

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	00:42:25		1	1	1	2		5	Leader
Hazel	Davies	Bodyfit Cumbria Running Club	Vet 50	F	00:42:43		00:43:18	00:45:00		5		4	6		15	Leader Vet 50
Beverley	Smith	Cumberland AC	Open	F	00:43:14	00:43:10		00:44:37		8	2		5		15	
Bethany	Duffy	DH Runners	Junior	F	00:45:28	00:43:25	00:44:30	00:45:28		17	4	8	8		37	Leader Junior
Georgie	Lowry	Carlisle Tri Club	Open	F	00:46:43		00:44:27			22	8	7			37	
Claire	Reid	Unattached	Vet 40	F	00:48:11	00:49:36	00:48:33	00:50:36		31	22	24	15		92	Leader Vet 40
Sian	Dempster	Cumberland AC	Open	F	00:49:38		00:49:33	00:52:20		46		29	21		96	
Joanne	Mckenzie	Unattached	Vet 50	F		00:51:35	00:50:17	00:53:54			37	35	26		98	
Stella	Atherton	Cumberland AC	Vet 40	F	00:47:55	00:48:16	00:51:20	00:51:21		29	17	42	18		106	
Lorna	Gold	Fetch Everyone	Vet 50	F	00:47:01	00:50:24	00:47:43	00:55:43		25	32	20	35		112	
Liz	Postill	Carlisle Tri Club	Vet 40	F	00:51:20		00:49:28	00:54:28		55		28	29		112	
Sarah	Lord	DH Runners	Vet 40	F		00:52:01	00:51:11	00:55:21			41	40	33		114	
Jaye	Adams	Bodyfit Cumbria Running Club	Vet 40	F	00:51:34		00:53:06			58		58			116	
Carmel	Bones	Carlisle Tri Club	Vet 40	F	00:53:51	00:50:04	00:48:56			86	27	26			139	
Jennifer	Moody	Carlisle Tri Club	Vet 40	F	00:52:02		00:51:24	00:55:30		63		43	34		140	
Haley	Millican	Striders of Croydon	Open	F	00:51:21	00:53:22	00:52:12			56	46	49			151	
Audrey	O'Kelly	Carlisle Tri Club	Vet 50	F	00:53:22	00:51:37	00:52:02			80	38	47			165	
Louise	Duffy	DH Runners	Vet 50	F	00:52:00	00:52:05	00:51:18	00:54:23		62	40	41	28		171	
Katy	Woodman	Runmums	Open	F		00:54:45	00:53:31	01:05:00			61	62	69		192	
Gill	Harding	DH Runners	Vet 50	F		01:00:09	00:54:39	00:57:52			115	71	45		231	
Fiona	Moore	DH Runners	Vet 40	F	00:52:54	00:55:16	00:52:33	00:56:45		77	62	52	41		232	
Marie	Milligan	Unattached	Open	F			00:56:30	01:02:44			101	79	57		237	
Lisanne	Whitaker	Runmums	Vet 50	F	00:56:29	00:54:39		01:01:45		123	60		54		237	
Elaine	Stockdale	Northern Fells Running Club	Open	F	00:54:08	00:59:09	00:52:50			88	97	54			239	
Laura	Wylie	Cumberland AC	Open	F	00:55:34		00:54:04	01:04:09		110		66	64		240	
Leeann	Barber	Cumberland AC	Open	F	00:54:12	00:54:33	00:53:07	00:56:31		90	56	59	37		242	
Samantha	Cook	Unattached	Vet 40	F	00:53:30	00:54:40	00:54:22	00:57:06		82	57	69	43		251	
Graham	Harmse	Carlisle Tri Club	Vet 50	F	00:52:23	00:50:29	00:49:11			70	103	94			267	
Emma	Bzik	Cumberland AC	Vet 40	F	00:54:57	00:59:22		01:06:33		99	99		74		272	
Kerrie	Fiddler	DH Runners	Vet 50	F	00:56:56	00:54:06	00:53:03	00:57:26		127	52	57	44		280	
Fiona	Jardine	Dumfries Running Club	Vet 50	F	00:55:04	00:59:48	00:58:10			101	106	87			294	
Elizabeth	Dodd	Cumberland AC	Open	F	00:59:16		00:57:18	01:02:24		163		82	55		300	
Alison	Birkett	Unattached	Vet 40	F		01:00:46	00:59:48	01:11:25			125	95	85		305	
Shona	Barnes	Unattached	Open	F		01:03:50	01:02:51	01:07:38			142	106	77		325	
Donna	Walton	Unattached	Vet 40	F		01:03:50	01:02:51	01:07:39			141	107	78		326	
Rebecca	Glynn	Cumberland AC	Open	F	01:03:09		01:02:32	01:10:32		194		105	83		382	
Tracey	Anderson	DH Runners	Vet 50	F	01:08:16	01:10:53	01:09:16			226	171				397	
Claire	Heggie	Border Reiver Runners	Open	F	01:01:48	01:02:36	00:58:52			185	133	89			407	
Heather	Herring	Unattached	Vet 40	F	00:55:46	00:59:37	01:06:52	01:07:15		114	104	119	75		412	
Lorraine	Telford	Cumberland AC	Vet 40	F	01:00:55	01:04:46	01:05:29			177	148	114			439	
Susanne	Mcdougall	DH Runners	Vet 70	F	01:10:11		01:14:14	01:20:38		231		127	104		462	Leader Vet 70
Sara	Milburn	DH Runners	Vet 60	F	01:08:26	01:08:15		01:12:16		227	163		87		477	Leader Vet 60
Bev	Wilson	DH Runners	Vet 40	F	01:05:47	01:06:01	01:06:11			214	152	117			483	
Helen	Cupac	DH Runners	Vet 40	F	01:00:22	01:01:12	01:00:14	01:14:49		172	127	96	92		487	
Jaclyn	Gray	Unattached	Vet 40	F	01:11:53	01:14:09		01:25:12		234	173		108		515	
Ben	Opie	Netherhall AC	Vet 40	M		00:34:50	00:35:05	00:35:35			3	4	2		9	Leader
Adam	Armata	Unattached	Open	M		00:40:19	00:40:32				13	27			40	
Nathan	Postill	Border Harriers & AC	Junior	M	00:41:32		00:39:22	00:39:02		36		17	9		62	Leader Junior
Darren	Glynn	Unattached	Open	M		00:40:26	00:41:01	00:43:25			14	31	21		66	
John	Slater	DH Runners	Open	M		00:42:52	00:40:20	00:43:04			31	25	19		75	
David	Grimshaw	Unattached	Vet 40	M	00:41:31	00:42:14		00:44:26		34	24		29		87	Leader Vet 40
Kevin	Scott	DH Runners	Vet 40	M	00:40:19	00:41:04	00:40:07			28	20	23	24		95	
Andrew	Allison	Unattached	Open	M	00:43:35	00:44:32				58	50				108	
Ian	Wilson	Cumberland AC	Open	M	00:41:45		00:41:38	00:45:01		39		34	35		108	
Brett	Malloy	Derwent AC Cockermouth	Open	M		00:43:55	00:42:54	00:43:38			43	44	23		110	
Toby	Harling	DH Runners	Vet 40	M	00:43:12	00:43:10	00:43:26	00:43:25		51	33	48	22		154	
Wayne	Horsley	Unattached	Vet 40	M	00:43:22	00:44:35	00:43:37			52	52	53			157	
Graham	Hetherington	Cumberland AC	Vet 50	M	00:44:54		00:45:09	00:46:16		71		67	44		182	Leader Vet 50
Peter	Telford	Cumberland AC	Vet 40	M	00:43:56	00:44:52	00:45:04			61	55	66			182	
Billy	Stobart	Cumberland AC	Open	M	00:43:22	00:43:42	00:42:53	00:47:14		53	40	43	48		184	
Steven	Archibald	Carlisle Tri Club	Vet 40	M	00:48:12	00:49:59				100	100				200	
Carl	Deane	DH Runners	Vet 50	M		00:46:37	00:48:16	00:46:33			69	87	45		201	
Haydn	Bryson	DH Runners	Junior	M		00:45:29	00:44:00	00:58:51			63	56	101		220	
Paul	Fleming	Unattached	Open	M	00:46:10		00:46:05	00:47:04		82	74	73			229	
Chris	Knox	DH Runners	Vet 50	M		00:49:05	00:47:52	00:48:19			96	85	55		236	

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									Race 1	Race 2	Race 3	Race 4	Race 5			
Series Qualifiers																
John	Rowland	DH Runners	Vet 50	M	00:47:45	00:47:46	00:46:52			96	79	77			252	
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	
Stephen	Atherton	Cumberland AC	Vet 50	M		00:51:37	00:51:16	00:51:13			111	104	70		285	
Lee	Lowis	Carlisle Tri Club	Vet 40	M	00:45:57	00:45:04	00:44:55	00:54:32		80	57	65	86		288	
Colin	Browne	Carlisle Tri Club	Vet 40	M	00:48:07	00:46:57	00:46:46	00:51:57		98	73	76	71		318	
Alastair	Elliott	Unattached	Vet 50	M	00:51:46		00:49:45	00:54:11		140		95	85		320	
Howard	Armstrong	Border Reiver Runners	Vet 60	M	00:53:36	00:52:17		00:55:37		153	114		88		355	Leader Vet 60
David	Moon	Carlisle Tri Club	Vet 50	M	00:54:10		00:52:29	00:55:39		162		110	89		361	
Stephen	Smith	Cumberland AC	Vet 50	M	00:55:53		00:55:44	01:01:48		171		122	105		398	
Rob	Farmer	Unattached	Vet 40	M	00:54:24	00:57:24		00:56:43		163	143		93		399	
Anthony	Nicholson	DH Runners	Vet 50	M	00:56:28	00:55:35	00:53:24			175	136	111			422	
Wayne	Stevens	DH Runners	Vet 40	M	00:53:56	01:01:10	00:56:04			158	160	124			442	
George	Fraser	Annan & District AC	Vet 70	M	01:06:33		01:07:12	01:23:25		196		132	119		447	Leader Vet 70
Mark	Evans	Unattached	Vet 40	M	00:52:03	00:55:00	00:55:31	00:55:46		144	134	121	90		489	
Mo	Giovannini	DH Runners	Vet 50	M	00:53:58	00:56:16	00:54:06	01:02:25		160	140	116	106		522	
Jaime	Johnston	Border Reiver Runners	Open	M	00:59:26	00:56:15	00:58:01	00:58:47		183	137	127	99		546	
Martin	Adams	DH Runners	Vet 50	M	01:05:53	01:07:55	01:07:22	01:13:35		195	165	133	117		610	