

Sport in Action 10K

27th August 2017

| No | NAME | | CLUB | CAT | M/F | Time | Pos | Cat |
|-----|-----------|-------------|-----------------------|--------|-----|-------|-----|-----|
| 354 | Sam | Stead | Keswick AC | Open | M | 33.10 | 1 | 1 |
| 56 | Simon | Netherway | Keswick AC | Open | M | 36.10 | 2 | 2 |
| 78 | Daniel | Hornsby | Border Harriers & AC | Open | M | 36.19 | 3 | 3 |
| 428 | Mike | Scott | Border Harriers & AC | Vet 50 | M | 36.30 | 4 | 1 |
| 362 | Mark | Ryan | Carlisle Tri Club | Open | M | 36.55 | 5 | 4 |
| 106 | Shane | Stobbart | Cumberland AC | Open | M | 37.15 | 6 | 5 |
| 372 | Carl | Fisher | Cumberland AC | Open | M | 37.38 | 7 | 6 |
| 433 | Lisa | Finlay | Dumfries Running Club | Vet 40 | F | 37.39 | 8 | 1 |
| 391 | Gary | Mann | Valley Striders AC | Open | M | 37.51 | 9 | 7 |
| 55 | Catherine | Spurden | Keswick AC | Open | F | 37.58 | 10 | 1 |
| 100 | Matt | Archer | Elvet Striders | Open | M | 38.08 | 11 | 8 |
| 108 | Andrew | Wilson | Unattached | Open | M | 38.14 | 12 | 9 |
| 31 | Grant | Noble | Dunbar Running Club | Vet 50 | M | 38.36 | 13 | 2 |
| 154 | Craig | Little | Unattached | Open | M | 38.42 | 14 | 10 |
| 150 | Ross | Butler | Keswick AC | Vet 40 | M | 38.48 | 15 | 1 |
| 397 | Michael | Hawley | Cumberland AC | Open | M | 39.12 | 16 | 11 |
| 389 | Maciej | Trzeciak | Unattached | Open | M | 39.16 | 17 | 12 |
| 376 | Alison | Matthews | Darlington H & AC | Open | F | 39.18 | 18 | 2 |
| 89 | Kevin | Scott | DH Runners | Vet 40 | M | 39.26 | 19 | 2 |
| 101 | Stuart | Lightfoot | DH Runners | Open | M | 39.36 | 20 | 13 |
| 448 | Richard | Hodgson | Unattached | Open | M | 39.45 | 21 | 14 |
| 111 | Harris | Strickland | Border Harriers & AC | JUN | M | 39.53 | 22 | 1 |
| 133 | Martin | Gallagher | Unattached | Vet 40 | M | 40.48 | 23 | 3 |
| 118 | Karen | Bridge | Eden Runners | Vet 40 | F | 40.58 | 24 | 2 |
| 29 | Wayne | Greig | Carlisle Tri Club | Open | M | 41.08 | 25 | 15 |
| 383 | Franc | Karpo | Dumfries Running Club | Vet 60 | M | 41.28 | 26 | 1 |
| 348 | Ian | Wilson | Cumberland AC | Open | M | 41.34 | 27 | 16 |
| 76 | Cameron | Westmorland | Unattached | JUN | M | 41.35 | 28 | 2 |
| 355 | James | Grinbergs | Eden Runners | Vet 40 | M | 41.40 | 29 | 4 |
| 58 | Antony | Briscoe | Cumberland AC | Vet 50 | M | 41.43 | 30 | 3 |
| 434 | Justin | Tracey | Eden Runners | Vet 40 | M | 41.48 | 31 | 5 |
| 50 | Jonathan | Buckley | Cumberland AC | Open | M | 41.51 | 32 | 17 |
| 19 | Baz | Harper | Carlisle Tri Club | Open | M | 41.57 | 33 | 18 |
| 351 | Tony | Holliday | Cumberland AC | Vet 40 | M | 41.57 | 34 | 6 |
| 38 | Martin | Grey | DH Runners | Vet 50 | M | 41.58 | 35 | 4 |
| 121 | Peter | Bennett | Cumberland AC | Vet 40 | M | 42.06 | 36 | 7 |
| 379 | Les | Hill | Dumfries Running Club | Vet 50 | M | 42.08 | 37 | 5 |
| 43 | Martin | Steele | Unattached | Vet 50 | M | 42.14 | 38 | 6 |
| 164 | Michael | Mallen | Keswick AC | Vet 60 | M | 42.23 | 39 | 2 |

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|-----|----------|-------------|-----------------------------|--------|---|-------|----|----|
| 350 | Paul | Walker | Derwent AC | Vet 40 | M | 42.27 | 40 | 8 |
| 120 | Andrew | Martindale | Northern Fells Running Club | Vet 40 | M | 42.45 | 41 | 9 |
| 61 | David | Cain | Cumberland AC | Vet 60 | M | 42.47 | 42 | 3 |
| 32 | Graeme | Jones | Unattached | Vet 40 | M | 42.53 | 43 | 10 |
| 153 | Fiona | Todd | Unattached | Vet 40 | F | 42.55 | 44 | 3 |
| 358 | Shaun | Cavanagh | Cumberland AC | Vet 50 | M | 43.05 | 45 | 7 |
| 156 | Teresa | Medley | Border Harriers & AC | Vet 40 | F | 43.24 | 46 | 4 |
| 161 | James | Coulthard | Howgill Harriers | Vet 40 | M | 43.34 | 47 | 11 |
| 96 | Peter | Askins | Eden Runners | Open | M | 43.57 | 48 | 19 |
| 442 | Tim | Lee | Unattached | Open | M | 44.04 | 49 | 20 |
| 422 | Michael | Fountain | Unattached | Vet 50 | M | 44.07 | 50 | 8 |
| 3 | Sarah | Dent | Carlisle Tri Club | Open | F | 44.16 | 51 | 3 |
| 110 | Vanessa | Strickland | Border Harriers & AC | Vet 40 | F | 44.20 | 52 | 5 |
| 107 | Colin | Nicholl | DH Runners | Vet 40 | M | 44.22 | 53 | 12 |
| 356 | Kerry | Grinbergs | Eden Runners | Open | F | 44.25 | 54 | 4 |
| 115 | Ben | Harper | Carlisle Tri Club | Open | M | 44.34 | 55 | 21 |
| 16 | Julie | Dodd | DH Runners | Vet 40 | F | 44.36 | 56 | 6 |
| 435 | Shaun | Greenup | Unattached | Open | M | 44.38 | 57 | 22 |
| 131 | Brian | Smith | Northern Front Runners | Vet 50 | M | 44.50 | 58 | 9 |
| 12 | Kev | Iveson | Unattached | Open | M | 45.07 | 59 | 23 |
| 360 | Toby | Harling | DH Runners | Open | M | 45.24 | 60 | 24 |
| 72 | Susan | Fawkes | DH Runners | Open | F | 45.44 | 61 | 5 |
| 347 | Paul | Cowing | Carlisle Tri Club | Vet 40 | M | 45.45 | 62 | 13 |
| 11 | Simon | Dolman | DH Runners | Vet 40 | M | 45.47 | 63 | 14 |
| 415 | David | Johnson | Eden Runners | Vet 50 | M | 45.55 | 64 | 10 |
| 66 | Andrew | Walker | Eden Runners | Vet 50 | M | 46.16 | 65 | 11 |
| 420 | Jack | Rylands | Unattached | Open | M | 46.19 | 66 | 25 |
| 430 | David | Scattergood | Carlisle Tri Club | Vet 40 | M | 46.23 | 67 | 15 |
| 384 | Louise | Brown | Carlisle Tri Club | Open | F | 46.30 | 68 | 6 |
| 142 | Ross | McLaughlin | Cumberland AC | Open | M | 46.38 | 69 | 26 |
| 112 | Andrew | Caven | DH Runners | Vet 50 | M | 46.39 | 70 | 12 |
| 48 | Andrew | Pescod | DH Runners | Open | M | 46.45 | 71 | 27 |
| 395 | Noel | Urwin | Unattached | Vet 50 | M | 46.51 | 72 | 13 |
| 371 | Alex | Mitchell | Eden Runners | Vet 40 | M | 47.18 | 73 | 16 |
| 117 | Carl | Dowell | Unattached | Open | M | 47.29 | 74 | 28 |
| 396 | Beverley | Smith | Cumberland AC | Open | F | 47.36 | 75 | 7 |
| 47 | Ryan | Brennand | Eden Runners | Open | M | 47.43 | 76 | 29 |
| 385 | Shirley | Teasdale | Unattached | Open | F | 47.47 | 77 | 8 |
| 427 | Mike | Beechey | Keswick AC | Vet 50 | M | 47.53 | 78 | 14 |
| 10 | Bethany | Duffy | DH Runners | JUN | F | 48.01 | 79 | 1 |
| 436 | Isobel | Graham | Unattached | Vet 50 | F | 48.02 | 80 | 1 |
| 87 | Steve | Viney | DH Runners | Vet 60 | M | 48.16 | 81 | 4 |
| 79 | Seema | Ritson | DH Runners | Vet 40 | F | 48.21 | 82 | 7 |
| 438 | Scott | Nichol | Carlisle Tri Club | Open | M | 48.21 | 83 | 30 |

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| 394 | Peter | Telford | Cumberland AC | Vet 40 | M | 48.25 | 84 | 17 |
| 373 | Charlotte | Treloar | Eden Runners | Open | F | 48.30 | 85 | 9 |
| 60 | Susan | Cain | Cumberland AC | Vet 60 | F | 48.36 | 86 | 1 |
| 95 | Lisa | Askins | Eden Runners | Open | F | 48.37 | 87 | 10 |
| 152 | Wayne | Fox | St Bees Triers | Open | M | 48.41 | 88 | 31 |
| 14 | Michael | Fordyce | Unattached | Vet 50 | M | 48.52 | 89 | 15 |
| 157 | Chris | Knox | DH Runners | Vet 50 | M | 48.57 | 90 | 16 |
| 399 | Simon | Richardson | Unattached | Vet 40 | M | 48.59 | 91 | 18 |
| 352 | Paul | Harrington | F.R.A. | Vet 50 | M | 49.14 | 92 | 17 |
| 45 | Kevin | Ramshaw | DH Runners | Vet 40 | M | 49.33 | 93 | 19 |
| 367 | Wade | Tidbury | Eden Runners | Vet 50 | M | 49.43 | 94 | 18 |
| 381 | Nicola | Lee | Carlisle Tri Club | Open | F | 49.46 | 95 | 11 |
| 365 | Helen | Moss | Unattached | Open | F | 49.49 | 96 | 12 |
| 409 | Jill | Gardiner | Carlisle Tri Club | Open | F | 49.49 | 97 | 13 |
| 85 | Matt | Taylor | DH Runners | Vet 40 | M | 49.58 | 98 | 20 |
| 446 | Kerry | Braithwaite | Carlisle Tri Club | Vet 40 | F | 50.08 | 99 | 8 |
| 94 | Kevin | Gibbons | Unattached | Vet 60 | M | 50.16 | 100 | 5 |
| 109 | Wayne | Moynan | Unattached | Open | M | 50.17 | 101 | 32 |
| 37 | Michelle | Kingston | Carlisle Tri Club | Open | F | 50.21 | 102 | 14 |
| 18 | Viki | Kent | Unattached | Open | F | 50.28 | 103 | 15 |
| 124 | Chris | Robinson | Unattached | Vet 50 | M | 50.31 | 104 | 19 |
| 382 | Nigel | Hierons | Eden Runners | Vet 40 | M | 50.34 | 105 | 21 |
| 134 | Keith | Atkinson | Unattached | Vet 40 | M | 50.39 | 106 | 22 |
| 35 | Sarah | Lord | DH Runners | Vet 40 | F | 50.41 | 107 | 9 |
| 116 | Peter | Campbell | Border Harriers & AC | Vet 50 | M | 50.45 | 108 | 20 |
| 123 | Richard | Johnston | Carlisle Tri Club | Vet 40 | M | 50.50 | 109 | 23 |
| 160 | Rouanne | Coulthard | Howgill Harriers | Open | F | 50.55 | 110 | 16 |
| 378 | Christine | Clubbs | Wetherby Runners AC | Vet 40 | F | 50.55 | 111 | 10 |
| 417 | James | Scott | Unattached | Open | M | 51.02 | 112 | 33 |
| 68 | Julie | Story | DH Runners | Vet 40 | F | 51.22 | 113 | 11 |
| 13 | John | Rowland | Unattached | Vet 50 | M | 51.28 | 114 | 21 |
| 125 | Steeve | Whitehead | Unattached | Open | M | 51.34 | 115 | 34 |
| 441 | Sebastian | Buszko | Carlisle Tri Club | Vet 40 | M | 52.07 | 116 | 24 |
| 390 | Sarah | Mann | Valley Striders AC | Open | F | 52.09 | 117 | 17 |
| 412 | Magda | Trafas | Unattached | Open | F | 52.11 | 118 | 18 |
| 361 | Jim | Connolly | Unattached | Open | M | 52.17 | 119 | 35 |
| 93 | Alison | Simmons | Unattached | Open | F | 52.19 | 120 | 19 |
| 424 | David | Horne | Unattached | Vet 50 | M | 52.20 | 121 | 22 |
| 411 | Sharron | Clark | Wigton Road Runners | Vet 40 | F | 52.21 | 122 | 12 |
| 432 | Margaret | Hawley | Cumberland AC | Vet 60 | F | 52.23 | 123 | 2 |
| 88 | Jayne | Hanson | Unattached | Vet 50 | F | 52.25 | 124 | 2 |
| 168 | Nicholas | Downes | Cumberland AC | Vet 40 | M | 52.41 | 125 | 25 |
| 400 | Gill | Mackay | St Bees Triers | Open | F | 52.43 | 126 | 20 |
| 172 | Stephen | Harbach | Unattached | Vet 50 | M | 52.45 | 127 | 23 |

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|-----|-----------|------------|-------------------|--------|---|-------|-----|----|
| 169 | David | Wood | DH Runners | Open | M | 52.46 | 128 | 36 |
| 44 | Tracey | Pagin | DH Runners | Open | F | 52.47 | 129 | 21 |
| 404 | Kim | Clark | Keswick AC | Vet 60 | F | 52.51 | 130 | 3 |
| 392 | Katie | Bell | Unattached | Open | F | 52.56 | 131 | 22 |
| 364 | Suzanne | Gilmore | Keswick AC | Vet 40 | F | 52.58 | 132 | 13 |
| 53 | Sarah | Wright | Eden Runners | Vet 40 | F | 53.01 | 133 | 14 |
| 137 | Anthony | Nicholson | DH Runners | Vet 40 | M | 53.02 | 134 | 26 |
| 406 | Linda | Judd | Keswick AC | Vet 40 | F | 53.09 | 135 | 15 |
| 141 | Sarah | King | Chorlton Runners | Open | F | 53.11 | 136 | 23 |
| 403 | Chris | Clark | Keswick AC | Vet 60 | M | 53.16 | 137 | 6 |
| 159 | Craig | Gibson | Unattached | Vet 40 | M | 53.17 | 138 | 27 |
| 80 | David | ferrier | Keswick AC | Vet 50 | M | 53.21 | 139 | 24 |
| 408 | Julia | King | Eden Runners | Vet 60 | F | 53.26 | 140 | 4 |
| 90 | Maile | Convery | Unattached | JUN | F | 53.31 | 141 | 2 |
| 91 | Ian | Convery | Unattached | Vet 50 | M | 53.31 | 142 | 25 |
| 147 | Elaine | Bilsland | Unattached | Vet 40 | F | 53.38 | 143 | 16 |
| 401 | Laura | Nasif | Unattached | Open | F | 53.43 | 144 | 24 |
| 407 | Nik | Morris | Unattached | Vet 40 | M | 53.47 | 145 | 28 |
| 374 | Selena | Cairns | Unattached | Open | F | 53.54 | 146 | 25 |
| 39 | Andrew | Metherell | Unattached | Open | M | 54.06 | 147 | 37 |
| 155 | Andrew | Atkinson | Carlisle Tri Club | Vet 60 | M | 54.14 | 148 | 7 |
| 24 | Lindsay | Graham | DH Runners | Open | F | 54.19 | 149 | 26 |
| 113 | Michelle | Moffat | Unattached | Vet 40 | F | 54.20 | 150 | 17 |
| 398 | Caitlin | Stokes | Howgill Harriers | Open | F | 54.22 | 151 | 27 |
| 440 | Glenda | Blakey | DH Runners | Vet 40 | F | 54.33 | 152 | 18 |
| 9 | Louise | Duffy | DH Runners | Vet 40 | F | 54.35 | 153 | 19 |
| 135 | Jill | Cooke | Runmums | Vet 40 | F | 54.36 | 154 | 20 |
| 166 | Nicola | Portergill | Unattached | Vet 50 | F | 54.39 | 155 | 3 |
| 25 | Louisa | Weeks | Carlisle Tri Club | Vet 40 | F | 54.42 | 156 | 21 |
| 158 | Sarah | Gibson | Runmums | Open | F | 54.44 | 157 | 28 |
| 82 | Karen | Taylor | DH Runners | Vet 40 | F | 54.48 | 158 | 22 |
| 92 | Angela | Watson | Eden Runners | Vet 40 | F | 54.53 | 159 | 23 |
| 444 | Munim | ? | Unattached | Open | M | 54.56 | 160 | 38 |
| 127 | Helen | McManus | Unattached | Vet 40 | F | 55.04 | 161 | 24 |
| 393 | Andrea | Challenger | Cumberland AC | Vet 40 | F | 55.08 | 162 | 25 |
| 418 | Christine | Alcock | DH Runners | Vet 50 | F | 55.12 | 163 | 4 |
| 138 | Pauline | Ballantyne | Runmums | Vet 50 | F | 55.15 | 164 | 5 |
| 402 | Emma | Davidson | Unattached | Open | F | 55.20 | 165 | 29 |
| 414 | Haley | Millican | Unattached | Open | F | 55.26 | 166 | 30 |
| 52 | Beverley | Armstrong | DH Runners | Vet 40 | F | 55.31 | 167 | 26 |
| 380 | Fiona | Little | Runmums | Vet 40 | F | 55.32 | 168 | 27 |
| 97 | Carol | Douglas | DH Runners | Vet 50 | F | 55.38 | 169 | 6 |
| 173 | Martyn | Wood | Unattached | Open | M | 55.44 | 170 | 39 |
| 437 | Richard | Henry | DH Runners | Open | M | 56.07 | 172 | 40 |

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| 34 | Wayne | Stevens | DH Runners | Vet 40 | M | 56.07 | 171 | 29 |
| 171 | Malcolm | Wood | Cumberland AC | Vet 50 | M | 56.38 | 173 | 26 |
| 349 | Emma | Walker | Derwent AC | Vet 40 | F | 56.42 | 174 | 28 |
| 26 | Jen | Moody | Carlisle Tri Club | Vet 40 | F | 56.48 | 175 | 29 |
| 447 | Cath | Ball | Unattached | Open | F | 56.59 | 176 | 31 |
| 46 | Elaine | Stockdale | Wigton Road Runners | Open | F | 57.00 | 177 | 32 |
| 143 | Austen | Raine | Unattached | Vet 60 | M | 57.00 | 178 | 8 |
| 443 | Kelly | Crosbie | Carlisle Tri Club | Open | F | 57.17 | 179 | 33 |
| 67 | Laura | Kinnard | Eden Runners | Open | F | 57.23 | 180 | 34 |
| 54 | Nicola | Seggie | Unattached | Vet 40 | F | 57.24 | 181 | 30 |
| 136 | Audrey | O'Kelly | Carlisle Tri Club | Vet 50 | F | 57.30 | 182 | 7 |
| 130 | Laura | Bowness | Cumberland AC | Open | F | 57.32 | 183 | 35 |
| 74 | Kate | Imrie | DH Runners | Open | F | 57.34 | 184 | 36 |
| 20 | Marie | Milligan | Unattached | Open | F | 57.36 | 185 | 37 |
| 103 | Karen | Bowler | Cumberland AC | Vet 60 | F | 57.48 | 186 | 5 |
| 98 | Fiona | Moore | DH Runners | Vet 40 | F | 57.55 | 187 | 31 |
| 41 | Mark | Evans | Unattached | Vet 40 | M | 57.59 | 188 | 30 |
| 162 | Ian | Wilson | Blengdale Runners AC | Vet 50 | M | 58.00 | 189 | 27 |
| 405 | Tanya | Walsh | Unattached | Open | F | 58.40 | 190 | 38 |
| 146 | Phil | Hughes | Cumberland AC | Vet 60 | M | 58.41 | 191 | 9 |
| 17 | Hannah | Edwards | Unattached | Open | F | 58.49 | 192 | 39 |
| 429 | Sarah | Pagan | Unattached | Open | F | 58.49 | 193 | 40 |
| 122 | Jackie | Bennett | Cumberland AC | Vet 40 | F | 58.57 | 194 | 32 |
| 426 | Carol | Graham | Dumfries Running Club | Vet 50 | F | 59.03 | 195 | 8 |
| 149 | Claire | Chapman | Unattached | Vet 40 | F | 59.15 | 196 | 33 |
| 86 | Judith | Wilson | Unattached | Vet 50 | F | 59.16 | 197 | 9 |
| 102 | Emma | Bzik | Cumberland AC | Open | F | 59.18 | 198 | 41 |
| 81 | Nicola | Edwards | Unattached | Vet 40 | F | 59.20 | 199 | 34 |
| 139 | Denise | Butler | Cumberland AC | Vet 40 | F | 59.23 | 200 | 35 |
| 140 | Paul | Martin | Cumberland AC | Vet 50 | M | 59.23 | 201 | 28 |
| 369 | Jane | Armstrong | Unattached | Vet 50 | F | 59.30 | 202 | 10 |
| 145 | Stephanie | Foudy | Eden Runners | Vet 40 | F | 59.43 | 203 | 36 |
| 132 | Gill | Harding | Unattached | Vet 50 | F | 59.44 | 204 | 11 |
| 22 | George | Fraser | Annan & District A.C. | Vet 70 | M | 59.52 | 205 | 1 |
| 126 | Heather | Harrison | DH Runners | Vet 40 | F | 60.00 | 206 | 37 |
| 359 | Karen | Cavanagh | Cumberland AC | Vet 50 | F | 60.03 | 207 | 12 |
| 416 | Flo | Bell | Unattached | Vet 40 | F | 60.28 | 208 | 38 |
| 84 | Marie | Nunes | Keswick AC | Open | F | 60.49 | 209 | 42 |
| 62 | Mary | Messenger | DH Runners | Vet 40 | F | 61.11 | 210 | 39 |
| 129 | Craig | Kershaw | Cumberland AC | Vet 70 | M | 61.16 | 211 | 2 |
| 165 | Karen | Mitchell | Cumberland AC | Open | F | 61.29 | 212 | 43 |
| 99 | Joseph | Cole | Cumberland AC | Open | M | 61.38 | 213 | 41 |
| 77 | Kath | Saunders | DH Runners | Vet 60 | F | 61.56 | 214 | 6 |
| 353 | George | Shadwick | Sands Running Club | Vet 70 | M | 61.56 | 215 | 3 |

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| 370 | Kelly | Gullen | Sands Running Club | Vet 40 | F | 61.58 | 216 | 40 |
| 69 | Jennifer | Withers | Unattached | Open | F | 62.03 | 217 | 44 |
| 419 | Helen | Fell | Carlisle Tri Club | Open | F | 62.16 | 218 | 45 |
| 445 | Mark | Bean | Unattached | Vet 40 | M | 62.34 | 219 | 31 |
| 368 | Diana | Cooper | Cumberland AC | Open | F | 62.45 | 220 | 46 |
| 377 | Gary | Othick | Wetherby Runners AC | Vet 50 | M | 63.04 | 221 | 29 |
| 413 | Tracey | Sowerby | DH Runners | Vet 50 | F | 63.11 | 222 | 13 |
| 8 | Elaine | Doran | DH Runners | Open | F | 63.15 | 223 | 47 |
| 73 | Emma | Taylor | DH Runners | Open | F | 63.19 | 224 | 48 |
| 170 | Allen | Winter-Moore | Unattached | Open | M | 63.43 | 225 | 42 |
| 63 | Bev | PASA | DH Runners | Vet 40 | F | 64.14 | 226 | 41 |
| 423 | Janette | Fountain | Unattached | Vet 50 | F | 64.27 | 227 | 14 |
| 439 | Claire | Imrie | DH Runners | Vet 40 | F | 64.32 | 228 | 42 |
| 65 | Jo | Hutchinson | DH Runners | Vet 60 | F | 65.02 | 229 | 7 |
| 114 | Lynsey | Buckle | Unattached | Open | F | 65.07 | 230 | 49 |
| 363 | Helen | Cupac | DH Runners | Vet 40 | F | 65.13 | 231 | 43 |
| 128 | Tasha | Burns | Unattached | Open | F | 65.21 | 232 | 50 |
| 144 | Susan | Raine | Unattached | Vet 60 | F | 65.43 | 233 | 8 |
| 49 | Tracey | Kennett | Cumberland AC | Vet 40 | F | 66.23 | 234 | 44 |
| 366 | Fiona | Tidbury | Eden Runners | Vet 50 | F | 66.35 | 235 | 15 |
| 4 | Francesca | Bee | Unattached | Open | F | 66.49 | 236 | 51 |
| 375 | Tracey | Pape | Carlisle Tri Club | Open | F | 67.17 | 237 | 52 |
| 104 | Tim | Bowler | Cumberland AC | Vet 60 | M | 68.18 | 238 | 10 |
| 388 | Natalie | Chatterton | Blackburn Road Runners | Vet 40 | F | 68.42 | 239 | 45 |
| 387 | Andrew | Chatterton | Blackburn Road Runners | Vet 40 | M | 68.43 | 240 | 32 |
| 425 | Kim | Adamson | Dumfries Running Club | Vet 50 | F | 69.05 | 241 | 16 |
| 119 | Louise | Rossall | Unattached | Open | F | 69.11 | 242 | 53 |
| 421 | Alison | Pescod | DH Runners | Open | F | 69.11 | 243 | 54 |
| 64 | Linda | Lee | Eden Runners | Vet 50 | F | 69.53 | 244 | 17 |
| 42 | Jaclyn | Gray | Unattached | Vet 40 | F | 70.00 | 245 | 46 |
| 33 | Helen | Macnaughton | DH Runners | Open | F | 70.38 | 246 | 55 |
| 28 | Karen | Rome | DH Runners | Vet 40 | F | 71.32 | 247 | 47 |
| 410 | Elizabeth | Dodd | Cumberland AC | Open | F | 71.39 | 248 | 56 |
| 431 | Gordon | Beattie | DH Runners | Vet 40 | M | 74.39 | 249 | 33 |
| 75 | Rosemary | Potter | Unattached | Vet 50 | F | 77.24 | 250 | 18 |
| 57 | Catherine | Wood | DH Runners | Open | F | 80.31 | 251 | 57 |
| 71 | Barbara | Schorr | Unattached | Vet 50 | F | DNF | 252 | |

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