52.44	00:52:17.90		74	34	37		145	20	
Shaun	Cavanagh	Cumberland AC	Vet 50	M	00:44:48.35		00:43:03.25	43.05	70		38	40	148	14	
Audrey	O'Kelly	Carlisle Tri Club	Vet 50	F	00:59:18.55	52.56	00:52:17.25	57.30	112	36	36	77	149	21	Female Vet 50 Winner
Toby	Harling	DH Runners	Open	M	00:45:18.10		00:41:40.40	45.24	77		27	50	154	15	
Helen	Sanderson	DH Runners	Vet 40	F	00:56:33.85	52.17	00:50:43.50		96	31	31		158	22	
Lindsay	Graham	DH Runners	Open	F		56.56	00:55:36.15	54.19		57	61	50	168	23	
Jen	Moody	Carlisle Tri Club	Vet 40	F	00:53:18.80		00:50:09.00	56.48	72		27	71	170	24	
Claire	Cannon-Park	Eden Runners	Vet 40	F	00:52:06.90	56.40	00:54:59.25		65	53	54		172	25	
Haley	Millican	Unattached	Open	F		57.02	00:54:36.30	55.26		59	51	66	176	26	
Fiona	Jardine	Dumfries Running Club	Vet 50	F	00:53:55.90	53.43	00:58:03.15		75	38	75		188	27	
Simon	Dolman	DH Runners	Vet 40	M		46.54	00:46:41.50	45.47		64	73	52	189	16	
Glenda	Blakey	DH Runners	Open	F	00:55:44.50	55.56		54.33	88	49		53	190	28	
Elaine	Stockdale	Wigton Road Runners	Open	F	00:54:11.45	53.52		57.00	78	40		73	191	29	
Kev	Iveson	Unattached	Open	M	01:05:50.30	60.15	00:43:06.65	45.07	183	109	39	49	197	17	
Steve	Viney	DH Runners	Vet 60	M	00:47:28.10	46.56	00:46:32.75	48.16	91	65	70	65	200	18	Male Vet 60 Winner
Marie	Milligan	Unattached	Open	F		58.43	00:55:17.00	57.36		66	56	80	202	30	
Chris	Knox	DH Runners	Vet 50	M		46.52	00:46:38.75	48.57		63	71	70	204	19	
Abigail	Drago	Carlisle Tri Club	Open	F	00:58:44.80	55.01	00:54:53.75		108	45	53		206	31	
Kate	Imrie	DH Runners	Open	F	00:55:09.90		00:52:56.60	57.34	86		43	79	208	32	
Carol	Douglas	DH Runners	Vet 50	F	00:54:49.40		00:57:25.30	55.38	83		71	69	223	33	
Richard	Henry	DH Runners	Open	M		48.52	00:45:10.75	56.07		76	57	102	235	20	
Carl	Dowell	Unattached	Open	M		53.20	00:48:40.55	47.29		90	90	62	242	21	
Keith	Atkinson	DH Runners	Vet 40	M	00:47:37.85		00:47:19.15	50.39	95		77	80	252	22	
Emma	Bzik	Cumberland AC	Open	F	00:56:32.95		00:59:34.20	59.18	95		84	90	269	34	
Chris	Robinson	Unattached	Vet 50	M	00:49:38.00	50.02		50.31	112	79		78	269	23	
Andrew	Pescod	DH Runners	Open	M	00:49:28.70		00:51:48.50	46.45	111		107	59	277	24	

Gill	Harding	Unattached	Vet 50	F		64.43	01:01:24.30	59.44		95	96	95	286	35	
Emma	Taylor	DH Runners	Open	F	01:03:38.80	61.43	01:01:22.00	63.19	131	84	95	109	288	36	
Rachel	Lee	DH Runners	Vet 50	F	01:01:01.80	61.22	01:00:49.40		119	83	92		294	37	
Heather	Harrison	DH Runners	Vet 40	F	01:02:34.45	60.13		60.00	126	78		96	300	38	
Anthony	Nicholson	DH Runners	Vet 40	M	00:50:01.80	54.17		53.02	114	95		92	301	25	
Peter	Garnett	Border Harriers & AC	Vet 60	M	00:52:58.50	53.00	00:50:01.90		136	89	100		325	26	
Elaine	Doran	DH Runners	Open	F	00:59:14.25		01:02:37.45	63.15	111		108	108	327	39	
Helen	Cupac	DH Runners	Vet 40	F	01:08:53.70	67.03	01:05:06.80	65.13	157	100	121	115	336	40	
Karl	Douglas	DH Runners	Vet 50	M	00:54:45.75	52.53	00:50:58.25		149	88	103		340	27	
Tracey	Pape	Carlisle Tri Club	Open	F		67.22	01:04:58.85	67.17		102	120	121	343	41	
Paul	Todd	DH Runners	Vet 40	M	00:52:18.65	55.43	00:55:52.35		132	100	117		349	28	
Mary	Messenger	DH Runners	Vet 40	F		76.17	01:07:25.50	61.11		123	134	100	357	42	
John-Paul	Whalen	DH Runners	Open	M	00:58:00.75	54.18	00:52:20.80		163	96	111		370	29	
Heather	Herring	Unattached	Vet 40	F	01:05:49.75	74.47	01:02:30.70		148	122	107		377	43	
Francesca	Bee	Unattached	Open	F	01:12:16.95	73.11	01:10:20.70	66.49	164	120	140	120	380	44	
Sarah	Milburn	DH Runners	Vet 60	F	01:11:35.00	66.16	01:07:24.10		160	97	133		390	45	Female Vet 60 Winner
George	Fraser	Annan & District A.C.	Vet 70	M	00:59:22.75		01:06:53.35	59.52	170		130	110	410	30	Male Vet 70 Winner
George	Shadwick	Sands Running Club	Vet 70	M	01:06:37.45	66.51		61.56	184	115		113	412	31	

**Unable to win series due competing in less than 3 events**

Lisa	Finlay	Dumfries Running Club	Vet 40	F				37.39					1	1	
Sam	Stead	Keswick AC	Open	M				33.10					1	1	
Paul	Graves	DH Runners	Open	M		35.20				1			1	1	
Robert	Hodgson	Border Harriers & AC	Open	M			00:33:42.20				1		1	1	
Nicola	Hood	Dumfries Running Club	Open	F		37.26				1			1	1	
Natlie	Mccarron	Cumberland AC	Open	F			00:40:46.80				1		1	1	
Lucy	Stobbart	Cumberland AC	Open	F	00:40:24.50				1				1	1	
Darren	Thom	New Marske Harriers Club	Open	M	00:32:32.10				1				1	1	
Simon	Netherway	Keswick AC	Open	M				36.10					2	2	
Catherine	Spurden	Keswick AC	Open	F				37.58					2	2	
Jonathan	Cox	Eden Runners	Open	M	00:32:47.20				2				2	2	
Philippa	Wakefield	DH Runners	Open	F		40.20				2			2	2	
Suzanne	Toppin	Unattached	Vet 40	F	00:41:36.50				2				2	2	
Alison	Matthews	Darlington H & AC	Open	F				39.18					3	3	
Camilla	McKnespiey	Border Harriers & AC	Jun	F		41.50				3			3	3	
Steven	Berry	Border Harriers & AC	Open	M			00:35:43.50					3	3	3	
Michael	Holliday	DH Runners	Open	M		36.02				3			3	3	
Nadia	Shaw	Cumberland AC	Open	F			00:42:34.65					3	3	3	
Gary	Wallace	Blackhill Bounders	Open	M	00:33:10.80				3				3	3	
Mark	Benson	Tri-Lakeland	Open	M	00:34:03.85				4				4	4	
Melanie	Martin	Unattached	Vet 40	F			00:42:58.95					4	4	4	
Mark	Ryan	Carlisle Tri Club	Open	M				36.55				5	5	5	
Alex	Bryson	Dalbeattie	Open	F			00:42:59.25					5	5	5	
John	French	Eden Runners	Open	M	00:34:26.00				5				5	5	
Craig	Holliday	Carlisle Tri Club	Open	M		36.59				5			5	5	
Vicky	Johnston	Unattached	Open	F	00:42:08.90				5				5	5	
Dean	Douglas	Unattached	Open	M		37.16				6			6	6	
Richard	Murdock	Elenborough	Open	M			00:36:26.40					6	6	6	
Carl	Fisher	Cumberland AC	Open	M				37.38					7	7	
Kirsty	Alexander	Kilmarnock H & AC	Vet 40	F	00:42:26.90				7				7	7	
Stuart	Robinson	Border Harriers & AC	Vet 50	M	00:35:33.35				7				7	7	
Gary	Mann	Valley Striders AC	Open	M				37.51					8	8	
Alastair	Thomas	Unattached	Jun	M	00:35:41.30				8				8	8	
Elizabeth	Earle	Tynedale Harriers and AC	Open	F			00:44:31.40					8	8	8	
Matt	Archer	Elvet Striders	Open	M				38.08					9	9	
Mike	Scott	Border Harriers & AC	Vet 50	M			00:36:19.00	36.30				5	4	9	
Mark	Kearney	Unattached	Open	M	00:35:42.70				9				9	9	
Sophia	Craig	Unattached	Vet 40	F		45.31				9			9	9	
Emma	Nielsen	Eden Runners	Vet 40	F	00:42:59.00				9				9	9	
Iain	Craven	Edinburgh Athletic Club	Open	M	00:35:53.70				10				10	10	
Samantha	Ayres	Keswick AAC	Vet 40	F	00:43:02.10				10				10	10	
Darren	Rook	Unattached	Vet 40	M		37.48				10			10	10	
Grant	Noble	Dunbar Running Club	Vet 50	M				38.36					11	11	
Richard	Keefe	Unattached	Open	M	00:36:01.85				11				11	11	
Megan	Martin	Unattached	Open	F	00:43:19.45				11				11	11	
John	Pattinson	Unattached	Open	M			00:37:47.00					11	11	11	

Karen	Bridge	Eden Runners	Vet 40	F	00:42:43.80			40.58	8		4	12
Emily	Arter	Carlisle Tri Club	Open	F			00:45:47.05			12		12
Robin	Barrie	Unattached	Open	F		46.31				12		12
Holly	Harper	Keswick AAC	Open	F	00:43:34.00				12			12
Thomas	Nicholson	Border Harriers & AC	Open	M		38.03				12		12
Scott	Martin	Kilmarnock H & AC	Vet 40	M	00:36:08.40				12			12
Michael	Natrass	Unattached	Open	M		38.19				13		13
Allan	Baxtar	Dumfries Running Club	Vet 40	M			00:38:48.45				13	13
Michael	Hawley	Cumberland AC	Open	M				39.12			14	14
Stuart	Sirey	Carlisle Tri Club	Open	M		38.46				14		14
David	Thompson	Rock2Roll CC	Open	M	00:36:55.90				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
Isobel	Graham	Unattached	Vet 50	F				48.02				16
Zac	Hudd	Unattached	Jun	M	00:37:27.90				16			16
Tanya	Coates	Carlisle Tri Club	Open	F	00:42:16.80	45.32			6	10		16
Stuart	Lightfoot	DH Runners	Open	M				39.36				17
Niall	Campbell	Dumfries Running Club	Open	M		37.41	00:36:53.25			9	8	17
Suzanne	Mcardle	Unattached	Open	F		48.17				17		17
Emma	Aupin	Allen Valley Striders	Vet 40	F			00:46:56.95				17	17
Sophia	Craig	Unattached	Vet 40	F	00:44:36.85				17			17
Charlotte	Treloar	Eden Runners	Open	F				48.30				18
Hailey	Fletcher	Unattached	Open	F	00:44:42.70				18			18
Alyx	Murdock	Tri Lakeland	Open	F			00:47:11.25				18	18
Chris	Sterling	Unattached	Open	M	00:37:56.70				18			18
Susan	Cain	Cumberland AC	Vet 60	F				48.36				19
Harris	Strickland	Border Harriers & AC	Jun	M				39.53				19
Richard	Holliday	DH Runners	Open	M		41.05				19		19
Louise	Winter	Keswick AAC	Open	F	00:45:20.95				19			19
Steven	Pagan	Unattached	Vet 40	M	00:38:06.30				19			19
Neil	Hudson	Unattached	Open	M			00:40:45.75				20	20
Beverley	Armstrong	DH Runners	Vet 40	F			00:47:40.85				20	20
Cath	Burrus	Unattached	Vet 40	F	00:45:28.75				20			20
Sean	Uttley	Unattached	Vet 50	M		41.06				20		20
Wayne	Greig	Carlisle Tri Club	Open	M				41.08				21
Nicola	Lee	Carlisle Tri Club	Open	F				49.46				21
Ian	Hodgson	Carlisle Tri Club	Open	M		41.13				21		21
Kerry	Grinbergs	Eden Runners	Open	F	00:43:54.95			44.25	13		9	22
Franc	Karpo	Dumfries Running Club	Vet 60	M				41.28				22
Helen	Moss	Unattached	Open	F				49.49				22
Jordan	Kelly	Unattached	Open	M			00:41:03.80				22	22
Stephen	Welsh	Unattached	Vet 40	M	00:38:39.70				22			22
Thomas	Bentley	Allen Valley Striders	Open	M			00:41:16.55				23	23
Ruth	Hetherington	Eden Runners	Vet 40	F	00:46:07.30				23			23
Nick	Thomas	Unattached	Vet 40	M	00:39:00.40				23			23
Hannah	Billett	Unattached	Open	F		50.26				24		24
Sue	Jeffery	Dumfries Running Club	Open	F		46.34	00:45:36.35			13	11	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
Stuart	Windsor	DH Runners	Vet 40	M	00:39:14.85				24			24
Chris	Davison	Carlisle Tri Club	Vet 50	M		41.17				24		24
Sarah	Brotherton	Unattached	Open	F	00:46:36.65				25			25
Nick	Tait	Unattached	Vet 40	M	00:39:17.25				25			25
Simon	Mortlock	Dumfries Running Club	Vet 50	M		41.22				25		25
Skye	Sarabs	Dumfries Running Club	Open	F		50.39				26		26
Kerry	Davis	Eden Runners	Vet 40	F	00:46:42.80				26			26
Paul	McKnespiey	DH Runners	Vet 40	M		41.26				26		26
Mike	Allison	Eden Runners	Vet 50	M	00:39:19.10				26			26
Justin	Tracey	Eden Runners	Vet 40	M			41.48				27	27
Matt	Charlton	DH Runners	Open	M	00:39:22.15				27			27
Victoria	Wilson	Cumberland AC	Open	F		50.44				27		27
Ivan	Newton	Tynedale Harriers & AC	Vet 40	M		41.29				27		27
Alison	Phillips	Eden Runners	Vet 40	F	00:46:52.00				27			27
Kyle	Laurie	Unattached	Open	M			00:41:42.10				28	28
Mark	Rutherford	Keswick AC	Vet 40	M		41.32				28		28
Mhairi	Wear	Eden Runners	Vet 40	F	00:46:59.95				28			28

Christine	Clubbs	Wetherby Runners AC	Vet 40	F				50.55				29	29	
Bethany	Sunners	BodyFit Runners	Open	F	00:47:02.65				29				29	
Anne	MacFarlane	Dumfries Running Club	Vet 50	F		46.40	00:46:37.55			14	15		29	
Brian	Hughes	Glasgow South RR	Vet 60	M	00:39:43.10				29				29	
Maciej	Trzeciak	Unattached	Open	M			00:39:17.70	39.16				15	15	30
Eddie	Fletcher	Keswick AAC	Open	M	00:39:48.45				30					30
Rachel	Young	Unattached	Open	F		52.16				30				30
Sarah	Mann	Valley Striders AC	Open	F				52.09					31	31
Rosie	Billet	DH Runners	Open	F		46.58	00:46:51.75			15	16			31
Steve	Claringbold	DH Runners	Open	M			00:42:12.05					31		31
Rachel	Poynter	Eden Runners	Open	F	00:47:41.45				31					31
Geoffrey	Chapman	Eden Runners	Vet 40	M	00:39:48.75				31					31
Kevin	Mccaig	Dumfries Running Club	Vet 50	M		40.25	00:39:09.20			17	14			31
Peter	Bennett	Cumberland AC	Vet 40	M				42.06					32	32
Ross	Butler	Keswick AC	Vet 40	M			00:40:35.40	38.48				19	13	32
Magda	Trafas	Unattached	Open	F				52.11					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
Margaret	Hawley	Cumberland AC	Vet 60	F				52.23					35	35
Michael	Mallen	Keswick AC	Vet 60	M				42.23					35	35
Hayley	Clark	Unattached	Open	F	00:47:57.75				35					35
Gareth	Irving	Unattached	Open	M			00:42:27.80					35		35
Gail	Oliver	Unattached	Vet 40	F		52.53				35				35
Nicky	Butler	Keswick AC	Vet 50	F			00:51:33.70					35		35
Jayne	Hanson	Unattached	Vet 50	F				52.25					36	36
Paul	Walker	Derwent AC	Vet 40	M				42.27					36	36
Ryan	Williams	Unattached	Open	M	00:40:23.50				36					36
Jason	Forster	Allen Valley Striders	Vet 40	M			00:42:32.40					36		36
Amanda	Singleton	Eden Runners	Vet 40	F	00:48:09.95				36					36
Gill	Mackay	St Bees Triers	Open	F				52.43					37	37
Andrew	Martindale	Northern Fells Running Club	Vet 40	M				42.45					37	37
Luke	Russell	University of Cumbria RR	Open	M	00:40:26.70				37					37
David	Cain	Cumberland AC	Vet 60	M				42.47					38	38
Paul	Rawlinson	DH Runners	Open	M		43.41				38				38
Kate	Turner	Eden Runners	Open	F	00:48:36.40				38					38
Kim	Clark	Keswick AC	Vet 60	F				52.51					39	39
Graeme	Jones	Unattached	Vet 40	M				42.53					39	39
Jane	Jones	Unattached	Open	F		53.47				39				39
Paul	Griffin	Stocksfield Striders	Vet 50	M		43.47				39				39
Hannah	Mason	Eden Runners	Open	F	00:48:47.60				40					40
Mike	Reed	Unattached	Open	M		41.14	00:40:34.45			22	18			40
Thomas	Towle	Carlisle Tri Club	Open	M			00:43:08.30					40		40
John	Oakey	Eden Runners	Vet 40	M	00:40:54.40				40					40
Suzanne	Gilmore	Keswick AC	Vet 40	F				52.58					41	41
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
Peter	Askins	Eden Runners	Open	M				43.57					42	42
Sarah	Wright	Eden Runners	Vet 40	F				53.01					42	42
Emma	Eagling	Unattached	Open	F		54.23				42				42
Martin	Gallagher	Unattached	Vet 40	M		41.16				23		20		43
Linda	Judd	Keswick AC	Vet 40	F				53.09					43	43
Tim	Lee	Unattached	Open	M				44.04					43	43
Jill	Carruthers	Unattached	Open	F		54.24				43				43
Brian	McGhee	Unattached	Open	M	00:41:14.65					43				43
Kerry	Braithwaite	Carlisle Tri Club	Vet 40	F		49.07				20		24		44
Michael	Fountain	Unattached	Vet 50	M				44.07					44	44
Sarah	King	Chorlton Runners	Open	F				53.11					44	44
Ian	Wilson	Cumberland AC	Open	M			00:40:58.40	41.34				21	23	44
Vikki	Byrne	Cumberland AC	Open	F			00:53:09.15					44		44
Lisa	Jackson Martin	Derwent AC Cockerhouth	Open	F	00:49:09.95				44					44

Daniel	Orton	Quakers Running Club	Open	M	00:41:15.55				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
Andrew	Hemsley	Eden Runners	Vet 50	M			00:43:42.55					45		45
Maile	Convery	Unattached	Jun	F				53.31					46	46
Mark	Wilson-Maher	Unattached	Open	M			00:43:44.10					46		46
Satpal	Burns	Dumfries Running Club	Vet 40	F		55.12					46			46
Norman	Johnstone	Annan & District AC	Vet 40	M		44.58					46			46
Carol	Elliot	Dumfries Harriers	Vet 50	F			00:53:24.75					46		46
Elaine	Bilsland	Unattached	Vet 40	F				53.38					47	47
Shaun	Greenup	Unattached	Open	M				44.38					47	47
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
Laura	Nasif	Unattached	Open	F				53.43					48	48
Brian	Smith	Northern Front Runners	Vet 50	M				44.50					48	48
Kate	Stark	Unattached	Open	F			00:53:43.55					48		48
Ruth	Griffith	Annan & District AC	Vet 40	F		55.48					48			48
Grant	Rodgers	Unattached	Vet 40	M	00:42:02.15				48					48
Paul	Thomason	Unattached	Vet 40	M		45.04					48			48
Selena	Cairns	Unattached	Open	F				53.54					49	49
Donna	Raeburn	Eden Runners	Vet 40	F	00:49:45.60				49					49
Lisa	Askins	Eden Runners	Open	F	00:47:41.20			48.37	30			20		50
Nicola	Black	Keswick AAC	Open	F	00:49:55.10				50					50
Claire	Borradaile	Unattached	Open	F			00:54:03.45					50		50
Jody	Dempster	Dumfries Running Club	Open	F		55.57					50			50
Paul	Cowing	Carlisle Tri Club	Vet 40	M				45.45					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
John	McGibbon	DH Runners	Vet 50	M	00:42:15.85				51					51
Caitlin	Stokes	Howgill Harriers	Open	F				54.22					52	52
Julie	Story	Unattached	Vet 40	F			00:49:10.20	51.22				22	30	52
Robert	Hastings	Unattached	Open	M	00:42:24.05				52					52
Chris	McCellenad	Unattached	Open	M		45.35					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
Cameron	Westmorland	Unattached	Jun	M		42.09		41.35			30		24	54
Leanne	Norris	Carlisle Tri Club	Open	F	00:50:23.60				54					54
Wendy	Navin	St Bees Triers	Vet 40	F			00:55:00.80					55		55
Tony	Holliday	Cumberland AC	Vet 40	M			00:41:36.35	41.57				26	30	56
Nicola	Portergill	Unattached	Vet 50	F				54.39					56	56
David	Scattergood	Carlisle Tri Club	Vet 40	M				46.23					56	56
Carl	Blackburn	Unattached	Open	M	00:40:33.50	40.26			38	18				56
Matthew	Haskins	Unattached	Open	M		45.54					56			56
Kevin	McMahon	Unattached	Open	M	00:43:18.00				56					56
Fiona	Stuart	Eden Runners	Vet 40	F	00:50:59.05				56					56
Ross	McLaughlin	Cumberland AC	Open	M				46.38					57	57
Louisa	Weeks	Carlisle Tri Club	Vet 40	F				54.42					57	57
Rachel	Sate	Salford Metropolitan AC	Open	F	00:51:08.40				57					57
Colin	Fell	Northern Fells RC	Vet 50	M	00:43:22.00				57					57
Antony	Briscoe	Cumberland AC	Vet 50	M	00:39:49.85			41.43	32				26	58
Mark	Chandler	Unattached	Open	M		46.06						58		58
Mark	McCready	Crossfit Hawkeye	Open	M			00:45:11.60					58		58
Lisa	Brunton	Unattached	Vet 40	F	00:51:27.80				58					58
Alison	French	Unattached	Vet 40	F		57.02					58			58
Karen	Taylor	DH Runners	Vet 40	F				54.48					59	59
Steven	Archibald	Carlisle Tri Club	Vet 40	M			00:45:19.60					59		59
David	Robinson	Eden Runners	Vet 40	M	00:43:44.65				59					59
Noel	Urwin	Unattached	Vet 50	M				46.51					60	60
Jack	Mazur	Carlisle Tri Club	Open	M		46.23					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
Helen	McManus	Unattached	Vet 40	F				55.04					61	61
Beverley	Smith	Unattached	Open	F	00:49:37.80			47.36	48				13	61
Gordon	Vivers	ADAC	Vet 50	M	00:43:46.80				61					61

Alison	Simmonds	Unattached	Open	F		52.12		52.19		29		33	62
Samantha	Cartmel	Unattached	Open	F	00:51:37.80				62				62
Rebecca	Marrs	Unattached	Open	F			00:55:36.60				62		62
Robert	Sunners	Unattached	Open	M	00:43:47.65				62				62
Sally	Little	Unattached	Vet 40	F	00:48:38.70	49.52			39	23			62
Lynn	Clemmitt	Unattached	Vet 50	F		57.06				62			62
Ryan	Brennand	Eden Runners	Open	M				47.43				63	63
Lynsey	Dawson	Unattached	Open	F		57.25				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
Dave	Evan	Eden Runners	Vet 60	M	00:43:48.90				63				63
Ron	Fletcher	Cumberland Fell Runners	Vet 60	M			00:45:46.45				63		63
Sandy	Shankland	Dumfries Running Club	Vet 60	M		41.35		00:42:26.55		29	34		63
Pauline	Ballantyne	Runmums	Vet 50	F				55.15				64	64
Mike	Beechey	Keswick AC	Vet 50	M				47.53				64	64
Sharon	Clark	Wigton Road Runners	Vet 40	F			00:50:36.55	52.21			30	34	64
James	Grinbergs	Eden Runners	Open	M	00:40:37.30			41.40	39			25	64
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
Helen	Taylor	Unattached	Open	F		58.08				65			65
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
Jeremy	Dix	Unattached	Open	M		46.57				66			66
Kate	Kinnell	Unattached	Open	F	00:52:21.60				66				66
Nicola	Latimer	Wigton Road Runners	Vet 40	F		52.23	00:51:08.65			32	34		66
Scott	Moore	Unattached	Vet 40	M	00:44:05.05				66				66
Tony	Jewell	Cumberland Fell Runners	Vet 60	M			00:45:57.45				66		66
Jane	Armstrong	Unattached	Vet 50	F				59.30				67	67
Paul	Irving	Unattached	Open	M			00:46:00.70				67		67
Reece	Jefferson	Unattached	Open	M	00:44:15.45				67				67
Emily	Mechie	Unattached	Open	F			00:56:47.60				67		67
Alison	Wright	Unattached	Vet 40	F		58.45				67			67
Martin	Grey	DH Runners	Vet 50	M		43.25		41.58		37		31	68
Sarah	Norman	Swaledale Runners	Open	F			00:57:03.20				68		68
Sarah	Wright	Eden Runners	Vet 40	F	00:52:45.00				68				68
Clem	Coady	Unattached	Open	M	00:44:46.55				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
Elizabeth	Dawson	ADAC	Vet 50	F	00:53:04.10				69				69
Emma	Walker	Derwent AC	Vet 40	F				56.42				70	70
Michelle	Barron	Wigton Road Runners	Vet 40	F			00:57:22.60				70		70
Baz	Harper	Carlisle Tri Club	Open	M	00:41:08.00			41.57	42			29	71
Simon	Richardson	Unattached	Vet 40	M				48.59				71	71
Michelle	Little	Unattached	Open	F		59.13				71			71
Hugh	Boyce	Unattached	Vet 40	M	00:44:49.55				71				71
Helen	Short	Unattached	Vet 40	F		52.29	00:52:34.45			33	38		71
Paul	Harrington	F.R.A.	Vet 50	M				49.14				72	72
James	Brown	Unattached	Open	M			00:46:38.75				72		72
Jamie	Crossan	West Cumbria Tri	Open	M	00:45:08.40				72				72
Ellie	Hatt	Unattached	Open	F			00:57:54.00				72		72
Michael	Storey	DH Runners	Open	M		47.40				72			72
Kate	Garratt	Derwent AC Cockermouth	Open	F	00:53:39.20				73				73
Daniel	Barnes	Carlisle Tri Club	Vet 40	M	00:45:10.90				73				73
Daniel	Braithwaite	Unattached	Vet 40	M		47.42				73			73
Sarah Jane	Edwards	Cumberland AC	Vet 50	F			00:57:55.80				73		73
Stuart	Gillespie	Dumfries Running Club	Open	M		44.05	00:42:06.55			43	30		73
Kelly	Crosbie	Carlisle Tri Club	Open	F				57.17				74	74
Wade	Tidbury	Eden Runners	Vet 50	M				49.43				74	74
Stuart	Clark	Unattached	Open	M	00:45:12.30				74				74
William	Macleod	Unattached	Open	M		47.48				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
Seema	Ritson	DH Runners	Vet 40	F			00:55:23.45	48.21			58	17	75
Matt	Taylor	DH Runners	Vet 40	M				49.58				75	75

Steven	Bragg	Carlisle Tri Club	Open	M	00:45:12.45				75			75
Philip	Schofield	Unattached	Open	M		47.57				75		75
Fiona	Wilson	DH Runners	Vet 40	F		59.40				75		75
Kevin	Gibbons	Unattached	Vet 60	M				50.16				76
Nicola	Seggie	Unattached	Vet 40	F				57.24				76
Kerry	Jardine	Dumfries Running Club	Open	F			00:58:03.15				76	76
Alison	Williams	Unattached	Open	F	00:53:56.15				76			76
Ruth	O'Neil	Runmums	Vet 40	F		59.42				76		76
Simon	Woodrow	Eden Runners	Vet 60	M	00:45:13.00				76			76
Wayne	Moynan	Unattached	Open	M				50.17				77
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
Laura	Bowness	Cumberland AC	Open	F				57.32				78
Gayle	Andrews	Unattached	Open	F			00:58:38.65					78
Daniel	Lewis	Unattached	Open	M	00:45:53.25				78			78
Nigel	Hierons	Eden Runners	Vet 40	M				50.34				79
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
Mark-Lucas	Winspear	Unattached	Jun	M		50.23				80		80
Adrian	Hadley	Unattached	Open	M	00:42:05.75	42.10			49	31		80
Alison	Dixon	Unattached	Vet 40	F	00:54:16.95				80			80
Amanda	Westgarth	Unattached	Vet 40	F			00:59:05.75				80	80
Tony	Mills	DH Runners	Vet 50	M		45.00	00:42:20.90			47	33	80
Karen	Bowler	Cumberland AC	Vet 60	F				57.48				81
Sarah	Glencross	Runmums	Open	F		60.36				81		81
Dan	Wilson	Unattached	Open	M		50.35				81		81
Jaye	Adams	BodyFit Runners	Vet 40	F	00:54:21.25				81			81
Carmel	Bones	Carlisle Tri Club	Vet 40	F	00:50:16.20		00:50:16.60		53		28	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
Helen	Steele	Dumfries Running Club	Open	F			00:59:11.55				82	82
John	Williams	Eden Runners	Vet 40	M	00:46:03.20				82			82
Graham	Harmse	Carlisle Tri Club	Vet 50	M		50.59				82		82
Gillian	Silson	Eden Runners	Vet 50	F	00:54:32.25				82			82
James	Scott	Unattached	Open	M				51.02			83	83
Rachael	Fearon	Cumberland AC	Open	F			00:59:23.50				83	83
Steve	McCall	Unattached	Open	M	00:46:06.25				83			83
Carole	Alletson	Unattached	Vet 50	F	00:49:29.85	53.09			46	37		83
Derek	Todhunter	Allen Valley Striders	Vet 50	M			00:47:45.45				83	83
John	Rowland	Unattached	Vet 50	M				51.28				84
Daniel	Gill	Unattached	Open	M		52.17				84		84
Jane	Grimshaw	Runmums	Vet 40	F		61.31				84		84
Stephen	Ions	Unattached	Vet 40	M	00:46:29.55				84			84
Alison	Rowsell	Unattached	Vet 50	F	00:54:54.75				84			84
Sarah	Pagan	Unattached	Open	F				58.49				85
Steeve	Whitehead	Unattached	Open	M				51.34				85
Tracey	Shaw	Unattached	Open	F	00:51:30.45		00:50:04.85		59	26		85
Carolyn	Burns	Eden Runners	Vet 40	F	00:55:05.00				85			85
Greg	Harrison	Unattached	Vet 40	M		52.28				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
Sebastian	Buszko	Carlisle Tri Club	Vet 40	M				52.07				86
Ben	Harper	Carlisle Tri Club	Open	M		43.52		44.34		40		86
Stephen	Gascoigne	BodyFit Runners	Open	M	00:46:40.55				86			86
Kevin	Robinson	Unattached	Vet 40	M			00:47:59.90				86	86
Carol	Graham	Dumfries Running Club	Vet 50	F				59.03				87
Craig	Costine	Unattached	Open	M		52.35				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
Gillian	Titterington	Border Reiver Runners	Open	F	00:55:39.00				87			87
Michael	Jardine	Dumfries Running Club	Vet 50	M		44.19	00:43:32.60			44	43	87
Claire	Chapman	Unattached	Vet 40	F				59.15				88
David	Horne	Unattached	Vet 50	M				52.20				88
Claire	Campbell	Dumfries Running Club	Open	F		62.21				88		88

Stephen	Creasey	Unattached	Vet 40	M	00:47:06.55				88			88
Nicholas	Downes	Cumberland AC	Vet 40	M			52.41				89	89
Judith	Wilson	Unattached	Vet 50	F			59.16				89	89
Andrew	Carlile	Unattached	Open	M				00:48:33.35			89	89
Martin	Curran	Unattached	Open	M		44.00		00:43:59.10		42	47	89
Hazel	Oliver	Jog Selkirk	Open	F	00:56:00.75				89			89
Ben	Swinson	Eden Runners	Open	M	00:47:22.20				89			89
Emma	Hodgson	Border Reiver Runners	Vet 40	F				01:00:18.35			89	89
Stephen	Harbach	Unattached	Vet 50	M			52.45				90	90
Lori	Carnochan	Unattached	Open	F		62.50				90		90
Tracey	Hunter	Unattached	Open	F	00:56:02.30				90			90
Kieran	Simpson	Unattached	Open	M	00:47:26.15				90			90
Caroline	Park	Unattached	Vet 40	F				01:00:28.55			90	90
Adele	Irwin	Runmums	Vet 40	F		63.52				91		91
Lesley	Allison	Eden Runners	Vet 50	F	00:56:11.15				91			91
Neil	Jamieson	Unattached	Vet 60	M				00:48:45.60			91	91
Katherine	Bell	Unattached	Open	F		56.38				52	40	92
Denise	Butler	Cumberland AC	Vet 40	F				59.23			92	92
Mark	Jones	Unattached	Vet 40	M	00:47:30.00				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
Gay	Eastoe	Alnwick Harriers	Vet 60	F	00:56:13.25				92			92
Chris	Clark	Keswick AC	Vet 60	M			53.16				93	93
Mick	Price	Crossfit Hawkeye	Open	M				00:49:25.05			93	93
Thomas	Bentham	Unattached	Vet 40	M	00:47:31.10				93			93
Stuart	Miller	Unattached	Vet 40	M		54.16				93		93
Craig	Gibson	Unattached	Vet 40	M			53.17				94	94
Stephen	Braithwaite	Kendal ACC	Vet 40	M	00:47:31.80				94			94
Joanne	Champkins	Border Reiver Runners	Vet 40	F				01:01:06.90			94	94
David	Ferrier	Keswick AC	Vet 50	M			53.21				95	95
Ian	Convery	Unattached	Vet 50	M			53.31				96	96
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
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
Flo	Bell	Unattached	Vet 40	F			60.28				98	98
Rouanne	Coulthard	Howgill Harriers	Open	F	00:53:13.20			50.55	70		28	98
Andrew	Metherell	Unattached	Open	M				54.06			98	98
Laura	Kirkpatrick	Unattached	Open	F				01:01:30.10			98	98
Michael	Marsh	Unattached	Vet 40	M		45.25		00:44:11.65		50	48	98
Andrea	Young	DH Runners	Vet 40	F	00:56:47.75				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
Marie	Nunes	Keswick AC	Open	F			60.49				99	99
John	Andrewartha	Eden Runners	Vet 40	M	00:43:24.15			00:43:17.35		58	41	99
Andy	Hayton	Unattached	Vet 40	M	00:48:15.90				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
Munim	?	Unattached	Open	M			54.56				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
Keith	Varty	Unattached	Open	M	00:48:20.65				100			100
James	Coulthard	Howgill Harriers	Vet 40	M	00:43:45.00		43.34	60			41	101
Karen	Mitchell	Cumberland AC	Open	F			61.29				101	101
Martyn	Wood	Unattached	Open	M			55.44				101	101
Joanne	French	Unattached	Open	F				01:01:42.95			101	101
Michael	Hodgkiss	Unattached	Open	M	00:48:20.80				101			101
Helena	Rath	Unattached	Open	F	00:57:28.70				101			101
Robert	Fearon	Cumberland AC	Vet 40	M				00:50:28.95			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
Kelly	Gullen	Sands Running Club	Vet 40	F			61.58				103	103



Wayne	Stevens	DH Runners	Vet 40	M				56.07				103	103
Hannah	Cundall	Unattached	Open	F			01:01:57.20				103		103
Jo	Gruchy	Carlisle Tri Club	Open	F	00:47:42.45	59.12			33	70			103
Katy	Livingston-Bray	Unattached	Open	F	00:57:32.70				103				103
Larry	Horne	Eden Runners	Vet 50	M	00:48:30.50				103				103
Jennifer	Withers	Unattached	Open	F				62.03					104
Malcolm	Wood	Cumberland AC	Vet 50	M				56.38					104
Ann-Marie	Cossar	Unattached	Open	F		67.48				104			104
Craig	Hayton	Edinburgh Running Network	Open	M	00:48:40.55				104				104
Josh	Waite	Carlisle Tri Club	Open	M		45.38	00:44:25.60			54	50		104
Julian	Ponsford	Unattached	Vet 50	M		57.02				104			104
Helen	Fell	Carlisle Tri Club	Open	F				62.16					105
Gary	Holliday	Unattached	Vet 40	M	00:48:44.85				105				105
Valerie	Welden	Unattached	Vet 40	F			01:01:58.25				105		105
Simon	Wilkinson	Unattached	Vet 40	M		57.25				105			105
Stuart	Buchanan	Cumberland AC	Vet 50	M			00:51:24.20				105		105
Diana	Cooper	Cumberland AC	Open	F				62.45					106
Mark	Evans	Unattached	Vet 40	M				57.59					106
Julia	King	Eden Runners	Vet 60	F	00:51:36.85			53.26	61			45	106
Lesley	Mclatchie	Unattached	Open	F		68.10				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
Philip	Meloy	Cumberland AC	Vet 40	M	00:42:34.10		00:44:37.65		54		52		106
Wade	Tidbury	Eden Runners	Vet 50	M	00:48:45.60				106				106
Andrea	Challenger	Cumberland AC	Vet 40	F			00:53:11.45	55.08			45	62	107
Tracey	Sowerby	DH Runners	Vet 50	F				63.11					107
Ian	Wilson	Blengdale Runners AC	Vet 50	M				58.00					107
Gill	Holme	Unattached	Vet 40	F	00:58:43.45				107				107
Stephanie	Sproat	Runmums	Vet 40	F		68.17				107			107
Phil	Hughes	Cumberland AC	Vet 60	M				58.41					108
Richard	Garrett	Unattached	Open	M		59.42				108			108
Graham	Fraser	Allen Valley Striders	Vet 60	M			00:51:59.50				108		108
John	Lewis	Cumberland AC	Vet 60	M	00:48:52.80				108				108
Adrian	Brown	Unattached	Open	M		45.51	00:44:52.30			55	54		109
Deborah	Hiscox	Border Reiver Runners	Vet 40	F			01:02:38.20					109	109
Carolyn	Mooney	Unattached	Vet 40	F		68.18				109			109
Gary	Paterson	Unattached	Vet 40	M			00:52:10.55				109		109
Lucy	Tonkin	Eden Runners	Vet 40	F	00:58:49.60				109				109
Ken	Fisher	Unattached	Vet 50	M	00:48:56.60				109				109
Bev	PASA	DH Runners	Vet 40	F				64.14				110	110
Laura	Broatch	Dumfries Running Club	Open	F		55.57	00:55:27.55			51	59		110
Jacqui	Byers	Unattached	Open	F			01:02:39.90					110	110
David	Macnaughton	DH Runners	Open	M		60.47				110			110
Katie	Milner-McLoone	Unattached	Open	F	00:59:10.85				110				110
Carla	Young	Unattached	Open	F		68.27				110			110
Craig	Houghton	Cumberland Fell Runners	Vet 40	M	00:49:18.60				110				110
Janette	Fountain	Unattached	Vet 50	F				64.27					111
Craig	Kershaw	Cumberland AC	Vet 70	M				61.16					111
Keri	Van Nuil	Unattached	Open	F		68.44				111			111
Emma	Gibson	Unattached	Vet 40	F			01:02:43.15				111		111
Joseph	Cole	Cumberland AC	Open	M				61.38					112
Claire	Imrie	DH Runners	Vet 40	F				64.32					112
Rosie	Heavens	Unattached	Open	F		57.04	00:54:42.45			60	52		112
Virginia	Walkingshaw	Unattached	Vet 40	F		69.02				112			112
Wayne	Watson	DH Runners	Vet 40	M		45.58	00:45:00.40			57	55		112
Julian	Auckland-Lewis	Unattached	Vet 50	M		65.42				112			112
David	Johnson	Eden Runners	Vet 50	M			00:45:26.25	45.55			60	53	113
John	McCostry	Unattached	Open	M	00:49:57.15				113				113
Jill	Glencross	DH Runners	Vet 40	F	00:59:31.45				113				113
Kath	McKie	Runmums	Vet 40	F		69.24				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
Mark	Bean	Unattached	Vet 40	M				62.34					114
Jamie	Collard	Unattached	Open	M		66.26				114			114
Kayley	Hart	Unattached	Open	F	00:59:57.40				114				114

Donna	Edmunds	Runmums	Vet 40	F		69.24			114			114
Sarah	Grundy	Wigton Road Runners	Vet 40	F			01:03:22.75			114		114
Gary	Othick	Wetherby Runners AC	Vet 50	M				63.04			115	115
Stuart	Rome	Unattached	Open	M	00:50:03.30				115			115
James	Slack	Unattached	Open	M			00:54:27.15			115		115
Katherine	Eilbeck	Unattached	Vet 40	F	01:00:12.65				115			115
Tasha	Burns	Unattached	Open	F				65.21			116	116
Frances	Braithwaite	DH Runners	Open	F		70.24				116		116
Kerry	Ferguson	Unattached	Vet 40	F	01:00:31.20				116			116
Peter	Graham	Unattached	Vet 40	M		67.25				116		116
Adrian	Holme	Keswick AAC	Vet 40	M	00:50:05.70				116			116
Tim	Bowler	Cumberland AC	Vet 60	M				68.18			117	117
Susan	Raine	Unattached	Vet 60	F				65.43			117	117
Natalie	Clifford	Unattached	Open	F	01:00:31.35				117			117
Mhari	Davidson	Dumfries Running Club	Open	F		70.28				117		117
Andrew	Hunter	Unattached	Vet 40	M	00:50:16.35				117			117
David	Burns	Dumfries Running Club	Vet 50	M	00:44:23.90		00:44:20.55		68		49	117
Andrew	Chatterton	Blackburn Road Runners	Vet 40	M				68.43			118	118
Stephanie	Johnson	Unattached	Vet 40	F		70.41				118		118
Jason	Miles-Campbell	Unattached	Vet 40	M	00:50:16.95				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
Gordon	Beattie	DH Runners	Vet 40	M				74.39			119	119
Andy	Caven	DH Runners	Vet 50	M			00:45:28.85	46.39			61	58
Simon	Nicholson	Unattached	Open	M	00:50:22.50				119			119
Torrie	Sullivan	Unattached	Open	F		72.23				119		119
Emma	Davidson	Unattached	Open	F		56.51		55.20		55	65	120
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
Natalie	Chatterton	Blackburn Road Runners	Vet 40	F				68.42			122	122
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
Kim	Adamson	Dumfries Running Club	Vet 50	F				69.05			123	123
Debbie	Harrison	DH Runners	Open	F			01:05:48.15			123		123
Ross	Marshall	Unattached	Open	M	00:50:55.10				123			123
John	Salt	Unattached	Vet 60	M			00:56:47.30			123		123
Louise	Rossall	Unattached	Open	F				69.11			124	124
Luke	Barker	Unattached	Open	M			00:58:06.85			124		124
Zoe	King	Sweatshop	Open	F	01:02:20.45				124			124
Sarah	Wardle	DH Runners	Vet 40	F		77.18				124		124
Pradeep	Bhagawan	Carlisle Tri Club	Vet 50	M	00:50:57.40				124			124
Alison	Pescod	DH Runners	Open	F				69.11			125	125
Sophie	Wardle	DH Runners	Jun	F		77.19				125		125
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			01:05:54.75			125		125
Linda	Lee	Eden Runners	Vet 50	F				69.53			126	126
Bob	Lamb	Unattached	Open	M	00:51:28.00				126			126
Jennifer	Ross	Dumfries Running Club	Open	F		59.00	00:55:21.75		69	57		126
Jennifer	White	BodyFit Cumbria	Vet 50	F			01:06:11.10			126		126
Angela	Watson	Eden Runners	Open	F	00:52:26.60			54.53	67		60	127
Joanna	Bithell	Dumfries Running Club	Open	F		78.20				127		127
Christopher	Murdoch	Unattached	Vet 40	M	00:51:28.00				127			127
Ginny	Walkingshaw	Unattached	Vet 40	F			01:06:33.20			127		127
Helen	Macnaughton	DH Runners	Open	F				70.38			128	128
Scott	Nichol	Carlisle Tri Club	Open	M			00:45:36.20	48.21		62	66	128
Richard	Trowles	Shildon Running & AC	Open	M	00:51:32.05				128			128
Greg	Harrison	Unattached	Vet 40	M			01:02:30.55			128		128
Karen	Rome	DH Runners	Vet 40	F				71.32			129	129
Gillian	Hornby	Toni's Tigers	Open	F	01:03:15.40				129			129
Mark	Hall	Dumfries Running Club	Vet 40	M		46.37	00:46:09.70			61	68	129
Tracy	Johnston	Unattached	Vet 40	F			01:06:35.80			129		129
Ian	Tognarelli	Unattached	Vet 40	M	00:51:49.50				129			129

John	Haigh	Unattached	Vet 70	M			01:02:32.95				129		129	
Elizabeth	Dodd	Cumberland AC	Open	F				71.39				130	130	
Jack	Rylands	Unattached	Open	M			00:46:52.25	46.19			75	55	130	
Wayne	Horsley	Unattached	Open	M	00:46:00.75	45.07				81	49		130	
Craig	Wagstaff	Unattached	Open	M	00:52:05.10					130			130	
Michael	Fordyce	Unattached	Vet 50	M		46.41		48.52			62		69	131
Rosemary	Potter	Unattached	Vet 50	F				77.24					131	131
Sharon	Greer	Unattached	Vet 40	F			01:06:42.20					131		131
David	Peacock	Eden Runners	Vet 50	M	00:52:15.20					131				131
David	Firth	DH Runners	Vet 60	M			01:07:35.30					131		131
Catherine	Wood	DH Runners	Open	F				80.31					132	132
Sarah	Hogg	Unattached	Open	F	01:03:55.60					132				132
Martyn	Black	Unattached	Vet 40	M	00:45:54.35	45.37					79	53		132
David	Galacher	Unattached	Open	M	00:52:25.05					133				133
Gemma	Orchard	Unattached	Open	F	01:03:55.80					133				133
Kathryn	Holliday	DH Runners	Vet 40	F		63.58	00:52:35.35				94	39		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
Jill	Cooke	Runmums	Vet 40	F		60.29		54.36			80		55	135
David	Hornby	Unattached	Open	M	00:52:46.40					135				135
Kerry	Gibson	Unattached	Vet 40	F			01:07:30.55					135		135
Craig	Kerr	Dumfries Running Club	Vet 40	M		47.27	00:45:53.35				70	65		135
Siobhan	Gascoigne	BodyFit Runners	Vet 50	F	01:04:18.25					135				135
Fiona	Moore	DH Runners	Vet 40	F		56.41		57.55			54		82	136
Rachel	Wood	Unattached	Open	F			01:07:43.55					136		136
Petra	Sheard	Unattached	Vet 50	F	01:04:21.65					136				136
Catherine	Nixon	Unattached	Open	F			01:07:43.75					137		137
Lesley	Talbot	BodyFit Runners	Vet 40	F	01:04:29.80					137				137
Kevin	Whitemore	Eden Runners	Vet 60	M	00:53:07.80					137				137
Jackie	Davies	Unattached	Open	F			01:07:44.45					138		138
Simon	McDougall	Unattached	Open	M	00:53:14.55					138				138
Bridget	Pollock	Unattached	Vet 50	F	01:05:08.55					138				138
Tanya	Walsh	Unattached	Open	F		56.51		58.40			56		83	139
Annais	Wright	Unattached	Open	F			01:08:31.00					139		139
Tony	Brooke	Eden Runners	Vet 40	M	00:53:16.50					139				139
Cath	Ball	Unattached	Open	F		58.50		56.59			68		72	140
Amanda	Kirtley	DH Runners	Vet 40	F		59.38	00:56:37.85				74	66		140
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
Alex	Mitchell	Eden Runners	Vet 40	M			00:47:40.55	47.18				80	61	141
Andrew	Walker	Eden Runners	Vet 50	M	00:46:55.85			46.16		87			54	141
Lesley Anne	Bentham	Unattached	Vet 40	F	01:05:21.00					141				141
Avan	Diggins	Dumfries Harriers	Vet 40	F			01:10:50.05					141		141
David	Robertson	Unattached	Vet 50	M	00:53:50.50					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			01:10:52.15					142		142
Suzanne	Murdoch	Unattached	Vet 40	F	01:05:26.50					143				143
David	Goodall	Cumberland AC	Vet 40	M		47.12	00:46:54.45				68	76		144
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
Tracey	Lindle	Unattached	Open	F	01:05:35.00					145				145
Philip	Parker	Unattached	Vet 50	M	00:54:17.45					145				145
Sarah	Gibson	Runmums	Open	F			00:59:47.60	54.44				88	58	146
Lindsey	Armitage	Unattached	Open	F	01:05:35.30					146				146
Daniel	Van Lierop	SWPT	Open	M		46.11	00:48:33.30				59	88		147
Elma	Heatlie	Jog Selkirk	Vet 50	F	01:05:48.05					147				147
Stephen	Long	Dentonholme Runners	Vet 50	M	00:54:25.20					147				147
Garry	Vernon	Fetch Everyone	Vet 50	M	00:54:38.75					148				148
Peter	Telford	Cumberland AC	Vet 40	M			00:47:41.35	48.25				82	67	149
Linda	Almond	Unattached	Vet 50	F	01:05:52.30					149				149
Wayne	Davies	Unattached	Open	M		47.34	00:47:24.75				71	79		150
Rob	Craig	Sunderland Strollers	Vet 50	M	00:54:46.65					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
Neil	Moffat	Dumfries Running Club	Vet 60	M		47.02	00:47:53.90				67	84		151

Hayley	Rogers	Unattached	Open	F	01:06:50.50				152				152
Andy	Sweetman	Border Reiver Runners	Vet 50	M	00:55:38.75				152				152
Rachel	Ashburner	Unattached	Open	F	01:06:53.80				153				153
Lee	Jardine	Unattached	Open	M	00:55:40.30				153				153
Christine	Alcock	DH Runners	Vet 50	F		01:00:39.90		55.12			91	63	154
James	Aiston	Unattached	Open	M	00:55:54.70				154				154
Diane	Peacock	Eden Runners	Vet 50	F	01:06:53.80				154				154
Michelle	Moffat	Unattached	Open	F	00:57:50.30			54.20	104			51	155
Martin	Herriot	Unattached	Open	M	00:55:57.70				155				155
Helen	Tucker	Unattached	Vet 50	F	01:07:07.90				155				155
Karen	Dobson	Unattached	Open	F	01:07:09.45				156				156
Jonathan	Marrow	Unattached	Vet 40	M	00:56:04.70				156				156
Holly	Mills	Unattached	Open	F	00:56:17.55	57.48			93	64			157
Joanna	Morris	Unattached	Open	F	01:10:29.40				158				158
Richard	Eastoe	Alnwick Harriers	Vet 60	M	00:56:13.40				158				158
Keith	Elliot	Unattached	Vet 60	M	00:46:00.15		00:47:20.55		80		78		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
Mathew	Ireland	Carlisle Tri Club	Open	M		47.22	00:49:40.60			69	95		164
Wayne	Fox	Unattached	Open	M	00:48:04.25			48.41	97			68	165
Fiona	Little	Runnum	Vet 40	F	00:56:47.10			55.32	97			68	165
Paul	Martin	Cumberland AC	Vet 50	M			00:45:05.30	59.23			56	109	165
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
Rebecca	Fell	Unattached	Jun	F	01:13:43.45				166				166
Steve	Campbell	Unattached	Vet 60	M	00:58:34.40				166				166
Kevin	Ramshaw	DH Runners	Vet 40	M			00:49:37.95	49.33			94	73	167
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
Jim	Connolly	Unattached	Vet 40	M		51.30		52.17		83		87	170
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
Elaine	Kelly	BodyFit Runners	Vet 60	F	01:33:22.90				172				172
Jenny	Finnegan	Unattached	Open	F		62.08	00:59:38.45			87	86		173
Kelsey	Summerfield	Unattached	Open	F	01:34:04.45				173				173
Ian	Slater	Unattached	Vet 50	M	01:00:13.80				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
Nicola	Edwards	Unattached	Vet 40	F		61.33		59.20		85		91	176
Chris	Glencorse	Unattached	Vet 40	M	01:00:43.75				176				176
John	Dalton	Jogscotland	Vet 50	M	01:01:36.90				177				177
Lucy	Cowton	DH Runners	Vet 40	F	00:57:53.35	59.24			105	73			178
Graham	Quinn	Unattached	Vet 40	M	01:03:50.60				178				178
Peter	Campbell	Border Harriers & AC	Vet 50	M	00:48:13.60			50.45	98			81	179
Jackie	Bennett	Cumberland AC	Vet 40	F	00:56:32.55			58.57	94			86	180
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
Hannah	Edwards	Unattached	Open	F	00:56:54.60			58.49	99			84	183
Niki	Iveson	Unattached	Open	F		60.14	01:01:57.75			79	104		183
Shaun	Silson	Eden Runners	Vet 50	M	01:10:55.25				185				185
Ken	Thomas	Shildon Running & AC	Vet 50	M	01:12:09.30				186				186
Richard	Johnston	Carlisle Tri Club	Vet 40	M	00:48:49.60			50.50	107			82	189
Nick	Dolan	Unattached	Open	M	01:34:03.30				189				189
Karen	Cavanagh	Cumberland AC	Vet 50	F			01:01:04.15	60.03			93	97	190

Nik	Morris	Unattached	Vet 40	M		54.16		53.47		94		97	191
Dave	Moran	Unattached	Open	M		53.46	00:51:08.90			91	104		195
Suzanne	Osborne	DH Runners	Open	F	01:02:16.65	59.16			123	72			195
Lucy	Jackson	DH Runners	Open	F		61.12	01:04:07.95			82	116		198
Stephen	Warwick	Unattached	Vet 40	M		52.29	00:52:39.25			86	112		198
David	Robinson	Keswick AC	Vet 50	M	00:50:27.05	50.00			120	78			198
Kath	Saunders	DH Runners	Vet 60	F		66.25		61.56		99		102	201
Laura	Kinnard	Eden Runners	Open	F	01:02:58.40			57.23	128			75	203
Kate	Whalen	DH Runners	Open	F		63.55	01:04:04.70			93	115		208
Stephanie	Foudy	Eden Runners	Vet 40	F	01:00:42.25			59.43	118			94	212
Andrew	Atkinson	Carlisle Tri Club	Vet 50	M			00:54:09.40	54.14			114	99	213
Christopher	Wingspear	Unattached	Vet 50	M		54.24	00:55:30.90			97	116		213
Jo	Hutchinson	DH Runners	Vet 60	F		67.16		65.02		101		113	214
Tracey	Kennett	Cumberland AC	Vet 40	F			01:01:30.90	66.23			99	118	217
Rachel	Lindsay	Unattached	Open	F		66.21	01:04:56.25			98	119		217
Denise	Maxwell	Unattached	Vet 40	F	01:03:32.55	62.39			130	89			219
Sarah	Barclay	Runmums	Vet 40	F		67.36	01:05:54.65			103	124		227
Sean	Mcgleenan	Dumfries Running Club	Vet 50	M		58.34	00:56:05.05			106	121		227
Daniel	Alexander	Unattached	Open	M		56.32	00:59:08.05			103	125		228
Victoria	Irving	University of Cumbria Road Runners	Vet 40	F		67.49	01:06:34.05			105	128		233
Allan Raymond	Redoble	DH Runners	Vet 40	M		58.49	00:59:16.00			107	126		233
Laura	Ward	Unattached	Open	F	01:02:16.00				122		112		234
David	Wood	DH Runners	Open	M	00:54:21.90			52.46	146			91	237
Wendy	Heap	Runmums	Vet 40	F		68.17	01:06:36.25			108	130		238
Andy	Airey	Unattached	Vet 50	M		63.51	01:01:07.35			111	127		238
Denise	Howie	BodyFit Runners	Vet 50	F	01:02:52.75				127		117		244
Nicola	Jackson	DH Runners	Vet 40	F		70.19	01:07:01.35			115	132		247
Lynsey	Buckle	Unattached	Open	F	01:05:17.10			65.07	139			114	253
Mark	Moody	Carlisle Tri Club	Vet 40	M	00:54:00.00			00:52:19.40		143		110	253
Gary	Frizell	DH Runners	Open	M	00:57:53.25	56.08				162	101		263
Fiona	Tidbury	Eden Runners	Vet 50	F	01:06:47.60			66.35	150			119	269
Jaclyn	Gray	Unattached	Vet 40	F			01:12:04.55	70.00			143	127	270
Emma	Richardson	DH Runners	Open	F		77.31	01:17:01.90			126	144		270
Paula	Harmon	DH Runners	Vet 40	F		89.02	01:28:15.10			129	145		274
Leslie	Nixon	Unattached	Vet 60	M	00:56:09.20				157		119		276
Steve	Conley	Unattached	Vet 40	M	01:04:36.35	56.17				179	102		281
Neil	Gillespie	Unattached	Vet 40	M	00:58:25.00			00:56:02.60		164	120		284
Allen	Winter-Moore	Unattached	Open	M	01:00:12.35			63.43	172			116	288
Austen	Raine	Wigton Road Runners	Vet 60	M	01:13:43.45			57.00	187			105	292
Susanne	McDougall	Unattached	Vet 60	F	01:14:27.90	80.40				167	128		295
Peter	Rudd	Unattached	Vet 50	M	01:15:42.60	68.51				188	117		305