

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	0:41:44	1	1	1	2	5		Winner
Ben	Opie	Netherhall AC	Vet 40	M		00:34:50	00:35:05	00:35:35	0:34:54		3	4	2	11		Winner
Bethany	Duffy	Border Reiver Runners	Junior	F	00:45:28	00:43:25	00:44:30	00:45:28	0:44:42		4	8	8	25		Winner Junior
Nathan	Postill	Border Harriers & AC	Junior	M	00:41:32		00:39:22	00:39:02	0:35:33	36		17	9	65		Winner Junior
Claire	Reid	Unattached	Vet 40	F	00:48:11	00:49:36	00:48:33	00:50:36	0:49:23		22	24	15	78		Winner Vet 40
Kevin	Scott	DH Runners	Vet 40	M	00:40:19	00:41:04	00:40:07	00:43:55	0:42:23	28	20	23	24	95		Winner Vet 40
Darren	Glynn	Unattached	Open	M		00:40:26	00:41:01	00:43:25	0:42:13		14	31	21	96		
Lorna	Gold	Fetch Everyone	Vet 50	F	00:47:01	00:50:24	00:47:43	00:55:43	0:51:19	25	32	20	28	105		Winner Vet 50
Sian	Dempster	Cumberland AC	Open	F	00:49:38		00:49:33	00:52:20	0:47:49	46		29	21	106		
Stella	Atherton	Cumberland AC	Vet 40	F	00:47:55	00:48:16	00:51:20	00:51:21		29	17	42	18	106		
David	Grimshaw	Unattached	Vet 40	M	00:41:31	00:42:14		00:44:26	0:41:33	34	24		29	114		
Liz	Postill	Carlisle Tri Club	Vet 40	F	00:51:20		00:49:28	00:54:28	0:48:38	55		28	29	126		
Toby	Harling	DH Runners	Vet 40	M	00:43:12	00:43:10	00:43:26	00:43:25	0:41:29		33	48	22	129		
Louise	Duffy	DH Runners	Vet 50	F	00:52:00	00:52:05	00:51:18	00:54:23	0:51:17		40	41	28	135		
Ian	Wilson	Cumberland AC	Open	M	00:41:45		00:41:38	00:45:01	0:42:27	39		34	35	140		
Brett	Malloy	Derwent AC Cockermouth	Open	M		00:43:55	00:42:54	00:43:38	0:43:00		43	44	23	144		
Leeann	Barber	Cumberland AC	Open	F	00:54:12	00:54:33	00:53:07	00:56:31	0:52:02		56	59	37	183		
Billy	Stobbart	Cumberland AC	Open	M	00:43:22	00:43:42	00:42:53	00:47:14		53	40	43	48	184		
Fiona	Moore	DH Runners	Vet 40	F	00:52:54	00:55:16	00:52:33	00:56:45	0:52:54		62	52	41	191		
Wayne	Horsley	Unattached	Vet 40	M	00:43:22	00:44:35	00:43:37		0:45:09	52	52	53		193		
Audrey	Okelly	Carlisle Tri Club	Vet 50	F	00:53:22	00:51:37	00:52:02		0:52:17	80	38	47		197		
Samantha	Cook	Unattached	Vet 40	F	00:53:30	00:54:40	00:54:22	00:57:06	0:53:25		57	69	43	210		
Graham	Hetherington	Cumberland AC	Vet 50	M	00:44:54		00:45:09	00:46:16	0:47:58	71		67	44	234		Winner Vet 50
Kerrie	Fiddler	DH Runners	Vet 50	F	00:56:56	00:54:06	00:53:03	00:57:26	01:03:49		52	57	44	239		
Lee	Lewis	Carlisle Tri Club	Vet 40	M	00:45:57	00:45:04	00:44:55	00:54:32	0:45:30	80	57	65		243		
Colin	Browne	Carlisle Tri Club	Vet 40	M	00:48:07	00:46:57	00:46:46	00:51:57	0:47:37		73	76	71	271		
Gill	Harding	DH Runners	Vet 50	F		01:00:09	00:54:39	00:57:52	0:55:27		115	71	45	281		
Chris	Knox	DH Runners	Vet 50	M		00:49:05	00:47:52	00:48:19	0:46:06		96	85	55	282		
Elaine	Stockdale	Northern Fells Running Club	Open	F	00:54:08	00:59:09	00:52:50		0:58:33	88	97	54		297		
Stephen	Atherton	Cumberland AC	Vet 50	M		00:51:37	00:51:16	00:51:13	0:50:01		111	104	70	350		
Heather	Herring	Unattached	Vet 40	F	00:55:46	00:59:37	01:06:52	01:07:15	0:59:19	114	104		75	355		
Helen	Cupac	DH Runners	Vet 40	F	01:00:22	01:01:12	01:00:14	01:14:49	01:04:52		127	96	92	405		
Howard	Armstrong	Border Reiver Runners	Vet 60	M	00:53:36	00:52:17		00:55:37	0:51:54	153	114		88	425		Winner Vet 60
David	Moon	Carlisle Tri Club	Vet 50	M	00:54:10		00:52:29	00:55:39	0:53:56	162		110	89	436		
Mo	Giovannini	DH Runners	Vet 50	M	00:53:58	00:56:16	00:54:06	01:02:25	0:55:31		140	116	106	443		
Jaime	Johnston	Border Reiver Runners	Open	M	00:59:26	00:56:15	00:58:01	00:58:47	0:56:59		137	127	99	448		
Rob	Farmer	Unattached	Vet 40	M	00:54:24	00:57:24		00:56:43	0:51:55	163	143		93	470		
Mark	Evans	Unattached	Vet 40	M	00:52:03	00:55:00	00:55:31	00:55:46		144	134	121	90	489		
Anthony	Nicholson	DH Runners	Vet 50	M	00:56:28	00:55:35	00:53:24		0:54:33	175	136	111		498		
Martin	Adams	DH Runners	Vet 50	M	01:05:53	01:07:55	01:07:22	01:13:35	01:00:34		165	133	117	508		
Lorraine	Telford	Cumberland AC	Vet 40	F	01:00:55	01:04:46	01:05:29		01:03:36	177	148	114		521		
George	Fraser	Annan & District AC	Vet 70	M	01:06:33		01:07:12	01:23:25	01:06:13	196		132	119	543		Winner Vet 70
Tracey	Anderson	DH Runners	Vet 50	F	01:08:16	01:10:53	01:09:16		01:05:45	226	171	122	99	618		
Runners below are unable to win the Series due to the lack of qualify races - No more results will be added after June 5th																
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	Wildy	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	Matthews		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		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		
Steven	Savery	UNAFFILIATED	Open	M	00:41:18						30				30		
Ann-Marie	Tulloch		Vet 40	F					00:50:16						30		
Carl	Douglas	UNATTACHED	Vet 40	M	00:41:19						31				31		
Audrey	Turnbull	EDEN RUNNERS	Open	F					00:49:52					31			
Martin	Steele		Vet 50	M					00:43:06					32			
Nathan	A Thompson	CUMBERLAND AC	Open	M					00:41:33					33			
Rachel	Ash		Open	F					00:50:14					33			
Siobhan	Brewer	TRI LAKELAND	Vet 40	F	00:48:13						33				33		
Skye	Sarabs	DUMFRIES RUNNING CLUB	Open	F					00:50:57					33			
Adam	Wedgwood	CUMBERLAND AC	Vet 40	M	00:41:25						33				33		
Nick	Brown		Open	M					00:43:21					34			
Carol	Elliot	DUMFRIES HARRIERS	Vet 50	F					00:50:15					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			
Jacqui	Candlish	SALTWELL HARRIERS	Vet 60	F	00:48:42						36				36		
Ellie	Hatt	BORDER REIVER RUNNERS	Open	F					00:51:18					36			
Raymond	Duff		Vet 40	M					00:41:56					37			
Wayne	Greig	CARLISLE TRI CLUB	Open	M	00:41:33						37				37		
Tracy	Hodgson	NETHERHALL AC	Open	F					00:50:20					37			
Peter	Clark		Vet 40	M	00:41:34						38				38		
Anne	Downie		Vet 50	F					00:50:52					38			
Clare	Kent	EDEN RUNNERS	Open	F	00:48:58						38				38		
Michael	Mallen	KESWICK AC	Vet 60	M					00:42:06					38			
Jane	Elliott	KESWICK AC	Vet 50	F					00:50:58					39			
Anna	McCombie	EDEN RUNNERS	Open	F	00:49:03						39				39		
Ann	Stuart		Vet 50	F					00:52:01					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			
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			
Brian	Mohan	DUMFRIES RUNNING CLUB	Vet 50	M					00:42:45					42			
John	Oakey	EDEN RUNNERS	Vet 40	M	00:42:04						42				42		
Rhiannon	Jones	CUMBERLAND AC	Vet 40	F					00:52:41					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			
Nicky	Butler	KESWICK AC	Vet 50	F					00:51:48					45			
Christopher	Cook	CARLISLE TRI CLUB	Open	M					00:43:12					45			
Jenny	Mitchell	CARLISLE TRI CLUB	Vet 40	F					00:53:11					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			
Laura	Earl		Open	F					00:54:01					47			
Andrea	Fox	UNATTACHED	Vet 40	F	00:49:43						47				47		
Richard	Hutton	GADE VALLEY HARRIERS	Vet 40	M					00:44:20					47			
Bruno	Lapa		Open	M					00:43:23					47			
Lee	Makar	Unisun	Open	M	00:42:27						47				47		
Jason	Little	DUMFRIES HARRIERS	Vet 40	M					00:44:23					48			
Philip	Lowrey	UNATTACHED	Open	M	00:42:43						48				48		
Jade	Ruddick		Open	F					00:54:15					48			
Karen	Littlejohn	DUMFRIES RUNNING CLUB	Open	F					00:54:19					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			
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			
Louise	Ruddick		Vet 40	F					00:54:04					51			
Dan	Wilson	CUMBERLAND AC	Open	M					00:44:30					51			
Laura	Nasif	Unaffiliated	Open	F	00:50:48						52				52		
Sandy	Shankland	DUMFRIES RUNNING CLUB	Vet 60	M					00:43:34					52			
Stephen	Kirkpatrick	DERWENT AC COCKERMOUTH	Vet 40	M					00:44:41					53			
Helen	Short		Vet 40	F					00:54:27					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			
Celia	Sanderson	ALLEN VALLEY STRIDERS	Vet 50	F					00:54:12					54			
Gordon	Vivers	ANNAN AND DISTRICT AC	Vet 60	M					00:44:52					54			
Richard	McAleer	UNATTACHED	Open	M	00:43:28						55				55		
Heidi	Wright		Open	F					00:53:00					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 FELS 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			
Scott	Nichol	CARLISLE TRI CLUB	Open	M				00:52:17						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			
kathryn	hutton		Open	F			00:59:53						109		109		
Tom	Lawson	NETHERHALL AC	Vet 40	M				00:52:24						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			
Sarah	Bennett	CUMBERLAND AC	Open	F				01:04:18						113			
Chris	Clark	KESWICK AC	Vet 60	M				00:53:37						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			
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			
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			
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			
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			
Peter	Wood		Vet 60	M				00:55:22						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			
Gordon	Paterson	DUMFRIES HARRIERS	Vet 60	M				00:55:58						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			
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			

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	Clasper	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		
Adam	Armata	Unattached	Open	M		00:40:19	00:40:32				13	27			40		
Alastair	Elliott	Unattached	Vet 50	M	00:51:46		00:49:45	00:54:11		140		95	85		320		
Alison	Birkett	Unattached	Vet 40	F		01:00:46	00:59:48	01:11:25			125	95	85		305		
Andrew	Allison	Unattached	Open	M	00:43:35	00:44:32				58	50				108		
Bev	Wilson	DH Runners	Vet 40	F	01:05:47	01:06:01	01:06:11			214	152	117			483		
Beverley	Smith	Cumberland AC	Open	F	00:43:14	00:43:10		00:44:37		8	2		5		15		
Carl	Deane	DH Runners	Vet 50	M		00:46:37	00:48:16	00:46:33			69	87	45		201		
Carmel	Bones	Carlisle Tri Club	Vet 40	F	00:53:51	00:50:04	00:48:56			86	27	26			139		
Claire	Heggie	Border Reiver Runners	Open	F	01:01:48	01:02:36	00:58:52			185	133	89			407		
Donna	Walton	Unattached	Vet 40	F		01:03:50	01:02:51	01:07:39			141	107	78		326		
Elizabeth	Dodd	Cumberland AC	Open	F	00:59:16		00:57:18	01:02:24		163		82	55		300		
Emma	Bzik	Cumberland AC	Vet 40	F	00:54:57	00:59:22		01:06:33		99	99		74		272		
Fiona	Jardine	Dumfries Running Club	Vet 50	F	00:55:04	00:59:48	00:58:10			101	106	87			294		
Georgie	Lowry	Carlisle Tri Club	Open	F	00:46:43	00:45:01	00:44:27			22	8	7			37		
Graham	Harmse	Carlisle Tri Club	Vet 50	F	00:52:23	00:50:29	00:49:11			70	103	94			267		
Haley	Millican	Striders of Croydon	Open	F	00:51:21	00:53:22	00:52:12			56	46	49			151		
Haydn	Bryson	DH Runners	Junior	M		00:45:29	00:44:00	00:58:51			63	56	101		220		
Hazel	Davies	Bodyfit Cumbria Running Club	Vet 50	F	00:42:43		00:43:18	00:45:00		5		4	6		15		
Jaclyn	Gray	Unattached	Vet 40	F	01:11:53	01:14:09		01:25:12		234	173		108		515		
Jaye	Adams	Bodyfit Cumbria Running Club	Vet 40	F	00:51:34		00:53:06			58		58			116		
Jennifer	Moody	Carlisle Tri Club	Vet 40	F	00:52:02		00:51:24	00:55:30		63		43	34		140		
Joanne	Mckenzie	Unattached	Vet 50	F		00:51:35	00:50:17	00:53:54			37	35	26		98		
John	Slater	DH Runners	Open	M		00:42:52	00:40:20	00:43:04			31	25	19		75		
John	Rowland	DH Runners	Vet 50	M	00:47:45	00:47:46	00:46:52			96	79	77			252		
John	McCreddie	DH Runners	Vet 40	M	00:48:25	00:48:25	00:48:03			104	88	86			278		
Katy	Woodman	Runmums	Open	F		00:54:45	00:53:31	01:05:00			61	62	69		192		
Laura	Wylie	Cumberland AC	Open	F	00:55:34		00:54:04	01:04:09		110		66	64		240		

Lewis	Black	Dumfries Harriers	Open	M	00:50:58	00:46:35	00:47:00			130	71	78			279		
Lisanne	Whitaker	Runmums	Vet 50	F	00:56:29	00:54:39		01:01:45		123	60		54		237		
Marie	Milligan	Unattached	Open	F		00:59:47	00:56:30	01:02:44			101	79	57		237		
Paul	Fleming	Unattached	Open	M	00:46:10	00:47:04	00:46:05			82	74	73			229		
Peter	Telford	Cumberland AC	Vet 40	M	00:43:56	00:44:52	00:45:04			61	55	66			182		
Rebecca	Glynn	Cumberland AC	Open	F	01:03:09		01:02:32	01:10:32		194		105	83		382		
Sara	Milburn	DH Runners	Vet 60	F	01:08:26	01:08:15		01:12:16		227	163		87		477		
Sarah	Lord	DH Runners	Vet 40	F		00:52:01	00:51:11	00:55:21			41	40	33		114		
Shona	Barnes	Unattached	Open	F		01:03:50	01:02:51	01:07:38			142	106	77		325		
Stephen	Smith	Cumberland AC	Vet 50	M	00:55:53		00:55:44	01:01:48		171		122	105		398		
Steven	Archibald	Carlisle Tri Club	Vet 40	M	00:48:12	00:49:59				100	100				200		
Susanne	Mcdougall	DH Runners	Vet 70	F	01:10:11		01:14:14	01:20:38		231		127	104		462		
Wayne	Stevens	DH Runners	Vet 40	M	00:53:56	01:01:10	00:56:04			158	160	124			442		