

# Carlisle City 10K Series 2018

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

| Name                     | Club                   | Cat       | Sex | Resolution 10K<br>January 21st | CCUTR<br>May 16th | Carlisle Tri 10K<br>June 6th | Sport in Action 10K<br>August 26th | DH River Run<br>October 28th | Points |        |        |        |        | Total<br>Points | Series<br>Pos | Series<br>Winners |                 |
|--------------------------|------------------------|-----------|-----|--------------------------------|-------------------|------------------------------|------------------------------------|------------------------------|--------|--------|--------|--------|--------|-----------------|---------------|-------------------|-----------------|
|                          |                        |           |     |                                |                   |                              |                                    |                              | Race 1 | Race 2 | Race 3 | Race 4 | Race 5 |                 |               |                   |                 |
| <b>Series Qualifiers</b> |                        |           |     |                                |                   |                              |                                    |                              |        |        |        |        |        |                 |               |                   |                 |
| Steven Berry             | Border Harriers & AC   | Open      | M   | 34:51                          |                   | 00:35:15                     | 00:35:47                           |                              |        | 3      |        | 5      | 2      |                 | 10            | 1                 | M - Leader      |
| Fiona Todd               | Unattached             | Veteran40 | F   | 41:47                          | 41:28             | 00:41:14                     | 00:41:34                           |                              |        | 5      | 1      | 3      | 4      |                 | 13            | 1                 | F - Leader      |
| Natalie Mccarron         | Cumberland AC          | Open      | F   | 43:44                          | 41:35             |                              | 00:40:59                           |                              |        | 10     | 2      |        | 2      |                 | 14            | 2                 |                 |
| Vanessa Strickland       | Border Harriers & AC   | Veteran40 | F   |                                | 44:08             | 00:45:17                     | 00:45:09                           |                              |        |        | 4      | 10     | 10     |                 | 24            | 3                 | Vet 40 Leader   |
| Shane Stobbart           | Cumberland AC          | Open      | M   | 37:29                          |                   | 00:36:22                     | 00:36:52                           |                              |        | 11     |        | 11     | 4      |                 | 26            | 2                 |                 |
| Hazel Davies             | Keswick AC             | Veteran50 | F   | 44:15                          |                   | 00:42:32                     | 00:42:38                           |                              |        | 15     |        | 5      | 7      |                 | 27            | 4                 | Vet 50 Leader   |
| Nathan Postill           | Keswick AC             | Under 20  | M   | 37:28                          |                   | 00:37:04                     | 00:37:06                           |                              |        | 10     |        | 13     | 5      |                 | 28            | 3                 | Under 20 Leader |
| Lindsay Walker           | Keswick AC             | Open      | F   |                                | 44:24             | 00:50:44                     | 00:42:15                           |                              |        |        | 5      | 28     | 6      |                 | 39            | 5                 |                 |
| Sean Urtley              | Unattached             | Veteran50 | M   | 39:11                          | 38:56             | 00:38:41                     |                                    |                              |        | 19     | 13     | 20     |        |                 | 52            | 31                | Vet 50 Leader   |
| Graeme Innes             | Unattached             | Open      | M   | 39:52                          |                   | 00:39:10                     | 00:39:23                           |                              |        | 24     |        | 22     | 10     |                 | 56            | 4                 |                 |
| Kevin Scott              | DH Runners             | Veteran40 | M   |                                | 39:24             | 00:40:15                     | 00:40:15                           |                              |        |        | 15     | 25     | 17     |                 | 57            | 13                | Vet 40 Leader   |
| Kyle Laurie              | Carlisle Tri Club      | Open      | M   | 40:16                          | 38:19             | 00:38:00                     | 00:38:09                           |                              |        | 25     | 10     | 18     | 9      |                 | 62            | 5                 |                 |
| Debbie Charlton          | Keswick AC             | Veteran40 | F   | 48:24                          |                   | 00:48:34                     | 00:47:28                           |                              |        | 30     |        | 20     | 15     |                 | 65            | 6                 |                 |
| Claire Reid              | Unattached             | Veteran40 | F   |                                | 51:29             | 00:50:01                     | 00:48:18                           |                              |        |        | 31     | 24     | 18     |                 | 73            | 7                 |                 |
| Bethany Duffy            | DH Runners             | Under 20  | F   | 49:58                          | 45:08             | 00:45:27                     | 00:47:55                           |                              |        | 42     | 8      | 11     | 17     |                 | 78            | 8                 | Under 20 Leader |
| Carl Grierson            | Unattached             | Veteran40 | M   |                                | 41:22             | 00:41:27                     | 00:42:07                           |                              |        |        | 22     | 34     | 27     |                 | 83            | 14                |                 |
| Adam Wedgwood            | Cumberland AC          | Veteran40 | M   |                                | 41:37             | 00:41:32                     | 00:41:57                           |                              |        |        | 27     | 35     | 26     |                 | 88            | 15                |                 |
| Les Hill                 | Dumfries Running Club  | Veteran60 | M   | 41:55                          | 42:07             | 00:41:34                     |                                    |                              |        | 34     | 33     | 36     |        |                 | 103           | 37                | Vet 60 Leader   |
| Linda Aspinall           | Unattached             | Veteran40 | F   | 49:20                          | 51:37             | 00:51:52                     |                                    |                              |        | 36     | 32     | 39     |        |                 | 107           | 9                 |                 |
| Graeme Jones             | Lonely Goat RC         | Veteran40 | M   |                                | 43:21             | 00:42:07                     | 00:42:46                           |                              |        |        | 49     | 43     | 35     |                 | 127           | 16                |                 |
| Martin Steele            | Unattached             | Veteran50 | M   | 42:35                          | 44:13             |                              | 00:42:34                           |                              |        | 41     | 61     |        | 31     |                 | 133           | 32                |                 |
| Sharron Clark            | Wigton Road Runners    | Veteran40 | F   | 53:39                          | 52:20             | 00:51:11                     |                                    |                              |        | 68     | 40     | 34     |        |                 | 142           | 10                |                 |
| Frank Hewer              | Cumberland AC          | Veteran40 | M   | 44:50                          |                   | 00:42:21                     | 00:43:01                           |                              |        | 61     | 42     | 47     | 36     |                 | 144           | 17                |                 |
| Simon Barwick            | Unattached             | Veteran40 | M   | 42:03                          | 43:53             | 00:43:40                     |                                    |                              |        | 36     | 53     | 55     |        |                 | 144           | 18                |                 |
| Stella Atherton          | Cumberland AC          | Veteran40 | F   | 53:10                          | 51:59             | 00:53:27                     |                                    |                              |        | 61     | 35     | 52     |        |                 | 148           | 11                |                 |
| Lorna Gold               | Fetch Everyone         | Veteran50 | F   | 57:42                          |                   | 00:49:48                     | 00:49:09                           |                              |        | 108    |        | 23     | 20     |                 | 151           | 12                |                 |
| Steven Bragg             | Carlisle Tri Club      | Open      | M   |                                | 44:01             | 00:43:53                     | 00:44:12                           |                              |        |        | 57     | 57     | 42     |                 | 156           | 6                 |                 |
| Kev Iveson               | Carlisle Tri Club      | Open      | M   | 42:39                          | 47:29             |                              | 00:42:45                           |                              |        | 43     | 80     |        | 34     |                 | 157           | 7                 |                 |
| Sarah Lord               | Unattached             | Veteran40 | F   | 50:19                          | 53:10             | 00:51:56                     | 00:51:56                           |                              |        | 45     | 47     | 40     | 28     |                 | 160           | 13                |                 |
| Grant Seaton             | Annan and District AC  | Veteran40 | M   |                                | 43:33             | 00:43:56                     | 00:45:36                           |                              |        |        | 51     | 58     | 53     |                 | 162           | 19                |                 |
| Toby Harling             | DH Runners             | Veteran40 | M   |                                | 44:06             | 00:44:06                     | 00:44:18                           |                              |        |        | 60     | 60     | 44     |                 | 164           | 20                |                 |
| Audrey Okelly            | Carlisle Tri Club      | Veteran50 | F   | 54:36                          |                   | 00:53:25                     | 00:55:01                           |                              |        | 77     |        | 50     | 46     |                 | 173           | 14                |                 |
| Louise Duffy             | DH Runners             | Veteran40 | F   | 54:47                          | 50:42             | 00:52:07                     | 00:51:03                           |                              |        | 79     | 27     | 42     | 26     |                 | 174           | 15                |                 |
| Aoife Maher              | Border Reivers Runners | Open      | F   | 53:46                          | 54:20             | 00:54:00                     |                                    |                              |        | 69     | 53     | 55     |        |                 | 177           | 16                |                 |
| Liz Postill              | Carlisle Tri Club      | Veteran40 | F   | 53:32                          | 51:59             | 00:52:21                     | 00:53:22                           |                              |        | 66     | 36     | 44     | 37     |                 | 183           | 17                |                 |
| Carol Douglas            | DH Runners             | Veteran50 | F   | 55:27                          | 55:38             |                              | 00:54:20                           |                              |        | 86     | 64     |        | 40     |                 | 190           | 18                |                 |
| Karen Ben Dhaou          | Unattached             | Open      | F   | 54:21                          | 52:04             | 00:52:32                     | 00:53:01                           |                              |        | 73     | 37     | 48     | 35     |                 | 193           | 19                |                 |
| Tracey Shaw              | Cumberland AC          | Open      | F   | 55:43                          | 53:10             | 00:54:03                     |                                    |                              |        | 89     | 48     | 56     |        |                 | 193           | 20                |                 |
| Samantha Cook            | Unattached             | Veteran40 | F   |                                | 57:51             | 00:57:54                     | 00:55:54                           |                              |        |        | 77     | 82     | 50     |                 | 209           | 21                |                 |
| Chris Knox               | DH Runners             | Veteran50 | M   |                                | 48:21             | 00:47:07                     | 00:46:14                           |                              |        |        | 89     | 79     | 55     |                 | 223           | 33                |                 |
| Lee Lewis                | Carlisle Tri Club      | Veteran40 | M   |                                | 47:32             | 00:48:36                     | 00:47:39                           |                              |        |        | 81     | 86     | 62     |                 | 229           | 21                |                 |
| Karen Mitchell           | Cumberland AC          | Open      | F   | 57:59                          |                   | 00:55:57                     | 00:56:49                           |                              |        | 110    |        | 67     | 55     |                 | 232           | 22                |                 |
| Wayne Horsley            | Unattached             | Veteran40 | M   | 50:07                          | 44:02             | 00:45:19                     |                                    |                              |        | 106    | 58     | 70     |        |                 | 234           | 22                |                 |
| Marie Milligan           | Unattached             | Open      | F   |                                | 59:42             | 00:58:23                     | 00:56:59                           |                              |        |        | 93     | 88     | 57     |                 | 238           | 23                |                 |
| Valerie Welden           | Unattached             | Veteran40 | F   |                                | 1:01:58           | 00:56:17                     | 00:56:33                           |                              |        |        | 115    | 70     | 53     |                 | 238           | 24                |                 |
| Steve Viney              | DH Runners             | Veteran70 | M   |                                | 47:35             | 00:47:03                     | 00:49:46                           |                              |        |        | 82     | 78     | 79     |                 | 239           | 38                | Vet 70 Leader   |
| Karen Boxley             | Unattached             | Veteran40 | F   | 55:44                          | 58:13             | 00:57:26                     |                                    |                              |        | 90     | 79     | 79     |        |                 | 248           | 25                |                 |
| David Goodall            | Cumberland AC          | Veteran40 | M   |                                | 49:02             | 00:50:43                     | 00:47:45                           |                              |        |        | 93     | 98     | 65     |                 | 256           | 23                |                 |
| Keith Atkinson           | DH Runners             | Veteran40 | M   |                                | 48:38             | 00:47:18                     | 00:50:48                           |                              |        |        | 90     | 82     | 87     |                 | 259           | 24                |                 |
| Pauline Ballantyne       | Runmums                | Veteran50 | F   | 54:22                          | 1:00:48           | 00:57:55                     |                                    |                              |        | 74     | 105    | 83     |        |                 | 262           | 26                |                 |
| Kerrie Fiddler           | Unattached             | Veteran50 | F   | 1:01:28                        |                   | 00:54:51                     | 00:57:04                           |                              |        | 144    |        | 61     | 58     |                 | 263           | 27                |                 |
| Paul Fleming             | Unattached             | Open      | M   | 49:57                          | 46:49             | 00:48:20                     |                                    |                              |        | 105    | 73     | 85     |        |                 | 263           | 8                 |                 |
| Amie Meloy               | Cumberland AC          | Open      | F   | 58:01                          |                   | 00:58:02                     | 00:58:34                           |                              |        | 112    |        | 84     | 69     |                 | 265           | 28                |                 |
| Gill Harding             | DH Runners             | Veteran50 | F   |                                | 1:00:04           | 01:02:54                     | 00:57:18                           |                              |        |        | 95     | 113    | 59     |                 | 267           | 29                |                 |
| Rachael Fearon           | Cumberland AC          | Open      | F   | 58:51                          | 56:52             | 00:57:20                     |                                    |                              |        | 121    | 70     | 78     |        |                 | 269           | 30                |                 |
| Peter Stockdale          | Carlisle Tri Club      | Veteran40 | M   | 48:15                          | 47:24             | 00:51:29                     |                                    |                              |        | 90     | 78     | 103    |        |                 | 271           | 25                |                 |
| Robert Fearon            | Cumberland AC          | Veteran40 | M   | 48:43                          |                   | 00:52:06                     | 00:48:28                           |                              |        | 97     |        | 106    | 71     |                 | 274           | 26                |                 |
| John Rowland             | Unattached             | Veteran50 | M   | 50:44                          |                   | 00:49:30                     | 00:49:20                           |                              |        | 111    |        | 89     | 76     |                 | 276           | 34                |                 |
| Jonathan Cork            | Border Reivers Runners | Open      | M   |                                | 50:38             | 00:51:05                     | 00:50:31                           |                              |        |        | 102    | 99     | 84     |                 | 285           | 9                 |                 |
| Heather Herring          | Unattached             | Veteran40 | F   |                                | 1:02:49           | 00:59:42                     | 00:59:35                           |                              |        |        | 119    | 98     | 74     |                 | 291           | 31                |                 |

























