

5K Senior Prize Winners

Overall

1	532	James Hamilton	0:18:31	Open	Male	CARLISLE TRI CLUB
2	567	Derek Newport	0:18:36	5059	Male	PENICUIK HARRIERS
3	520	Kenneth Day	0:18:52	Open	Male	CHILTERN HARRIERS AC

Overall

4	582	Nadia Shaw	0:19:32	Open	Female	CUMBERLAND AC
5	558	Natalie Mccarron	0:19:44	Open	Female	CUMBERLAND AC
7	576	Leanne Robertson	0:21:30	4049	Female	BLACKHILL BOUNDERS

Vet 40

6	542	Richard Hutton	0:20:34	4049	Male	Gade Valley Harriers
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Vet 40

14	562	Sally Metcalfe	0:24:37	4049	Female	UNATTACHED
20	571	Sarah Preston	0:27:12	4049	Female	UNATTACHED

Vet 50

8	514	Peter Campbell	0:22:10	5059	Male	BORDER HARRIERS & AC
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Vet 50

13	566	Pamela Newport	0:23:59	5059	Female	PENICUIK HARRIERS
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Vet 60

53	589	Malcolm Sowerby	0:33:45	6069	Male	UNATTACHED
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Vet 60

36	554	Jane Lenza	0:30:21	6069	Female	DUMFRIES HARRIERS
40	587	Christine Southam	0:30:49	6069	Female	DH RUNNERS

5K Junior Prize Winners

Winner 14/15

1	645	Jack Mcmanus	0:19:49	Open	Male	Carlisle Junior Tri Club
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Winner 14/15

7	646	Charlotte Mitchell	0:22:11	Open	Female	Carlisle Junior Tri Club
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Winner 11/13

4	648	Ashley Todd	0:20:22	Open	Male	BORDER HARRIERS & AC
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Winner 11/13

6	643	Melissa McIntosh	0:21:48	Open	Female	BORDER HARRIERS & AC
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10K Prize Winners

Overall

1	469	Mark Walsh	0:32:07	Open	Male	NETHERHALL AC
2	112	Jonathan Cox	0:33:40	Open	Male	EDEN RUNNERS
3	154	Jack Eyre	0:33:47	Open	Male	EDEN RUNNERS

Overall

28	455	Fiona Todd	0:40:20	4049	Female	BORDER HARRIERS & AC
41	492	Louise Winter	0:41:56	4049	Female	NBRC Keswick
44	473	Elizabeth Watson	0:42:09	Open	Female	DERWENT AC COCKERMOUTH

Junior

294	162	Holly Firby	0:56:27	Junior	Female	DERWENT AC COCKERMOUTH
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Vet 40

5	291	Russell Maddams	0:34:26	4049	Male	KESWICK AC
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7	207	Bruce Hardy	0:36:14	4049	Male	DERWENT AC COCKERMOUTH
8	114	Iain Craven	0:36:19	4049	Male	EDINBURGH ATHLETIC CLUB
Vet 40						
49	70	Karen Bridge	0:42:43	4049	Female	EDEN RUNNERS
76	326	Kathryn Metcalfe	0:44:36	4049	Female	EDEN RUNNERS
82	203	Kerry Grinbergs	0:44:54	4049	Female	EDEN RUNNERS
Vet 50						
11	392	Stuart Robinson	0:36:59	5059	Male	BORDER HARRIERS & AC
17	458	Sean Uttley	0:38:29	5059	Male	UNATTACHED
20	449	Gary Thorpe	0:38:48	5059	Male	AMBLESIDE AC
Vet 50						
51	493	Viv Winter	0:42:44	5059	Female	DERWENT AC COCKERMOUTH
53	120	Hazel Davies	0:42:43	5059	Female	BODYFIT CUMBRIA RUNNING CLUB
80	26	Carol Baker	0:44:55	5059	Female	EDEN RUNNERS
Vet 60						
91	80	David Cain	0:45:38	6069	Male	CUMBERLAND AC
105	462	John Waite	0:46:53	6069	Male	UNATTACHED
114	453	Angus Timmins	0:47:24	6069	Male	UNATTACHED
Vet 60						
85	79	Susan Cain	0:45:19	6069	Female	CUMBERLAND AC
135	85	Jacqui Candlish	0:48:42	6069	Female	SALTWELL HARRIERS
Vet 70						
110	152	Dave Evans	0:46:59	7079	Male	EDEN RUNNERS
Vet 70						
426	309	Susanne Mcdougall	1:10:11	7079	Female	DH RUNNERS
10K Team Winners						
2	112	Jonathan Cox	0:33:40	Male		EDEN RUNNERS
3	154	Jack Eyre	0:33:47	Male		EDEN RUNNERS
6	252	Daniel Jones	0:35:05	Male		EDEN RUNNERS
44	473	Elizabeth Watson	0:42:09	Female		DERWENT AC COCKERMOUTH
51	493	Viv Winter	0:42:44	Female		DERWENT AC COCKERMOUTH
86	242	Lisa Jackson	0:45:20	Female		DERWENT AC COCKERMOUTH