

Carlisle City 10K Series 2019

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

Name	Club	Cat	Sex	Resolution 10K January 20th	CCUTR May 15th	Carlisle Tri 10K June 5th	Sport in Action 10K August 25th	DH River Run October 27th (TBC)	Points					Total Points	Series Pos	Series Winners
									Race 1	Race 2	Race 3	Race 4	Race 5			
Series Qualifiers																
Fiona	Todd	Border Harriers & AC	Vet 40	F	00:40:20	00:41:07	00:40:47			1	1	1			3	Leader
Robert	Hodgson	Border Harriers & AC	Open	M		00:34:17	00:34:23				2	3			5	Leader
Teresa	Medley	Border Harriers & AC	Vet 40	F		00:43:20	00:43:11				3	3			6	Leader Vet 40
Ben	Opie	Netherhall AC	Vet 40	M		00:34:50	00:35:05				3	4			7	Leader 40
Hazel	Davies	Bodyfit Cumbria Running Club	Vet 50	F	00:42:43		00:43:18				5	4			9	Leader Vet 50
Beverley	Smith	Cumberland AC	Open	F	00:43:14	00:43:10				8	2				10	
Bruce	Hardy	Derwent AC Cockermouth	Vet 40	M	00:36:14	00:36:27				7	4				11	
Rachel	Mellor	Keswick AC	Open	F	00:42:47		00:43:54			7		5			12	
Suzanne	McArdle	Carlisle Tri Club	Vet 40	F		00:44:37	00:45:08				5	9			14	
Kathryn	Metcalfe	Eden Runners	Vet 40	F	00:44:36		00:44:10			10		6			16	
Lisa	Jackson	Derwent AC Cockermouth	Open	F	00:45:20	00:45:05				16	7				23	
James	Hamilton	Carlisle Tri Club	Open	M		00:39:13	00:38:50				9	15			24	
Graeme	Innes	Unattached	Open	M	00:37:32		00:38:25			14		14			28	
Bethany	Duffy	DH Runners	Junior	F	00:45:28	00:43:25	00:44:30			17	4	8			29	
Claire	Warner	Keswick AC	Open	F		00:49:06	00:46:31				19	14			33	
Nicholas	Cookson	Unattached	Open	M		00:40:11	00:39:57				11	22			33	
Kyle	Laurie	Carlisle Tri Club	Open	M	00:39:02		00:37:17			23		11			34	
Adam	Dixon	Border Reiver Runners	Open	M		00:40:15	00:40:09				12	24			36	
James	Taylor	Unattached	Open	M		00:40:28	00:39:47				15	21			36	
Georgie	Lowry	Carlisle Tri Club	Open	F	00:46:43	00:45:01	00:44:27			22	8	7			37	
Craig	Little	Sands Runners	Open	M	00:38:28		00:39:45			18		20			38	
Adam	Armata	Unattached	Open	M		00:40:19	00:40:32				13	27			40	
Georgina	Mcroberts	Unattached	Open	F	00:46:36	00:49:01				21	20				41	
Darren	Glynn	Unattached	Open	M		00:40:26	00:41:01				14	31			45	
Sally	Little	Carlisle Tri Club	Vet 40	F	00:48:13	00:48:19				32	16				48	
Peter	Walker	Derwent AC Cockermouth	Vet 50	M	00:39:47	00:41:41				26	22				48	Leader Vet 50
Sarah	Brotherton	NBRC Keswick	Open	F	00:47:00	00:50:06				24	26				50	
Nathan	Postill	Border Harriers & AC	Junior	M	00:41:32		00:39:22			36		17			53	Leader Junior
John	Slater	DH Runners	Open	M		00:42:52	00:40:20				31	25			56	
David	Grimshaw	Unattached	Vet 40	M	00:41:31	00:42:14				34	24				58	
Marc	Brown	Unattached	Open	M	00:41:20		00:40:37			32		29			61	
Nicola	Lee	Carlisle Tri Club	Open	F		00:50:55	00:49:24				35	27			62	
Linda	Aspinall	Unattached	Vet 40	F	00:48:50	00:50:20				37	31				68	
Viki	Kent-Carlile	Carlisle Tri Club	Vet 40	F	00:48:28		00:50:18			34		36			70	
Kevin	Scott	DH Runners	Vet 40	M	00:40:19	00:41:04	00:40:07			28	20	23			71	
Frank	Hewer	Cumberland AC	Vet 40	M	00:42:26	00:42:13				46	26				72	
Joanne	Mckenzie	Unattached	Vet 50	F		00:51:35	00:50:17				37	35			72	
Ian	Wilson	Cumberland AC	Open	M	00:41:45		00:41:38			39		34			73	
Mike	Bell	Eden Runners	Vet 40	M		00:44:03	00:40:58				44	30			74	
Sian	Dempster	Cumberland AC	Open	F	00:49:38		00:49:33			46		29			75	
Lorna	Gold	Fetch Everyone	Vet 50	F	00:47:01	00:50:24	00:47:43			25	32	20			77	
Graeme	Jones	Lonely Goat RC	Vet 40	M	00:42:21		00:41:23			45		32			77	
Claire	Reid	Unattached	Vet 40	F	00:48:11	00:49:36	00:48:33			31	22	24			77	
Simon	Barwick	Unattached	Vet 40	M		00:43:32	00:42:08				38	39			77	
Sarah	Lord	DH Runners	Vet 40	F		00:52:01	00:51:11				41	40			81	
Sharron	Clark	Wigton Road Runners	Vet 40	F	00:50:11	00:50:46				48	34				82	
Neil	Richardson	Unattached	Open	M		00:43:31	00:42:34				41	41			82	
Liz	Postill	Carlisle Tri Club	Vet 40	F	00:51:20		00:49:28			55		28			83	
Norman	James Johnstone	Annan & District AC	Vet 50	M		00:43:27	00:43:33				36	50			86	
Jack	Johnstone	Annan & District AC	Open	M		00:43:22	00:43:33				35	51			86	
Brett	Malloy	Derwent AC Cockermouth	Open	M		00:43:55	00:42:54				43	44			87	
Stella	Atherton	Cumberland AC	Vet 40	F	00:47:55	00:48:16	00:51:20			29	17	42			88	
James	Hughes	Unattached	Open	M	00:43:31	00:43:27				56	37				93	
Liz	Dawson	Annan & District AC	Vet 50	F		00:54:00	00:51:46				50	44			94	
Kevin	Robinson	Derwent AC Cockermouth	Vet 40	M		00:45:11	00:41:51				58	36			94	
Tracey	Pagin	DH Runners	Open	F	00:49:09		00:52:45			42		53			95	
Jenny	Armstrong	Border Reiver Runners	Vet 50	F	00:51:45	00:52:35				60	42				102	
Sally-Anne	Monaghan	Unattached	Vet 40	F		00:54:24	00:52:06				55	48			103	
Alan	Roberts	Unattached	Vet 40	M	00:44:25	00:43:38				66	39				105	
Jennifer	Moody	Carlisle Tri Club	Vet 40	F	00:52:02		00:51:24			63		43			106	
David	Ferguson	Unattached	Open	M	00:43:44		00:43:18			60		46			106	
Darren	Haney	Wigton Road Runners	Vet 40	M		00:44:29	00:44:15				49	57			106	
Andrew	Allison	Unattached	Open	M	00:43:35	00:44:32				58	50				108	
Adrian	Hadley	Cumberland AC	Open	M	00:46:36	00:42:14				85	25				110	
Neil	Young	Unattached	Open	M	00:44:28	00:44:17				67	45				112	
Jaye	Adams	Bodyfit Cumbria Running Club	Vet 40	F	00:51:34		00:53:06			58		58			116	

Louise	Firby	Derwent AC Cockermouth	Vet 40	F	00:53:55		00:50:05			87		32		119	
Haydn	Bryson	DH Runners	Junior	M		00:45:29	00:44:00				63	56		119	
Robert	Paterson	Derwent AC Cockermouth	Open	M	00:44:30		00:43:58			68		55		123	
Katy	Woodman	Runmums	Open	F			00:53:31				61	62		123	
Karen	Bowler	Cumberland AC	Vet 60	F	00:53:16		00:51:55			78		46		124	Leader Vet 60
Kate	Imrie	DH Runners	Open	F			00:55:48				66	63		129	
Sarah	Lupton	Unattached	Open	F	00:52:11		00:53:45			65		64		129	
Toby	Harling	DH Runners	Vet 40	M	00:43:12		00:43:10			51	33	48		132	
Billy	Stobbart	Cumberland AC	Open	M	00:43:22		00:43:42			53	40	43		136	
Andy	Caven	DH Runners	Vet 50	M			00:46:00				67	70		137	
Allison	Huggon	Runmums	Vet 40	F			00:56:00				67	70		137	
Graham	Hetherington	Cumberland AC	Vet 50	M	00:44:54		00:45:09			71		67		138	
Carmel	Bones	Carlisle Tri Club	Vet 40	F	00:53:51		00:50:04			86	27	26		139	
Helen	Mcmanus	Runmums	Vet 40	F			00:56:39				69	72		141	
Louise	Duffy	DH Runners	Vet 50	F	00:52:00		00:52:05			62	40	41		143	
Malcolm	Crosbie	Unattached	Open	M			00:47:32				77	68		145	
Sue	Booth	Cumberland AC	Vet 50	F			00:57:02				77	74		151	
Haley	Millican	Striders of Croydon	Open	F	00:51:21		00:53:22			56	46	49		151	
Carl	Deane	DH Runners	Vet 50	M			00:46:37				69	87		156	
Mary	Messenger	DH Runners	Vet 50	F			00:57:26				81	76		157	
Wayne	Horsley	Unattached	Vet 40	M	00:43:22		00:44:35			52	52	53		157	
James	Cameron	Unattached	Open	M	00:45:38		00:47:51			77	80			157	
Valerie	Welden	Unattached	Vet 40	F			00:56:47				74	83		157	
Martyn	Minchella	Cumberland AC	Vet 40	M	00:47:33		00:44:49			94		64		158	
John	Green	Annan & District AC	Vet 50	M			00:47:39				81	80		161	
Craig	McDougall	Unattached	Vet 40	M	00:45:48		00:47:44			78		84		162	
Audrey	O'Kelly	Carlisle Tri Club	Vet 50	F	00:53:22		00:51:37			80	38	47		165	
Richard	Smith	Annan & District AC	Vet 40	M			00:48:37				86	81		167	
Teresa	Harris	DH Runners	Vet 50	F			00:58:44				95	75		170	
Ben	Mcewan	Unattached	Open	M			00:49:11				95	75		170	
Matthew	Birkett	Unattached	Open	M			00:47:59				82	89		171	
Laura	Wylie	Cumberland AC	Open	F	00:55:34		00:54:04			110		66		176	
Ben	Scott	Carlisle Junior Tri Club	Junior	M			00:48:17				85	92		177	
Marie	Milligan	Unattached	Open	F			00:59:47				101	79		180	
Chris	Knox	DH Runners	Vet 50	M			00:49:05				96	85		181	
Sammy	Howe	Runmums	Vet 40	F			00:58:31				91	90		181	
Peter	Telford	Cumberland AC	Vet 40	M	00:43:56		00:44:52			61	55	66		182	
Lisanne	Whitaker	Runmums	Vet 50	F	00:56:29		00:54:39			123	60			183	
David	Mitchell	Unattached	Vet 50	M	00:51:20					134		49		183	
Ben	Harper	Carlisle Tri Club	Vet 40	M	00:42:57					50		134		184	
Gill	Harding	DH Runners	Vet 50	F			01:00:09				115	71		186	
Katherine	Bell	Unattached	Vet 40	F	00:55:19		00:57:50			105	82			187	
Joanne	Fee	Bodyfit Cumbria Running Club	Vet 40	F	00:54:55		00:58:34			98	92			190	
Fiona	Moore	DH Runners	Vet 40	F	00:52:54		00:55:16			77	62	52		191	
Nicola	Bills	Runmums	Vet 40	F	00:56:13		00:56:41			121	72			193	
Ildiko	Kiss Thoma	Unattached	Vet 40	F			00:59:52				107	86		193	
Emma	Bzik	Cumberland AC	Vet 40	F	00:54:57		00:59:22			99	99			198	
Gary	Chandler	DH Runners	Vet 50	M			00:50:45				105	93		198	
Abby	Rogerson	Dumfries Harriers	Vet 40	F	00:55:40		00:58:02			112	86			198	
Steven	Archibald	Carlisle Tri Club	Vet 40	M	00:48:12		00:49:59			100	100			200	
Kelly	Mitchell	Runmums	Open	F			01:00:29				121	80		201	
Lee	Lowis	Carlisle Tri Club	Vet 40	M	00:45:57		00:45:04			80	57	65		202	
Angus	Timmins	Unattached	Vet 60	M	00:47:24		00:51:35			93	110			203	Leader Vet 60
Leeann	Barber	Cumberland AC	Open	F	00:54:12		00:54:33			90	56	59		205	
Samantha	Cook	Unattached	Vet 40	F	00:53:30		00:54:40			82	57	69		208	
John	Patterson	Unattached	Open	M			00:51:36				112	96		208	
Lesley	Tickell	Border Reiver Runners	Open	F	00:56:34		00:58:03			124	85			209	
Rachael	Fearon	Cumberland AC	Vet 40	F			01:00:16				113	98		211	
Stephen	Benson	Unattached	Open	M	00:50:00					122		90		212	
Stephen	Atherton	Cumberland AC	Vet 50	M			00:51:37				111	104		215	
Alison	Birkett	Unattached	Vet 40	F			01:00:46				125	95		220	
Sophie	Badrick	Bodyfit Cumbria Running Club	Open	F	00:58:03					141		84		225	
Steven	Nicholson	Unattached	Open	M			00:54:17				129	99		228	
Paul	Fleming	Unattached	Open	M	00:46:10		00:47:04			82	74	73		229	
Stuart	Black	Dumfries Harriers	Open	M	00:51:02		00:50:14			131	101			232	
Carol	Harvey	Wigton Road Runners	Vet 50	F			01:02:57				139	94		233	
Alastair	Elliott	Unattached	Vet 50	M	00:51:46		00:49:45			140		95		235	
Catherine	Nicholson	Cumberland AC	Vet 40	F	00:58:51		00:57:42			156	80			236	
Kerrie	Fiddler	DH Runners	Vet 50	F	00:56:56		00:54:06			127	52	57		236	
Wendy	Navin	Cumberland AC	Vet 40	F	00:56:56		00:59:55			126	112			238	
Geoff	Mcqueen	Annan & District AC	Vet 40	M			00:54:40				132	107		239	
Lucy	Charnock	Carlisle Tri Club	Open	F			01:03:08				138	101		239	
Angus	Grant	Carlisle Tri Club	Open	M			00:53:36				122	117		239	
Elaine	Stockdale	Northern Fells Running Club	Open	F	00:54:08		00:59:09			88	97	54		239	
Stuart	Rome	Unattached	Open	M	00:49:43		00:53:45			119	125			244	

Elizabeth	Dodd	Cumberland AC	Open	F	00:59:16		00:57:18			163		82			245	
Colin	Browne	Carlisle Tri Club	Vet 40	M	00:48:07	00:46:57	00:46:46			98	73	76			247	
Shona	Barnes	Unattached	Open	F		01:03:50	01:02:51				142	106			248	
Donna	Walton	Unattached	Vet 40	F		01:03:50	01:02:51				141	107			248	
John	Rowland	DH Runners	Vet 50	M	00:47:45	00:47:46	00:46:52			96	79	77			252	
Karl	Douglas	DH Runners	Vet 50	M		00:56:28	00:54:31				138	118			256	
Jp	Whalen	DH Runners	Open	M	00:53:58		00:51:02			159		102			261	
Deborah	Matthews	Unattached	Open	F		01:04:31	01:05:55				146	115			261	
Cath	Fairlam	Unattached	Vet 40	F		01:06:45	01:04:08				154	112			266	
Howard	Armstrong	Border Reiver Runners	Vet 60	M	00:53:36	00:52:17				153	114				267	
Graham	Harmse	Carlisle Tri Club	Vet 50	F	00:52:23	00:50:29	00:49:11			70	103	94			267	
Louise	Giovannini	DH Runners	Vet 40	F		01:07:38	01:03:24				159	111			270	
David	Moon	Carlisle Tri Club	Vet 50	M	00:54:10		00:52:29			162		110			272	
Allan	Redoble	DH Runners	Vet 40	M		00:57:57	00:56:32				151	125			276	
John	McCreadie	DH Runners	Vet 40	M	00:48:25	00:48:46	00:48:03			104	88	86			278	
Lewis	Black	Dumfries Harriers	Open	M	00:50:58	00:46:35	00:47:00			130	71	78			279	
Hilary	Singleton	Unattached	Vet 40	F		01:08:28	01:08:23				161	121			282	
Kate	Riley	Unattached	Open	F	01:00:52	00:59:52				175	110				285	
Stephen	Smith	Cumberland AC	Vet 50	M	00:55:53		00:55:44			171		122			293	
Craig	Read	Unattached	Open	M	00:53:04	00:57:07				151	142				293	
Nathan	Scott	Carlisle Junior Tri Club	Vet 40	M		01:07:53	01:06:02				164	130			294	
Fiona	Jardine	Dumfries Running Club	Vet 50	F	00:55:04	00:59:48	00:58:10			101	106	87			294	
Nicola	Jackson	DH Runners	Vet 50	F		01:13:21	01:10:03				172	124			296	
Nicola	Edwards	Carlisle Tri Club	Vet 40	F	00:59:30	01:03:01				164	134				298	
Quynh	Nguyen	Unattached	Vet 40	F	00:59:09	01:02:57				162	136				298	
Rebecca	Glynn	Cumberland AC	Open	F	01:03:09		01:02:32			194		105			299	
Rob	Farmer	Unattached	Vet 40	M	00:54:24	00:57:24				163	143				306	
Debbie	Beardsmore	DH Runners	Open	F	01:05:46		01:01:55			212		100			312	
Chris	Whitby	Cumberland AC	Vet 50	M	00:54:00	00:59:37				161	154				315	
Mike	Denovellis	Unattached	Open	M	00:56:41	00:57:36				177	145				322	
George	Fraser	Annan & District AC	Vet 70	M	01:06:33		01:07:12			196		132			328	Leader Vet 70
Tracey	Pape	Carlisle Tri Club	Open	F	01:05:59		01:05:59			215		116			331	
Heather	Herring	Unattached	Vet 40	F	00:55:46	00:59:37	01:06:52			114	104	119			337	
Averil	Nugent	DH Runners	Vet 50	F	01:05:46		01:13:35			213		126			339	
David	Mcginn	Unattached	Vet 40	M	01:01:21	01:03:33				190	162				352	
Susanne	Mcdougall	DH Runners	Vet 70	F	01:10:11		01:14:14			231		127			358	Leader Vet 70
Emma	Louise Taylor	DH Runners	Open	F	01:05:08	01:07:33				208	158				366	
Louise	Little	Border Reiver Runners	Vet 50	F	01:07:15	01:09:49				221	169				390	
Sara	Milburn	DH Runners	Vet 60	F	01:08:26	01:08:15				227	163				390	
Rikki	Dawson	Border Reiver Runners	Open	F	01:07:29	01:10:10				222	170				392	
Helen	Cupac	DH Runners	Vet 40	F	01:00:22	01:01:12	01:00:14			172	127	96			395	
Tracey	Anderson	DH Runners	Vet 50	F	01:08:16	01:10:53	01:09:16			226	171				397	
Mark	Evans	Unattached	Vet 40	M	00:52:03	00:55:00	00:55:31			144	134	121			399	
Claire	Heggie	Border Reiver Runners	Open	F	01:01:48	01:02:36	00:58:52			185	133	89			407	
Jaclyn	Gray	Unattached	Vet 40	F	01:11:53	01:14:09				234	173				407	
Mo	Giovannini	DH Runners	Vet 50	M	00:53:58	00:56:16	00:54:06			160	140	116			416	
Kerry Ann	Kruger	Border Reiver Runners	Vet 40	F	01:14:36	01:21:12				239	180				419	
Nikki	Borland	Unattached	Vet 50	F	01:18:10	01:20:37				242	177				419	
Sarah	Dent	Unattached	Vet 40	F	01:18:09	01:20:55				241	179				420	
Anthony	Nicholson	DH Runners	Vet 50	M	00:56:28	00:55:35	00:53:24			175	136	111			422	
Lorraine	Telford	Cumberland AC	Vet 40	F	01:00:55	01:04:46	01:05:29			177	148	114			439	
Wayne	Stevens	DH Runners	Vet 40	M	00:53:56	01:01:10	00:56:04			158	160	124			442	
Jaime	Johnston	Border Reiver Runners	Open	M	00:59:26	00:56:15	00:58:01			183	137	127			447	
Linda	Brown	Wigton Road Runners	Vet 40	F	01:04:55	01:06:42	01:03:19			203	155	110			468	
Bev	Wilson	DH Runners	Vet 40	F	01:05:47	01:06:01	01:06:11			214	152	117			483	
Martin	Adams	DH Runners	Vet 50	M	01:05:53	01:07:55	01:07:22			195	165	133			493	

Runners below are unable to win the Series due to the lack of qualify races - No more results will be added

James	Buis	BORDER HARRIERS & AC	Vet 40	M		00:33:40					1				1	
Sam	Stead	KESWICK AC	Open	M			00:33:45					1			1	
Mark	Walsh	NETHERHALL AC	Open	M	00:32:07					1					1	
Jonathan	Cox	EDEN RUNNERS	Open	M	00:33:40					2					2	
Paul	Graves	DH RUNNERS	Vet 40	M			00:34:00					2			2	
Esther	Illman	BORDER HARRIERS & AC	Open	F			00:41:43					2			2	
Louise	Winter	NBRC KESWICK	Vet 40	F	00:41:56					2					2	
Jack	Eyre	EDEN RUNNERS	Open	M	00:33:47					3					3	
Elizabeth	Watson	DERWENT AC COCKERMOUTH	Open	F	00:42:09					3					3	
Karen	Bridge	EDEN RUNNERS	Vet 40	F	00:42:43					4					4	
Ryan	Milligan	TEVIOTDALE HARRIERS	Open	M	00:34:02					4					4	
Ben	Hale	CARLISLE TRI CLUB	Open	M			00:35:46					5			5	
Russell	Maddams	KESWICK AC	Vet 40	M	00:34:26					5					5	
Stu	Windsor	DH RUNNERS	Vet 40	M		00:37:52					5				5	
Olivia	Graham	BORDER HARRIERS & AC	Junior	F		00:45:04					6				6	
Colin	Holden	DUMFRIES RUNNING CLUB	Vet 50	M		00:37:55					6				6	
Daniel	Jones	EDEN RUNNERS	Open	M	00:35:03					6					6	

Shane	Stobbart	CUMBERLAND AC	Open	M			00:35:57				6			6			
Viv	Winter	DERWENT AC COCKERMOUTH	Vet 50	F	00:42:44					6				6			
Paul	Ferguson	NETHERHALL AC	Vet 40	M				00:36:18			7			7			
Graeme	Fleming		Open	M		00:38:36					7			7			
Iain	Craven	EDINBURGH ATHLETIC CLUB	Vet 40	M	00:36:19					8				8			
Mark	Emmerson	DH RUNNERS	Open	M		00:38:52					8			8			
Ryan	Galea	NETHERHALL AC	Open	M				00:36:41				8			8		
Rosie	Allen	HARTFELL HILL RUNNING CLUB	Vet 40	F		00:45:42					9				9		
Chris	Neil	BARROW RUNNERS	Open	M				00:36:58				9				9	
James	Souter	ARRAGONS CUMBRIA TRI CLUB	Open	M	00:36:49					9					9		
Lindsay	Walker	KESWICK AC	Open	F	00:44:20					9					9		
Andrew	Gibson	SHETTLESTON HARRIERS	Open	M	00:36:54					10					10		
Katherine	Hamilton	NETHERHALL AC	Open	F				00:45:23					10			10	
Mitchell	Liddle	BORDER HARRIERS & AC	Junior	M				00:37:04					10			10	
John	Messenger	NORTHERN FELS RUNNING CLUB	Vet 40	M		00:39:25					10				10		
Vanessa	Strickland	BORDER HARRIERS & AC	Vet 40	F		00:46:38					10				10		
Kerry	Grinbergs	EDEN RUNNERS	Vet 40	F	00:44:54					11					11		
Stuart	Robinson	BORDER HARRIERS & AC	Vet 50	M	00:36:59					11					11		
Alexandrea	Rzepecki	DUMFRIES HARRIERS	Open	F		00:46:42					11				11		
Hazel	Smyth	DUMFRIES RUNNING CLUB	Open	F				00:45:29				11				11	
Carol	Baker	EDEN RUNNERS	Vet 50	F	00:44:55					12					12		
Cath	Burrus		Vet 50	F		00:47:09					12				12		
Nigel	Mccombie	EDEN RUNNERS	Vet 40	M	00:37:27					12					12		
Maciej	Trzeciak		Open	M				00:37:21					12			12	
Louisa	Waite	BORDER REIVER RUNNERS	Open	F				00:46:26					12			12	
Emily	Arter	CARLISLE TRI CLUB	Open	F				00:46:27					13			13	
Nicola	Black	KESWICK AC	Open	F	00:45:00					13					13		
Chris	Gray	TRI LAKELAND	Vet 40	M	00:37:29					13					13		
Jordan	Kelly	CUMBERLAND AC	Open	M				00:37:31					13			13	
Anne	Macfarlane	DUMFRIES RUNNING CLUB	Vet 50	F		00:47:31					13				13		
Sue	Jeffrey	DUMFRIES RUNNING CLUB	Open	F		00:47:54					14				14		
Rachel	Mumberson	UNATTACHED	Open	F	00:45:03					14					14		
Susan	Cain	CUMBERLAND AC	Vet 60	F	00:45:19					15					15		
Katherine	Downie	GATESHEAD HARRIERS	Open	F				00:47:00					15			15	
Janet	Priestley	HARTFELL HILL RUNNING CLUB	Vet 50	F		00:48:13					15				15		
Howard	Seal	Derwent	Vet 40	M	00:37:41					15					15		
Emily	Christmas	KESWICK AC	Open	F				00:47:18					16			16	
James	Graham	CUMBRIA POLICE	Open	M				00:39:18					16			16	
Stephen	Hackley	DERWENT AC COCKERMOUTH	Vet 40	M		00:40:35							16			16	
Kevin	Wallace	CUMBERLAND AC	Vet 40	M	00:37:56					16					16		
Matt	Charlton	DH RUNNERS	Open	M	00:38:26					17					17		
Lynne	Hume	KESWICK AC	Vet 40	F				00:47:27					17			17	
Nathanael-Jon	Ingram		Open	M		00:40:37							17			17	
Susanne	Enhard	EDEN RUNNERS	Vet 50	F	00:45:49					18					18		
Jill	Gardiner	CARLISLE TRI CLUB	Vet 40	F				00:47:32					18			18	
Isobel	Graham		Vet 50	F		00:48:24							18			18	
Paul	Mcknespiey	DH RUNNERS	Vet 40	M				00:39:31					18			18	
Martin	Thomlinson	MUCKLE TOON SLOGGERS	Vet 40	M		00:40:40							18			18	
Carl	Blackburn		Open	M				00:39:32					19			19	
Alex	Gonzales	DUMFRIES HARRIERS	Open	F				00:47:36					19			19	
Hayley	Hodgson	CUMBERLAND AC	Open	F	00:45:54					19					19		
Sean	Uttley	UNATTACHED	Vet 50	M	00:38:29					19					19		
Ian	Wingfield	CARLISLE TRI CLUB	Vet 50	M		00:40:45					19				19		
Amanda	Singleton	EDEN RUNNERS	Vet 40	F	00:46:30					20					20		
John	Waite	CARLISLE TRI CLUB	Open	M	00:38:39					20					20		
Charlotte	Barry	CUMBERLAND AC	Open	F				00:47:51					21			21	
Ivan	Newton	TYNEDALE HARRIERS & AC	Vet 50	M		00:41:28							21			21	
Gary	Thorpe	AMBLESIDE AC	Vet 50	M	00:38:48					21					21		
Vic	Wilson	CUMBERLAND AC	Open	F		00:49:22							21			21	
Kevin	Conchar	DUMFRIES RUNNING CLUB	Vet 40	M	00:38:49					22					22		
Nicola	Tweddle		Open	F				00:47:57					22			22	
Tania	Alameda	TRI LAKELAND	Open	F	00:46:57					23					23		
Debbie	Charlton	KESWICK AC	Vet 40	F				00:48:13					23			23	
Stuart	Gillespie	DUMFRIES RUNNING CLUB	Open	M		00:41:58							23			23	
Esme	Green		Open	F		00:49:26							23			23	
Emma	Graham	ST BEES TRIERS	Vet 40	F		00:49:43							24			24	
Andrew	Kirkman	UNATTACHED	Vet 40	M	00:39:12					24					24		
Nicola	Carruthers	CARLISLE TRI CLUB	Vet 40	F				00:48:52					25			25	
James	Grinbergs	EDEN RUNNERS	Vet 40	M	00:39:29					25					25		
Megan	Martin		Open	F		00:50:05							25			25	
Natasha	Collins	Unaffiliated	Open	F	00:47:31					26					26		
Darren	Willey	CARLISLE TRI CLUB	Vet 40	M				00:40:27					26			26	
Matthew	Little		Open	M		00:42:32							27			27	
Sarah	Mcintosh	EDEN RUNNERS	Open	F	00:47:36					27					27		
Paul	Nickells	EDEN RUNNERS	Vet 50	M	00:40:10					27					27		
Andrea	Challenger	CUMBERLAND AC	Vet 40	F	00:47:51					28					28		
Robyn	Mathews		Open	F		00:50:08							28			28	
David	Postill	CARLISLE TRI CLUB	Vet 40	M				00:40:34					28			28	

Paul	Thomason	CUMBERLAND AC	Vet 40	M		00:42:13				28				28	
Barbara	Deane		Open	F		00:50:00				29				29	
Martin	Gallagher	UNATTACHED	Vet 40	M	00:40:58					29				29	
Nick	Lancaster	DERWENT AC COCKERMOUTH	Vet 60	M		00:42:34								29	
Mark	Little		Vet 40	M		00:42:44				30				30	
Susan	Pattinson	EDEN RUNNERS	Open	F	00:47:58					30				30	
Emma	Rowntree	CUMBERLAND AC	Vet 40	F			00:49:50				30			30	
Steven	Savery	UNAFFILIATED	Open	M	00:41:18					30				30	
Ann-Marie	Tulloch		Vet 40	F		00:50:16					30			30	
Carl	Douglas	UNATTACHED	Vet 40	M	00:41:19					31				31	
Audrey	Turnbull	EDEN RUNNERS	Open	F			00:49:52				31			31	
Martin	Steele		Vet 50	M		00:43:06					32			32	
Nathan	A Thompson	CUMBERLAND AC	Open	M			00:41:33					33		33	
Rachel	Ash		Open	F			00:50:14					33		33	
Siobhan	Brewer	TRI LAKELAND	Vet 40	F	00:48:13					33				33	
Skye	Sarabs	DUMFRIES RUNNING CLUB	Open	F		00:50:57					33			33	
Adam	Wedgwood	CUMBERLAND AC	Vet 40	M	00:41:25					33				33	
Nick	Brown		Open	M		00:43:21					34			34	
Carol	Elliot	DUMFRIES HARRIERS	Vet 50	F			00:50:15					34		34	
Beverley	Armstrong	DH RUNNERS	Vet 40	F	00:48:39					35				35	
Chris	Davison	CARLISLE TRI CLUB	Vet 50	M	00:41:32					35				35	
Wayne	Laird		Vet 40	M			00:41:39					35		35	
Jacqui	Candlish	SALTWELL HARRIERS	Vet 60	F	00:48:42					36				36	
Ellie	Hatt	BORDER REIVER RUNNERS	Open	F		00:51:18					36			36	
Raymond	Duff		Vet 40	M			00:41:56					37		37	
Wayne	Greig	CARLISLE TRI CLUB	Open	M	00:41:33					37				37	
Tracy	Hodgson	NETHERHALL AC	Open	F			00:50:20					37		37	
Peter	Clark		Vet 40	M	00:41:34					38				38	
Anne	Downie		Vet 50	F			00:50:52					38		38	
Clare	Kent	EDEN RUNNERS	Open	F	00:48:58					38				38	
Michael	Mallen	KESWICK AC	Vet 60	M			00:42:06					38		38	
Jane	Elliott	KESWICK AC	Vet 50	F			00:50:58					39		39	
Anna	McCombie	EDEN RUNNERS	Open	F	00:49:03					39				39	
Ann	Stuart		Vet 50	F		00:52:01					39			39	
Olivia	Kidd	EDEN RUNNERS	Open	F	00:49:06					40				40	
Willie	Martin	DUMFRIES HARRIERS	Vet 50	M	00:41:49					40				40	
Joseph	Webb	EDEN RUNNERS	Open	M			00:42:26					40		40	
Sally	Blackmore	EDEN RUNNERS	Vet 50	F	00:49:08					41				41	
Mark	Wightman	UNATTACHED	Vet 40	M	00:41:57					41				41	
Alex	Jarzyna	MUCKLE TOON SLOGGERS	Vet 40	M		00:43:52					42			42	
Brian	Mohan	DUMFRIES RUNNING CLUB	Vet 50	M			00:42:45					42		42	
John	Oakey	EDEN RUNNERS	Vet 40	M	00:42:04					42				42	
Rhiannon	Jones	CUMBERLAND AC	Vet 40	F		00:52:41					43			43	
Philip	Meloy	CUMBERLAND AC	Vet 40	M	00:42:15					43				43	
Rebecca	Ray	Unaffiliated	Open	F	00:49:16					43				43	
Lisa	Benn	BODYFIT CUMBRIA RUNNING CLUB	Vet 40	F	00:49:21					44				44	
Simon	Glover	UNATTACHED	Open	M	00:42:20					44				44	
Tracey	Shaw	CUMBERLAND AC	Open	F		00:52:51					44			44	
Nicky	Butler	KESWICK AC	Vet 50	F			00:51:48					45		45	
Christopher	Cook	CARLISLE TRI CLUB	Open	M			00:43:12					45		45	
Jenny	Mitchell	CARLISLE TRI CLUB	Vet 40	F		00:53:11					45			45	
Helen	Tyson	EDEN RUNNERS	Open	F	00:49:24					45				45	
Joe	Boardman	ANNAN AND DISTRICT AC	Vet 50	M		00:44:18					46			46	
Laura	Earl		Open	F		00:54:01					47			47	
Andrea	Fox	UNATTACHED	Vet 40	F	00:49:43					47				47	
Richard	Hutton	GADE VALLEY HARRIERS	Vet 40	M		00:44:20					47			47	
Bruno	Lapa		Open	M			00:43:23					47		47	
Lee	Makar	Unisun	Open	M	00:42:27					47				47	
Jason	Little	DUMFRIES HARRIERS	Vet 40	M		00:44:23					48			48	
Philip	Lowrey	UNATTACHED	Open	M	00:42:43					48				48	
Jade	Ruddick		Open	F		00:54:15					48			48	
Karen	Littlejohn	DUMFRIES RUNNING CLUB	Open	F		00:54:19					49			49	
Neil	Mcgurk	TRI LAKELAND	Vet 50	M	00:42:52					49				49	
Gerry	Shaw	ST HELENS STRIDERS	Open	F	00:50:24					49				49	
Kim	Clark	KESWICK AC	Vet 60	F			00:52:13					50		50	
Maria	Quigley	KESWICK AC	Vet 40	F	00:50:38					50				50	
Angela	Fisher	CARLISLE TRI CLUB	Open	F	00:50:43					51				51	
Sarah	Pattinson	NETHERHALL AC	Open	F			00:52:22					51		51	
Louise	Ruddick		Vet 40	F		00:54:04					51			51	
Dan	Wilson	CUMBERLAND AC	Open	M		00:44:30					51			51	
Laura	Nasif	Unaffiliated	Open	F	00:50:48					52				52	
Sandy	Shankland	DUMFRIES RUNNING CLUB	Vet 60	M			00:43:34					52		52	
Stephen	Kirkpatrick	DERWENT AC COCKERMOUTH	Vet 40	M		00:44:41						53		53	
Helen	Short		Vet 40	F		00:54:27					53			53	
Samantha	Sugden	EDEN RUNNERS	Open	F	00:50:57					53				53	
Justyna	Barrow	UNATTACHED	Open	F	00:50:58					54				54	
Geoffrey	Chapman	EDEN RUNNERS	Vet 50	M	00:43:23					54				54	
Martin	Grey	DH RUNNERS	Vet 60	M			00:43:56					54		54	

Celia	Sanderson	ALLEN VALLEY STRIDERS	Vet 50	F		00:54:12				54				54	
Gordon	Vivers	ANNAN AND DISTRICT AC	Vet 60	M		00:44:52				54				54	
Richard	McAlear	UNATTACHED	Open	M	00:43:28					55				55	
Heidi	Wright		Open	F				00:53:00			55			55	
David	Macgillivray	DH RUNNERS	Vet 60	M		00:44:59				56				56	
Erica	Robison		Open	F				00:53:01			56			56	
James	Saxon	EDEN RUNNERS	Vet 40	M	00:43:34					57				57	
Rebecca	Thorpe	UNATTACHED	Open	F	00:51:32					57				57	
Jonathan	Brewer	CARLISLE TRI CLUB	Vet 40	M				00:44:17			58			58	
Jen	Powley		Vet 40	F		00:54:46				58				58	
Colin	Fell	NORTHERN FELLS RUNNING CLUB	Vet 50	M	00:43:41					59				59	
Hannah	Lyons	UNATTACHED	Open	F	00:51:35					59				59	
Alex	Palmer	CARLISLE TRI CLUB	Open	M				00:44:27			59			59	
David	Rice	CARLISLE TRI CLUB	Vet 40	M		00:44:57				59				59	
Laura	Wilson		Open	F		00:54:48				59				59	
David	Burns	DUMFRIES RUNNING CLUB	Vet 50	M		00:45:07				60				60	
Andrea	Fell	CUMBERLAND AC	Vet 40	F				00:53:15			60			60	
Michael	Jardine	DUMFRIES RUNNING CLUB	Vet 50	M				00:44:30			60			60	
Laura	Broatch	DUMFRIES RUNNING CLUB	Vet 40	F				00:53:17			61			61	
Robert	Emmerson	BORDER REIVER RUNNERS	Open	M		00:45:15				61				61	
Juliet	Grieves	BODYFIT CUMBRIA RUNNING CLUB	Vet 50	F	00:51:56					61				61	
Baz	Harper	CARLISLE TRI CLUB	Open	M				00:44:35			61			61	
Chris	Blackley		Open	M		00:45:01				62				62	
David	Connor	CARLISLE TRI CLUB	Vet 40	M				00:44:47			62			62	
Martin	Rush	UNATTACHED	Open	M	00:44:05					62				62	
John	Andrewartha	EDEN RUNNERS	Vet 40	M				00:44:48			63			63	
Jill	Carruthers	BORDER HARRIERS & AC	Open	F		00:56:00				63				63	
Dave	Watts	AURORA HARRIERS	Vet 50	M	00:44:09					63				63	
Mark	Cowell	PONTELAND RUNNERS	Vet 40	M		00:45:56				64				64	
Emma	Eagling		Open	F		00:56:00				64				64	
Julie	Gate	EDEN RUNNERS	Vet 40	F	00:52:06					64				64	
Stewart	Laurie	UNATTACHED	Vet 40	M	00:44:15					64				64	
Brian	Hazlewood	DH RUNNERS	Vet 40	M		00:45:49				65				65	
Nicola	Latimer	WIGTON ROAD RUNNERS	Vet 50	F		00:55:43				65				65	
Michael	Rudd	BODYFIT CUMBRIA RUNNING CLUB	Vet 40	M	00:44:24					65				65	
Tracy	Scott	BODYFIT CUMBRIA RUNNING CLUB	Vet 40	F				00:53:53			65			65	
Lisa	Boyd	UNATTACHED	Open	F	00:52:14					66				66	
Jamie	Crossan	WEST CUMBRIA TRI	Open	M		00:45:41				66				66	
Debbie	Hallsworth	DERWENT AC COCKERMOUTH	Open	F				00:54:11			67			67	
Sian	Spencer	BODYFIT	Open	F	00:52:19					67				67	
Martyn	Black		Vet 40	M		00:46:20				68				68	
Jade	Blair	DERWENT AC COCKERMOUTH	Open	F				00:54:19			68			68	
Laura	Jefferson		Open	F		00:56:08				68				68	
Helen	Sanderson	DH RUNNERS	Vet 50	F	00:52:21					68				68	
David	McGarry	CUMBERLAND AC	Vet 40	M				00:45:15			69			69	
Ross	McLaughlin	CUMBERLAND AC	Open	M	00:44:39					69				69	
Jennifer	Richmond	UNAFFILIATED	Open	F	00:52:21					69				69	
Mark	Bean	VALLEY STRIDERS AC	Vet 40	M		00:46:44				70				70	
Peter	Forsyth	UNATTACHED	Vet 50	M	00:44:53					70				70	
Donna	Maughan	STOCKSFIELD STRIDERS	Open	F		00:56:34				70				70	
Peter	Campbell	BORDER HARRIERS & AC	Vet 50	M				00:45:44			71			71	
Adele	Pemberton		Open	F		00:56:59				71				71	
Angela	Watson	EDEN RUNNERS	Vet 40	F	00:52:26					71				71	
Jayne	Hanson	UNATTACHED	Vet 50	F	00:52:27					72				72	
Colin	Mcgonagle		Vet 40	M		00:46:38				72				72	
Keith	Mcveigh	CUMBERLAND AC	Vet 60	M				00:46:01			72			72	
Darren	Wake	UNATTACHED	Vet 40	M	00:45:23					72				72	
Kirsty	Barker		Vet 50	F		00:56:51				73				73	
Stephen	Beattie	UNATTACHED	Open	M	00:45:24					73				73	
Karen	Ben Dhaou	DH RUNNERS	Open	F	00:52:28					73				73	
Penny	Short	RUNMUMS	Vet 40	F				00:54:53			73			73	
Craig	Gibson		Vet 40	M				00:46:20			74			74	
Jeff	Heyes	TRI LAKELAND	Vet 50	M	00:45:34					74				74	
Alison	Hickie	UNATTACHED	Vet 40	F	00:52:46					74				74	
David	Baglee	EDEN RUNNERS	Vet 50	M	00:45:35					75				75	
Sam	Day	DH RUNNERS	Vet 40	F		00:56:45				75				75	
Alexandria	Gonzalez		Open	F	00:52:52					75				75	
Adam	Mcginley	DH RUNNERS	Open	M		00:47:10				75				75	
David	Cain	CUMBERLAND AC	Vet 60	M	00:45:38					76				76	
Julia	King	EDEN RUNNERS	Vet 60	F	00:52:53					76				76	
Ross	Wellburn	ANNAN AND DISTRICT AC	Open	M		00:47:06				76				76	
Sophie	Wright		Open	F		00:57:01				76				76	
Jannet	Ricketts		Vet 40	F				00:55:57			77			77	
Michelle	Barron	WIGTON ROAD RUNNERS	Vet 40	F				00:56:27			78			78	
Carol	Graham	DUMFRIES RUNNING CLUB	Vet 50	F		00:57:29				78				78	
Mark	Hall	DUMFRIES RUNNING CLUB	Vet 40	M		00:47:39				78				78	
Sarah	Greenwood		Vet 50	F		00:57:32				79				79	
Dale	Kin-cleaves		Open	M				00:47:01			79			79	

Campbell	McCaig	GALLOWAY HARRIERS	Vet 40	M	00:45:49					79				79	
Ellie	Thompsett	CUMBERLAND AC	Vet 40	F	00:53:17					79				79	
Ken	Baker	EDEN RUNNERS	Vet 50	M	00:46:08					81				81	
Sarah	Gibson	RUNMUMS	Vet 40	F					00:56:54			81		81	
Heather	Heron	EDEN RUNNERS	Vet 60	F	00:53:26					81				81	
Will	Ponsonby	KESWICK AC	Vet 50	M					00:47:12			82		82	
Jenni	Barrowclough	RUNMUMS	Vet 40	F				00:57:40				83		83	
Jim	Downie		Vet 60	M					00:47:38			83		83	
Wendy	Gass	UNATTACHED	Vet 40	F	00:53:31							83		83	
David	Peacock	EDEN RUNNERS	Vet 50	M	00:46:21							83		83	
Alistair	Richardson	DH RUNNERS	Vet 50	M				00:48:19				83		83	
Steven	Bragg	CARLISLE TRI CLUB	Open	M	00:46:34							84		84	
Kev	Iveson	CARLISLE TRI CLUB	Vet 40	M				00:48:18				84		84	
Sharon	Reay		Vet 40	F				00:57:46				84		84	
Sarah	Wright	EDEN RUNNERS	Vet 40	F	00:53:37							84		84	
Suzanne	Hughes-Rudd	BODYFIT CUMBRIA RUNNING CLUB	Vet 40	F	00:53:45							85		85	
Lorna	Martin		Vet 50	F				00:57:48				85		85	
Mark	Osborne	EDEN RUNNERS	Vet 50	M	00:46:41							86		86	
Linda	Cameron	ANNAN AND DISTRICT AC	Vet 50	F				00:58:05				87		87	
Kevin	Hewitson		Vet 50	M				00:48:45				87		87	
Paul	McKeown	EDEN RUNNERS	Vet 50	M	00:46:47							87		87	
Glen	Blakey	DH RUNNERS	Vet 40	F					00:58:15			88		88	
Beverley	Huddart		Vet 40	F				00:58:09				88		88	
Richard	Johnston	CARLISLE TRI CLUB	Vet 40	M	00:46:51							88		88	
Noel	Urwin		Vet 50	M					00:48:21			88		88	
Shabana	Ahmed		Open	F				00:58:31				89		89	
Alex	Murgatroyd		Open	M				00:48:43				89		89	
Gill	Silson	EDEN RUNNERS	Vet 50	F	00:54:10							89		89	
Josh	Waite	UNATTACHED	Vet 60	M	00:46:53							89		89	
Dave	Evans	EDEN RUNNERS	Vet 70	M	00:46:59							90		90	
Hannah	Latimer	WIGTON ROAD RUNNERS	Junior	F				00:58:18				90		90	
Ernest	Bryden	ANNAN AND DISTRICT AC	Vet 50	M				00:48:58				91		91	
Dale Kin	Cleaves	CARLISLE TRI CLUB	Open	M	00:47:12							91		91	
Rebecca	Heslop	CUMBERLAND AC	Open	F					00:59:15			91		91	
Brian	Makepeace		Vet 40	M					00:48:49			91		91	
Rebecca	Telford	CUMBERLAND AC	Open	F	00:54:15							91		91	
Pete	Collins	UNATTACHED	Open	M	00:47:12							92		92	
Neil	Moffat	DUMFRIES RUNNING CLUB	Vet 60	M				00:48:52				92		92	
Jessica	Montgomery	DH RUNNERS	Open	F	00:54:23							92		92	
Louise	Thomson	DH RUNNERS	Open	F					00:59:19			92		92	
Kellie	McCreadie		Vet 40	F					00:59:20			93		93	
Bryan	Mooney		Vet 40	M				00:48:56				93		93	
Emma	Parker		Open	F				00:58:30				93		93	
Debby	Whitby	UNATTACHED	Vet 40	F	00:54:25							93		93	
Andrea	Armstrong	DH RUNNERS	Vet 40	F				00:59:02				94		94	
Katherine	Austwick	EDEN RUNNERS	Open	F	00:54:27							94		94	
Gary	Ellison	SANDS RUNNERS	Open	M				00:48:40				94		94	
Aldona	Adrian	UNATTACHED	Vet 40	F	00:54:28							95		95	
Dave	Johnson	EDEN RUNNERS	Vet 50	M	00:47:39							95		95	
Elaine	Malyn	UNATTACHED	Vet 50	F	00:54:31							96		96	
Shirley	Whitby		Vet 50	F				00:58:56				96		96	
Barbara	Crawley	TEESDALE AC	Vet 50	F	00:54:51							97		97	
Celia	Hardon		Vet 60	F					01:00:47			97		97	
Andy	Sweetman	BORDER REIVER RUNNERS	Vet 50	M	00:47:46							97		97	
Steve	Viney	DH RUNNERS	Vet 70	M					00:49:55			97		97	
Stephen	Warwick		Vet 40	M				00:49:23				97		97	
Andy	Conley	BORDER REIVER RUNNERS	Vet 40	M				00:49:38				98		98	
Rebecca	Marrs	WIGTON ROAD RUNNERS	Open	F				00:59:14				98		98	
James	Taggart		Open	M					00:50:21			98		98	
Kim	Burgess	BORDER REIVER RUNNERS	Open	F					01:01:39			99		99	
Alex	Skinner		Open	M				00:49:38				99		99	
Mark	Wilmot	EDEN RUNNERS	Vet 50	M	00:48:11							99		99	
Katie	Clarke		Vet 40	F				00:59:34				100		100	
Hannah	Edwards	DERWENT AC COCKERMOUTH	Open	F	00:55:00							100		100	
Michael	Shaw	DH RUNNERS	Vet 40	M					00:50:47			100		100	
David	Messenger	TRI LAKELAND	Vet 40	M	00:48:15							101		101	
Joseph	Walker	CUMBERLAND AC	Vet 70	M					00:50:56			101		101	
Rachael	Chamberlain	BODYFIT CUMBRIA RUNNING CLUB	Vet 40	F	00:55:08							102		102	
Dawn	Gray		Vet 40	F				00:59:29				102		102	
Bryony	Pollard		Open	F					01:02:17			102		102	
Andy	Shaw	UNATTACHED	Open	M	00:48:16							102		102	
Kristian	Tjemsland		Open	M				00:50:00				102		102	
Steph	Foudy	EDEN RUNNERS	Vet 40	F	00:55:11							103		103	
Natasha	Hannon		Open	F					01:02:18			103		103	
Andrew	Walker	EDEN RUNNERS	Vet 50	M	00:48:23							103		103	
Alison	Wright		Vet 40	F				00:59:37				103		103	
Tiffany	Harrison	Unaffiliated	Open	F	00:55:16							104		104	
Natalie	Jacques		Open	F					01:02:18			104		104	

Andrew	Sindle-Mouat		Open	M		00:50:20					104				104	
Ian	Robinson	EDEN RUNNERS	Vet 50	M	00:48:26						105				105	
Kevin	Sim		Vet 40	M				00:51:27					105		105	
Emma	Smith	DERWENT AC COCKERMOUTH	Vet 40	F			00:59:57					105			105	
Gay	Eastoe	ALNWICK HARRIERS	Vet 60	F	00:55:19						106				106	
John	Eldred	BODYFIT CUMBRIA RUNNING CLUB	Vet 60	M	00:48:38						106				106	
Alan	Jenkinson	CUMBERLAND AC	Vet 60	M				00:51:55					106		106	
Andrew	Johnstone		Open	M			00:50:58					106			106	
Jason	Moore		Vet 40	M			00:50:41					107			107	
Dawn	Slater	BORDER REIVER RUNNERS	Vet 50	F	00:55:23						107				107	
Chris	Watson	SALTWELL HARRIERS	Open	M	00:48:43						107				107	
Jonathan	Cork	BORDER REIVER RUNNERS	Open	M	00:48:52						108				108	
Alison	French	DH RUNNERS	Vet 40	F			01:00:07					108			108	
Adele	Jenkins	CUMBERLAND AC	Vet 60	F	00:55:26						108				108	
Rachel	Lee		Vet 50	F				01:02:54					108		108	
Scott	Nichol	CARLISLE TRI CLUB	Open	M				00:52:17					108		108	
Simon	O'Neil		Vet 40	M			00:51:20					108			108	
Alan	Bray	TEESDALE AC	Vet 60	M	00:48:55						109				109	
Claire	Casson	CUMBERLAND AC	Vet 40	F	00:55:32						109				109	
Marie	Heardglen		Vet 40	F				01:03:18					109		109	
kathryn	hutton		Open	F			00:59:53					109			109	
Tom	Lawson	NETHERHALL AC	Vet 40	M				00:52:24					109		109	
David	Thomas		Open	M			00:51:04					109			109	
Paul	Dockeray	Unaffiliated	Open	M	00:49:12						110				110	
Paul	Saager	EDEN RUNNERS	Vet 60	M	00:49:13						111				111	
Wendy	Thomas	WEST COAST VELO CLUB	Vet 50	F	00:55:38						111				111	
Karen	Winter		Vet 50	F			01:00:04					111			111	
Phil	Neal	UNAFFILIATED	Open	M	00:49:13						112				112	
Christopher	Winspear		Vet 50	M				00:53:34					112		112	
Sarah	Bennett	CUMBERLAND AC	Open	F				01:04:18					113		113	
Chris	Clark	KESWICK AC	Vet 60	M				00:53:37					113		113	
Gary	Holliday	UNATTACHED	Vet 40	M	00:49:16						113				113	
Tony	Jewell	CUMBERLAND FELL RUNNERS	Vet 60	M			00:51:36					113			113	
Sarah	Morris	CUMBERLAND AC	Vet 40	F	00:55:41						113				113	
Lucy	Cowton	DH RUNNERS	Vet 50	F			01:00:15					114			114	
Robert	Fearon	CUMBERLAND AC	Vet 40	M				00:53:46					114		114	
Mark	Holmes	BODYFIT CUMBRIA RUNNING CLUB	Vet 50	M	00:49:18						114				114	
Alastair	Ellito		Vet 50	M			00:52:13					115			115	
Andrew	Hayes	BODYFIT CUMBRIA RUNNING CLUB	Vet 50	M	00:49:21						115				115	
Stephen	Jackson	CUMBERLAND AC	Vet 60	M				00:53:53					115		115	
Deborah	Robinson	AURORA HARRIERS	Vet 40	F	00:56:02						115				115	
Chris	Bunker	EDEN RUNNERS	Open	M			00:52:00					116			116	
Dave	Candlish	SALTWELL HARRIERS	Vet 40	M	00:49:27						116				116	
Abigail	Drago	CARLISLE TRI CLUB	Vet 40	F	00:56:04						116				116	
Patricia	Gallagher	DH RUNNERS	Vet 50	F			01:00:14					116			116	
Louise	Craig	DUMFRIES RUNNING CLUB	Vet 40	F			01:00:37					117			117	
Wiz	Lees	Wiz Lees Fitness	Open	F	00:56:06						117				117	
Harvey	Mcconnell	AURORA HARRIERS	Vet 50	M	00:49:31						117				117	
Craig	Wagstaff	CUMBERLAND AC	Open	M			00:52:40					117			117	
David	Adrian Wood	DH RUNNERS	Open	M			00:52:42					118			118	
Brian	Elstob	SALTWELL HARRIERS	Vet 40	M	00:49:40						118				118	
Sophie	Fortune Ray	UNATTACHED	Open	F	00:56:07						118				118	
Tracey	Kennett	CUMBERLAND AC	Vet 40	F				01:06:26					118		118	
June	Scott	DUMFRIES RUNNING CLUB	Open	F			01:00:40					118			118	
Diane	Ackley		Vet 40	F			01:00:45					119			119	
Jonny	Forbes		Vet 40	M			00:52:48					119			119	
Shannon	Hunter	Wiz Lees Fitness	Open	F	00:56:08						119				119	
Simon	Whitwham		Vet 50	M				00:55:21					119		119	
Pauline	Ballantyne	RUNMUMS	Vet 50	F	00:56:13						120				120	
Gavin	Collingwood	DUMFRIES HARRIERS	Open	M			00:53:17					120			120	
Heidi	Farren		Vet 50	F			01:00:45					120			120	
Simon	Hartog	UNATTACHED	Vet 50	M	00:49:52						120				120	
Barbara	Thompson	CUMBERLAND AC	Vet 60	F				01:07:40					120		120	
Peter	Wood		Vet 60	M				00:55:22					120		120	
Will	Maginn	PENNY LANE STRIDERS	Open	M			00:53:03					121			121	
Richard	Smillie	UNATTACHED	Vet 40	M	00:49:55						121				121	
Christine	Alcock	CARLISLE TRI CLUB	Vet 50	F			01:00:34					122			122	
Holly	Firby	DERWENT AC COCKERMOUTH	Junior	F	00:56:27						122				122	
Matthew	Beevis	EDEN RUNNERS	Open	M	00:50:06						123				123	
Alan	Cameron	DUMFRIES HARRIERS	Vet 50	M			00:53:34					123			123	
Vicky	Johnston	ST BEES TRIERS	Vet 40	F			01:00:34					123			123	
Rebecca	Lynch	DH RUNNERS	Open	F				01:09:20					123		123	
Gordon	Paterson	DUMFRIES HARRIERS	Vet 60	M				00:55:58					123		123	
Jeff	Carruthers		Vet 60	M			00:53:56					124			124	
Malkiet	Kular	RED KITE RUNNERS	Vet 50	M	00:50:08							124			124	
Anna	Robinson		Open	F			01:00:55					124			124	
Beverley	Marrs		Open	F				01:13:33					125		125	
Lesley	Neal	Unaffiliated	Vet 40	F	00:56:49						125				125	

Philip	Solomon	UNAFFILIATED	Open	M	00:50:39					125					125	
Carol	Douglas	DH RUNNERS	Vet 50	F		01:01:05					126				126	
Nigel	Hierons	EDEN RUNNERS	Vet 40	M	00:50:51					126					126	
Phil	Hughes	CUMBERLAND AC	Vet 60	M					00:57:51			126			126	
Hamish	MacDonald	DUMFRIES RUNNING CLUB	Vet 60	M		00:54:04					126				126	
Ged	Gray		Vet 50	M		00:54:01					127				127	
Mikey	Kendall	CUMBERLAND AC	Open	M	00:50:57						127				127	
Gary	Bell	UNATTACHED	Vet 40	M	00:50:57						128				128	
Patricia	Murphy		Vet 50	F		01:02:05					128				128	
Chelsey	Pryce	DH RUNNERS	Open	F					01:30:19			128			128	
Sarah	Rawlings	UNATTACHED	Open	F	00:57:02						128				128	
Paul	Todd	DH RUNNERS	Vet 40	M					01:00:40			128			128	
Simon	Wilkinson		Vet 40	M		00:53:58					128				128	
Diane	Cannon	UNATTACHED	Vet 40	F	00:57:05						129				129	
Charlotte	Deane	RUNMUMS	Vet 50	F		01:01:54					129				129	
Ian	Milburn	DH RUNNERS	Vet 40	M					01:03:36			129			129	
Tom	Tilbe	UNATTACHED	Open	M	00:50:58						129				129	
James	Brash	DUMFRIES RUNNING CLUB	Open	M		00:54:27					130				130	
Laura	Chow	UNATTACHED	Vet 40	F	00:57:06						130				130	
Anna	Jane Firth	DERWENT AC COCKERMOUTH	Vet 40	F		01:02:14					130				130	
Julian	Auckland-Lewis		Vet 50	M					01:06:59			131			131	
Jacqueline	Bennett	CUMBERLAND AC	Vet 40	F	00:57:07						131				131	
Paul	Dixon		Vet 50	M		00:54:24					131				131	
Kelly	Gullen		Vet 40	F		01:01:55					131				131	
Charli	Blundell	UNATTACHED	Open	F	00:57:08						132				132	
Neil	Armstrong	UNATTACHED	Vet 40	M	00:51:13						132				132	
Michelle	Kirkpatrick	BODYFIT CUMBRIA RUNNING CLUB	Vet 50	F		01:02:03					132				132	
Nick	Elliott	UNAFFILIATED	Open	M	00:51:18						133				133	
Kevin	Gibbons		Vet 60	M		00:54:48					133				133	
Rosie	Reynolds	SALTWELL HARRIERS	Open	F	00:57:13						133				133	
Lisa	Elstob	SALTWELL HARRIERS	Vet 40	F	00:57:19						134				134	
Sarah Jane	Edwards	CUMBERLAND AC	Vet 50	F	00:57:20						135				135	
Paul	Harris		Vet 50	M		00:55:17					135				135	
Nicky	Smith	Fleet Feet Triathletes	Open	M	00:51:23						135				135	
Jenny	Withers		Open	F		01:02:53					135				135	
John	Billett	DH RUNNERS	Vet 60	M	00:51:31						136				136	
Charley	Pollard	DERWENT AC	Open	F	00:57:29						136				136	
Donna	Dunn	BORDER REIVER RUNNERS	Vet 40	F		01:03:13					137				137	
Mohamed	Nasif	UNATTACHED	Vet 40	M	00:51:32						137				137	
Liz	Sandelands	CUMBERLAND AC	Vet 40	F	00:57:33						137				137	
Liz	Christine	CUMBERLAND AC	Open	F	00:57:41						138				138	
Tony	Lowrey	EDEN RUNNERS	Vet 50	M	00:51:34						138				138	
Phil	Bell	DH RUNNERS	Vet 40	M		00:56:04					139				139	
Fiona	Ferguson	EDEN RUNNERS	Vet 40	F	00:57:49						139				139	
Andrew	Thompson	DH RUNNERS	Open	M	00:51:38						139				139	
Teresa	Gallagher		Vet 50	F		01:03:56					140				140	
Lynne-Marie	Thomson	UNATTACHED	Vet 40	F	00:57:55						140				140	
Phil	James		Vet 50	M		00:56:18					141				141	
Kenneth	Jardine	SUNDERLAND STROLLERS	Vet 60	M	00:51:52						141				141	
Paddy	Murdie	UNATTACHED	Open	M	00:51:55						142				142	
Lucy	Williams	UNATTACHED	Open	F	00:58:03						142				142	
Tasha	Beattie	UNATTACHED	Vet 40	F	00:58:09						143				143	
Jack	Jones	UNATTACHED	Open	M	00:51:56						143				143	
Tracy	Mcdermott	BORDER REIVER RUNNERS	Vet 50	F		01:04:12					143				143	
Sarah	Foster	DH RUNNERS	Open	F		01:04:01					144				144	
Rachel	Hewson	WIGTON ROAD RUNNERS	Open	F	00:58:12						144				144	
Mally	Nicholson	DH RUNNERS	Vet 50	M		00:57:19					144				144	
Emma	Carrick	EDEN RUNNERS	Vet 40	F	00:58:17						145				145	
Elizabeth	Lockwood	DH RUNNERS	Vet 40	F		01:04:01					145				145	
Raymond	Sisson	Eden Valley Tri	Vet 60	M	00:52:12						145				145	
Jeff	Dandy	CUMBERLAND AC	Vet 50	M	00:52:19						146				146	
Sebastian	Schmalz		Open	M		00:57:40					146				146	
Sara	Wilmot	PUDSEY PACERS RC	Vet 50	F	00:58:17						146				146	
Anna	Denovellis		Open	F		01:04:34					147				147	
Linda	Done	UNAFFILIATED	Vet 40	F	00:58:18						147				147	
Mark	Harkness		Vet 40	M		00:57:34					147				147	
Stephen	Kay	EDEN RUNNERS	Vet 50	M	00:52:19						147				147	
Alastair	Chipchase	UNATTACHED	Vet 40	M	00:52:23						148				148	
Steven	Lancaster		Vet 40	M		00:57:39					148				148	
Amie	Meloy	CUMBERLAND AC	Open	F	00:58:24						148				148	
Stuart	Buchanan	CUMBERLAND AC	Vet 50	M	00:52:42						149				149	
Louise	Donoghue	UNATTACHED	Open	F	00:58:26						149				149	
Leslie	Nixon		Vet 60	M		00:58:02					149				149	
Sarah	Potts		Open	F		01:04:49					149				149	
Rebecca	Dunn		Open	F		01:05:36					150				150	
Georgina	Gray Carnaffin	UNATTACHED	Open	F	00:58:31						150				150	
Dave	Kerr	UNATTACHED	Vet 40	M	00:53:00						150				150	
Craig	Robison	DUMFRIES HARRIERS	Open	M		00:57:56					150				150	

Victoria	Irving	BORDER REIVER RUNNERS	Vet 40	F		01:06:03					151				151	
Kelly	Wright	UNATTACHED	Open	F	00:58:35						151				151	
Claire	Stevenson	UNATTACHED	Open	F	00:58:35						152				152	
Callum	Stuart	UNATTACHED	Open	M	00:53:24						152				152	
Stephen	Winter		Vet 60	M		00:58:43					152				152	
Josette	Billett	DH RUNNERS	Vet 60	F		01:06:19					153				153	
Zoe	Calway	UNATTACHED	Vet 40	F	00:58:43						153				153	
Craig	Duncan	CUMBERLAND AC	Vet 40	M		00:59:05					153				153	
Andy	Nelson	DERWENT AC COCKERMOUTH	Vet 50	M	00:53:42						154				154	
Tracey	Wake	UNATTACHED	Vet 40	F	00:58:44						154				154	
Sharon	Barry	UNATTACHED	Vet 40	F	00:58:49						155				155	
Mark	Moody	CARLISLE TRI CLUB	Vet 40	M	00:53:44						155				155	
Julian	Ponsford	DH RUNNERS	Vet 50	M		01:00:12					155				155	
Ricky	Andalcio	WEST CUMBRIA TRI	Vet 40	M		01:00:00					156				156	
David	Grieve	UNATTACHED	Open	M	00:53:53						156				156	
Cathryn	Hardwick		Vet 40	F		01:07:16					156				156	
Eric	Clarke		Vet 60	M		01:00:39					157				157	
Nicola	Evans	DH RUNNERS	Open	F	00:58:53						157				157	
Stephen	Long	DH RUNNERS	Vet 60	M	00:53:55						157				157	
Catherine	Wood	DH RUNNERS	Open	F		01:07:31					157				157	
Jamie	MacGillivray		Open	M		01:01:08					158				158	
Suzanne	Moffat	UNAFFILIATED	Open	F	00:58:59						158				158	
Ian	Harvey	WIGTON ROAD RUNNERS	Vet 50	M		01:00:50					159				159	
Lauren	Tormey	UNATTACHED	Open	F	00:58:59						159				159	
Davina	Collins	RUNMUMS	Vet 50	F		01:08:11					160				160	
Carol	Minghella	NEW BALANCE RUNNING CLUB	Vet 50	F	00:59:08						160				160	
Gill	Cherry	UNATTACHED	Vet 40	F	00:59:09						161				161	
Andrew	Kidd		Vet 40	M		01:03:32					161				161	
Tracy	Lazonby		Vet 40	F		01:08:07					162				162	
Richard	Claydon	BORDER HARRIERS & AC	Vet 70	M		01:04:11					163				163	
krzysztof	Adrian	Unaffiliated	Vet 40	M	00:54:35						164				164	
Margaret	Laurie	DUMFRIES RUNNING CLUB	Vet 60	F		01:08:34					164				164	
Debbie	Johnson	NETHERHALL AC	Vet 50	F		01:09:13					165				165	
Stuart	Lowthian	EDEN RUNNERS	Vet 50	M	00:54:51						165				165	
Linda	Martin	UNATTACHED	Open	F	00:59:30						165				165	
Pat	Evans	LANCASHIRE WALKING CLUB	Vet 60	F	00:59:31						166				166	
Sandra	Gowling		Open	F		01:09:19					166				166	
Andrew	Johnson	NETHERHALL AC	Vet 60	M		01:09:13					166				166	
Marc	Sharkey	UNAFFILIATED	Open	M	00:54:55						166				166	
Jennifer	Bell	DH RUNNERS	Vet 40	F		01:09:20					167				167	
Richard	Eastoe	ALNWICK HARRIERS	Vet 60	M	00:55:19						167				167	
George	Shadwick		Vet 70	M		01:08:57					167				167	
Jude	Telford	UNAFFILIATED	Vet 50	F	00:59:59						167				167	
Mary	Chappelhow	EDEN RUNNERS	Vet 40	F	01:00:02						168				168	
Lucy	Jackson	DH RUNNERS	Open	F		01:09:41					168				168	
David	Michael Firth	DH RUNNERS	Vet 60	M		01:21:57					168				168	
Lewis	Scott	UNATTACHED	Open	M	00:55:23						168				168	
Paula	Pasque	UNATTACHED	Vet 40	F	01:00:09						169				169	
Dale	Redford	UNATTACHED	Open	M	00:55:26						169				169	
Kerry	Lee	CUMBERLAND AC	Open	F	01:00:09						170				170	
Garry	Shimmings	TRI LAKELAND	Vet 40	M	00:55:41						170				170	
Rachel	Wadge	Runner Beans	Vet 40	F	01:00:21						171				171	
Neil	Gillespie	UNATTACHED	Vet 40	M	00:55:54						172				172	
Shane	Fox	CUMBERLAND AC	Open	M	00:56:04						173				173	
Sue	Long	UNATTACHED	Vet 60	F	01:00:32						173				173	
Mel	Cummings		Open	F		01:14:18					174				174	
Mark	Foudy	EDEN RUNNERS	Vet 50	M	00:56:27						174				174	
Hannah	Story	UNATTACHED	Open	F	01:00:45						174				174	
Rebecca	Johnstone		Open	F		01:18:04					175				175	
Donna	Gibson	UNATTACHED	Vet 50	F	01:00:53						176				176	
Nicole	Mullen		Open	F		01:18:04					176				176	
Damon	Owsten		Vet 40	M	00:56:29						176				176	
Steven	Bell	UNATTACHED	Open	M	00:56:56						178				178	
Michelle	Graham		Open	F		01:20:38					178				178	
Karen	Joe	UNATTACHED	Vet 40	F	01:01:08						178				178	
Clare	Earl	UNATTACHED	Vet 40	F	01:01:25						179				179	
Matthew	Rawlings	Unaffiliated	Open	M	00:57:02						179				179	
Simon	Knell	EDEN RUNNERS	Vet 50	M	00:57:41						180				180	
Lesley	Talbot	BODYFIT CUMBRIA RUNNING CLUB	Vet 50	F	01:01:31						180				180	
Rob	Craig	SUNDERLAND STROLLERS	Vet 50	M	00:58:24						181				181	
Lisa	Culling	EDEN RUNNERS	Vet 40	F		01:22:33					181				181	
Tracey	Knowles	CUMBERLAND AC	Vet 40	F	01:01:35						181				181	
Caroline	Attig	UNATTACHED	Vet 40	F	01:01:44						182				182	
Allen	Winter-moore	CUMBERLAND AC	Vet 40	M	00:59:02						182				182	
Sarah	Green	NEW BALANCE RUNNING CLUB	Open	F	01:01:45						183				183	
Katie	Gill	UNATTACHED	Open	F	01:01:46						184				184	
David Boom	Graham	CARLISLE TRI CLUB	Vet 40	M	00:59:27						184				184	
Philip	Askew	SALTWELL HARRIERS	Open	M	00:59:56						185				185	

Steve	Campbell	UNATTACHED	Vet 60	M	00:59:58					186				186	
Val	Johnstone	CUMBERLAND AC	Vet 50	F	01:01:48					186				186	
Rebecca	Boyes	UNATTACHED	Open	F	01:01:49					187				187	
Mark	Drury	AURORA HARRIERS	Vet 40	M	01:00:49					187				187	
Katie	Bird	UNATTACHED	Open	F	01:01:50					188				188	
Alistair	Gibson	UNATTACHED	Vet 50	M	01:00:52					188				188	
Katie	Ainsworth	EDEN RUNNERS	Open	F	01:01:53					189				189	
Joseph	Cole	CUMBERLAND AC	Open	M	01:01:20					189				189	
Pauline	Thompson	CARLISLE REIVERS	Vet 40	F	01:02:25					190				190	
Emma	Oakey	EDEN RUNNERS	Vet 40	F	01:02:31					191				191	
Gavin	Spickett	TYNEDALE HARRIERS & AC	Vet 60	M	01:02:22					191				191	
Annabelle	Allen	BODYFIT CUMBRIA RUNNING CLUB	Vet 50	F	01:02:35					192				192	
john	lupton	UNATTACHED	Vet 50	M	01:03:05					192				192	
Calum	Lockhart	UNATTACHED	Vet 40	M	01:03:35					193				193	
Danielle	Mcleavy	TRI LAKELAND	Open	F	01:03:02					193				193	
Gary	Smith	UNATTACHED	Vet 40	M	01:04:33					194				194	
Kerry	Wilson	NBRC KESWICK	Vet 40	F	01:03:14					195				195	
Diane	Lockhart	QUAKERS RUNNING CLUB	Open	F	01:03:35					196				196	
Sue	Claspar	UNATTACHED	Vet 50	F	01:03:35					197				197	
Peter	Manning	BLENGDALE RUNNERS ATHLETIC CLUB	Vet 70	M	01:07:51					197				197	
Susan	Holliday	UNATTACHED	Vet 50	F	01:03:36					198				198	
Shaun	Silson	EDEN RUNNERS	Vet 60	M	01:09:06					198				198	
Mandy	Haworth	NEW BALANCE RUNNING CLUB	Vet 50	F	01:03:56					199				199	
Kevin	Holliday	TRI LAKELAND	Vet 40	M	01:11:30					199				199	
Dawn	Masters	UNATTACHED	Vet 40	F	01:04:33					200				200	
Graham	Mcmullen	SALTWELL HARRIERS	Vet 50	M	01:12:37					200				200	
Miss	Graham	EDEN RUNNERS	Open	F	01:04:43					201				201	
Karen	McLean	CUMBERLAND AC	Vet 50	F	01:04:55					202				202	
Francesca	Bee	UNATTACHED	Open	F	01:04:56					204				204	
Leigh	Graham	UNATTACHED	Vet 40	F	01:04:56					205				205	
Angela	Gibbs	BODYFIT CUMBRIA RUNNING CLUB	Vet 50	F	01:04:58					206				206	
Nish	Nayar	UNAFFILIATED	Open	F	01:05:00					207				207	
Andrea	Messenger	CUMBERLAND AC	Open	F	01:05:10					209				209	
Sharyn	Mallinson	NEW BALANCE RUNNING CLUB	Vet 40	F	01:05:12					210				210	
Emma	Jackson	BODYFIT CUMBRIA RUNNING CLUB	Vet 40	F	01:05:15					211				211	
christine	Whitford	Unaffiliated	Vet 60	F	01:06:09					216				216	
Denise	Howie	BODYFIT CUMBRIA RUNNING CLUB	Vet 50	F	01:06:39					217				217	
Amy	Johnson	UNAFFILIATED	Open	F	01:06:45					218				218	
Catherine	Aitken	UNATTACHED	Open	F	01:06:48					219				219	
Carmen	Smith	BORDER REIVER RUNNERS	Open	F	01:06:51					220				220	
Sophie	Smith	Unaffiliated	Open	F	01:07:36					223				223	
Linda	McGinley	EDEN RUNNERS	Vet 60	F	01:07:45					224				224	
Kerry	Parkinson	UNATTACHED	Open	F	01:07:49					225				225	
Joanne	Park	BORDER REIVER RUNNERS	Vet 40	F	01:08:32					228				228	
Kerry	Thompson	UNATTACHED	Open	F	01:08:43					229				229	
Jill	Welsby	UNATTACHED	Vet 50	F	01:10:00					230				230	
Lynsey	Buckle	UNATTACHED	Vet 40	F	01:10:36					232				232	
Michelle	Moffat	UNATTACHED	Vet 40	F	01:10:36					233				233	
Amy	Moyer	SALTWELL HARRIERS	Open	F	01:12:30					235				235	
Emily	Moralee	SALTWELL HARRIERS	Open	F	01:12:37					236				236	
Diane	Peacock	EDEN RUNNERS	Vet 50	F	01:14:18					237				237	
Anne	Blues	EDEN RUNNERS	Vet 60	F	01:14:34					238				238	
Jean-Ann	Gate	CUMBERLAND AC	Vet 40	F	01:17:09					240				240	
Paivi	Fotheringham	Jog Moffat	Vet 40	F	01:18:40					243				243	
Anne	Hope	Jog Moffat	Vet 50	F	01:30:44					244				244	