

Carlisle City 10K Series 2018

Points Table - Lowest 4 scores out of 5 races will decide series winners

Name	Club	Cat	Sex	Resolution 10K January 21st	CCUTR May 16th	Carlisle Tri 10K June 6th	Sport in Action 10K August 26th	DH River Run October 28th	Points					Total Points	Series Pos	Series Winners	
									Race 1	Race 2	Race 3	Race 4	Race 5				
Series Qualifiers																	
James Buis	Border Harriers & AC	Veteran40	M		34:14					1					1		
Bob Hodgson	Border Harriers & AC	Open	M	33:49						1					1		
Sophie Noon	Derwent AC Cockermouth	Open	F	39:39						1					1		
John Mason	Border Harriers & AC	Open	M	34:06						2					2		
Nadia Shaw	Cumberland AC	Open	F	41:21						2					2		
Paul Graves	DH Runners	Veteran40	M		34:37						2				2		
Teresa Medley	Border Harriers & AC	Veteran40	F		43:54						2				2		
Steven Berry	Border Harriers & AC	Open	M	34:51						3					3		
Joshua Liddle	Eden Runners	U20	M		34:46						3				3		
Karen Bridge	Eden Valley Tri	Veteran40	F	41:38						3					3		
Vanessa Strickland	Border Harriers & AC	Veteran40	F		44:08						4				4		
Tom Howe	Derwent AC Cockermouth	Senior	M		35:53						4				4		
John French	Eden Runners	Open	M	35:21						4					4		
Megan Martin	Unattached	Open	F	41:40						4					4		
Lindsay Walker	Keswick AC	Senior	F		44:24						5				5		
Craig Holliday	Unattached	Senior	M		36:56						5				5		
Michael Nattrass	Unattached	Open	M	36:26						5					5		
James Souter	Arragons Cumbria Tri Club	Open	M	36:28						6					6		
Charlie Storr	Dumfries Running Club	Senior	M		37:36						6				6		
Sharon Dixon	Glaxo Hoad Hill Harriers	Veteran40	F	42:10						6					6		
Fiona Todd	Unattached	Veteran40	F	41:47		41:28				5	1				6		
Victoria Lawson	Unattached	Senior	F		44:46						6				6		
Emma Mcknespiey	DH Runners	Veteran40	F		45:03						7				7		
Rachel Mellor	Keswick AC	Open	F	42:20						7					7		
David Thompson	Rock 2 Roll Cycles	Open	M	36:35						7					7		
Andrew Wilson	Unattached	Senior	M		37:36						7				7		
Daniel Hornsby	Border Harriers & AC	Open	M	37:13						8					8		
Colin Holden	Dumfries Running Club	Veteran50	M		37:46						8				8		
Emma Nielsen	Eden Runners	Veteran40	F	43:19						8					8		
Stuart Robinson	Border Harriers & AC	Veteran50	M	37:18						9					9		
Simon Glover	Eden Runners	Open	F	43:38						9					9		
Suzanne Mcardle	Unattached	Senior	F		45:49						9				9		
Emily Arter	Carlisle Tri Club	Senior	F		46:11						10				10		
Nathan Postill	Keswick AC	Open	M	37:28						10					10		
Shane Stobbart	Cumberland AC	Open	M	37:29						11					11		
Elizabeth Watson	Derwent AC Cockermouth	Open	F	43:44						11					11		
Keith Melvin	Rock 2 Roll Cycles	Senior	M		38:28						11				11		
Caroline Salkeld	Unattached	Senior	F		46:12						11				11		
Natalie Mccarron	Cumberland AC	Open	F	43:44		41:35				10	2				12		
Michael Hawley	Cumberland AC	Open	M	38:09						12					12		
Paul Mcknespiey	DH Runners	Veteran40	M		38:32						12				12		
Peter Askins	Eden Runners	Open	M	43:52						12					12		
Lindsay Young	Unattached	Senior	F		46:55						12				12		
Rosie Allen	Annan and District AC	Veteran40	F		47:03						13				13		
Maciej Trzeciak	Unattached	Open	M	38:31						13					13		
Rachel Wilson	Unattached	Veteran40	F	43:59						13					13		
Sue Jeffrey	Dumfries Running Club	Senior	F		47:26						14				14		
Heather Eccles	Eden Runners	Open	F	44:04						14					14		
Richard Hodgson	Unattached	Senior	M		39:06						14				14		
Kerry Braithwaite	Carlisle Tri Club	Veteran40	F		47:32						15				15		
Kevin Scott	DH Runners	Veteran40	M		39:24						15				15		
Hazel Davies	Keswick AC	Veteran50	F	44:15						15					15		
Brendan Mudlowney	Unattached	Open	M	38:41						15					15		
Stuart Lightfoot	DH Runners	Senior	M		39:45						16				16		
Suzanne Smith	Eden Runners	Veteran40	F	44:58						16					16		
Craig Little	Sands Running Club	Open	M	38:46						16					16		
Sally Little	Unattached	Veteran40	F		47:41						16				16		
Chris Stirling	Ambleside AC	Open	M	38:52						17					17		
Carol Baker	Eden Runners	Veteran50	F	45:05						17					17		

Carl Blackburn	Unattached	Senior	M		40:10					17			17	
Cat Graham	Unattached	Senior	F		48:14					17			17	
Andrew Kirkman	C.O.L.T.	Veteran40	M	39:10					18				18	
Louise Hodgson	Carlisle Tri Club	Senior	F		48:41					18			18	
Catherine Ballard	St BeesTriers	Open	F	45:06					18				18	
Adam Armata	Unattached	Senior	M		40:16					18			18	
Rosie Holliday	DH Runners	Senior	F		48:53					19			19	
Louise Winter	Keswick AC	Veteran40	F	45:35					19				19	
Graeme Fleming	Unattached	Senior	M		40:18					19			19	
Gary Thorpe	Ambleside AC	Veteran50	M	39:22					20				20	
Janet Priestley	Annan and District AC	Veteran50	F		49:29					20			20	
Lisa Martin	Derwent AC Cockermouth	Open	F	45:49					20				20	
Alex Jarzyna	Muckle Toon Sloggers	Veteran40	M		40:24					20			20	
Joe Boardman	Annan and District AC	Veteran50	M		41:19					21			21	
Shirley Teasdale	Border Reivers Runners	Senior	F		49:32					21			21	
Debbie Walker	Derwent AC Cockermouth	Veteran40	F	46:02					21				21	
Craig Bottomley	Eden Runners	Junior	M	39:23					21				21	
Carl Fisher	Cumberland AC	Open	M	39:36					22				22	
Kerry Grinbergs	Eden Runners	Veteran50	M	46:04					22				22	
Carl Grierson	Unattached	Veteran40	M		41:22					22			22	
Caroline Martin	Unattached	Senior	F		49:39					22			22	
Peter Walker	Derwent AC Cockermouth	Veteran50	M	39:44					23				23	
Nicola Black	Keswick AC	Open	F	46:10					23				23	
Martin Thomlinson	Muckle Toon Sloggers	Senior	M		41:24					23			23	
Chris Gray	Tri Lakeland	Veteran40	M	38:32	38:10				14	9			23	
Jane Chalmers	Unattached	Veteran50	F		49:43					23			23	
Abigail Mason	Deeside Runners	Open	F	46:12					24				24	
Charles Paisley	Muckle Toon Sloggers	Veteran50	M		41:26					24			24	
Graeme Innes	Unattached	Open	M	39:52					24				24	
Beverley Armstrong	DH Runners	Veteran40	F		50:24					25			25	
Ivan Newton	Tynedale Harriers & AC	Veteran50	M		41:33					25			25	
George Fawkes	Derwent AC Cockermouth	Open	M	40:18					26				26	
Claire Hebdige	Eden Runners	Open	F	47:10					26				26	
Ree O'doherty	New Balance Running Club	Veteran40	F		50:31					26			26	
Nathanael-Jon Ingram	Unattached	Senior	M		41:34					26			26	
Jo Kilkenny	Ambleside AC	Open	F	47:10					27				27	
Adam Wedgwood	Cumberland AC	Veteran40	M		41:37					27			27	
Craig Speirs	Unattached	Veteran40	M	40:41					27				27	
Deborah Curle	Border Harriers & AC	Veteran50	F		50:46					28			28	
David Blamire	Cumberland AC	Veteran40	M	40:46					28				28	
Sandy Shankland	Dumfries Running Club	Veteran60	M		41:38					28			28	
Mandy Whittaker	Edinburgh Triathletes	Veteran40	F	47:21					28				28	
Beth Sunners	Bodyfit Cumbria Running Club	Open	F	47:43					29				29	
Grant Noble	Scott Vet Harriers	Veteran50	M	40:50					29				29	
Martin Gallagher	Unattached	Veteran40	M		41:44					29			29	
Barbara Deane	Unattached	Senior	F		51:01					29			29	
Wayne Greig	Carlisle Tri Club	Open	M	40:55					30				30	
Debbie Charlton	Keswick AC	Veteran40	F	48:24					30				30	
Neil Young	Unattached	Senior	M		41:55					30			30	
Sharron Caton	Unattached	Senior	F		51:10					30			30	
Antony Briscoe	Cumberland AC	Veteran50	M	41:13						31			31	
Dan Lewis	Northern Fells Running Club	Veteran40	M	48:28						31			31	
Gavin Brough	Unattached	Senior	M		41:58					31			31	
Claire Reid	Unattached	Veteran40	F		51:29					31			31	
Ian Wilson	Cumberland AC	Open	M	41:28					32				32	
Susan Cain	Cumberland AC	Veteran60	F	48:34					32				32	
Mike Bell	Eden Runners	Veteran40	M		42:01					32			32	
Sean Uttley	Unattached	Veteran50	M	39:11	38:56				19	13			32	
Viki Kent-Carlile	Unattached	Senior	F		51:39					33			33	
Declan Mcardle	Unattached	Veteran40	M	41:30					33				33	
Lyndsey Fisher	Unattached	Veteran40	F	49:12					33				33	
Martin Grey	DH Runners	Veteran50	M		42:10					34			34	
Laura Benson	Eden Runners	Open	F	49:13					34				34	
Robyn Matthews	Unattached	Senior	F		51:43					34			34	
Sarah McIntosh	Carlisle Reivers Cycling Group	Open	F	49:14					35				35	
Kyle Laurie	Carlisle Tri Club	Open	M	40:16	38:19				25	10			35	
Chris Davison	Carlisle Tri Club	Veteran50	M	41:59					35				35	
Dayle Armstrong	Unattached	Senior	M		42:27					35			35	

Darren Haney	Wigton Road Runners	Veteran40	M		42:34					36				36	
Adrian Hadley	Cumberland AC	Senior	M		42:39					37				37	
Matthew Walker	Unattached	Veteran40	M	42:08						37				37	
Natalie Dicks	Unattached	Open	F	49:23						37				37	
Frank Mewer	Cumberland AC	Veteran40	M		42:40						38			38	
Geoffery Chapman	Eden Runners	Veteran40	M	42:12						38				38	
Rouanne Coulthard	Howgill Harriers	Open	F	49:36						38				38	
Catherine Ball	Unattached	Senior	F		52:12						38			38	
Norman James Johnstone	Annan and District AC	Veteran40	M		42:43						39			39	
Paul Thomason	Cumberland AC	Veteran40	M	42:23						39				39	
Helen Tyson	Eden Runners	Open	F	49:41						39				39	
Maureen Parker	Tynedale Harriers & AC	Veteran50	F		52:18						39			39	
Jill Gardiner	Carlisle Tri Club	Veteran40	F	49:43						40				40	
Willie Martin	Dumfries Harriers	Veteran50	M	42:27						40				40	
Richard Rankin	Unattached	Veteran40	M		42:44						40			40	
Rebecca Howe	Derwent AC Cockermonth	Senior	F		52:41						41			41	
Catherine Hadfield	Derwent AC Cockermonth	Open	F	49:55						41				41	
Stuart Gillespie	Dumfries Running Club	Senior	M		42:45						41			41	
Dominic Davies	Derwent AC Cockermonth	Open	M	42:39						42				42	
Key Iveson	Carlisle Tri Club	Open	M	42:39						43				43	
Colin Nicholl	DH Runners	Veteran50	M		42:56						43			43	
Amanda Singleton	Eden Runners	Veteran40	F	50:04						43				43	
Ben Harper	Carlisle Tri Club	Open	M	43:08						44				44	
Melanie Hetherington	DH Runners	Open	F	50:19						44				44	
Mark Chandler	Unattached	Senior	M		43:02						44			44	
Hannah Thomson	Border Reivers Runners	Senior	F		53:05						45			45	
Jonathan Buckley	Cumberland AC	Senior	M		43:03						45			45	
Mark Donnelly	St BeesTriers	Open	M	43:13						45				45	
Craig Houghton	Cumberland Fell Runners	Veteran40	F	50:46						46				46	
Lindsay Graham	DH Runners	Senior	F		53:08						46			46	
Michael Jardine	Dumfries Running Club	Veteran50	M		43:06						46			46	
Howard Kirkbride	Unattached	Veteran50	M	43:17						46				46	
Tony Mills	DH Runners	Veteran50	M		43:11						47			47	
Robert Hastings	Unattached	Open	M	43:26						47				47	
Emily Rowntree	Unattached	Open	F	50:47						47				47	
Philip Meloy	Cumberland AC	Veteran40	M	43:31						48				48	
Sian Dempster	Cumberland AC	Open	F	51:03						48				48	
Paul Griffin	Stockfield Striders	Veteran50	M		43:17						48			48	
Rachel Freer	Bodyfit Cumbria Running Club	Veteran40	M	51:12						49				49	
James Coulthard	Howgill Harriers	Veteran40	M	43:36						49				49	
Graeme Jones	Unattached	Veteran40	M		43:21						49			49	
Sarah Brotherton	Unattached	Open	F	46:47						25	24			49	
Alexandrea ROSE GONZBLES	Unattached	Senior	F		53:18						49			49	
Liz Dawson	Annan and District AC	Veteran50	F		53:40						50			50	
Andrew Graham	DH Runners	Senior	M		43:31						50			50	
Bethany Duffy	DH Runners	Open	F	49:58						42	8			50	
Emily Heaviside	Eden Runners	Open	F	51:42						50				50	
Nicola King	Unattached	Open	M	43:38						50				50	
Grant Seaton	Annan and District AC	Veteran40	M		43:33						51			51	
Tracey Pugin	DH Runners	Senior	F		53:57						51			51	
Donna Raeburn	Eden Runners	Veteran40	F	51:46						51				51	
Tim Child	Unattached	Open	M	43:41						51				51	
Gordon Vivers	Annan and District AC	Veteran60	M		43:44						52			52	
Carmel Bones	Carlisle Tri Club	Veteran40	F	52:19						52				52	
Karen Littlejohn	Dumfries Running Club	Senior	F		54:00						52			52	
Steve Moss	Teesdale AC	Veteran50	M	43:41						52				52	
Kristy Crone	Cumberland AC	Open	F	52:25						53				53	
James Chamberlain	Derwent AC Cockermonth	Veteran40	M	43:45						53				53	
Sarah Dent	Carlisle Tri Club	Open	F	43:52						54				54	
Rebecca Hilland	St BeesTriers	Open	F	52:27						54				54	
Chris Neill	Unattached	Veteran50	M		43:58						54			54	
Gail Oliver	Unattached	Veteran50	F		54:20						54			54	
Mark Rutherford	Keswick AC	Veteran40	M		44:01						55			55	
Jessica Burn	St BeesTriers	Open	F	52:28						55				55	
Nicola Carruthers	Unattached	Senior	F		54:21						55			55	
Douglas Gold	Unattached	Open	M	44:01						55				55	
Shaun Cavanagh	Cumberland AC	Veteran50	M	44:10						56				56	
Kevin Robinson	Derwent AC Cockermonth	Veteran40	M		44:01						56			56	

Satpal Burns	Dumfries Running Club	Veteran40	F		54:23					56				56	
Kathryn Metcalfe	Eden Runners	Veteran40	F	52:32						56				56	
Steven Bragg	Carlisle Tri Club	Senior	M		44:01					57				57	
Julia King	Eden Runners	Veteran60	F	52:36						57				57	
Callum Oneill	Unattached	Open	M	44:11						57				57	
Andrea Challenger	Cumberland AC	Veteran40	F	52:42						58				58	
Sally-Anne Monaghan	Unattached	Veteran40	F		54:36					58				58	
David Conner	Carlisle Tri Club	Veteran40	M	44:47						59				59	
Lisa Bland	Eden Runners	Veteran40	F	52:56						59				59	
David Ferguson	Unattached	Senior	M		44:04					59				59	
Jen Powley	Unattached	Senior	F		54:36					59				59	
Toby Harling	DH Runners	Veteran40	M		44:06					60				60	
Chris Wood	Dumfries Harriers	Open	M	44:48						60				60	
Siobhan Brewer	Tri-Lakeland	Veteran40	F		54:42					60				60	
Frank Hewer	Cumberland AC	Veteran40	M	44:50						61				61	
Emma Eagling	Unattached	Senior	F		55:31					61				61	
Jill Carruthers	Border Harriers & AC	Senior	F		55:31					62				62	
Richard Williams	Cumberland AC	Veteran40	M	44:56						62				62	
Adam Mcginley	Unattached	Senior	M		44:58					62				62	
Jayne Hanson	Unattached	Veteran50	F	53:17						62				62	
Robert Paterson	Derwent AC Cockermouth	Open	M	45:12						63				63	
John McGibbon	DH Runners	Veteran50	M		45:03					63				63	
Lisa Benn	Fetch Everyone	Veteran50	M	53:19						63				63	
Ryan Geldart	Border Reivers Runners	Open	M	45:47						64				64	
Louise Firby	Derwent AC Cockermouth	Veteran40	F	53:26						64				64	
Andrew Caven	DH Runners	Veteran50	M		45:08					64				64	
Jen Moody	Carlisle Tri Club	Veteran40	F	53:26						65				65	
Samantha Mccrone	DH Runners	Veteran40	F		55:39					65				65	
Mark Walker	Kendal AC	Veteran50	M	45:50						65				65	
Daniel Hunter	Unattached	Senior	M		45:15					65				65	
Michael Sandelands	Cumberland AC	Veteran40	M		45:26					66				66	
John Whittaker	Edinburgh Triathletes	Veteran50	M	46:03						66				66	
Les Hill	Dumfries Running Club	Veteran60	M	41:55						34	33			67	
Allan Manson	Dumfries Running Club	Veteran40	M		45:37					67				67	
Andrew Walker	Eden Runners	Veteran40	F	46:04						67				67	
Andrea Mcgeehin	Unattached	Senior	F		55:58					67				67	
Julie Dodd	DH Runners	Veteran40	F		56:32					68				68	
Daniel Braithwaite	Unattached	Veteran40	M		45:44					68				68	
Linda Aspinall	Unattached	Veteran40	F	49:20						36	32			68	
Stewart Laurie	Unattached	Veteran40	M	46:08						68				68	
Daniel David Johnstone	Unattached	Senior	M		45:50					69				69	
Alyson Meagan	Unattached	Veteran40	F		56:35					69				69	
Paul Martin	Unattached	Veteran50	M	46:13						69				69	
Matthew Ireland	Carlisle Tri Club	Open	M	46:16						70				70	
Wayne Fox	St Bees Triers	Senior	M		45:57					70				70	
Kim Hughes	Unattached	Open	F	53:48						70				70	
Errick Hannah	Cumberland AC	Veteran60	M		46:09					71				71	
Karen Taylor	DH Runners	Veteran40	F	53:49						71				71	
Laura Broatch	Dumfries Running Club	Senior	F		57:02					71				71	
Craig Butler	Unattached	Open	M	46:19						71				71	
John Mason	Banchory Runners	Veteran50	M	46:19						72				72	
David Rice	Keswick AC	Veteran40	M		46:23					72				72	
Sarah Keane	Unattached	Veteran40	F	53:58						72				72	
Christine Alcock	Carlisle Tri Club	Veteran50	F		57:09					73				73	
Ben Swinson	Eden Runners	Open	M	46:23						73				73	
Ruth Griffith	Annan and District AC	Veteran40	F		57:35					74				74	
Gary Collins	Muckle Toon Sloggers	Senior	M		46:54					74				74	
Grant Williamson	Unattached	Veteran40	M	46:24						74				74	
Ernie Bryden	Annan and District AC	Veteran50	M		46:55					75				75	
Helen Sanderson	DH Runners	Veteran50	F	54:25						75				75	
Ken Baker	Eden Runners	Veteran50	M	46:30						75				75	
Jenni Barrowclough	Runniums	Veteran40	F		57:45					75				75	
Michelle Kingston	Carlisle Tri Club	Open	F	54:29						76				76	
David Cain	Cumberland AC	Veteran60	M	46:35						76				76	
Neil Moffat	Dumfries Running Club	Veteran60	M		46:58					76				76	
Audrey O'Kelly	Carlisle Tri Club	Veteran50	F	54:36						77				77	
Alistair Richardson	DH Runners	Veteran50	M		47:22					77				77	
Roy Bottomley	Eden Runners	Veteran50	M	46:40						77				77	

Robert Fearon	Cumberland AC	Veteran40	M	48:43					97				97	
Ellie Thompson	Cumberland AC	Veteran40	F	56:31					97				97	
Natasha Beattie	Unattached	Veteran40	F		1:00:14					97			97	
Stu Miller	Unattached	Veteran40	M		49:30					97			97	
Amanda Kirtley	Unattached	Veteran40	F		1:00:16					98			98	
Nik Morris	Unattached	Veteran40	M		49:34					98			98	
Lennox Mclean	Unattached	Veteran40	M	48:51					98				98	
Laura Jefferson	Unattached	Open	F	56:37					98				98	
Kathryn Holliday	DH Runners	Veteran40	F		1:00:18					99			99	
Craig Kerr	Dumfries Running Club	Veteran40	M		49:52					99			99	
Larry Horne	Eden Runners	Veteran50	M	48:53					99				99	
Michelle Little	Unattached	Open	F	56:50					99				99	
Paul Harrington	FRA	Veteran50	M	48:59					100				100	
Steve Dowell	Northern Fells Running Club	Veteran50	M	44:19	42:53				58	42			100	
Nicola Edwards	Unattached	Veteran40	F		1:00:20					100			100	
Matt Beggs	Unattached	Senior	M		50:15					100			100	
Evelyn Morrison	Unattached	Veteran60	F	56:58					100				100	
Heather Rowe	Carlisle Tri Club	Veteran40	F		1:00:22					101			101	
John Lewis	Cumberland AC	Veteran60	M	49:06					101				101	
John Billett	DH Runners	Veteran60	M		50:29					101			101	
Nicola Wood	Dumfries Harriers	Open	F	57:11					101				101	
Sian Spencer	Bodyfit Cumbria Running Club	Open	F	57:13					102				102	
Jonathan Cork	Border Reivers Runners	Senior	M		50:38					102			102	
Liz Postill	Carlisle Tri Club	Veteran40	F	53:32	51:59				66	36			102	
Richard Nash	Galloway Harriers	Veteran40	M	49:10					102				102	
Louise Stewart	Runmums	Veteran50	F		1:00:26					102			102	
Martin Steele	Unattached	Veteran50	M	42:35	44:13				41	61			102	
Abigail Drago	Carlisle Tri Club	Veteran40	F	57:16					103				103	
Judith Harris	Runmums	Veteran40	F		1:00:26					103			103	
Andrew Burgess	Unattached	Senior	M		50:40					103			103	
Grant Bowman	Border Reivers Runners	Veteran40	M		50:44					104			104	
Catherine Keevil	Cumberland Fell Runners	Open	F	57:20					104				104	
Diane Graham	DH Runners	Veteran40	F		1:00:33					104			104	
Donald Walker	Unattached	Veteran60	M	49:26					104				104	
Rachael Chamberlain	Bodyfit Cumbria Running Club	Veteran40	F	57:31					105				105	
Brian Champkins	Border Reivers Runners	Veteran40	M		50:53					105			105	
Nicholas Downes	Cumberland AC	Veteran40	M		50:57					106			106	
Louise Duffy	DH Runners	Veteran40	F	54:47	50:42				79	27			106	
Paula Lowery	Unattached	Veteran40	F		1:00:54					106			106	
Heather Duncan	Unattached	Open	F	57:34					106				106	
Christopher Colla	Northern Fells Running Club	Senior	M		51:02					107			107	
Charlotte Chapman	Unattached	Veteran40	F		1:01:11					107			107	
Paul Dockeray	Unattached	Open	M	50:12					107				107	
Jennifer Patterson	Unattached	Open	F	57:41					107				107	
Rhiannon Breed	Dumfries Running Club	Senior	F		1:01:16					108			108	
Lorna Gold	Fetch Everyone	Veteran50	F	57:42					108				108	
Sharon Clark	Wigton Road Runners	Veteran40	F	53:39	52:20				68	40			108	
Bryan Mooney	Unattached	Veteran40	M		51:03					108			108	
Neil Wallace	Unattached	Veteran50	M	50:27					108				108	
Suzanne Martin	Wigton Road Runners	Veteran40	F	57:56					109				109	
Nicola Leiba	Unattached	Veteran40	F		1:01:18					109			109	
Dave Graham	Unattached	Senior	M		51:09					109			109	
Craig McDougall	Unattached	Veteran40	M	50:33					109				109	
Ellie Hatt	Border Reivers Runners	Open	F	53:35	52:48				67	43			110	
Robert Johnstone	Carlisle Tri Club	Veteran40	M		51:10					110			110	
Karen Mitchell	Cumberland AC	Open	F	57:59					110				110	
Karen Ben Dhaou	Unattached	Open	F	54:21	52:04				73	37			110	
Adrian Brown	Unattached	Open	M	50:38					110				110	
Lorraine Telford	Cumberland AC	Veteran40	F		1:01:32					111			111	
Alison Walker	Eden Runners	Veteran40	F	58:00					111				111	
John Rowland	Unattached	Veteran50	M	50:44					111				111	
Amie Meloy	Cumberland AC	Open	F	58:01					112				112	
Jay Ritchie	DH Runners	Senior	M		51:34					112			112	
Charlotte Mann	Unattached	Senior	F		1:01:41					112			112	
Gary Holliday	Unattached	Veteran40	M	50:56					112				112	
Donna Dunn	Border Reivers Runners	Veteran40	F		1:01:46					113			113	
Hamish Macdonald	Dumfries Running Club	Veteran60	M		51:45					113			113	
William Neil	Unattached	Veteran40	M	50:58					113				113	
Sophie Mossers Dockeray	Unattached	Open	F	58:01					113				113	
Tracy McDermott	Border Reivers Runners	Veteran50	F		1:01:46					114			114	

Wade Tidbury	Eden Runners	Veteran50	M	51:00						114						114	
Martin Robinson	Unattached	Senior	M		51:47											114	
Gary Dodd	DH Runners	Veteran40	M		51:53											115	
Valerie Welden	Unattached	Veteran40	F		1:01:58											115	
J ⁿ athan S ⁿ ley	Unattached	Open	M	51:02						115						115	
Carole Steel	DH Runners	Veteran50	F		1:02:03											116	
Iain Nicholson	Tri Lakeland	Open	F	51:12						116						116	
Stephen Warwick	Unattached	Veteran40	M		52:13											116	
Phil Baines	Unattached	Veteran60	F	58:16						116						116	
Peter Garnett	Border Harriers & AC	Veteran60	M		52:21											117	
June Scott	Dumfries Running Club	Senior	F		1:02:18											117	
Andrew Noble	St Bees Triers	Open	M	51:40						117						117	
Niki Iveson	Carlisle Junior Tri Club	Senior	F		1:02:49											118	
Danny Wilkinson	SLG	Open	M	52:07						118						118	
Jack Christopher	Unattached	Senior	M		52:27											118	
Rebecca Thorpe	Unattached	Open	F	58:34						118						118	
Graham Harmse	Carlisle Tri Club	Veteran50	M		52:28											119	
Elaine Stockdale	Wigton Road Runners	Open	F	58:44						119						119	
Heather Herring	Unattached	Veteran40	F		1:02:49											119	
Kevin Sclater	Unattached	Open	M	52:26						119						119	
Lesley Tickell	Border Reivers Runners	Senior	F		1:03:08											120	
Stephen Atherton	Cumberland AC	Veteran50	M		52:32											120	
Piotr Fiedorow	Scone Tennis Club	Veteran40	M	52:35						120						120	
Angela Irving	Unattached	Open	F	58:45						120						120	
Pam Devlin	Runmums	Veteran50	F		1:03:27											121	
Marc Farmer	Unattached	Veteran50	M		52:37											121	
Suzanne Hughes-Rudd	Bodyfit Cumbria Running Club	Veteran40	F	58:57						122						122	
Aoife Maher	Border Reivers Runners	Open	F	53:46						69	53					122	
Craig Duncan	Cumberland AC	Veteran40	M		52:57											122	
Emma Walker	Derwent AC Cockermouth	Veteran40	F	53:09						122						122	
Adele Broadley Irwin	Unattached	Veteran40	F		1:03:29											122	
David Moon	Carlisle Tri Club	Veteran50	M		53:01											123	
Laura Kinnard	Eden Runners	Open	F	59:15						123						123	
Heidi Farren	Unattached	Veteran50	F		1:03:37											123	
Colin Binnie	Unattached	Veteran40	M	53:12						123						123	
Kieron Bradshaw	DH Runners	Senior	M		53:19											124	
Paul Denyer	St Bees Triers	Veteran40	M	53:16						124						124	
Sandra Nordon	Wigton Road Runners	Open	F	59:26						124						124	
Diane Ackley	Unattached	Veteran40	F		1:03:37											124	
Claire Nugent	DH Runners	Open	F	55:09						83	42					125	
Stephen Long	DH Runners	Veteran60	M	53:18						125						125	
Sarah Louise	Unattached	Senior	F		1:03:38											125	
Craig Read	Unattached	Senior	M		53:22											125	
Ann Marie Brazier	Unattached	Open	F	59:41						125						125	
Garry Vernon	Bodyfit Cumbria Running Club	Open	F	53:19						126						126	
Rachel Lee	DH Runners	Veteran50	F		1:03:41											126	
Hannah Latimer	Wigton Road Runners	Junior	F	59:43						126						126	
Stuart Lowthian	Eden Runners	Veteran50	M	53:29						127						127	
Dave Saunders	DH Runners	Open	M	53:33						128						128	
Theresa Lavery	Unattached	Veteran40	F		1:03:52											128	
Paula Knox	Unattached	Open	F	59:53						128						128	
Helen Cupac	DH Runners	Veteran40	F		1:03:55											129	
Helen Mcmanus	Unattached	Open	F	55:23						85	44					129	
Paul Murphy	Unattached	Veteran40	M	53:40						129						129	
Margaret Burgess	Unattached	Veteran40	F	59:56						129						129	
Kelly Gullen	Unattached	Veteran40	F		1:03:56											130	
Hayley Todd	Unattached	Open	F	1:00:11						130						130	
Margaret Laurie	Dumfries Running Club	Veteran60	F		1:04:00											131	
Steph Foudy	Eden Runners	Veteran40	F	1:00:14						131						131	
Philip Sturgess	Unattached	Veteran50	M	54:10						131						131	
Sheila Bottomley	Eden Runners	Veteran50	F	1:00:19						132						132	
David Carr	Unattached	Senior	M		57:19											132	
Neil Irwin	Unattached	Veteran50	M	54:19						132						132	
Colin Browne	Carlisle Tri Club	Veteran40	M	54:27						133						133	
Lynda Crellin	Unattached	Veteran40	F		1:04:51											133	
Kirsten Baines	Unattached	Open	F	1:00:30						133						133	
Julian Ponsford	DH Runners	Veteran50	M		57:42											134	
Cath Fairlam	Wigton Road Runners	Veteran40	F		1:04:55											134	
Ann-Elizabeth Burnett	Unattached	Open	F	1:00:31						134						134	
Mohamed Nasif	Unattached	Veteran40	M	54:27						134						134	

John Dodds	Wallsend Harriers & AC	Veteran40	M	54:37					135				135	
Gemma Laurie	Unattached	Veteran40	F	1:00:32					135				135	
Jackie Leech	Wigton Road Runners	Veteran40	F	1:00:44					136				136	
Douglas Macdonald	Unattached	Veteran60	M		58:57					136			136	
Scott Hume	Unattached	Veteran40	M	54:41					136				136	
Tracey Shaw	Cumberland AC	Open	F	55:43	53:10				89	48			137	
Stephen Long	DH Runners	Veteran60	M		59:04								137	
Hilary Singleton	Unattached	Veteran40	F		1:06:08								137	
Diane Schofield	Unattached	Veteran40	F	1:00:44					137				137	
Don Walker	Unattached	Veteran60	M	54:45					137				137	
Geoff McQueen	Annan and District AC	Veteran40	M		59:36								138	
Tracey Knowles	Cumberland AC	Veteran40	F		1:06:09								138	
Caroline Moss	Teesdale AC	Veteran60	F	1:00:50					138				138	
Derek Hutchinson	DH Runners	Veteran60	M		1:01:39								139	
Susan Steel	DH Runners	Veteran40	F		1:06:10								139	
Katie Gill	Unattached	Open	F	1:00:51					139				139	
Mark Wright	Unattached	Open	M	55:21					139				139	
Allan Redoble	DH Runners	Veteran40	M		1:02:03								140	
Fiona Clarke	Unattached	Senior	F		1:07:15								140	
Kate Riley	Unattached	Open	F	1:00:52					140				140	
Celia Hardon	Unattached	Veteran60	F		1:07:19								141	
Judith Wilson	Unattached	Veteran50	F	1:01:07					141				141	
Gill Silson	Unattached	Veteran40	M	55:46					141				141	
Paul Cretney	Unattached	Veteran50	M		1:03:16								142	
Helen Gordon	Unattached	Veteran50	F		1:07:19								142	
Scott Whittle	Unattached	Open	M	56:08					142				142	
Andrew Thurm	Vegan Runners UK	Veteran50	M	56:26					143				143	
Tracey Pape	Carlisle Tri Club	Senior	F		1:07:49								144	
Mark Foudy	Eden Runners	Veteran50	M	56:34					144				144	
Julian Lewis	Unattached	Veteran50	M		1:08:45								144	
Kerrie Fiddler	Unattached	Veteran50	F	1:01:28					144				144	
Mary Chappelhow	Eden Runners	Veteran40	F	1:01:39					145				145	
Natalie Cummings	Unattached	Senior	F		1:08:21								145	
Mark Taylor	Unattached	Veteran60	M		1:09:08								145	
Paul Harris	Unattached	Veteran50	M	56:34					145				145	
Emma Bzik	Cumberland AC	Open	F	1:01:42					146				146	
Paul Coldham	Keswick AC	Veteran50	M		1:10:07								146	
Mel Cummings	Unattached	Senior	F		1:08:21								146	
Neil Gillespie	Unattached	Veteran40	M	56:40					146				146	
Emma Ford	Teesdale AC	Open	F	1:01:50					147				147	
Nicole Mullen	Unattached	Senior	F		1:08:22								147	
Martin Adams	Unattached	Veteran50	M		1:11:21								147	
Mike Roberts	Eden Runners	Veteran50	M	57:06					148				148	
George Shadwick	Sands Running Club	Veteran70	M		1:13:01								148	
Ashley Grant	Unattached	Open	F	1:02:05					148				148	
Sharon Graham	Bodyfit Cumbria Running Club	Veteran40	F	1:02:11					149				149	
David Michael Firth	DH Runners	Veteran60	M		1:15:33								149	
Stephen Kay	Unattached	Veteran50	M	57:15					149				149	
Carol Douglas	DH Runners	Veteran50	F	55:27	55:38				86	64			150	
Paul Todd	DH Runners	Veteran40	M	57:40					150				150	
Judith Bennett	Fellside Ladies	Veteran50	F	1:02:42					150				150	
Sandie Donald	Tour de Stobo	Veteran40	F		1:09:07								150	
Katy Nash	Galloway Harriers	Veteran40	F	1:02:54					151				151	
Natalie Smith	Unattached	Senior	F		1:09:07								151	
James King	Unattached	Open	M	57:45					151				151	
Laura Harker	Cumberland AC	Open	M	1:03:02					152				152	
Sally Mulrairie	Unattached	Senior	F		1:09:09								152	
Dave Steele	Carlisle Tri Club	Open	M	57:54					153				153	
Carolyn Mooney	Unattached	Veteran40	F		1:10:27								153	
Claire Chapman	Unattached	Veteran40	F	1:03:05					153				153	
Lesley Talbot	Bodyfit Cumbria Running Club	Veteran50	F	1:03:13					154				154	
Kathryn Mckie	Unattached	Veteran40	F		1:10:27								154	
Geraldine Fardon	Unattached	Veteran40	M	58:16					154				154	
Nigel Hierons	Eden Runners	Veteran40	M	58:37					155				155	
Emma Gibson	New Balance Running Club	Veteran40	F	1:03:29					155				155	
Linda Brown	Wigton Road Runners	Veteran40	F		1:11:05								155	
Wendy Navin	Cumberland AC	Veteran40	F	54:49	57:50				80	76			156	
Maria Quigley	New Balance Running Club	Veteran40	F	1:03:29					156				156	
Joanne Bell	Unattached	Veteran50	F		1:11:05								156	
Steve Connelly	Unattached	Open	M	58:41					156				156	

Susan Holliday	Unattached	Veteran40	F	1:06:50	1:04:57				175	135				310	
Leigh Graham	Unattached	Veteran40	F	1:06:50	1:04:58				174	136				310	
Peter Rudd	Unattached	Veteran60	M	1:10:16	1:17:06				173	150				323	
Sara Milburn	DH Runners	Veteran60	F	1:07:50	1:07:42				181	143				324	
Jaclyn Gray	Unattached	Veteran40	F	1:07:02	1:16:54				178	158				336	