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| --- | --- | --- | --- | --- | --- |
| **MALE 10K - 1st 2nd & 3rd** | | | | | **PRIZE** |
| **101** | **Jacob Adkin** | **0:30:53** | **2029** | **Keswick AC** | **£40.00** |
| **106** | **James Douglas** | **0:31:35** | **3039** | **Border Harriers AC** | **£30.00** |
| **107** | **Alasdair Russell** | **0:31:49** | **3039** | **Kendal AAC** | **£25.00** |
| **FEMALE 10K - 1st 2nd & 3rd** | | | | | **PRIZE** |
| **134** | **Nichola Jackson** | **0:37:31** | **2029** | **Keswick AC** | **£40.00** |
| **151** | **Andrea Banks** | **0:40:32** | **4049** | **Tynedale Harriers & AC** | **£30.00** |
| **152** | **Fiona Todd** | **0:41:00** | **4049** | **Border Harriers AC** | **£25.00** |
| **MALE 5K - 1st 2nd & 3rd** | | | | | **PRIZE** |
| **20** | **Kieran Reynolds** | **0:16:38** | **2029** |  | **£30.00** |
| **22** | **Luca Messenger-Jones** | **0:16:38** | **Under 20** | **Barrow & Furness Striders AC** | **£25.00** |
| **26** | **Matthew Wall** | **0:16:51** | **2029** | **Leven Valley AC** | **£20.00** |
| **FEMALE 5K - 1st 2nd & 3rd** | | | | | **PRIZE** |
| **1** | **Charlotte Corrigan** | **0:20:16** | **Under 20** | **Ribble Valley Harriers** | **£30.00** |
| **43** | **Joanne Taylor-Friell** | **0:20:30** | **5059** | **Kendal AAC** | **£25.00** |
| **45** | **Kate Nicholas** | **0:20:37** | **2029** | **Unattached** | **£20.00** |
| **JUNIOR MALE 5K - 11 to 13 Winner** | | | | | **PRIZE** |
| **1** | **Will McNally** | **0:17:41** | **11 to 13** | **Leven Valley AC** | **£15.00** |
| **JUNIOR FEMALE 5K - 11 to 13 Winner** | | | | | **PRIZE** |
| **4** | **Bella Tiffin-Lowe** | **0:25:14** | **11 to 13** | **Unattached** | **£15.00** |
| **JUNIOR MALE 5K - 14 to 15 Winner** | | | | | **PRIZE** |
| **2** | **Alfie Lamb** | **0:17:50** | **14 to 15** | **Border Harriers AC** | **£15.00** |
| **JUNIOR FEMALE 5K - 14 to 15 Winner** | | | | | **PRIZE** |
| **1** | **Ebony Blackwell** | **0:20:49** | **14 to 15** | **Border Harriers AC** | **£15.00** |

**CARLISLE RESOLUTION 5K & 10K**

**PRIZE WINNERS**

|  |  |  |  |  |  |  |  |
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| **5K AGE GROUP PRIZES** | | | | | | | |
| MALE | | | | FEMALE | | | |
| **Under 20** | | | **Prize** | **Under 20** | | | **Prize** |
| 1 | James Bowen | 0:16:52 | £15.00 | 1 | Amy Armstrong | 0:23:20 | £15.00 |
| **Age Group 20-29** | | |  | **Age Group 20-29** | | |  |
| 1 | Harry Butler | 0:16:55 | £15.00 | 1 | Lucy Child | 0:23:48 | £15.00 |
| **Age Group 30-39** | | |  | **Age Group 30-39** | | |  |
| 1 | Andrew Alderson | 0:17:17 | £15.00 | 1 | Caroline Charlton | 0:20:42 | £15.00 |
| **Age Group 40-49** | | |  | **Age Group 40-49** | | |  |
| 1 | Duncan Eley | 0:17:34 | £15.00 | 1 | Lindsay Walker | 0:22:25 | £15.00 |
| **Age Group 50-59** | | |  | **Age Group 50-59** | | |  |
| 1 | Chris Davison | 0:19:57 | £15.00 | 1 | Julie Dodd | 0:22:50 | £15.00 |
| **Age Group 60-69** | | |  | **Age Group 60-69** | | |  |
| 1 | Franc Karpo | 0:21:23 | £15.00 | 1 | Janice Caryl | 0:33:53 | £15.00 |
| **Age Group 70-79** | | |  | **Age Group 70-79** | | |  |
| 1 | Steve Viney | 0:23:30 | £15.00 |  | No Entry |  |  |
|  |  |  |  |  |  |  |  |
| **10K AGE GROUP PRIZES** | | | | | | | |
| MALE | | | | FEMALE | | | |
| **Under 20** | | | **Prize** | **Under 20** | | | **Prize** |
| 1 | Tom Humphries | 0:32:12 | £20.00 |  | No Entry |  |  |
| **Age Group 20-29** | | | **Prize** | **Age Group 20-29** | | | **Prize** |
| 1 | Nathan Postill | 0:32:45 | £20.00 | 1 | Louise Mercer | 0:41:25 | £20.00 |
| **Age Group 30-39** | | | **Prize** | **Age Group 30-39** | | | **Prize** |
| 1 | Richard Anderson | 0:32:32 | £20.00 | 1 | Rebecca Wren | 0:46:14 | £20.00 |
| 2 | Blain Rooney | 0:33:10 | £15.00 | **Age Group 40-49** | | | **Prize** |
| 3 | Reece Jefferson | 0:34:17 | £10.00 | 1 | Georgie Mcroberts | 0:43:58 | £20.00 |
| **Age Group 40-49** | | | **Prize** | 2 | Caroline Mcbrearty | 0:46:13 | £15.00 |
| 1 | Bob Hodgson | 0:34:29 | £20.00 | **Age Group 50-59** | | | **Prize** |
| 2 | Maciej Trzeciak | 0:35:28 | £15.00 | 1 | Teresa Medley | 0:44:59 | £20.00 |
| 3 | David Thompson | 0:35:45 | £10.00 | 2 | Lisanne Whitaker | 0:50:12 | £15.00 |
| **Age Group 50-59** | | | **Prize** | **6069** | | | **Prize** |
| 1 | John O'reilly | 0:37:27 | £20.00 | 1 | Ann Stuart | 0:51:28 | £20.00 |
| 2 | Adrian Sowerby | 0:38:35 | £15.00 | **7079** | | | **Prize** |
| 3 | David Lawson | 0:38:44 | £10.00 | 1 | Lillian Pollock | 1:24:34 | £20.00 |
| **Age Group 60-69** | | | **Prize** | **Age Group 60-69** | | | **Prize** |
| 1 | Colin Fell | 0:43:05 | £20.00 |  | No Entry |  |  |
| **Age Group 70-79** | | | **Prize** | **Age Group 70-79** | | | **Prize** |
| 1 | Stephen Brook | 0:51:15 | £20.00 |  | No Entry |  |  |