

# Carlisle City 10K Series 2022

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

Name	Club	Cat	Sex	Resolution 10K January 23rd	DH River Run February 13th	CCUTR April 13th	Carlisle Tri 10K June 1st	SIA 10K September 25th	DH River Run October	Points						Total Points	Series Pos	Series Winners
										Race 1	Race 2	Race 3	Race 4	Race 5	Race 6			
<b>Series Qualifiers</b>																		
Melissa	Albarran		Ages 20 - 29	Female	00:38:36						1					1		
David	Holmes	BORDER HARRIERS & AC	Ages 40 - 49	Male	00:32:27						1					1		
David	Thompson		Ages 40 - 49	Male		00:34:39					1					1		
Nathan	Postill	BORDER HARRIERS & AC	Ages 20 - 29	Male	00:33:23						2					2		
Victoria	Rankin	BORDER HARRIERS & AC	Ages 30 - 39	Female	00:40:21						3					3		
Martin	Peck	SPENBOROUGH & DISTRICT AC	Ages 40 - 49	Male	00:33:38						3					3		
Fiona	Todd	BORDER HARRIERS & AC	Ages 40 - 49	Female	00:38:59	00:38:53					2	1				3		
Bobby	Hagan	MORPETH HARRIERS & AC	Ages 30 - 39	Male		00:36:33					4					4		
James	Bowness		Ages 30 - 39	Male	00:34:16						4					4		
Joanne	Taylor-Friell	KENDAL AAC	Ages 50 - 59	Female	00:41:54						4					4		
Euan	Wilson	INSCH TRAIL RUNNING CLUB	Ages 30 - 39	Male		00:36:44					5					5		
Stephen	Weston	BORDER HARRIERS & AC	Ages 40 - 49	Male	00:34:19						5					5		
Emma	Nielsen	EDEN RUNNERS	Ages 40 - 49	Female	00:42:17						6					6		
Julie	Dodd	DH RUNNERS	Ages 50 - 59	Female		00:46:38					8					8		
Ewa	Zielinska		Ages 30 - 39	Female	00:41:56	00:43:36					5	3				8		
Susan	Holliday	CUMBERLAND AC	Ages 40 - 49	Female	00:42:41						8					8		
James	Souter		Ages 40 - 49	Male	00:36:29						8					8		
Jennie	Forster		Ages 30 - 39	Female		00:47:12					9					9		
Paul	Lowery	BORDER HARRIERS & AC	Ages 30 - 39	Male	00:35:31	00:35:51					6	3				9		
Shane	Stobbart	CUMBERLAND AC	Ages 30 - 39	Male	00:35:33	00:35:36					7	2				9		
Kerry	Grinbergs	EDEN RUNNERS	Ages 40 - 49	Female	00:42:49						9					9		
Stuart	Robinson	BORDER HARRIERS & AC	Ages 50 - 59	Male	00:36:38						10					10		
Sue	Toppin		Ages 50 - 59	Female	00:42:50						10					10		
Mark	Calder		Ages 30 - 39	Male		00:40:54					11					11		
Ashley	Ryan	ELLENBOROUGH AC	Ages 30 - 39	Male	00:36:49						11					11		
Beverley	Smith	CUMBERLAND AC	Ages 30 - 39	Female	00:42:39	00:43:49					7	4				11		
Teresa	Medley	BORDER HARRIERS & AC	Ages 50 - 59	Female	00:43:05						11					11		
Archie	Morley		Ages 16 - 19	Male		00:40:59					12					12		
Clem	Coady	BORDER HARRIERS & AC	Ages 40 - 49	Male	00:36:50						12					12		
Elaine	Kennedy-Walton		Ages 40 - 49	Female	00:43:13						12					12		
Nicola	Carruthers	DH RUNNERS	Ages 40 - 49	Female		00:48:55					13					13		
Lee	Doswell		Ages 40 - 49	Male	00:37:13						13					13		
Marie	Robson	HELM HILL RUNNERS	Ages 50 - 59	Female	00:43:27						13					13		
Toby	Harling	DH RUNNERS	Ages 40 - 49	Male		00:41:36					14					14		
Kathryn	Metcalfe	EDEN RUNNERS	Ages 40 - 49	Female	00:43:28						14					14		
Angus	Wightman	KESWICK AC	Ages 50 - 59	Male	00:37:20						14					14		
Stella	Atherton	CUMBERLAND AC	Ages 50 - 59	Female		00:50:02					15					15		
Martin	Grey	DH RUNNERS	Ages 60 - 69	Male		00:41:42					15					15		
Jonny	Lowe	BORDER HARRIERS & AC	Ages 40 - 49	Male	00:37:41						15					15		
Kevin	Wallace	CUMBERLAND AC	Ages 40 - 49	Male	00:36:37	00:36:57					9	6				15		
Mark	Fussell	BLENGDALE RUNNERS AC	Ages 40 - 49	Male	00:38:26						16					16		
Kev	Iveson	DH RUNNERS	Ages 40 - 49	Male		00:41:45					16					16		
Hazel	Davis	BODYFIT CUMBRIA RUNNING CLUB	Ages 50 - 59	Female	00:44:08						16					16		
Rachel	Aspinall		Ages 20 - 29	Female		00:50:17					17					17		
Millie	McVittie		Ages 16 - 19	Female	00:44:07	00:43:08					15	2				17		
Sue	Jeffrey	DUMFRIES RUNNING CLUB	Ages 30 - 39	Female	00:44:24						17					17		
Mark	Moore		Ages 40 - 49	Male		00:42:02					17					17		
Kevin	Mccaig	DUMFRIES RUNNING CLUB	Ages 60 - 69	Male	00:38:31						17					17		
Peter	Milligan	CUMBERLAND AC	Ages 30 - 39	Male		00:42:26					18					18		
Kerry	Braithwaite	Carlisle Tri Club	Ages 40 - 49	Female		00:50:41					18					18		
Caroline	Mcbrearty		Ages 40 - 49	Female	00:44:28						18					18		
Lee	Todhunter	WIGTON ROAD RUNNERS	Ages 40 - 49	Male	00:38:46						18					18		
Brett	Malloy	DERWENT AC	Ages 30 - 39	Male		00:42:48					19					19		
Julie	Story	DH RUNNERS	Ages 50 - 59	Female		00:50:47					19					19		
Alexandrea	Gonzales	QUEENSBURY RUNNING CLUB	Ages 20 - 29	Female	00:44:39						19					19		
Sean	Uttley		Ages 50 - 59	Male	00:38:53						19					19		
Kerrie	Fiddler	DH RUNNERS	Ages 50 - 59	Female		00:51:20					20					20		
Neil	Richardson	ANNAN AND DISTRICT AC	Ages 40 - 49	Male	00:39:00						20					20		
John	Ernest Williams	EDEN RUNNERS	Ages 40 - 49	Male	00:39:03						21					21		
Julie	Ross	CARLISLE TRI CLUB	Ages 50 - 59	Female		00:51:55					22					22		
Lisa	Jackson	DERWENT AC	Ages 30 - 39	Female	00:45:22						22					22		
Andrew	Douglas	EDEN RUNNERS	Ages 40 - 49	Male	00:39:26						22					22		
Michael	Sandelands	CUMBERLAND AC	Ages 50 - 59	Male		00:44:47					23					23		
Sarah	Brookes	DH RUNNERS	Ages 20 - 29	Female	00:46:13						23					23		
William	Cox	NETHERHALL AC	Ages 30 - 39	Male	00:39:36						23					23		
Chris	Mathieson	DERWENT AC	Ages 30 - 39	Male		00:45:02					24					24		
Karen	Littlejohn	DUMFRIES RUNNING CLUB	Ages 40 - 49	Female		00:52:14					24					24		
Lindsay	Walker	KESWICK AC	Ages 40 - 49	Female	00:46:17						24					24		
David	Postill	CARLISLE TRI CLUB	Ages 50 - 59	Male	00:39:49						24					24		
Dayle	Armstrong		Ages 30 - 39	Male		00:45:10					25					25		
Laura	Beaty		Ages 30 - 39	Female		00:52:15					25					25		
Andrew	Carlisle		Ages 40 - 49	Male	00:39:59						25					25		

Georgie	Lowry	CARLISLE TRI CLUB	Ages 40 - 49	Female	00:46:19						25						25	
Nicola	Black		Ages 30 - 39	Female	00:45:00	00:44:11					21	5					26	
Suzanne	Mcardle	CARLISLE TRI CLUB	Ages 40 - 49	Female	00:44:59	00:45:59					20	6					26	
Jill	Carruthers		Ages 40 - 49	Female		00:52:30					27						27	
Ranjit	Thomas	DH RUNNERS	Ages 50 - 59	Male	00:40:30						27						27	
Kevin	Gordon	DUMFRIES RUNNING CLUB	Ages 30 - 39	Male	00:40:37						28						28	
Andrea	Challenger	CUMBERLAND AC	Ages 40 - 49	Female		00:52:42					28						28	
Mike	Robinson	CUMBERLAND AC	Ages 40 - 49	Male		00:45:58					28						28	
Jemma	Williamson		Ages 40 - 49	Female	00:47:32						28						28	
Leeann	Barber	CUMBERLAND AC	Ages 40 - 49	Female	00:47:47						29						29	
Bev	Faulder	CUMBERLAND AC	Ages 40 - 49	Female		00:52:55					29						29	
John	Robson	HELM HILL RUNNERS	Ages 50 - 59	Male	00:40:51						29						29	
Alistair	Robson	FETCHEVERYONE	Ages 50 - 59	Male		00:46:06					30						30	
Mark	Brewer	TRI-LAKELAND	Ages 30 - 39	Male	00:40:53						30						30	
Samantha	Cartmel		Ages 30 - 39	Female		00:53:35					31						31	
Hannah	Webb		Ages 30 - 39	Female	00:48:09						31						31	
John	Messenger		Ages 40 - 49	Male		00:46:09					31						31	
Grant	Noble	EDINBURGH AC	Ages 50 - 59	Male	00:40:58						31						31	
Kimberley	Beaty		Ages 30 - 39	Female		00:53:35					32						32	
Joseph	Webb	EDEN RUNNERS	Ages 30 - 39	Male	00:41:02						32						32	
Beverley	Armstrong	DH RUNNERS	Ages 40 - 49	Female	00:48:10						32						32	
Brian	Hazlewood	DH RUNNERS	Ages 40 - 49	Male		00:46:29					32						32	
Rachel	Ash	EDEN RUNNERS	Ages 40 - 49	Female	00:48:31						33						33	
Peter	Telford	CUMBERLAND AC	Ages 40 - 49	Male		00:46:43					33						33	
Susan	Cain	CUMBERLAND AC	Ages 60 - 69	Female	00:46:29	00:46:22					26	7					33	
Chris	Knox	DH RUNNERS	Ages 60 - 69	Male		00:46:44					34						34	
David	Grimshaw	SWPT	Ages 40 - 49	Male	00:41:08						34						34	
Fiona	Ferguson	EDEN RUNNERS	Ages 50 - 59	Female	00:48:55						34						34	
Andy	Caven	DH RUNNERS	Ages 50 - 59	Male		00:46:45					35						35	
Rob	Hastings		Ages 30 - 39	Male	00:40:12	00:40:18					26	9					35	
Timothy	Lee		Ages 30 - 39	Male	00:41:08						35						35	
Mica	Lowthian		Ages 30 - 39	Female	00:49:03						35						35	
Tony	Mills	DH RUNNERS	Ages 50 - 59	Male		00:47:17					36						36	
Harriet	North	EDEN RUNNERS	Ages 20 - 29	Female	00:49:06						36						36	
Fiona	Moore	DH RUNNERS	Ages 40 - 49	Female		00:54:22					36						36	
Robert	Plunkett		Ages 50 - 59	Male	00:41:16						36						36	
Gerard	Laker		Ages 50 - 59	Male		00:47:21					37						37	
Michelle	Kingston		Ages 30 - 39	Female	00:47:24	00:47:58					27	10					37	
Alex	Ashton		Ages 40 - 49	Female	00:49:14						37						37	
Andy	Mouat		Ages 30 - 39	Male		00:47:48					38						38	
Antony	Briscoe	CUMBERLAND AC	Ages 50 - 59	Male	00:41:20						38						38	
Alyssia	Thompson	NEWCASTLE UNIVERSITY AC	Ages 20 - 29	Female	00:49:37						39						39	
Kelly	Patterson		Ages 40 - 49	Female		00:56:59					39						39	
John	Tollitt	TYNE BRIDGE HARRIERS	Ages 50 - 59	Male	00:41:46						39						39	
Peter	Goulston	DH RUNNERS	Ages 50 - 59	Male		00:48:13					40						40	
Olivia	Kidd	EDEN RUNNERS	Ages 30 - 39	Female	00:49:39						40						40	
Ben	Harper	CARLISLE TRI CLUB	Ages 40 - 49	Male	00:41:48						40						40	
Emma	Jolly		Ages 40 - 49	Female		00:57:30					40						40	
Graham	Hetherington	CUMBERLAND AC	Ages 50 - 59	Male		00:48:27					41						41	
David	Piercy		Ages 40 - 49	Male	00:41:04	00:40:07					33	8					41	
Heidi	Underwood		Ages 40 - 49	Female		00:57:56					41						41	
Carmel	Bones	CARLISLE TRI CLUB	Ages 50 - 59	Female	00:49:46						41						41	
Lorna	Gold	CUMBERLAND AC	Ages 50 - 59	Female	00:48:03	00:48:35					30	11					41	
Nicky	Proctor	DH RUNNERS	Ages 30 - 39	Female		00:57:59					42						42	
Ryan	Hartley		Ages 40 - 49	Male		00:48:39					42						42	
Helen	Tyson	EDEN RUNNERS	Ages 40 - 49	Female	00:49:47						42						42	
Ian	Mcdougall	CUMBERLAND AC	Ages 50 - 59	Male	00:41:59						42						42	
Liam	Meredith		Ages 30 - 39	Male	00:42:05						43						43	
Emily	Jackson	DH RUNNERS	Ages 20 - 29	Female		00:58:17					44						44	
Natalie	Appleton	CUMBERLAND AC	Ages 30 - 39	Female	00:50:07						44						44	
Andrew	Pescod	DH RUNNERS	Ages 40 - 49	Male	00:42:09						44						44	
David	Morris		Ages 50 - 59	Male		00:48:55					45						45	
Audrey	O'kelly	CARLISLE TRI CLUB	Ages 50 - 59	Female		00:58:21					45						45	
Katie	Bird	EDEN RUNNERS	Ages 30 - 39	Female	00:50:14						45						45	
Martin	Thomlinson		Ages 40 - 49	Male	00:42:16						45						45	
Karen	Cowperthwaite	CUMBERLAND AC	Ages 50 - 59	Female		00:58:25					46						46	
Carl	Sealby	EDEN RUNNERS	Ages 40 - 49	Male	00:42:17						46						46	
Stuart	Ward		Ages 40 - 49	Male		00:49:01					46						46	
Gillian	Baxter	CUMBERLAND AC	Ages 60 - 69	Female	00:50:15						46						46	
Nicola	Cowan	CUMBERLAND AC	Ages 30 - 39	Female		00:58:27					47						47	
David	Mitchell		Ages 50 - 59	Male	00:42:28						47						47	
Alan	Roberts	DH RUNNERS	Ages 50 - 59	Male	00:41:18	00:40:46					37	10					47	
Ann	Stuart		Ages 60 - 69	Female	00:50:32						47						47	
Gillian	Fletcher	CUMBERLAND AC	Ages 50 - 59	Female		00:58:28					48						48	
Keith	Mcveigh	CUMBERLAND AC	Ages 60 - 69	Male		00:49:25					48						48	
Andrew	Kelly	CUMBERLAND AC	Ages 40 - 49	Male		00:49:45					49						49	
Stacey	Brewer	TRI LAKELAND	Ages 30 - 39	Female	00:51:14						49						49	
Nicky	Strong	EDEN RUNNERS	Ages 30 - 39	Male	00:42:29						49						49	
Beth	Cameron		Ages 20 - 29	Female		00:58:50					50						50	
James	Taylor		Ages 20 - 29	Male		00:50:14					50						50	

Keith	Forster		Ages 30 - 39	Male	00:42:35						50						50	
Louise	Thomson		Ages 30 - 39	Female		00:59:37					51						51	
Stephen	Gascoigne		Ages 20 - 29	Male	00:42:57						51						51	
Ross	Ferguson	DH RUNNERS	Ages 20 - 29	Male		00:50:39					52						52	
Nicola	Latimer	WIGTON ROAD RUNNERS	Ages 50 - 59	Female	00:51:49						52						52	
Michelle	Barrow		Ages 30 - 39	Female		00:59:50					53						53	
Jonny	Fearon	CARLISLE TRI CLUB	Ages 30 - 39	Male	00:43:15						53						53	
Christine	Bradley		Ages 40 - 49	Female	00:51:51						53						53	
Stephen	Atherton	CUMBERLAND AC	Ages 50 - 59	Male		00:51:05					54						54	
Sandra	Allan		Ages 60 - 69	Female		00:59:52					54						54	
Ryan	Wallace		Ages 20 - 29	Male	00:43:17						54						54	
Thomas	Barnes		Ages 30 - 39	Male	00:41:53	00:41:05					41	13					54	
Sarah	Minchella	CUMBERLAND AC	Ages 40 - 49	Female	00:51:51						54						54	
Caron	White	CUMBERLAND AC	Ages 40 - 49	Female	00:49:25	00:50:10					38	16					54	
Jane	Lenza	DUMFRIES RUNNING CLUB	Ages 60 - 69	Female		00:59:55					55						55	
Dave	Mason		Ages 30 - 39	Male	00:43:35						55						55	
Lisanne	Whitaker		Ages 50 - 59	Female	00:51:54						55						55	
Brenda	Elliott	CUMBERLAND AC	Ages 50 - 59	Female		01:00:39					56						56	
Kim	Aldersey		Ages 40 - 49	Female	00:51:54						56						56	
Mark	Chandler	CARLISLE TRI CLUB	Ages 40 - 49	Male	00:43:48						56						56	
Emma	Bzik	CUMBERLAND AC	Ages 40 - 49	Female		01:00:55					57						57	
Jon	McLeod		Ages 50 - 59	Male		00:51:35					57						57	
Gareth	Irving	TRIATHLON ENGLAND	Ages 40 - 49	Male	00:43:48						57						57	
Maureen	Dickson	DUMFRIES RUNNING CLUB	Ages 60 - 69	Female	00:52:02						57						57	
Charlotte	Deane	DH RUNNERS	Ages 50 - 59	Female		01:01:18					58						58	
Steve	Viney	DH RUNNERS	Ages 70 - 79	Male		00:51:44					58						58	
James	Saxon	EDEN RUNNERS	Ages 40 - 49	Male	00:43:48						58						58	
Julie	Gate	EDEN RUNNERS	Ages 50 - 59	Female	00:52:10						58						58	
Frances	Braithwaite	DH RUNNERS	Ages 40 - 49	Female		01:01:29					59						59	
Mark	Cowperthwaite	CUMBERLAND AC	Ages 50 - 59	Male		00:51:49					59						59	
Steven	Wells		Ages 30 - 39	Male	00:43:52						59						59	
Gayle	Andrews		Ages 40 - 49	Female	00:52:11						59						59	
Fiona	Britton	BODYFIT CUMBRIA RUNNING CLUB	Ages 50 - 59	Female		01:01:32					60						60	
Nicola	Wilkinson	CUMBERLAND AC	Ages 30 - 39	Female	00:52:19						60						60	
Hannah	Westley	CUMBERLAND AC	Ages 40 - 49	Female	00:50:37	00:48:54					48	12					60	
Paul	Mckeown	EDEN RUNNERS	Ages 50 - 59	Male	00:43:53						60						60	
Richard	Brook	CUMBERLAND AC	Ages 40 - 49	Male		00:52:32					61						61	
Wendy	Beesley	DH RUNNERS	Ages 50 - 59	Female		01:01:39					61						61	
Sophie	Dodd	#CLUB NOT RECOGNISED#	Ages 20 - 29	Female	00:52:41						61						61	
David	Connor	CARLISLE TRI CLUB	Ages 40 - 49	Male	00:43:59						61						61	
Rachel	Bowman	DH RUNNERS	Ages 50 - 59	Female		01:01:43					62						62	
Malcolm	Wood	CUMBERLAND AC	Ages 50 - 59	Male		00:52:50					62						62	
Susan	Black	TYNEDALE HARRIERS & AC	Ages 50 - 59	Female	00:52:47						62						62	
Natalie	Bingham	DH RUNNERS	Ages 30 - 39	Female		01:01:44					63						63	
Brian	Kerr	DH RUNNERS	Ages 50 - 59	Male		00:52:50					63						63	
Lauren	Black		Ages 30 - 39	Female	00:52:48						63						63	
Lee	Crowe		Ages 30 - 39	Male	00:44:03						63						63	
Julie	Britton	DH RUNNERS	Ages 50 - 59	Female		01:01:53					64						64	
Linda	Aspinall		Ages 50 - 59	Female	00:50:03	00:51:33					43	21					64	
Charles	Watson		Ages 50 - 59	Male	00:44:22						64						64	
Amanda	Gallagher		Ages 40 - 49	Female		01:02:02					65						65	
Dan	Lewis		Ages 40 - 49	Male	00:44:25						65						65	
Jacquie	Molyneux	WIGTON ROAD RUNNERS	Ages 60 - 69	Female		01:02:19					66						66	
Colin	Browne	CARLISLE TRI CLUB	Ages 40 - 49	Male	00:44:34						66						66	
Gary	Palmer	CUMBERLAND AC	Ages 50 - 59	Male		00:55:12					67						67	
Leo	Peck	SPENBOROUGH & DISTRICT AC	Ages 16 - 19	Male	00:44:36						67						67	
Mhairi	Beattie		Ages 40 - 49	Female	00:53:10						67						67	
Julie	Fell	DH RUNNERS	Ages 40 - 49	Female		01:02:41					68						68	
Mo	Giovannini	DH RUNNERS	Ages 50 - 59	Male		00:55:35					68						68	
Shaun	Cavanagh	CUMBERLAND AC	Ages 50 - 59	Male	00:44:44						68						68	
Lesley	Wallace	WOMEN ON THE RUN	Ages 50 - 59	Female	00:53:13						68						68	
Paula	Jackson	CUMBERLAND AC	Ages 50 - 59	Female		01:02:42					69						69	
Chris	Whitby	CUMBERLAND AC	Ages 50 - 59	Male		00:56:37					69						69	
Joe	Heap	DH RUNNERS	Ages 20 - 29	Male	00:44:45						69						69	
Mike	Reed		Ages 30 - 39	Male	00:44:03	00:39:45					62	7					69	
Juliet	Grieves	BODYFIT CUMBRIA RUNNING CLUB	Ages 50 - 59	Female	00:53:21						69						69	
Kelly	Gullen	DH RUNNERS	Ages 40 - 49	Female		01:04:22					70						70	
Mark	Avison		Ages 60 - 69	Male		00:57:14					70						70	
Joe	Chambers	RUN GMC	Ages 30 - 39	Male	00:44:48						70						70	
Mike	Smith	CARLISLE TRI CLUB	Ages 30 - 39	Male	00:42:29	00:44:09					48	22					70	
Alison	Marsland		Ages 50 - 59	Female	00:53:24						70						70	
Katie	Clarke		Ages 50 - 59	Female		01:04:28					71						71	
David	Ferrier	KESWICK AC	Ages 60 - 69	Male		00:57:23					71						71	
Julia	Lyons		Ages 30 - 39	Female	00:53:27						71						71	
Martyn	Minchella	CUMBERLAND AC	Ages 40 - 49	Male	00:44:51						71						71	
Caroline	Withers		Ages 20 - 29	Female		01:04:55					72						72	
Ian	Wilson	CUMBERLAND AC	Ages 40 - 49	Male	00:42:58	00:43:27					52	20					72	
Anthony	Randell		Ages 50 - 59	Male	00:44:53						72						72	
Josette	Billett	DH RUNNERS	Ages 60 - 69	Female		01:06:07					73						73	
John	Quinn		Ages 70 - 79	Male		00:57:55					73						73	

Hannah	Latimer	WIGTON ROAD RUNNERS	Ages 20 - 29	Female	00:53:38						73						73	
Campbell	Mccaig	GALLOWAY HARRIERS	Ages 40 - 49	Male	00:44:53						73						73	
Rachel	Goodfellow		Ages 30 - 39	Female		01:06:14					74						74	
Claire	Borradaile		Ages 40 - 49	Female	00:53:46						74						74	
Stu	Hodgson	EDEN RUNNERS	Ages 40 - 49	Male	00:45:11						74						74	
Rebecca	Toppin	CARLISLE TRI CLUB	Ages 40 - 49	Female	00:51:44	00:51:59					51	23					74	
Niamh	Clarke		Ages 20 - 29	Female		01:07:23					75						75	
Gordon	Stewart	DUMFRIES HARRIERS	Ages 30 - 39	Male	00:45:18						75						75	
Laura	Broatch	DUMFRIES RUNNING CLUB	Ages 40 - 49	Female	00:53:55						75						75	
Chris	Holding	DH RUNNERS	Ages 30 - 39	Male		00:59:28					76						76	
Zoe	Ferguson	DH RUNNERS	Ages 60 - 69	Female		01:07:42					76						76	
Joanne	Rumney		Ages 30 - 39	Female	00:51:28	00:52:23					50	26					76	
Kat	Hutton	DERWENT AC	Ages 40 - 49	Female	00:54:03						76						76	
Nathan	Ion		Ages 16 - 19	Male		01:00:50					77						77	
Anne	Avison		Ages 60 - 69	Female		01:08:21					77						77	
Richard	Aldersey		Ages 30 - 39	Male	00:45:27						77						77	
Deborah	Mitchell	AURORA HARRIERS	Ages 50 - 59	Female	00:54:24						77						77	
Sarah	Penrice	DH RUNNERS	Ages 30 - 39	Female		01:08:46					78						78	
Peter	Rogers	DH RUNNERS	Ages 60 - 69	Male		01:01:13					78						78	
Marzena	Giera		Ages 30 - 39	Female	00:52:50	00:49:22					64	14					78	
Cath	Wood		Ages 30 - 39	Female		01:09:54					79						79	
Jamie	Johnston	BORDER REIVER RUNNERS	Ages 30 - 39	Male		01:01:22					79						79	
Craig	Butler		Ages 40 - 49	Male	00:45:31						79						79	
David	McGinn	DH RUNNERS	Ages 40 - 49	Male		01:01:47					80						80	
Jennifer	Moody	CARLISLE TRI CLUB	Ages 40 - 49	Female	00:54:44						80						80	
John	Hudson		Ages 50 - 59	Male	00:45:38						80						80	
Robin	Hargreaves		Ages 50 - 59	Male		01:01:58					81						81	
Susanne	Mcdougall	DH RUNNERS	Ages 70 - 79	Female		01:18:06					81						81	
John	Andrewartha	EDEN RUNNERS	Ages 40 - 49	Male	00:45:41						81						81	
Simon	Wright		Ages 40 - 49	Male		01:02:23					82						82	
Fiona	Walker		Ages 60 - 69	Female		01:26:05					82						82	
Michael	Kendall	CUMBERLAND AC	Ages 40 - 49	Male	00:46:12						82						82	
Sharon	Dawson		Ages 50 - 59	Female	00:55:07						82						82	
Heather	Rowe	Carlise Tri Club	Ages 50 - 59	Female		01:26:10					83						83	
Nicole	Kendall		Ages 30 - 39	Female	00:55:13						83						83	
Dave	Johnson	EDEN RUNNERS	Ages 60 - 69	Male	00:46:14						83						83	
Robert	Ainsworth	DH RUNNERS	Ages 50 - 59	Male		01:05:29					84						84	
Stephen	Braithwaite		Ages 40 - 49	Male	00:46:15						84						84	
Martin	Withers	DH RUNNERS	Ages 20 - 29	Male		01:07:44					85						85	
Carole	Miller	DH RUNNERS	Ages 50 - 59	Female	00:55:19						85						85	
Chris	Bardini		Ages 30 - 39	Male	00:46:33						86						86	
Celestina	Mahovic		Ages 30 - 39	Female	00:55:49						86						86	
Kieran	Ritchie		Ages 30 - 39	Male	00:46:38						87						87	
David	Martin		Ages 30 - 39	Male	00:46:43						88						88	
Liz	Farthing	EDEN RUNNERS	Ages 50 - 59	Female	00:56:13						88						88	
Amber	Forsyth		Ages 50 - 59	Female	00:56:17						89						89	
Paul	Fleming		Ages 40 - 49	Male	00:46:57						90						90	
Patricia	White	WOMEN ON THE RUN	Ages 60 - 69	Female	00:56:22						90						90	
Garry	Bower	EDEN RUNNERS	Ages 50 - 59	Male	00:47:00						91						91	
Tracie	Pollock	BORDER REIVER RUNNERS	Ages 50 - 59	Female	00:56:23						91						91	
Karen	Lillie	LONELY GOAT RC	Ages 50 - 59	Female	00:56:31						92						92	
Margaret	Mossman		Ages 40 - 49	Female	00:56:33						93						93	
Louise	Franks	TEESDALE AC	Ages 30 - 39	Female	00:56:51						94						94	
Colin	Walker	ANNAN AND DISTRICT AC	Ages 50 - 59	Male	00:47:11						94						94	
Mike	Edmondson	WIGTON ROAD RUNNERS	Ages 40 - 49	Male	00:47:19						95						95	
Sally	Blackmore	EDEN RUNNERS	Ages 50 - 59	Female	00:56:53						95						95	
Kerry	Jardine	DUMFRIES RUNNING CLUB	Ages 20 - 29	Female	00:57:24						96						96	
Stewart	Jamieson		Ages 30 - 39	Male	00:47:25						96						96	
Karen	McClean	CUMBERLAND AC	Ages 60 - 69	Female	00:57:58						97						97	
Mark	Jones	EDINBURGH RUNNING CLUB	Ages 50 - 59	Male	00:47:39						98						98	
Helen	Taylor	DH RUNNERS	Ages 50 - 59	Female	00:58:08						98						98	
Pete	Collins		Ages 30 - 39	Male	00:47:43						99						99	
Diane	Lockhart	QUAKERS RUNNING CLUB	Ages 40 - 49	Female	00:58:13						99						99	
Becca	Newton		Ages 30 - 39	Female	00:58:18						100						100	
Samantha	Cook		Ages 40 - 49	Female	00:53:10	00:53:59					65	35					100	
David	McClounie	BORDER REIVER RUNNERS	Ages 40 - 49	Male	00:47:50						100						100	
Wendy	Gass	ANNAN AND DISTRICT AC	Ages 50 - 59	Female	00:53:10	00:53:59					66	34					100	
Raghunandana	Vedapanakal	DERWENT AC	Ages 40 - 49	Male	00:47:54						101						101	
Pamela	Coughlan	CARLISLE TRI CLUB	Ages 60 - 69	Female	00:58:18						101						101	
Lesley	Talbot	BODIFIT RC	Ages 50 - 59	Female	00:58:20						102						102	
Julian	Whitaker		Ages 50 - 59	Male	00:48:02						102						102	
Pete	Walls	TYNE BRIDGE HARRIERS	Ages 30 - 39	Male	00:48:07						103						103	
Anna	Larden	EDEN RUNNERS	Ages 40 - 49	Female	00:58:22						103						103	
Carl	Deane	DH RUNNERS	Ages 50 - 59	Male	00:45:27	00:45:26					76	27					103	
Carl	Bowe	BORDER REIVER RUNNERS	Ages 30 - 39	Male	00:48:20						104						104	
Lindsay	Earl	CASTLE DOUGLAS RUNNING CLUB	Ages 40 - 49	Female	00:58:23						104						104	
Lee	Lewis	CARLISLE TRI CLUB	Ages 40 - 49	Male	00:45:28	00:45:19					78	26					104	
Elisa	Trainor	CUMBERLAND AC	Ages 30 - 39	Female	00:53:28	00:53:43					72	33					105	
Jennie	Davies	WOMEN ON THE RUN	Ages 70 - 79	Female	00:58:29						105						105	
Gemma	Laurie		Ages 40 - 49	Female	00:58:34						106						106	

Andy	Sweetman	BORDER REIVER RUNNERS	Ages 50 - 59	Male	00:48:32						106						106	
Sharon	Donald	DCH RUN CLUB	Ages 40 - 49	Female	00:58:35						107						107	
Michelle	Barron	WIGTON ROAD RUNNERS	Ages 40 - 49	Female	00:58:41						108						108	
Andrew	Walker	EDEN RUNNERS	Ages 60 - 69	Male	00:48:40						108						108	
Kalina	Reron		Ages 30 - 39	Female	00:54:31	00:53:27					79	30					109	
Martin	Sowerby		Ages 30 - 39	Male	00:48:45						109						109	
Joanne	Walker		Ages 40 - 49	Female	00:58:44						109						109	
Neil	McNulty		Ages 30 - 39	Male	00:48:54						110						110	
Heather	Herring		Ages 40 - 49	Female	00:59:09						110						110	
Ian	Watt		Ages 30 - 39	Male	00:48:55						111						111	
John	Lewis	CUMBERLAND AC	Ages 70 - 79	Male	00:48:57						112						112	
Daniel	Hunter		Ages 30 - 39	Male	00:47:04	00:43:55					92	21					113	
Barry	Rayson		Ages 30 - 39	Male	00:48:58						113						113	
Laura	Rudd		Ages 30 - 39	Female	00:59:30						113						113	
Beth	Casson	TRI-LAKELAND	Ages 30 - 39	Female	01:00:07						114						114	
Stuart	Marshall		Ages 40 - 49	Male	00:46:21	00:46:02					85	29					114	
Larry	Horne	EDEN RUNNERS	Ages 50 - 59	Male	00:49:00						114						114	
Rhys	Martin		Ages 16 - 19	Male	00:49:04						115						115	
Felicity	Lynch		Ages 30 - 39	Female	01:00:13						115						115	
Gail	Jones	DH RUNNERS	Ages 50 - 59	Female	00:54:30	00:55:29					78	37					115	
Jeff	Dandy	CUMBERLAND AC	Ages 50 - 59	Male	00:49:05						116						116	
Fiona	Jardine	DUMFRIES RUNNING CLUB	Ages 50 - 59	Female	01:00:13						116						116	
Eleanor	Buck	TEESDALE AC	Ages 20 - 29	Female	01:00:16						117						117	
Paul	Maxey		Ages 50 - 59	Male	00:49:25						117						117	
Gary	Chandler	DH RUNNERS	Ages 50 - 59	Male	00:49:30						118						118	
Janice	Talbot	BODYFIT CUMBRIA RUNNING CLUB	Ages 50 - 59	Female	01:00:23						118						118	
Jackie	Bennett	CUMBERLAND AC	Ages 40 - 49	Female	01:00:39						119						119	
Kendal	Kev	KENDAL AAC	Ages 40 - 49	Male	00:49:30						119						119	
Hayley	Todd		Ages 30 - 39	Female	01:00:53						120						120	
Louise	Farmer	DH RUNNERS	Ages 40 - 49	Female	01:00:55						121						121	
Martin	Trainor	CUMBERLAND AC	Ages 40 - 49	Male	00:49:34						121						121	
Nicola	Bills		Ages 40 - 49	Female	00:55:18	00:56:27					84	38					122	
Paula	Mitchell		Ages 40 - 49	Female	01:01:05						122						122	
Iain	Pattinson		Ages 40 - 49	Male	00:49:36						122						122	
Claire	Lloyd	WIGTON ROAD RUNNERS	Ages 40 - 49	Female	01:01:17						123						123	
Jason	Pollock	BORDER REIVER RUNNERS	Ages 50 - 59	Male	00:49:36						123						123	
Stuart	Black	QUEENSBERRY RUNNING CLUB	Ages 30 - 39	Male	00:49:37						124						124	
Helen	Edmondson	WIGTON ROAD RUNNERS	Ages 40 - 49	Female	01:01:20						124						124	
Andrew	Jefferson	CARLISLE TRI CLUB	Ages 50 - 59	Male	00:49:42						125						125	
Lindsay	Buck	CUMBERLAND FELL RUNNERS	Ages 60 - 69	Female	01:01:34						125						125	
Bella	Sabbagh		Ages 40 - 49	Female	01:01:43						126						126	
Rachel	Hewson	WIGTON ROAD RUNNERS	Ages 30 - 39	Female	01:01:52						127						127	
Ian	Robinson	EDEN RUNNERS	Ages 60 - 69	Male	00:49:50						127						127	
Claire	Heggie	BORDER REIVER RUNNERS	Ages 40 - 49	Female	01:02:17						128						128	
Peter	Campbell	BORDER HARRIERS & AC	Ages 50 - 59	Male	00:50:06						128						128	
Andrea	Messenger	CUMBERLAND AC	Ages 30 - 39	Female	01:02:55						129						129	
Alan	Hodgson		Ages 40 - 49	Male	00:50:16						129						129	
Holly	Harper		Ages 20 - 29	Female	01:03:12						130						130	
Tracey	Kennett	CUMBERLAND AC	Ages 40 - 49	Female	00:54:52	00:58:28					81	49					130	
Robert	Paterson	DERWENT AC	Ages 40 - 49	Male	00:50:19						130						130	
Gay	Eastoe	CUMBERLAND AC	Ages 60 - 69	Female	00:55:53	00:58:03					87	43					130	
Bryony	Craig		Ages 30 - 39	Female	01:03:33						131						131	
Andrew	Thompson	BORDER REIVER RUNNERS	Ages 30 - 39	Male	00:50:33						131						131	
Emma	Goodwin		Ages 30 - 39	Female	01:03:34						132						132	
Andy	Toppin		Ages 50 - 59	Male	00:50:39						132						132	
Stephen	Benson		Ages 40 - 49	Male	00:50:40						133						133	
Tanya	Bushell	WOMEN ON THE RUN	Ages 40 - 49	Female	01:04:22						133						133	
Craig	Mcdougall	DH RUNNERS	Ages 50 - 59	Male	00:50:42						134						134	
Christine	Whitford	TEESDALE AC	Ages 60 - 69	Female	01:04:37						134						134	
Janice	Caryl	BORDER REIVER RUNNERS	Ages 60 - 69	Female	01:04:43						135						135	
Haniyeh	Pattinson		Ages 30 - 39	Female	01:05:10						136						136	
Tessa	Mcdonald		Ages 20 - 29	Female	01:05:14						137						137	
Kerr	Brian	DH RUNNERS	Ages 50 - 59	Male	00:50:47						137						137	
Andrea	Paisley		Ages 30 - 39	Female	01:05:33						138						138	
Gary	Story		Ages 40 - 49	Male	00:51:11						138						138	
Harvey	Mcconnell	AURORA HARRIERS	Ages 50 - 59	Male	00:51:29						139						139	
Susan	Winn	WOMEN ON THE RUN	Ages 50 - 59	Female	01:05:42						139						139	
Angela	Burns	CUMBERLAND AC	Ages 50 - 59	Female	01:06:23						140						140	
Paul	Saager	EDEN RUNNERS	Ages 60 - 69	Male	00:51:34						140						140	
Mark	Foster		Ages 30 - 39	Male	00:47:27	00:48:54					97	44					141	
Vicki	Deritis	TYNE BRIDGE HARRIERS	Ages 50 - 59	Female	01:07:12						141						141	
Alan	Bray	TEESDALE AC	Ages 70 - 79	Male	00:51:42						141						141	
Annabelle	Allen	BODYFIT CUMBRIA RUNNING CLUB	Ages 50 - 59	Female	01:07:41						142						142	
Diana	Lord		Ages 70 - 79	Female	01:07:57						143						143	
Lucy	Peart		Ages 50 - 59	Female	01:08:08						144						144	
Marianna	Wilde		Ages 30 - 39	Female	01:08:24						145						145	
Mark	Hetherington	TRI-LAKELAND	Ages 50 - 59	Male	00:52:08						145						145	
Hayley	Fleming	WOMEN ON THE RUN	Ages 30 - 39	Female	01:08:51						146						146	
John	Curran	KESWICK AC	Ages 50 - 59	Male	00:48:35	00:47:51					107	39					146	
David	Wills	EDEN RUNNERS	Ages 50 - 59	Male	00:52:10						146						146	

