

# 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			
<b>Series Qualifiers</b>																
James Buis	Border Harriers & AC	Veteran40	M		34:14	00:34:04				1	2			3		
Nadia Shaw	Cumberland AC	Open	F	41:21		00:41:09				2	2			4		
Paul Graves	DH Runners	Veteran40	M		34:37	00:34:24					3			5		
Steven Berry	Border Harriers & AC	Open	M	34:51		00:35:15				3	5			8		
<b>Fiona Todd</b>	Unattached	Veteran40	F	41:47	41:28	00:41:14				5	1	3		9		
Teresa Medley	Border Harriers & AC	Veteran40	F		43:54	00:44:43					3	8		11		
Natalie Mccarron	Cumberland AC	Open	F	43:44	41:35					10	2			12		
Vanessa Strickland	Border Harriers & AC	Veteran40	F		44:08	00:45:17					4	10		14		
Emma Mcknespiey	DH Runners	Veteran40	F		45:03	00:44:46					7	9		16		
Hazel Davies	Keswick AC	Veteran50	F	44:15		00:42:32				15	5			20		
Suzanne Mcardle	Unattached	Senior	F		45:49	00:46:07					9	12		21		
Shane Stobbart	Cumberland AC	Open	M	37:29		00:36:22				11		11		22		
Nathan Postill	Keswick AC	Open	M	37:28		00:37:04				10		13		23		
Andrew Wilson	Unattached	Senior	M		37:36	00:37:43					7	16		23		
Chris Gray	Tri Lakeland	Veteran40	M	38:32	38:10					14	9			23		
Maciej Trzeciak	Unattached	Open	M	38:31		00:37:09				13		14		27		
Paul Mcknespiey	DH Runners	Veteran40	M		38:32	00:38:07					12	19		31		
Lindsay Walker	Keswick AC	Senior	F		44:24	00:50:44					5	28		33		
Stuart Lightfoot	DH Runners	Senior	M		39:45	00:38:54					16	21		37		
Kevin Scott	DH Runners	Veteran40	M		39:24	00:40:15					15	25		40		
Graeme Innes	Unattached	Open	M	39:52		00:39:10				24		22		46		
Sarah Brotherton	Unattached	Open	F	46:47	49:45					25	24			49		
Debbie Charlton	Keswick AC	Veteran40	F	48:24		00:48:34				30		20		50		
<b>Sean Uttley</b>	Unattached	Veteran50	M	39:11	38:56	00:38:41				19	13	20		52		
Natalie Dicks	Unattached	Open	F	49:23		00:48:00				37		16		53		
Kyle Laurie	Carlisle Tri Club	Open	M	40:16	38:19	00:38:00				25	10	18		53		
Claire Reid	Unattached	Veteran40	F		51:29	00:50:01					31	24		55		
Carl Grierson	Unattached	Veteran40	M		41:22	00:41:27					22	34		56		
Barbara Deane	Unattached	Senior	F		51:01	00:50:48					29	29		58		
Viki Kent-Carlile	Unattached	Senior	F		51:39	00:50:08					33	26		59		
George Fawkes	Derwent AC Cockermouth	Open	M	40:18		00:41:23				26		33		59		
<b>Bethany Duffy</b>	DH Runners	Open	F	49:58	45:08	00:45:27				42	8	11		61		
Jill Gardiner	Carlisle Tri Club	Veteran40	F	49:43		00:49:20				40		21		61		
Adam Wedgwood	Cumberland AC	Veteran40	M		41:37	00:41:32					27	35		62		
Darren Haney	Wigton Road Runners	Veteran40	M		42:34	00:41:21					36	32		68		
Gavin Brough	Unattached	Senior	M		41:58	00:41:41					31	37		68		
Sandy Shankland	Dumfries Running Club	Veteran60	M		41:38	00:42:05					28	42		70		
Martin Grey	DH Runners	Veteran50	M		42:10	00:42:11					34	44		78		
Martin Gallagher	Unattached	Veteran40	M		41:44	00:43:34					29	54		83		
Tony Mills	DH Runners	Veteran50	M		43:11	00:41:59					47	40		87		
Andrea Challenger	Cumberland AC	Veteran40	F	52:42		00:50:59				58		32		90		
Graeme Jones	Unattached	Veteran40	M		43:21	00:42:07					49	43		92		
Colin Nicholl	DH Runners	Veteran50	M		42:56	00:42:36					43	50		93		
Tracey Pagin	DH Runners	Senior	F		53:57	00:53:04					51	49		100		
Steve Dowell	Northern Fells Running Club	Veteran50	M	44:19	42:53					58	42			100		
Martin Steele	Unattached	Veteran50	M	42:35	44:13					41	61			102		
<b>Les Hill</b>	Dumfries Running Club	Veteran60	M	41:55	42:07	00:41:34				34	33	36		103		
Chris Neill	Unattached	Veteran50	M		43:58	00:42:38					54	51		105		
Michelle Kingston	Carlisle Tri Club	Open	F	54:29		00:50:50				76		30		106		
<b>Linda Aspinall</b>	Unattached	Veteran40	F	49:20	51:37	00:51:52				36	32	39		107		
Frank Hewer	Cumberland AC	Veteran40	M	44:50		00:42:21				61		47		108		
Carmel Bones	Carlisle Tri Club	Veteran40	F	52:19		00:54:04				52		57		109		
Robert Paterson	Derwent AC Cockermouth	Open	M	45:12		00:42:13				63		46		109		
Grant Seaton	Annan and District AC	Veteran40	M		43:33	00:43:56					51	58		109		
Ellie Hatt	Border Reivers Runners	Open	F	53:35	52:48					67	43			110		
Mark Rutherford	Keswick AC	Veteran40	M		44:01	00:43:50					55	56		111		
Ryan Geldart	Border Reivers Runners	Open	M	45:47		00:42:32				64		48		112		
Steven Bragg	Carlisle Tri Club	Senior	M		44:01	00:43:53					57	57		114		
Kevin Robinson	Derwent AC Cockermouth	Veteran40	M		44:01	00:44:17					56	61		117		

Toby Harling	DH Runners	Veteran40	M		44:06	00:44:06			60	60			120		
Siobhan Brewer	Tri-Lakeland	Veteran40	F		54:42	00:54:58			60	62			122		
David Conner	Carlisle Tri Club	Veteran40	M	44:47		00:44:35			59	64			123		
Claire Nugent	DH Runners	Open	F	55:09	52:42				83	42			125		
John Mcgibbon	DH Runners	Veteran50	M		45:03	00:44:23				63	62		125		
Audrey O'Kelly	Carlisle Tri Club	Veteran50	F	54:36		00:53:25			77		50		127		
Helen Mcmanus	Unattached	Open	F	55:23	52:55				85	44			129		
Lorna Gold	Fetch Everyone	Veteran50	F	57:42		00:49:48			108		23		131		
Sarah Lord	Unattached	Veteran40	F	50:19	53:10	00:51:56			45	47	40		132		
Sharon Clark	Wigton Road Runners	Veteran40	F	53:39	52:20	00:51:11			68	40	34		142		
Simon Barwick	Unattached	Veteran40	M	42:03	43:53	00:43:40			36	53	55		144		
Jack Mazur	Carlisle Tri Club	Open	M	47:26		00:44:29			82		63		145		
Errick Hannah	Cumberland AC	Veteran60	M		46:09	00:45:57				71	74		145		
Liz Postill	Carlisle Tri Club	Veteran40	F	53:32	51:59	00:52:21			66	36	44		146		
Kirsten Baines	Unattached	Open	F	1:00:30		00:46:34			133		14		147		
Louise Duffy	DH Runners	Veteran40	F	54:47	50:42	00:52:07			79	27	42		148		
Stella Atherton	Cumberland AC	Veteran40	F	53:10	51:59	00:53:27			61	35	52		148		
Carol Douglas	DH Runners	Veteran50	F	55:27	55:38				86	64			150		
Alistair Richardson	DH Runners	Veteran50	M		47:22	00:47:15				77	80		157		
Karen Ben Dhaou	Unattached	Open	F	54:21	52:04	00:52:32			73	37	48		158		
Samantha Cook	Unattached	Veteran40	F		57:51	00:57:54				77	82		159		
Steve Viney	DH Runners	Veteran70	M		47:35	00:47:03				82	78		160		
Fiona Jardine	Dumfries Running Club	Veteran50	F		59:53	00:56:34				94	72		166		
Emma Davidson	Unattached	Senior	F		58:27	00:58:02				82	85		167		
Lee Lewis	Carlisle Tri Club	Veteran40	M		47:32	00:48:36				81	86		167		
Chris Knox	DH Runners	Veteran50	M		48:21	00:47:07				89	79		168		
Keith Atkinson	DH Runners	Veteran40	M		48:38	00:47:18				90	82		172		
Aoife Maher	Border Reivers Runners	Open	F	53:46	54:20	00:54:00			69	53	55		177		
Karen Mitchell	Cumberland AC	Open	F	57:59		00:55:57			110		67		177		
Elaine Stockdale	Wigton Road Runners	Open	F	58:44		00:54:48			119		59		178		
Fiona Moore	DH Runners	Veteran40	F	58:02	55:50				114	66			180		
Marie Milligan	Unattached	Senior	F		59:42	00:58:23				93	88		181		
Valerie Welden	Unattached	Veteran40	F		1:01:58	00:56:17				115	70		185		
Dave Kirby	DH Runners	Senior	M		48:51	00:50:26				92	96		188		
Craig Wagstaff	Unattached	Open	M	53:09	54:37				60	128			188		
Craig Kerr	Dumfries Running Club	Veteran40	M		49:52	00:49:49				99	91		190		
David Goodall	Cumberland AC	Veteran40	M		49:02	00:50:43				93	98		191		
Tracey Shaw	Cumberland AC	Open	F	55:43	53:10	00:54:03			89	48	56		193		
Carole Steel	DH Runners	Veteran50	F		1:02:03	00:57:08				116	77		193		
Judith Harris	Runmums	Veteran40	F		1:00:26	00:58:47				103	92		195		
Louise Stewart	Runmums	Veteran50	F		1:00:26	00:58:47				102	93		195		
Neil Wallace	Unattached	Veteran50	M	50:27		00:48:40			108		87		195		
Amie Meloy	Cumberland AC	Open	F	58:01		00:58:02			112		84		196		
Laura Wilson	Unattached	Open	F	58:02	58:29				115	83			198		
Nicola Latimer	Wigton Road Runners	Veteran40	F	1:01:25	54:32				143	57			200		
John Rowland	Unattached	Veteran50	M	50:44		00:49:30			111		89		200		
Andrew Burgess	Unattached	Senior	M		50:40	00:50:40				103	97		200		
Jonathan Cork	Border Reivers Runners	Senior	M		50:38	00:51:05				102	99		201		
Robert Fearon	Cumberland AC	Veteran40	M	48:43		00:52:06			97		106		203		
Kerrie Fiddler	Unattached	Veteran50	F	1:01:28		00:54:51			144		61		205		
Jackie Leech	Wigton Road Runners	Veteran40	F	1:00:44		00:56:14			136		69		205		
Charlotte Mann	Unattached	Senior	F		1:01:41	00:59:12				112	94		206		
Gill Harding	DH Runners	Veteran50	F		1:00:04	01:02:54				95	113		208		
Brian Champkins	Border Reivers Runners	Veteran40	M		50:53	00:51:31				105	104		209		
Graham Harmse	Carlisle Tri Club	Veteran50	M		52:28	00:50:24				119	95		214		
Greg Harrison	Unattached	Veteran40	M		47:28	01:00:21				79	135		214		
Dave Graham	Unattached	Senior	M		51:09	00:52:11				109	107		216		
Heather Herring	Unattached	Veteran40	F		1:02:49	00:59:42				119	98		217		
Niki Iveson	Carlisle Junior Tri Club	Senior	F		1:02:49	01:00:22				118	101		219		
Lesley Tickell	Border Reivers Runners	Senior	F		1:03:08	01:02:08				120	107		227		
Anthony Nicholson	DH Runners	Veteran40	M	49:25	53:44				103	127			230		
Wayne Horsley	Unattached	Veteran40	M	50:07	44:02	00:45:19			106	58	70		234		
Stephen Atherton	Cumberland AC	Veteran50	M		52:32	00:53:32				120	114		234		
Wendy Navin	Cumberland AC	Veteran40	F	54:49	57:50	00:57:46			80	76	81		237		
Helen Cupac	DH Runners	Veteran40	F		1:03:55	01:02:54				129	114		243		
Tracey Knowles	Cumberland AC	Veteran40	F		1:06:09	01:02:07				138	106		244		
Helen Gordon	Unattached	Veteran50	F		1:07:19	01:01:04				142	103		245		

David Moon	Carlisle Tri Club	Veteran50	M		53:01	00:56:05				123	124			247		
Karen Boxley	Unattached	Veteran40	F	55:44	58:13	00:57:26				90	79	79		248		
Emma Bzik	Cumberland AC	Open	F	1:01:42		01:00:27				146		102		248		
Celia Hardon	Unattached	Veteran60	F		1:07:19	01:02:27					141	109		250		
Dan Alexander	Unattached	Open	M	52:39	57:16					121	131			252		
Lottie Grace	DH Runners	Open	F	59:53	55:38	00:55:21				127	63	64		254		
Pauline Ballantyne	Runmums	Veteran50	F	54:22	1:00:48	00:57:55				74	105	83		262		
Susan Steel	DH Runners	Veteran40	F		1:06:10	01:04:40					139	124		263		
Paul Fleming	Unattached	Open	M	49:57	46:49	00:48:20				105	73	85		263		
Tracey Kennett	Cumberland AC	Veteran40	F	1:07:02		00:58:10				179		86		265		
Karl Douglas	DH Runners	Veteran50	M	55:27	53:29					140	126			266		
Chris Whitby	Unattached	Veteran50	M	55:17	55:33					138	129			267		
Rachael Fearon	Cumberland AC	Open	F	58:51	56:52	00:57:20				121	70	78		269		
Hilary Singleton	Unattached	Veteran40	F		1:06:08	01:07:07					137	134		271		
Peter Stockdale	Carlisle Tri Club	Veteran40	M	48:15	47:24	00:51:29				90	78	103		271		
Rebecca Lynch	DH Runners	Open	F	1:04:32		01:02:43				163		111		274		
Dave Steele	Carlisle Tri Club	Open	M	57:54		00:55:18				153		121		274		
Neil Gillespie	Unattached	Veteran40	M	56:40		00:57:52				146		130		276		
Allen Winter-moore	DH Runners	Open	F	1:03:02		01:02:57				163		116		279		
Joseph Cole	Cumberland AC	Open	M	59:14		00:54:42				160		120		280		
Sarah Foster	DH Runners	Open	F	1:04:04		01:03:47				158		123		281		
Josette Billett	DH Runners	Veteran60	F	1:04:56		01:03:38				165		121		286		
Peter Stafford	Unattached	Veteran40	M	58:44	55:34					157	130			287		
Linda Brown	Wigton Road Runners	Veteran40	F		1:11:05	01:08:31					155	136		291		
Gary Frizell	DH Runners	Open	M	58:48	57:42					158	133			291		
Joanne Bell	Unattached	Veteran50	F		1:11:05	01:08:35					156	137		293		
Sammy Howe	Runmums	Veteran40	F	1:05:09	1:03:43					167	127			294		
Elizabeth Dodd	Cumberland AC	Open	F	1:07:01		01:03:22				177		119		296		
Rachel Webster	DH Runners	Veteran40	F	1:04:49	1:04:33					164	132			296		
Susanne McDougall	DH Runners	Veteran70	F		1:19:02	01:16:05					159	140		299		
Leigh Graham	Unattached	Veteran40	F	1:06:50	1:04:58					174	136			310		
Susan Holliday	Unattached	Veteran40	F	1:06:50	1:04:57					175	135			310		
Keith Fox	Border Reivers Runners	Veteran60	M	1:05:17	1:03:17					167	143			310		
Catherine Nicholson	Cumberland AC	Veteran40	F	1:05:07	57:07	00:57:04				166	72	75		313		
Peter Rudd	Unattached	Veteran60	M	1:10:16	1:17:06					173	150			323		
Lee Jardine	Unattached	Open	M	54:06	49:16	00:51:43				130	94	105		329		
Jaclyn Gray	Unattached	Veteran40	F	1:07:02	1:16:54					178	158			336		
Rebecca Johnstone	Unattached	Open	F	58:26	1:08:23	00:57:26				117	148	80		345		
Mary Messenger	DH Runners	Veteran40	F	1:01:09	1:08:42	00:54:59				142	149	63		354		
Gary Chandler	Unattached	Veteran50	M	56:47	51:31	00:53:08				147	111	110		368		
Alison Birkett	Unattached	Veteran40	F	1:04:24	1:01:25	01:02:33				162	110	110		382		
Mark Evans	Unattached	Veteran40	M	57:50	57:46	00:57:24				152	135	127		414		
David McGinn	Unattached	Veteran40	M	1:02:37	1:02:43	01:04:31				162	141	137		440		
Sara Milburn	DH Runners	Veteran60	F	1:07:50	1:07:42	01:05:13				181	143	126		450		

**UNABLE TO WIN IN SERIES DUE TO LACK OF QUALIFYING EVENTS - No more points will be added**

Marc Brown	Salford Harriers	Open	M			00:31:30						1		1		
Bob Hodgson	Border Harriers & AC	Open	M	33:49						1				1		
Sophie Noon	Derwent AC Cockermonth	Open	F	39:39						1				1		
Philippa Wakefield	DH Runners	Vet 40	F			00:39:51						1		1		
John Mason	Border Harriers & AC	Open	M	34:06						2				2		
Joshua Liddle	Eden Runners	U20	M		34:46						3			3		
Karen Bridge	Eden Valley Tri	Veteran40	F	41:38						3				3		
Michael Irving	DH Runners	Vet 40	M			00:35:05						4		4		
John French	Eden Runners	Open	M	35:21						4				4		
Tom Howe	Derwent AC Cockermonth	Senior	M		35:53						4			4		
Megan Martin	Unattached	Open	F	41:40						4				4		
Donna Burnett	Unattached	Vet 40	F			00:41:48						4		4		
Craig Holliday	Unattached	Senior	M		36:56						5			5		
Michael Natrass	Unattached	Open	M	36:26						5				5		
Ben Hale	Unattached	Open	M			00:35:18						6		6		
Charlie Storie	Dumfries Running Club	Senior	M		37:36							6		6		
James Souter	Arragons Cumbria Tri Club	Open	M	36:28						6				6		
Sharon Dixon	Glaxo Hoad Hill Harriers	Veteran40	F	42:10						6				6		
Victoria Lawson	Unattached	Senior	F		44:46						6			6		
Lisa Martin	Derwent AC Cockermonth	Open	F			00:42:32						6		6		
Michael Holliday	DH Runners	Open	M			00:35:21						7		7		

David Thompson	Rock 2 Roll Cycles	Open	M	36:35					7				7		
Rachel Mellor	Keswick AC	Open	F	42:20					7				7		
Beverley Smith	Unattached	Open	F			00:43:55					7				7
Daniel Hornsby	Border Harriers & AC	Open	M	37:13					8				8		
Emma Nielsen	Eden Runners	Veteran40	F	43:19					8				8		
Colin Holden	Dumfries Running Club	Veteran50	M		37:46					8					8
Ben Opie	Cumberland Fell Runners	Vet 40	M			00:35:42					8				8
Stuart Robinson	Border Harriers & AC	Veteran50	M	37:18					9				9		
Simon Glover	Eden Runners	Open	F	43:38					9				9		
Bobby Hagan	Keswick AC	Open	M			00:35:58					9				9
Emily Arter	Carlisle Tri Club	Senior	F		46:11					10					10
Paul Ferguson	Netherhall AC	Vet 40	M			00:36:02					10				10
Elizabeth Watson	Derwent AC Cockerthorpe	Open	F	43:44					11				11		
Caroline Salkeld	Unattached	Senior	F		46:12					11					11
Keith Melvin	Rock 2 Roll Cycles	Senior	M		38:28					11					11
Michael Hawley	Cumberland AC	Open	M	38:09					12				12		
Peter Askins	Eden Runners	Open	M	43:52					12				12		
Linsay Young	Unattached	Senior	F		46:55					12					12
Rian Gavin	Carlisle Tri Club	Open	M			00:36:54					12				12
Rachel Wilson	Unattached	Veteran40	F	43:59					13				13		
Rosie Allen	Annan and District AC	Veteran40	F		47:03					13					13
Sophie Canty	Dumfries Running Club	Open	F			00:46:09					13				13
Heather Eccles	Eden Runners	Open	F	44:04					14				14		
Sue Jeffrey	Dumfries Running Club	Senior	F		47:26					14					14
Richard Hodgson	Unattached	Senior	M		39:06					14					14
Brendan Mudlowney	Unattached	Open	M	38:41					15				15		
Kerry Braithwaite	Carlisle Tri Club	Veteran40	F		47:32					15					15
Tracey Owen	Cumberland AC	Open	F			00:47:50					15				15
Jordan Kelly	Cumberland AC	Open	M			00:37:26					15				15
Craig Little	Sands Running Club	Open	M	38:46					16				16		
Suzanne Smith	Eden Runners	Veteran40	F	44:58					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		
Cat Graham	Unattached	Senior	F		48:14					17					17
Carl Blackburn	Unattached	Senior	M		40:10					17					17
Georgie Lowry	Carlisle Tri Club	Open	F			00:48:02					17				17
Gary Pala	Cumberland AC	Open	M			00:37:55					17				17
Andrew Kirkman	C.O.L.T.	Veteran40	M	39:10					18				18		
Catherine Ballard	St BeesTriers	Open	F	45:06					18				18		
Louise Hodgson	Carlisle Tri Club	Senior	F		48:41					18					18
Adam Armata	Unattached	Senior	M		40:16					18					18
Philippa Meunzberg	Unattached	Open	F			00:48:05					18				18
Louise Winter	Keswick AC	Veteran40	F	45:35					19				19		
Rosie Holliday	DH Runners	Senior	F		48:53					19					19
Graeme Fleming	Unattached	Senior	M		40:18					19					19
Nicola Ostridge	Unattached	Vet 40	F			00:48:20					19				19
Lisa Martin	Derwent AC Cockerthorpe	Open	F	45:49					20				20		
Gary Thorpe	Ambleside AC	Veteran50	M	39:22					20				20		
Janet Priestley	Annan and District AC	Veteran50	F		49:29					20					20
Alex Jarzyna	Muckle Toon Sloggers	Veteran40	M		40:24					20					20
Debbie Walker	Derwent AC Cockerthorpe	Veteran40	F	46:02					21				21		
Craig Bottomley	Eden Runners	Junior	M	39:23					21				21		
Shirley Teasdale	Border Reivers Runners	Senior	F		49:32					21					21
Joe Boardman	Annan and District AC	Veteran50	M		41:19					21					21
Kerry Grinbergs	Eden Runners	Veteran50	M	46:04					22				22		
Carl Fisher	Cumberland AC	Open	M	39:36					22				22		
Caroline Martin	Unattached	Senior	F		49:39					22					22
Leanne Doswell	Unattached	Open	F			00:49:48					22				22
Nicola Black	Keswick AC	Open	F	46:10					23				23		
Peter Walker	Derwent AC Cockerthorpe	Veteran50	M	39:44					23				23		
Jane Chalmers	Unattached	Veteran50	F		49:43					23					23
Martin Thomlinson	Muckle Toon Sloggers	Senior	M		41:24					23					23
Darren Wildey	Carlisle Tri Club	Vet 40	M			00:39:28					23				23
Abigail Mason	Deeside Runners	Open	F	46:12					24				24		
Charles Paisley	Muckle Toon Sloggers	Veteran50	M		41:26					24					24
Grant Glendinning	Unattached	Vet 40	M			00:39:34					24				24

Beverley Armstrong	DH Runners	Veteran40	F		50:24				25			25		
Ivan Newton	Tynedale Harriers & AC	Veteran50	M		41:33				25			25		
Karen Bowler	Cumberland AC	Vet 60	F				00:50:07			25		25		
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		
John Slater	Unattached	Open	M				00:40:34				26	26		
Craig Speirs	Unattached	Veteran40	M	40:41					27			27		
Jo Kilkenny	Ambleside AC	Open	F	47:10					27			27		
Emma Rowntree	Cumberland AC	Vet 40	F				00:50:28				27	27		
lee todhunter	Wigton Roadrunners	Open	M				00:40:34				27	27		
David Blamire	Cumberland AC	Veteran40	M	40:46					28			28		
Mandy Whittaker	Edinburgh Triathletes	Veteran40	F	47:21					28			28		
Deborah Curle	Border Harriers & AC	Veteran50	F		50:46					28		28		
Anthony Rega	Netherhall AC	Vet 40	M				00:40:45				28	28		
Grant Noble	Scott Vet Harriers	Veteran50	M	40:50					29			29		
Beth Sunners	Bodyfit Cumbria Running Club	Open	F	47:43					29			29		
James Hamilton	Carlise Tri Club	Open	M				00:41:04				29	29		
Wayne Greig	Carlisle Tri Club	Open	M	40:55					30			30		
Sharron Caton	Unattached	Senior	F		51:10					30		30		
Neil Young	Unattached	Senior	M		41:55					30		30		
James Graham	Cumbria Police	Open	M				00:41:12				30	30		
Antony Briscoe	Cumberland AC	Veteran50	M	41:13					31			31		
Dan Lewis	Northern Fells Running Club	Veteran40	M	48:28					31			31		
Sarah Pagan	Unattached	Open	F				00:50:52				31	31		
Daniel Brew	Unattached	Open	M				00:41:15				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		
Declan Mcardle	Unattached	Veteran40	M	41:30					33			33		
Lyndsey Fisher	Unattached	Veteran40	F	49:12					33			33		
Audrey Turnbull	DH Runners	Open	F				00:51:08				33	33		
Laura Benson	Eden Runners	Open	F	49:13					34			34		
Robyn Matthews	Unattached	Senior	F		51:43					34		34		
Chris Davison	Carlisle Tri Club	Veteran50	M	41:59					35			35		
Sarah McIntosh	Carlisle Reivers Cycling Group	Open	F	49:14					35			35		
Dayle Armstrong	Unattached	Senior	M		42:27					35		35		
Sally Monaghan	Unattached	Vet 40	F				00:51:19				35	35		
Elena Anderson	Unattached	Open	F				00:51:29				36	36		
Matthew Walker	Unattached	Veteran40	M	42:08					37			37		
Adrian Hadley	Cumberland AC	Senior	M		42:39					37		37		
Carole Fearon	Unattached	Open	F				00:51:44				37	37		
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		
Frank Mewer	Cumberland AC	Veteran40	M		42:40					38		38		
Georgie Mcroberts	Unattached	Open	F				00:51:44				38	38		
Ian Hodgson	Carlise Tri Club	Open	M				00:41:42				38	38		
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		
Norman James Johnstone	Annan and District AC	Veteran40	M		42:43					39		39		
John Waite	Carlise Tri Club	Open	M				00:41:51				39	39		
Willie Martin	Dumfries Harriers	Veteran50	M	42:27					40			40		
Richard Rankin	Unattached	Veteran40	M		42:44					40		40		
Catherine Hadfield	Derwent AC Cockermouth	Open	F	49:55					41			41		
Rebecca Howe	Derwent AC Cockermouth	Senior	F		52:41					41		41		
Stuart Gillespie	Dumfries Running Club	Senior	M		42:45					41		41		
Sally Fingland	Unattached	Open	F				00:52:06				41	41		
Joseph Malone	Dumfries Running Club	Open	M				00:42:00				41	41		
Dominic Davies	Derwent AC Cockermouth	Open	M	42:39					42			42		
Kev Iveson	Carlisle Tri Club	Open	M	42:39					43			43		
Amanda Singleton	Eden Runners	Veteran40	F	50:04					43			43		
fiona ferguson	Eden Runners	Vet 40	F				00:52:20				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		

Mark Donnelly	St BeesTriers	Open	M	43:13					45				45	
Hannah Thomson	Border Reivers Runners	Senior	F		53:05					45			45	
Jonathan Buckley	Cumberland AC	Senior	M		43:03					45			45	
Sarah Phillips	Muckle Toon Joggers	Open	F					00:52:21			45		45	
Michael Bain	Wigton Roadrunners	Open	M					00:42:11			45		45	
Howard Kirkbride	Unattached	Veteran50	M	43:17						46			46	
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	
Victoria Byrne	Cumberland AC	Open	F					00:52:25			46		46	
Robert Hastings	Unattached	Open	M	43:26						47			47	
Emily Rowntree	Unattached	Open	F	50:47						47			47	
Nicky Butler	Keswick AC	Vet 50	F					00:52:28			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	
James Coulthard	Howgill Harriers	Veteran40	M	43:36						49			49	
Rachel Freer	Bodyfit Cumbria Running Club	Veteran40	M	51:12						49			49	
Alexandrea ROSE GONZBLES	Unattached	Senior	F		53:18					49			49	
David Grimshaw	Unattached	Vet 40	M					00:42:33			49		49	
Nicola King	Unattached	Open	M	43:38						50			50	
Emily Heaviside	Eden Runners	Open	F	51:42						50			50	
Liz Dawson	Annan and District AC	Veteran50	F		53:40						50		50	
Andrew Graham	DH Runners	Senior	M		43:31						50		50	
Tim Child	Unattached	Open	M	43:41						51			51	
Donna Raeburn	Eden Runners	Veteran40	F	51:46						51			51	
Jennifer Moody	Carlisle Tri Club	Vet 40	F					00:53:26			51		51	
Steve Moss	Teesdale AC	Veteran50	M	43:41						52			52	
Karen Littlejohn	Dumfries Running Club	Senior	F		54:00						52		52	
Gordon Vivers	Annan and District AC	Veteran60	M		43:44						52		52	
Duncan Campbell	Penrith Pathletic	Open	M					00:43:15			52		52	
James Chamberlain	Derwent AC Cockermonth	Veteran40	M	43:45						53			53	
Kristy Crone	Cumberland AC	Open	F	52:25						53			53	
Bethan Scholey	Unattached	Open	F					00:53:39			53		53	
Nick Brown	Unattached	Open	M					00:43:15			53		53	
Sarah Dent	Carlisle Tri Club	Open	F	43:52						54			54	
Rebecca Hilland	St BeesTriers	Open	F	52:27						54			54	
Gail Oliver	Unattached	Veteran50	F		54:20						54		54	
Haley Millican	Unattached	Open	F					00:53:42			54		54	
Douglas Gold	Unattached	Open	M	44:01						55			55	
Jessica Burn	St BeesTriers	Open	F	52:28						55			55	
Nicola Carruthers	Unattached	Senior	F		54:21						55		55	
Shaun Cavanagh	Cumberland AC	Veteran50	M	44:10						56			56	
Kathryn Metcalfe	Eden Runners	Veteran40	F	52:32						56			56	
Satpal Burns	Dumfries Running Club	Veteran40	F		54:23						56		56	
Callum Oneill	Unattached	Open	M	44:11						57			57	
Julia King	Eden Runners	Veteran60	F	52:36						57			57	
Sally-Anne Monaghan	Unattached	Veteran40	F		54:36						58		58	
Amanda Westgarth	Unattached	Vet 40	F					00:54:47			58		58	
Lisa Bland	Eden Runners	Veteran40	F	52:56						59			59	
Jen Powley	Unattached	Senior	F		54:36						59		59	
David Ferguson	Unattached	Senior	M		44:04						59		59	
Dave Ferguson	Unattached	Open	M					00:44:06			59		59	
Chris Wood	Dumfries Harriers	Open	M	44:48						60			60	
Selena Cairns	Unattached	Open	F					00:54:50			60		60	
Emma Eagling	Unattached	Senior	F		55:31						61		61	
Richard Williams	Cumberland AC	Veteran40	M	44:56						62			62	
Jayne Hanson	Unattached	Veteran50	F	53:17						62			62	
Jill Carruthers	Border Harriers & AC	Senior	F		55:31						62		62	
Adam Mcginley	Unattached	Senior	M		44:58						62		62	
Lisa Benn	Fetch Everyone	Veteran50	M	53:19						63			63	
Louise Firby	Derwent AC Cockermonth	Veteran40	F	53:26						64			64	
Andrew Caven	DH Runners	Veteran50	M		45:08						64		64	
Mark Walker	Kendal AC	Veteran50	M	45:50						65			65	
Jen Moody	Carlisle Tri Club	Veteran40	F	53:26						65			65	
Samantha Mccrone	DH Runners	Veteran40	F		55:39						65		65	
Daniel Hunter	Unattached	Senior	M		45:15						65		65	

Kate Garratt	Derwent AC Cockermouth	Open	F			00:55:47				65			65		
David McGarry	Cumberland AC	Vet 40	M			00:44:38				65			65		
John Whittaker	Edinburgh Triathletes	Veteran50	M	46:03					66				66		
Michael Sandelands	Cumberland AC	Veteran40	M		45:26					66			66		
Sophie Thompson	Unattached	Open	F			00:55:56				66			66		
Martyn Minchella	Cumberland AC	Vet 40	M			00:44:40				66			66		
Andrew Walker	Eden Runners	Veteran40	F	46:04					67				67		
Andrea Mcgeehin	Unattached	Senior	F		55:58					67			67		
Allan Manson	Dumfries Running Club	Veteran40	M		45:37					67			67		
paul cowing	Unattached	Vet 40	M			00:44:41				67			67		
Stewart Laurie	Unattached	Veteran40	M	46:08					68				68		
Julie Dodd	DH Runners	Veteran40	F		56:32					68			68		
Daniel Braithwaite	Unattached	Veteran40	M		45:44					68			68		
Cath Keevil	Derwent AC Cockermouth	Open	F			00:56:11				68			68		
David Mitchell	Unattached	Vet 50	M			00:44:47				68			68		
Paul Martin	Unattached	Veteran50	M	46:13					69				69		
Alyson Meagan	Unattached	Veteran40	F		56:35					69			69		
Daniel David Johnstone	Unattached	Senior	M		45:50					69			69		
Andy Caven	DH Runners	Vet 50	M			00:44:49				69			69		
Matthew Ireland	Carlisle Tri Club	Open	M	46:16					70				70		
Kim Hughes	Unattached	Open	F	53:48					70				70		
Wayne Fox	St Bees Triers	Senior	M		45:57					70			70		
Craig Butler	Unattached	Open	M	46:19					71				71		
Karen Taylor	DH Runners	Veteran40	F	53:49					71				71		
Laura Broatch	Dumfries Running Club	Senior	F		57:02					71			71		
Mary Ann Bell- Irving	Unattached	Open	F			00:56:32				71			71		
Noel Urwin	Unattached	Vet 50	M			00:45:37				71			71		
John Mason	Banchory Runners	Veteran50	M	46:19					72				72		
Sarah Keane	Unattached	Veteran40	F	53:58					72				72		
David Rice	Keswick AC	Veteran40	M		46:23					72			72		
Colin Fell	Northern Fells Running Club	Vet 50	M			00:45:42				72			72		
Ben Swinson	Eden Runners	Open	M	46:23					73				73		
Christine Alcock	Carlisle Tri Club	Veteran50	F		57:09					73			73		
Lorna Martin	Unattached	Vet 40	F			00:56:35				73			73		
Mike Kelly	Unattached	Vet 50	M			00:45:54				73			73		
Grant Williamson	Unattached	Veteran40	M	46:24					74				74		
Ruth Griffith	Annan and District AC	Veteran40	F		57:35					74			74		
Gary Collins	Muckle Toon Sloggers	Senior	M		46:54					74			74		
Julie Townsley	St Bees Triers	Open	F			00:56:38				74			74		
Ken Baker	Eden Runners	Veteran50	M	46:30					75				75		
Helen Sanderson	DH Runners	Veteran50	F	54:25					75				75		
Jenni Barrowclough	Runnums	Veteran40	F		57:45					75			75		
Ernie Bryden	Annan and District AC	Veteran50	M		46:55					75			75		
Paul Irving	Unattached	Open	M			00:46:05				75			75		
David Cain	Cumberland AC	Veteran60	M	46:35					76				76		
Neil Moffat	Dumfries Running Club	Veteran60	M		46:58					76			76		
tamar watson	Unattached	Open	F			00:57:04				76			76		
Anthony Turner	Carlise Tri Club	Vet 50	M			00:46:58				76			76		
Roy Bottomley	Eden Runners	Veteran50	M	46:40					77				77		
Andrew Carlile	Unattached	Open	M			00:46:59				77			77		
Michael Rudd	Bodyfit Cumbria Running Club	Veteran40	M	46:49					78				78		
Marie Collinson	Wallsend Harriers & AC	Veteran40	F	54:38					78				78		
Mhairi Beattie	Muckle Toon Sloggers	Veteran40	F		58:10					78			78		
Peter Telford	Cumberland AC	Veteran40	M	46:49					79				79		
Andrew Pescod	DH Runners	Open	M	46:52					80				80		
Bryony Pollard	Unattached	Senior	F		58:22					80			80		
Key Iveson	Carlisle Tri Club	Senior	M		47:29					80			80		
Rodney Mason	Unattached	Veteran60	M	47:11					81				81		
Laura Nasif	Unattached	Open	F	54:56					81				81		
Natalie Jacques	Unattached	Senior	F		58:25					81			81		
John Murphy	Annan and District AC	Vet 50	M			00:47:17				81			81		
Sarah Wright	Eden Runners	Veteran40	F	55:07					82				82		
Shaun Greenup	Unattached	Open	M	47:29					83				83		
Billy Stobbart	Cumberland AIC	Senior	M		47:38					83			83		
Peter Campbell	BORDER HARRIERS	Vet 50	M			00:47:30				83			83		
Graham Hetherington	Cumberland AC	Veteran50	M	47:32					84				84		
Tara McCully	Unattached	Open	F	55:12					84				84		



Sarah Gibson	Runmums	Senior	F		58:33				84			84		
Nicholas Cookson	Unattached	Senior	M		47:59				84			84		
Steven Archibald	Carlise Tri Club	Vet 40	M				00:48:03				84			
Andrew Hayes	Bodyfit Cumbria Running Club	Veteran50	M	47:33					85			85		
Angela Mcginn	Unattached	Veteran40	F		58:35				85			85		
Kevin Ramshaw	DH Runners	Veteran40	M		48:08				85			85		
Paul Saager	Eden Runners	Veteran60	M	48:04					86			86		
Linda Martin	Unattached	Senior	F		58:51				86			86		
Martin Armstrong	Unattached	Senior	M		48:11				86			86		
Josh Waite	Unattached	Veteran50	M	48:04					87			87		
Lynn Clemmitt	Unattached	Veteran50	F	55:32					87			87		
Clare Thompson	Runmums	Veteran40	F		58:51				87			87		
Jamie Crossan	West Cumbria Tri	Senior	M		48:11				87			87		
Gemma Skelton	Muckle Toon Joggers	Open	F				00:58:18				87			
John Diggle	Kirby Milers AC	Veteran40	M	48:06					88			88		
Fiona Little	Runmums	Veteran40	F	55:34					88			88		
Wendy Gass	Unattached	Veteran40	F		58:54				88			88		
Craig Gibson	Unattached	Veteran40	M		48:14				88			88		
Carl Deane	DH Runners	Vet 50	M				00:48:56				88			
David Peacock	Eden Runners	Veteran50	M	48:11					89			89		
Jill Cooke	Runmums	Veteran40	F		58:57				89			89		
Louise Forrest	Unattached	Open	F				00:58:34				89			
Louise Craig	Dumfries Running Club	Veteran40	F		59:26				90			90		
Claire Jackson	Cumberland AC	Vet 40	F				00:58:43				90			
Tony Metherell	Unattached	Vet 40	M				00:49:46				90			
Lina Mangen	Eden Runners	Veteran50	F	55:46					91			91		
Sean Williams	Teesdale AC	Veteran50	M	48:16					91			91		
Kerry Morrow	Runmums	Veteran40	F		59:31				91			91		
Andy Baker	DH Runners	Veteran50	M		48:43				91			91		
lindsey Irving	Unattached	Open	F				00:58:43				91			
Maureen Mudlowney	Unattached	Open	F	55:49					92			92		
Gary Binks	Unattached	Veteran40	M	48:17					92			92		
Susan Holliday	Unattached	Veteran40	F		59:34				92			92		
Bill Rogers	Border Harriers & AC	Vet 50	M				00:49:59				92			
Carolyn Burns	Eden Runners	Veteran40	F	55:51					93			93		
Simon Richardson	Unattached	Veteran40	M	48:19					93			93		
Stuart Rome	Unattached	Open	M				00:50:10				93			
Zoe Calway	Unattached	Veteran40	F	56:01					94			94		
Richard Thorburn	Eden Runners	Veteran40	M	48:19					94			94		
Wayne Moynan	Border Reiver Runners	Open	M				00:50:14				94			
Marie Beer Parker	Unattached	Open	F	56:18					95			95		
Olivia Kidd	Eden Runners	Open	F	48:28					95			95		
Steven Pilmer	Unattached	Senior	M		49:16				95			95		
Chelsea Smith	Unattached	Open	F				00:59:14				95			
Carolyn Davies	Dumfries Harriers	Veteran40	F	56:23					96			96		
James Simpson	Eden Runners	Open	M	48:29					96			96		
Helen Taylor	Unattached	Veteran40	F		1:00:08				96			96		
Chris Cook	Unattached	Senior	M		49:26				96			96		
Laura Barwick	Unattached	Open	F				00:59:35				96			
Ellie Thompsett	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		
Leeann Barber	Cumberland AC	Open	F				00:59:39				97			
Laura Jefferson	Unattached	Open	F	56:37					98			98		
Lennox Mclean	Unattached	Veteran40	M	48:51					98			98		
Amanda Kirtley	Unattached	Veteran40	F		1:00:16				98			98		
Nik Morris	Unattached	Veteran40	M		49:34				98			98		
Michelle Little	Unattached	Open	F	56:50					99			99		
Larry Horne	Eden Runners	Veteran50	M	48:53					99			99		
Kathryn Holliday	DH Runners	Veteran40	F		1:00:18				99			99		
jade ruddick	Unattached	Open	F				01:00:13				99			
Evelyn Morrison	Unattached	Veteran60	F	56:58					100			100		
Paul Harrington	FRA	Veteran50	M	48:59					100			100		
Nicola Edwards	Unattached	Veteran40	F		1:00:20				100			100		
Matt Begg	Unattached	Senior	M		50:15				100			100		
Caroline Wardrope	Unattached	Open	F				01:00:20				100			
Garry Burns	Hardrock Hoodlums	Vet 40	M				00:51:07				100			





Mike Graham	Unattached	Vet 70	M			00:54:24				119			119		
Piotr Fiedorow	Scone Tennis Club	Veteran40	M	52:35					120				120		
Angela Irving	Unattached	Open	F	58:45					120				120		
Amy Donohoe	Unattached	Open	F			01:03:30					120		120		
Pam Devlin	Runmums	Veteran50	F			1:03:27				121			121		
Marc Farmer	Unattached	Veteran50	M			52:37				121			121		
Emma Walker	Derwent AC Cockermouth	Veteran40	F	53:09					122				122		
Suzanne Hughes-Rudd	Bodyfit Cumbria Running Club	Veteran40	F	58:57					122				122		
Adele Broadley Irwin	Unattached	Veteran40	F			1:03:29				122			122		
Craig Duncan	Cumberland AC	Veteran40	M			52:57				122			122		
Danielle Denvir	Unattached	Open	F					01:03:47			122		122		
Phil Hughes	Cumberland AC	Vet 60	M					00:55:21			122		122		
Laura Kinnard	Eden Runners	Open	F	59:15						123			123		
Colin Binnie	Unattached	Veteran40	M	53:12						123			123		
Heidi Farren	Unattached	Veteran50	F			1:03:37					123		123		
Garry English	DH Runners	Vet 60	M					00:55:43				123	123		
Sandra Nordon	Wigton Road Runners	Open	F	59:26						124			124		
Paul Denyer	St BeesTriers	Veteran40	M	53:16						124			124		
Diane Ackley	Unattached	Veteran40	F			1:03:37					124		124		
Kieron Bradshaw	DH Runners	Senior	M			53:19					124		124		
Ann Marie Brazier	Unattached	Open	F	59:41						125			125		
Stephen Long	DH Runners	Veteran60	M	53:18						125			125		
Sarah Louise	Unattached	Senior	F			1:03:38					125		125		
Craig Read	Unattached	Senior	M			53:22					125		125		
Lucy Jackson	DH Runners	Open	F					01:05:13				125	125		
Mark Holmes	Unattached	Vet 40	M					00:56:05				125	125		
Hannah Latimer	Wigton Road Runners	Junior	F	59:43						126			126		
Garry Vernon	Bodyfit Cumbria Running Club	Open	F	53:19						126			126		
Rachel Lee	DH Runners	Veteran50	F			1:03:41					126		126		
Allan Raymund Redoble	DH Runners	Vet 40	M					00:57:08				126	126		
Stuart Lowthian	Eden Runners	Veteran50	M	53:29						127			127		
Poppy Graham	Unattached	Open	F					01:05:43				127	127		
Paula Knox	Unattached	Open	F	59:53						128			128		
Dave Saunders	DH Runners	Open	M	53:33						128			128		
Theresa Lavery	Unattached	Veteran40	F			1:03:52					128		128		
Tracey Edmondson	Runmums	Vet 40	F					01:05:46				128	128		
Keith Stuart	Fetch Everyone	Vet 40	M					00:57:25				128	128		
Paul Murphy	Unattached	Veteran40	M	53:40						129			129		
Margaret Burgess	Unattached	Veteran40	F	59:56						129			129		
Natalie Godley	Unattached	Open	F					01:05:53				129	129		
Moreno Giovannini	DH Runners	Vet 50	M					00:57:51				129	129		
Hayley Todd	Unattached	Open	F	1:00:11						130			130		
Kelly Gullen	Unattached	Veteran40	F			1:03:56					130		130		
Cathy White	Unattached	Vet 40	F					01:06:12				130	130		
Steph Foudy	Eden Runners	Veteran40	F	1:00:14						131			131		
Philip Sturgess	Unattached	Veteran50	M	54:10						131			131		
Margaret Laurie	Dumfries Running Club	Veteran60	F			1:04:00					131		131		
Rebecca Glynn	Cumberland AC	Open	F					01:06:31				131	131		
Andy Whitaker	Unattached	Vet 40	M					00:58:33				131	131		
Sheila Bottomley	Eden Runners	Veteran50	F	1:00:19						132			132		
Neil Irwin	Unattached	Veteran50	M	54:19						132			132		
David Carr	Unattached	Senior	M			57:19					132		132		
Frances Braithwaite	DH Runners	Vet 40	F					01:06:37				132	132		
Shane Fox	Cumberland AC	Open	M					00:59:17				132	132		
Colin Browne	Carlisle Tri Club	Veteran40	M	54:27						133			133		
Lynda Crellin	Unattached	Veteran40	F			1:04:51					133		133		
Barbara Thompson	Cumberland AC	Vet 60	F					01:07:00				133	133		
John Thompson	Cumberland AC	Vet 60	M					00:59:34				133	133		
Ann-Elizabeth Burnett	Unattached	Open	F	1:00:31						134			134		
Mohamed Nasif	Unattached	Veteran40	M	54:27						134			134		
Cath Fairlam	Wigton Road Runners	Veteran40	F			1:04:55					134		134		
Julian Ponsford	DH Runners	Veteran50	M			57:42					134		134		
Tim Baugh	HCAS	Vet 50	M					01:00:02				134	134		
Gemma Laurie	Unattached	Veteran40	F	1:00:32						135			135		
John Dodds	Wallsend Harriers & AC	Veteran40	M	54:37						135			135		
Bev Wilson	DH Runners	Vet 40	F					01:08:15				135	135		
Scott Hume	Unattached	Veteran40	M	54:41						136			136		

Douglas Macdonald	Unattached	Veteran60	M		58:57				136				136		
Wayne Stevens	Unattached	Vet 40	M				01:00:42			136			136		
Diane Schofield	Unattached	Veteran40	F	1:00:44					137				137		
Don Walker	Unattached	Veteran60	M	54:45					137				137		
Stephen Long	DH Runners	Veteran60	M		59:04				137				137		
Caroline Moss	Teesdale AC	Veteran60	F	1:00:50					138				138		
Geoff Mcqueen	Annan and District AC	Veteran40	M		59:36				138				138		
Emily Kaye	Unattached	Open	F				01:10:09			138			138		
Ian Slater	Unattached	Vet 50	M				01:11:29			138			138		
Katie Gill	Unattached	Open	F	1:00:51					139				139		
Mark Wright	Unattached	Open	M	55:21					139				139		
Derek Hutchinson	DH Runners	Veteran60	M		1:01:39				139				139		
Petra Sheard	Unattached	Vet 50	F				01:11:35			139			139		
David Firth	DH Runners	Vet 60	M				01:12:57			139			139		
Kate Riley	Unattached	Open	F	1:00:52					140				140		
Fiona Clarke	Unattached	Senior	F		1:07:15				140				140		
Allan Redoble	DH Runners	Veteran40	M		1:02:03				140				140		
Judith Wilson	Unattached	Veteran50	F	1:01:07					141				141		
Gill Silson	Unattached	Veteran40	M	55:46					141				141		
Chelsey Pryce	DH Runners	Open	F				01:25:32			141			141		
Scott Whittle	Unattached	Open	M	56:08					142				142		
Paul Cretney	Unattached	Veteran50	M		1:03:16				142				142		
Andrew Thurm	Vegan Runners UK	Veteran50	M	56:26					143				143		
Mark Foudy	Eden Runners	Veteran50	M	56:34					144				144		
Tracey Pape	Carlisle Tri Club	Senior	F		1:07:49				144				144		
Julian Lewis	Unattached	Veteran50	M		1:08:45				144				144		
Mary Chappelhow	Eden Runners	Veteran40	F	1:01:39					145				145		
Paul Harris	Unattached	Veteran50	M	56:34					145				145		
Natalie Cummings	Unattached	Senior	F		1:08:21				145				145		
Mark Taylor	Unattached	Veteran60	M		1:09:08				145				145		
Mel Cummings	Unattached	Senior	F		1:08:21				146				146		
Paul Coldham	Keswick AC	Veteran50	M		1:10:07				146				146		
Emma Ford	Teesdale AC	Open	F	1:01:50					147				147		
Nicole Mullen	Unattached	Senior	F		1:08:22				147				147		
Martin Adams	Unattached	Veteran50	M		1:11:21				147				147		
Ashley Grant	Unattached	Open	F	1:02:05					148				148		
Mike Roberts	Eden Runners	Veteran50	M	57:06					148				148		
George Shadwick	Sands Running Club	Veteran70	M		1:13:01				148				148		
Sharon Graham	Bodyfit Cumbria Running Club	Veteran40	F	1:02:11					149				149		
Stephen Kay	Unattached	Veteran50	M	57:15					149				149		
David Michael Firth	DH Runners	Veteran60	M		1:15:33				149				149		
Judith Bennett	Fellside Ladies	Veteran50	F	1:02:42					150				150		
Paul Todd	DH Runners	Veteran40	M	57:40					150				150		
Sandie Donald	Tour de Stobo	Veteran40	F		1:09:07				150				150		
Katy Nash	Galloway Harriers	Veteran40	F	1:02:54					151				151		
James King	Unattached	Open	M	57:45					151				151		
Natalie Smith	Unattached	Senior	F		1:09:07				151				151		
Laura Harker	Cumberland AC	Open	M	1:03:02					152				152		
Sally Mulraine	Unattached	Senior	F		1:09:09				152				152		
Claire Chapman	Unattached	Veteran40	F	1:03:05					153				153		
Carolyn Mooney	Unattached	Veteran40	F		1:10:27				153				153		
Lesley Talbot	Bodyfit Cumbria Running Club	Veteran50	F	1:03:13					154				154		
Geraldine Fardon	Unattached	Veteran40	M	58:16					154				154		
Kathryn Mckie	Unattached	Veteran40	F		1:10:27				154				154		
Emma Gibson	New Balance Running Club	Veteran40	F	1:03:29					155				155		
Nigel Hierons	Eden Runners	Veteran40	M	58:37					155				155		
Maria Quigley	New Balance Running Club	Veteran40	F	1:03:29					156				156		
Steve Connelly	Unattached	Open	M	58:41					156				156		
Lucy Cowton	DH Runners	Veteran50	F	1:03:53					157				157		
Victoria Irving	Border Reivers Runners	Veteran40	F		1:11:14				157				157		
Karen Cavanagh	Cumberland AC	Veteran50	F	1:04:08					159				159		
Steve Campbell	Unattached	Veteran60	M	59:10					159				159		
Annabelle Allen	Bodyfit Cumbria Running Club	Veteran50	F	1:04:17					160				160		
Zoe Ferguson	Unattached	Veteran50	F		1:19:51				160				160		
Mark Holmes	Bodyfit Cumbria Running Club	Veteran50	M	1:01:49					161				161		
Victoria Hatch	Unattached	Open	F	1:04:22					161				161		
Emma Wood	Runmums	Senior	F		1:30:12				161				161		

Paula Harmon	DH Runners	Veteran40	F		1:30:13					162				162	
Tony Mccully	Unattached	Veteran60	M	1:03:50						164				164	
Colin Walker	Wigton Road Runners	Veteran40	M	1:04:34						165				165	
Robin Bell	Cumberland AC	Veteran50	M	1:05:07						166				166	
Neville Lishman	Unattached	Veteran40	M	1:06:34						168				168	
Helen Graham	Eden Runners	Open	F	1:05:14						168				168	
Alison Pescod	DH Runners	Veteran40	F	1:05:19						169				169	
Graham Quinn	Unattached	Veteran40	M	1:07:06						169				169	
Teresa Harris	DH Runners	Veteran50	F	1:05:23						170				170	
Richard Eastoe	Alnwick Harriers	Veteran60	M	1:08:23						170				170	
Lizzie Anderson	Unattached	Veteran40	F	1:05:24						171				171	
Ashley Thomson	DH Runners	Veteran50	M	1:08:45						171				171	
Helen Walker - Sim	Wigton Road Runners	Open	F	1:05:46						172				172	
Shaun Silson	Eden Runners	Veteran50	M	1:09:05						172				172	
Christine Southam	DH Runners	Veteran50	F	1:06:26						173				173	
Susan Milburn	Unattached	Veteran40	F	1:06:51						176				176	
Kathleen Taylor	Eden Runners	Veteran50	F	1:07:22						180				180	
Gay Eastoe	Alnwick Harriers	Veteran60	F	1:08:23						182				182	
Jessica Murphy	Runmums	Open	F	1:09:11						183				183	
Pam Hannah	DH Runners	Veteran50	F	1:09:13						184				184	
Beki Turner-saunders	DH Runners	Open	F	1:12:05						185				185	
Diane Peacock	Eden Runners	Veteran50	F	1:12:06						186				186	
Linda Lee	Eden Runners	Veteran50	F	1:12:17						187				187	
Lisa Culling	Unattached	Veteran40	F	1:12:38						188				188	
Sarah Bowman	Unattached	Veteran40	F	1:14:11						189				189	