

Carlisle City 10K Series 2022

Points Table - Lowest 5 scores out of 6 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			
Series Qualifiers - ONLY 30 QUALIFIERS LEFT																		
Fiona	Todd	BORDER HARRIERS & AC	Ages 40 - 49	Female	00:38:59	00:38:53	00:38:58	00:38:40			2	1	1	1		5	F - Overall Leader	
Ewa	Zielinska		Ages 30 - 39	Female	00:41:56	00:43:36	00:42:43				5	3	3			11	30-39 Leader	
Millie	McVittie		Ages 16 - 19	Female	00:44:07	00:43:08		00:41:27			15	2	2	3		22	Junior Leader	
Georgie	Lowry	CARLISLE TRI CLUB	Ages 40 - 49	Female	00:46:19		00:47:50	00:45:53			25		10	7		42	40-49 Leader	
Kevin	Gordon	DUMFRIES RUNNING CLUB	Ages 30 - 39	Male	00:40:37		00:39:42	00:39:44			28		9	8		45	M - Overall Leader	
Michelle	Kingston		Ages 30 - 39	Female	00:47:24	00:47:58		00:48:16			27	10		12		49		
Thomas	Barnes		Ages 30 - 39	Male	00:41:53	00:41:05		00:42:36			41	13		15		69	30-39 Leader	
Carmel	Bones	CARLISLE TRI CLUB	Ages 50 - 59	Female	00:49:46		00:50:55	00:49:56			41		21	17		79	50-59 Leader	
Lorna	Gold	CUMBERLAND AC	Ages 50 - 59	Female	00:48:03	00:48:35	00:50:59	00:49:19			30	11	24	16		81		
Linda	Aspinall		Ages 50 - 59	Female	00:50:03	00:51:33	00:49:54	00:52:03			43	21	18	19		101		
Audrey	O'Kelly	CARLISLE TRI CLUB	Ages 50 - 59	Female		00:58:21	00:57:48	00:57:43				45	47	33		125		
Daniel	Hunter		Ages 30 - 39	Male	00:47:04	00:43:55	00:40:23				92	21	13			126		
Samantha	Cook		Ages 40 - 49	Female	00:53:10	00:53:59	00:52:52	00:52:28			65	35	29	21		150		
Wendy	Gass	ANNAN AND DISTRICT AC	Ages 50 - 59	Female	00:53:10	00:53:59	00:52:53	00:53:01			66	34	30	23		153		
Lee	Lowis	CARLISLE TRI CLUB	Ages 40 - 49	Male	00:45:28	00:45:19	00:44:46	00:45:54			78	26	30	27		161	40-49 Leader	
Chris	Bardini		Ages 30 - 39	Male	00:46:33		00:47:15	00:49:43			86		46	35		167		
Kalina	Reron		Ages 30 - 39	Female	00:54:31	00:53:27	00:54:37	00:54:36			79	30	35	27		171		
Stuart	Marshall		Ages 40 - 49	Male	00:46:21	00:46:02	00:46:50	00:45:02			85	29	45	23		182		
Nicola	Bills		Ages 40 - 49	Female	00:55:18	00:56:27	00:56:31	00:55:48			84	38	43	30		195		
Anthony	Cape		Ages 40 - 49	Male	00:47:04	00:51:15	00:48:05				93	55	51			199		
Linda	Brown	WIGTON ROAD RUNNERS	Ages 40 - 49	Female	00:59:18	01:02:20		01:00:46			112	67		39		218		
Robert	Johnstone	CARLISLE TRI CLUB	Ages 50 - 59	Male	00:50:43	00:49:01		00:51:02			135	47		41		223	50-59 Leader	
Martin	Baxter	DH RUNNERS	Ages 40 - 49	Male	00:49:31	00:48:45	00:50:47	00:48:22			120	43	60	31		254		
John-Paul	Whalen	DH RUNNERS	Ages 30 - 39	Male	00:56:39		00:52:39	00:53:07			163		64	46		273		
Peter	Fell	DH RUNNERS	Ages 50 - 59	Male	00:52:05	00:52:56	00:53:53				144	64	68			276		
George	Fraser	ANNAN AND DISTRICT AC	Ages 70 - 79	Male	01:05:31	01:08:39		01:04:32			188	86		57		331	70-79 Leader	
Mark	Evans		Ages 40 - 49	Male	00:55:14	00:52:25	00:54:23	00:53:04			159	60	73	45		337		
Martin	Adams	DH RUNNERS	Ages 50 - 59	Male	01:03:04	01:04:36	01:04:21				183	83	93			359		
Anthony	Nicholson	DH RUNNERS	Ages 50 - 59	Male	00:57:38	00:58:22	00:58:17	00:58:02			172	75	82	52		381		
ALL below cannot achieve the 5 races required to qualify - No further updates will take place																		
Ricky	Lightfoot	ELLENBOROUGH AC	Ages 30 - 39	Male			00:33:01						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		
David	Holmes	BORDER HARRIERS & AC	Ages 40 - 49	Male	00:32:27			00:35:12			1			1		2		
Maciej	Trzeciak		Ages 40 - 49	Male			00:35:49						2			2		
Martin	Peck	SPENBOROUGH & DISTRICT AC	Ages 40 - 49	Male	00:33:38						3					3		
Rick	Shepley	BORDER HARRIERS & AC	Ages 40 - 49	Male				00:36:47						3		3		
Joseph	Tangney		Ages 20 - 29	Male			00:37:41						4			4		
James	Bowness		Ages 30 - 39	Male	00:34:16						4					4		
Bobby	Hagan	MORPETH HARRIERS & AC	Ages 30 - 39	Male		00:36:33						4				4		
Ben	Hale		Ages 30 - 39	Male			00:36:30	00:35:20					3	2		5		
Jack	Oliver		Ages 30 - 39	Male			00:38:23						5			5		
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		
James	Taylor	ANNAN AND DISTRICT AC		Male				00:38:08						5		5		
Mike	James	KESWICK AC	Ages 50 - 59	Male			00:39:10						6			6		
Ewan	Waite	GATESHEAD HARRIERS & AC		Male				00:39:22					7			7		
Michael	Geoghegan		Ages 30 - 39	Male			00:39:28						8			8		
James	Souter		Ages 40 - 49	Male	00:36:29						8					8		
Paul	Lowery	BORDER HARRIERS & AC	Ages 30 - 39	Male	00:35:31	00:35:51					6	3				9		
Shane	Stobart	CUMBERLAND AC	Ages 30 - 39	Male	00:35:33	00:35:36					7	2				9		
Malcolm	Crosbie	CARLISLE TRI CLUB	Ages 40 - 49	Male				00:40:10						10		10		
Stuart	Robinson	BORDER HARRIERS & AC	Ages 50 - 59	Male	00:36:38						10					10		
Peter	Walker	EDEN RUNNERS	Ages 50 - 59	Male			00:39:50						10			10		
Damian	Rys	CARLISLE TRI CLUB	Ages 20 - 29	Male			00:39:20	00:38:07					7	4		11		
Mark	Calder		Ages 30 - 39	Male		00:40:54						11				11		
Garry	Joss		Ages 30 - 39	Male			00:40:03						11			11		
Ashley	Ryan	ELLENBOROUGH AC	Ages 30 - 39	Male	00:36:49						11					11		
Stephen	Hackley	DERWENT AC		Male				00:40:37						11		11		
Archie	Morley		Ages 16 - 19	Male		00:40:59						12				12		
James	Taylor	QUEENSBERRY RUNNING CLUB	Ages 30 - 39	Male			00:40:11						12			12		
Clem	Coady	BORDER HARRIERS & AC	Ages 40 - 49	Male	00:36:50						12					12		
Lee	Doswell		Ages 40 - 49	Male	00:37:13						13					13		
Norman	Johnstone	ANNAN AND DISTRICT AC	Ages 50 - 59	Male			00:40:46						14			14		
Angus	Wightman	KESWICK AC	Ages 50 - 59	Male	00:37:20						14					14		
Wayne	Greig	CARLISLE TRI CLUB		Male				00:41:20						14		14		
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		
Martin	Grey	DH RUNNERS	Ages 60 - 69	Male		00:41:42						15				15		
Mark	Fussell	BLENGDALE RUNNERS AC	Ages 40 - 49	Male	00:38:26						16					16		
Kevin	Robinson	DERWENT AC	Ages 50 - 59	Male			00:43:21							16		16		
Steven	Barlow		Ages 30 - 39	Male			00:42:07						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		

Nigel	Beaty		Ages 40 - 49	Male			00:42:23					18				18	
Garry	Burns	HARDROCK HOODLUMS	Ages 40 - 49	Male				00:43:44					18			18	
Lee	Todhunter	WIGTON ROAD RUNNERS	Ages 40 - 49	Male	00:38:46							18				18	
Andy	Robb	ADAC	Ages 40 - 49	Male				00:43:54							19		19
Sean	Uttley		Ages 50 - 59	Male	00:38:53							19					19
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
Jach	Johnstone		Ages 20 - 29	Male			00:43:40								22		22
William	Cox	NETHERHALL AC	Ages 30 - 39	Male	00:39:36							23					23
Colin	Fergusson	DUMFRIES HARRIERS	Ages 30 - 39	Male			00:43:32						23				23
Michael	Sandelands	CUMBERLAND AC	Ages 50 - 59	Male		00:44:47							23				23
Chris	Mathieson	DERWENT AC	Ages 30 - 39	Male		00:45:02							24				24
Alistair	Barclay	DUMFRIES HARRIERS	Ages 50 - 59	Male			00:43:35						24				24
Paul	Mckbrown	EDEN RUNNERS	Ages 50 - 59	Male				00:45:23					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
Andrew	Carlile		Ages 40 - 49	Male	00:39:59							25					25
Gary	Ellison		Ages 40 - 49	Male			00:44:07							26			26
Adam	Mcglone		Ages 50 - 59	Male				00:45:40						26			26
Ross	Wellburn	ANNAN AND DISTRICT AC	Ages 30 - 39	Male			00:44:12						28				28
Andrew	Douglas	EDEN RUNNERS	Ages 40 - 49	Male	00:39:26				00:38:39			22			6		28
Adam	Cleminson	DH RUNNERS		Male					00:46:16						28		28
John	Robson	HELM HILL RUNNERS	Ages 50 - 59	Male	00:40:51							29					29
Nick	Rome	BORDER REIVER RUNNERS	Ages 50 - 59	Male			00:44:35						29				29
Mark	Brewer	TRI-LAKELAND	Ages 30 - 39	Male	00:40:53							30					30
Alistair	Robson	FETCHEVERYONE	Ages 50 - 59	Male		00:46:06							30				30
Gavin	Collingwood	DUMFRIES HARRIERS	Ages 20 - 29	Male			00:44:37						31				31
Kev	Iveson	DH RUNNERS	Ages 40 - 49	Male		00:41:45		00:41:22					16	15			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
Max	Robertson	WIGTON ROAD RUNNERS	Ages 30 - 39	Male			00:44:48						32				32
Joseph	Webb	EDEN RUNNERS	Ages 30 - 39	Male	00:41:02							32					32
Daniel	Wilson	CUMBERLAND AC	Ages 30 - 39	Male			00:44:58						33				33
Richard	Smith	ANNAN AND DISTRICT AC	Ages 50 - 59	Male					00:49:14					33			33
David	Grimshaw	SWPT	Ages 40 - 49	Male	00:41:08							34					34
Chris	Knox	DH RUNNERS	Ages 60 - 69	Male		00:46:44							34				34
James	Taylor	DH RUNNERS		Male					00:49:23					34			34
Adam	Nelson		Ages 20 - 29	Male			00:45:16						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
Andy	Caven	DH RUNNERS	Ages 50 - 59	Male		00:46:45							35				35
Josh	Williams		Ages 30 - 39	Male			00:45:29						36				36
Graham	Harmse	CARLISLE TRI CLUB	Ages 50 - 59	Male				00:49:38						36			36
Tony	Mills	DH RUNNERS	Ages 50 - 59	Male		00:47:17							36				36
Robert	Plunkett		Ages 50 - 59	Male	00:41:16							36					36
Gareth	Cavanagh		Ages 20 - 29	Male			00:45:32							37			37
Brian	Champkins	BORDER REIVER RUNNERS	Ages 40 - 49	Male				00:50:08						37			37
Mark	Moore	DH RUNNERS	Ages 40 - 49	Male		00:42:02	00:42:29						17	20			37
Gerard	Laker		Ages 50 - 59	Male		00:47:21								37			37
Andy	Mouat		Ages 30 - 39	Male		00:47:48								38			38
Alan	Barr	HOWGILL HARRIERS	Ages 50 - 59	Male			00:45:39							38			38
Antony	Briscoe	CUMBERLAND AC	Ages 50 - 59	Male	00:41:20							38					38
John	Tollitt	TYNE BRIDGE HARRIERS	Ages 50 - 59	Male	00:41:46							39					39
Gordon	Vivers	ANNAN AND DISTRICT AC	Ages 50 - 59	Male				00:50:17						39			39
Peter	Goulston	DH RUNNERS	Ages 50 - 59	Male		00:48:13							40				40
Richie	Witt			Male				00:50:27						40			40
David	Piercy		Ages 40 - 49	Male	00:41:04	00:40:07						33	8				41
Graham	Hetherington	CUMBERLAND AC	Ages 50 - 59	Male		00:48:27								41			41
Stephen	Harbach		Ages 40 - 49	Male				00:52:03						42			42
Ryan	Hartley		Ages 40 - 49	Male		00:48:39								42			42
Robert	Gordon	DUMFRIES RUNNING CLUB	Ages 50 - 59	Male			00:46:19							42			42
Liam	Meredith		Ages 30 - 39	Male	00:42:05							43					43
Ray	Redoble	DH RUNNERS	Ages 40 - 49	Male				00:52:33						43			43
Ranjit	Thomas	DUMFRIES RUNNING CLUB	Ages 50 - 59	Male	00:40:30		00:41:31					27		16			43
Andrew	Johnstone	ANNAN AND DISTRICT AC	Ages 30 - 39	Male			00:46:49							44			44
Brett	Malloy	DERWENT AC	Ages 30 - 39	Male		00:42:48	00:43:56						19	25			44
Andrew	Pescod	DH RUNNERS	Ages 40 - 49	Male	00:42:09							44					44
Geoff	Mcqueen	ANNAN AND DISTRICT AC	Ages 50 - 59	Male				00:52:51						44			44
Martin	Thomlinson		Ages 40 - 49	Male	00:42:16							45					45
David	Morris		Ages 50 - 59	Male		00:48:55							45				45
Carl	Sealby	EDEN RUNNERS	Ages 40 - 49	Male	00:42:17							46					46
Stuart	Ward		Ages 40 - 49	Male		00:49:01								46			46
John	Patterson		Ages 30 - 39	Male			00:47:23							47			47
David	Mitchell		Ages 50 - 59	Male	00:42:28							47					47
Robert	Emmerson	BORDER REIVER RUNNERS		Male				00:54:11						47			47
Lee	Wilkinson		Ages 40 - 49	Male				00:55:06						48			48
Keith	Mcveigh	CUMBERLAND AC	Ages 60 - 69	Male		00:49:25								48			48
Nicky	Strong	EDEN RUNNERS	Ages 30 - 39	Male	00:42:29							49					49
Andrew	Kelly	CUMBERLAND AC	Ages 40 - 49	Male		00:49:45								49			49
John	Lupton		Ages 50 - 59	Male				00:56:18						49			49
Lewis	Black	QUEENSBERRY RUNNING CLUB	Ages 30 - 39	Male			00:48:05							50			50
Keith	Forster		Ages 30 - 39	Male	00:42:35							50					50
Stephen	Gascoigne		Ages 20 - 29	Male	00:42:57							51					51
Ross	Ferguson	DH RUNNERS	Ages 20 - 29	Male		00:50:39								52			52
Ken	Mcgarva		Ages 60 - 69	Male			00:49:03							52			52

Ryan	Wallace		Ages 20 - 29	Male	00:43:17					54					54	
Nathaniel	Lee			Male				00:59:43							54	
Toby	Harling	DH RUNNERS	Ages 40 - 49	Male		00:41:36	00:42:26				14	19	22		55	
Mark	Rutherford		Ages 40 - 49	Male			00:49:40					55			55	
Peter	Stockdale	CARLISLE TRI CLUB	Ages 40 - 49	Male				01:03:05					55		55	
Mark	Chandler	CARLISLE TRI CLUB	Ages 40 - 49	Male	00:43:48					56					56	
Colin	Gibbs	BODYFIT CUMBRIA RUNNING CLUB	Ages 50 - 59	Male				01:03:33					56		56	
Gareth	Irving	TRIATHLON ENGLAND	Ages 40 - 49	Male	00:43:48					57					57	
Jon	Mcleod		Ages 50 - 59	Male		00:51:35					57				57	
James	Saxon	EDEN RUNNERS	Ages 40 - 49	Male	00:43:48					58					58	
Peter	Woodfield		Ages 40 - 49	Male			00:50:10					58			58	
Steve	Viney	DH RUNNERS	Ages 70 - 79	Male		00:51:44					58				58	
Steven	Wells		Ages 30 - 39	Male	00:43:52					59					59	
Stephen	Warwick		Ages 40 - 49	Male			00:50:23					59			59	
Alan	Roberts	DH RUNNERS	Ages 50 - 59	Male	00:41:18	00:40:46		00:41:04		37	10		12		59	
Mark	Cowperthwaite	CUMBERLAND AC	Ages 50 - 59	Male		00:51:49					59				59	
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	
Edward	Mann		Ages 40 - 49	Male			00:51:00					61			61	
Jonny	Fearon	CARLISLE TRI CLUB	Ages 30 - 39	Male	00:43:15			00:39:56		53			9		62	
Mike	Robinson	CUMBERLAND AC	Ages 40 - 49	Male		00:45:58	00:45:08				28	34			62	
Malcolm	Wood	CUMBERLAND AC	Ages 50 - 59	Male		00:52:50					62				62	
Callum	Pattinson	BORDER REIVER RUNNERS	Under 20	Male			00:51:31					62			62	
Lee	Crowe		Ages 30 - 39	Male	00:44:03					63					63	
Brian	Kerr	DH RUNNERS	Ages 50 - 59	Male		00:52:50					63				63	
Ian	Mcdougall	CUMBERLAND AC	Ages 50 - 59	Male	00:41:59		00:42:38			42		21			63	
David	Moon	CARLISLE TRI CLUB	Ages 50 - 59	Male			00:51:59					63			63	
Richard	Hutton		Ages 40 - 49	Male			00:52:44					65			65	
Dan	Lewis		Ages 40 - 49	Male	00:44:25					65					65	
Colin	Browne	CARLISLE TRI CLUB	Ages 40 - 49	Male	00:44:34					66					66	
Martin	Gallagher		Ages 40 - 49	Male			00:46:00	00:45:30				41	25		66	
Phil	Stevens		Ages 60 - 69	Male			00:53:04					66			66	
Leo	Peck	SPENBOROUGH & DISTRICT AC	Ages 16 - 19	Male	00:44:36					67					67	
Gary	Palmer	CUMBERLAND AC	Ages 50 - 59	Male		00:55:12					67				67	
Steve	Rolls		Ages 50 - 59	Male			00:53:49					67			67	
Shaun	Cavanagh	CUMBERLAND AC	Ages 50 - 59	Male	00:44:44					68					68	
Mo	Giovannini	DH RUNNERS	Ages 50 - 59	Male		00:55:35					68				68	
Jamie	Dowell		Ages 20 - 29	Male			00:53:55					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	
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	
Ben	Harper	CARLISLE TRI CLUB	Ages 40 - 49	Male	00:41:48			00:46:53		40			30		70	
John	Hartness	EDEN RUNNERS	Ages 50 - 59	Male			00:53:45					70			70	
Mark	Avison		Ages 60 - 69	Male		00:57:14					70				70	
Brian	Hazlewood	DH RUNNERS	Ages 40 - 49	Male		00:46:29	00:45:51				32	39			71	
Martyn	Minchella	CUMBERLAND AC	Ages 40 - 49	Male	00:44:51					71					71	
Christopher	Winspear		Ages 50 - 59	Male			00:53:48					71			71	
David	Ferrier	KESWICK AC	Ages 60 - 69	Male		00:57:23					71				71	
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	
John	Quinn		Ages 70 - 79	Male		00:57:55					73				73	
Martin	Brakewell		Ages 40 - 49	Male			00:54:38					74			74	
David	Connor	CARLISLE TRI CLUB	Ages 40 - 49	Male	00:43:59			00:41:09		61			13		74	
Stu	Hodgson	EDEN RUNNERS	Ages 40 - 49	Male	00:45:11					74					74	
Dave	Mason	CARLISLE TRI CLUB	Ages 30 - 39	Male	00:43:35			00:43:59		55			20		75	
Elaine	Stockdale	WIGTON ROAD RUNNERS	Ages 30 - 39	Male			00:54:51					75			75	
Chris	Holding	DH RUNNERS	Ages 30 - 39	Male		00:59:28					76				76	
Grant	Irving		Ages 30 - 39	Male			00:55:18					76			76	
Peter	Telford	CUMBERLAND AC	Ages 40 - 49	Male		00:46:43	00:46:20				33	43			76	
Nathan	Ion		Ages 16 - 19	Male		01:00:50					77				77	
Simon	Ravenhill		Ages 50 - 59	Male			00:55:43					77			77	
Peter	Rogers	DH RUNNERS	Ages 60 - 69	Male		01:01:13					78				78	
Michael	Aitken		Ages 30 - 39	Male			00:56:33					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	
Mark	Harkness		Ages 40 - 49	Male			00:57:04	00:44:41				80			80	
John	Hudson		Ages 50 - 59	Male	00:45:38					80					80	
John	Andrewartha	EDEN RUNNERS	Ages 40 - 49	Male	00:45:41					81					81	
Robin	Hargreaves		Ages 50 - 59	Male		01:01:58					81				81	
Dale	Clark	BORDER HARRIERS & AC	Under 20	Male			00:56:57					81			81	
Michael	Kendall	CUMBERLAND AC	Ages 40 - 49	Male	00:46:12					82					82	
Simon	Wright		Ages 40 - 49	Male		01:02:23					82				82	
Liam	Aplin	GREAT BROUGHTON TRAILERS	Ages 40 - 49	Male			00:58:08					83			83	
Dave	Johnson	EDEN RUNNERS	Ages 60 - 69	Male	00:46:14					83					83	
Stephen	Braithwaite		Ages 40 - 49	Male	00:46:15					84					84	
Paul	Dyson	GREAT BROUGHTON TRAILERS	Ages 40 - 49	Male			00:58:12					84			84	
Robert	Ainsworth	DH RUNNERS	Ages 50 - 59	Male		01:05:29					84				84	
Martin	Withers	DH RUNNERS	Ages 20 - 29	Male		01:07:44					85				85	
Charles	Watson		Ages 50 - 59	Male	00:44:22			00:44:08		64			21		85	
Kieran	Ritchie		Ages 30 - 39	Male	00:46:38					87					87	
Jonathan	Cork	BORDER REIVER RUNNERS	Ages 30 - 39	Male			00:59:57					88			88	
David	Martin		Ages 30 - 39	Male	00:46:43					88					88	
Lewis	Aitchison		Ages 20 - 29	Male			01:00:07					89			89	
Paul	Fleming		Ages 40 - 49	Male	00:46:57					90					90	

Jeff	Carruthers		Ages 70 - 79	Male			01:01:22					90				90	
Andrew	Cross		Ages 40 - 49	Male			01:04:14					92				92	
Shelley	Teasdale		Ages 20 - 29	Male			01:06:33					94				94	
Colin	Walker	ANNAN AND DISTRICT AC	Ages 50 - 59	Male	00:47:11							94				94	
Paul	Marshall		Ages 50 - 59	Male			01:10:24					95				95	
Stewart	Jamieson		Ages 30 - 39	Male	00:47:25							96				96	
Mark	Jones	EDINBURGH RUNNING CLUB	Ages 50 - 59	Male	00:47:39							98				98	
Pete	Collins		Ages 30 - 39	Male	00:47:43							99				99	
Raghuandana	Vedapanakal	DERWENT AC	Ages 40 - 49	Male	00:47:54							101				101	
Gordon	Stewart	DUMFRIES HARRIERS	Ages 30 - 39	Male	00:45:18		00:44:01					75	27			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	
Carl	Deane	DH RUNNERS	Ages 50 - 59	Male	00:45:27	00:45:26						76	27			103	
James	Taylor		Ages 20 - 29	Male		00:50:14	00:49:29					50	54			104	
Carl	Bowe	BORDER REIVER RUNNERS	Ages 30 - 39	Male	00:48:20							104				104	
Andy	Sweetman	BORDER REIVER RUNNERS	Ages 50 - 59	Male	00:48:32							106				106	
Andrew	Walker	EDEN RUNNERS	Ages 60 - 69	Male	00:48:40							108				108	
Martin	Sowerby		Ages 30 - 39	Male	00:48:45							109				109	
Neil	McNulty		Ages 30 - 39	Male	00:48:54							110				110	
Stephen	Atherton	CUMBERLAND AC	Ages 50 - 59	Male		00:51:05	00:49:42					54	56			110	
Ian	Watt		Ages 30 - 39	Male	00:48:55							111				111	
Mike	Edmondson	WIGTON ROAD RUNNERS	Ages 40 - 49	Male	00:47:19			00:43:31				95		17		112	
John	Lewis	CUMBERLAND AC	Ages 70 - 79	Male	00:48:57							112				112	
Larry	Horne	EDEN RUNNERS	Ages 50 - 59	Male	00:49:00							114				114	
Rhys	Martin		Ages 16 - 19	Male	00:49:04							115				115	
Jeff	Dandy	CUMBERLAND AC	Ages 50 - 59	Male	00:49:05							116				116	
Richard	Aldersey		Ages 30 - 39	Male	00:45:27		00:45:51					77	40			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	
Kendal	Kev	KENDAL AAC	Ages 40 - 49	Male	00:49:30							119				119	
Garry	Bower	EDEN RUNNERS	Ages 50 - 59	Male	00:47:00			00:46:37				91		29		120	
Campbell	Mccaig	GALLOWAY HARRIERS	Ages 40 - 49	Male	00:44:53		00:47:24					73	48			121	
Martin	Trainor	CUMBERLAND AC	Ages 40 - 49	Male	00:49:34							121				121	
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	
Andrew	Jefferson	CARLISLE TRI CLUB	Ages 50 - 59	Male	00:49:42							125				125	
Ian	Robinson	EDEN RUNNERS	Ages 60 - 69	Male	00:49:50							127				127	
Alan	Hodgson		Ages 40 - 49	Male	00:50:16							129				129	
David	McGinn	DH RUNNERS	Ages 40 - 49	Male		01:01:47	00:57:55					80		50		130	
Robert	Paterson	DERWENT AC	Ages 40 - 49	Male	00:50:19							130				130	
Andy	Toppin		Ages 50 - 59	Male	00:50:39							132				132	
Stephen	Benson		Ages 40 - 49	Male	00:50:40							133				133	
Craig	Mcdougall	DH RUNNERS	Ages 50 - 59	Male	00:50:42							134				134	
Kerr	Brian	DH RUNNERS	Ages 50 - 59	Male	00:50:47							137				137	
Paul	Teague		Ages 50 - 59	Male			00:59:36	00:58:00				86	51			137	
Gary	Story		Ages 40 - 49	Male	00:51:11							138				138	
Harvey	Mcconnell	AURORA HARRIERS	Ages 50 - 59	Male	00:51:29							139				139	
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	
Alan	Bray	TEESDALE AC	Ages 70 - 79	Male	00:51:42							141				141	
Matthew	Squires		Ages 40 - 49	Male			01:03:02	00:59:11				91	53			144	
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	
Garry	Dodd	FORDY RUNS	Ages 50 - 59	Male	00:52:44							147				147	
David	Challis	EDEN RUNNERS	Ages 40 - 49	Male	00:52:56							148				148	
Ryan	Knighon		Ages 30 - 39	Male	00:53:21							149				149	
Stan	Marsland		Ages 60 - 69	Male	00:53:25							150				150	
Ryan	Brennand	EDEN RUNNERS	Ages 30 - 39	Male	00:53:27							151				151	
Matty	Lyons		Ages 30 - 39	Male	00:53:27							152				152	
Joseph	Walker	CUMBERLAND AC	Ages 70 - 79	Male	00:53:30							153				153	
Simon	Kneil	EDEN RUNNERS	Ages 50 - 59	Male	00:53:47							154				154	
Chris	Whitby	CUMBERLAND AC	Ages 50 - 59	Male		00:56:37	00:59:22					69	85			154	
Mal	Kular		Ages 50 - 59	Male	00:54:37							155				155	
Alastair	Young	CUMBERLAND AC	Ages 50 - 59	Male	00:48:29	00:50:15						105	51			156	
Stuart	Lowthian	EDEN RUNNERS	Ages 60 - 69	Male	00:55:04							156				156	
Simon	Flatman	EDEN RUNNERS	Ages 40 - 49	Male	00:55:05							157				157	
David	Mcclounie	BORDER REIVER RUNNERS	Ages 40 - 49	Male	00:47:50		00:49:42					100	57			157	
Peter	House	EDEN RUNNERS	Ages 60 - 69	Male	00:55:13							158				158	
Scott	Hume	PORTOBELLO RUNNING CLUB	Ages 50 - 59	Male	00:55:25							160				160	
Barry	Rayson		Ages 30 - 39	Male	00:48:58		00:47:56					113	49			162	
Philip	Solomon		Ages 30 - 39	Male	00:56:05							162				162	
Hamish	Macdonald	DUMFRIES RUNNING CLUB	Ages 60 - 69	Male	00:56:40							164				164	
David	Raymond	TEESDALE AC	Ages 50 - 59	Male	00:56:50							165				165	
Grant	Rambo Todd		Ages 30 - 39	Male	00:57:01							166				166	
Peter	Campbell	BORDER HARRIERS & AC	Ages 50 - 59	Male	00:50:06			00:50:19				128		38		166	
Mark	Drury	AURORA HARRIERS	Ages 40 - 49	Male	00:57:08							168				168	
Garry	Shimmings	TRI-LAKELAND	Ages 50 - 59	Male	00:57:16							169				169	
Philip	Whitfield		Ages 50 - 59	Male	00:57:29							171				171	
Thomas	Green		Ages 20 - 29	Male	00:57:49							173				173	
Neil	Gillespie		Ages 40 - 49	Male	00:57:56							174				174	
Peter	Earl		Ages 40 - 49	Male	00:58:23							175				175	
David	Holliday	DCH RUN CLUB	Ages 50 - 59	Male	00:58:36							176				176	
Mark	Hetherington	TRI-LAKELAND	Ages 50 - 59	Male	00:52:08			00:48:27				145		32		177	
Paul	Harris		Ages 50 - 59	Male	00:58:53							178				178	
Robert	Doloughan		Ages 40 - 49	Male	00:59:12							179				179	

Howard	Armstrong	BORDER REIVER RUNNERS	Ages 60 - 69	Male	00:49:50	00:50:52					126	53					179
Richard	Boyce	EDEN RUNNERS	Ages 50 - 59	Male	00:59:39						180						180
Samuel	Harris		Ages 16 - 19	Male	00:59:46						181						181
Thomas	Bentham		Ages 40 - 49	Male	01:00:13						182						182
Andrew	Thompson	BORDER REIVER RUNNERS	Ages 30 - 39	Male	00:50:33		00:49:24				131	53					184
Allan	Gribbin	CUMBERLAND AC	Ages 50 - 59	Male	01:03:33						184						184
Graeme	Cleeton		Ages 30 - 39	Male	01:03:53						185						185
Calum	Lockhart		Ages 40 - 49	Male	01:04:01						186						186
Carl	Ridley		Ages 40 - 49	Male	01:04:05						187						187
Philip	Mckay		Ages 60 - 69	Male	01:07:56						189						189
David	Mackie		Ages 30 - 39	Male	01:08:22						190						190
Kevin	Holliday	TRI-LAKELAND	Ages 40 - 49	Male	01:10:53						191						191
David	Clark	CUMBERLAND AC	Ages 30 - 39	Male	00:50:44	00:51:24					136	56					192
Walter	Wright		Ages 70 - 79	Male	01:16:38						192						192
Iain	Pattinson	BORDER REIVER RUNNERS	Ages 40 - 49	Male	00:49:36		00:55:49				122	78					200
Stephen	Jackson	CUMBERLAND AC	Ages 60 - 69	Male	00:51:55	00:53:22					142	65					207
Richard	Eastoe	CUMBERLAND AC	Ages 60 - 69	Male	00:51:55	00:58:00					143	74					217
Wayne	Stevens	DH RUNNERS	Ages 40 - 49	Male	00:56:02	00:54:44					161	66					227
Paul	Teague		Ages 50 - 59	Male	00:57:01	00:57:40					167	72					239
Michael	Gibson		Ages 20 - 29	Male	00:57:23		00:53:47				170	72					242
Steve	Campbell		Ages 60 - 69	Male	00:58:39		00:59:54				177	87					264
Melissa	Albarran		Ages 20 - 29	Female	00:38:36						1						1
Sally	Braithwaite	EDEN RUNNERS	Ages 40 - 49	Female				00:39:53					2				2
Victoria	Rankin	BORDER HARRIERS & AC	Ages 30 - 39	Female	00:40:21						3						3
Joanne	Taylor-Friell	KENDAL AAC	Ages 50 - 59	Female	00:41:54						4						4
Katie	Merrall			Female				00:41:55					4				4
Jen	Bale		Ages 20 - 29	Female			00:45:23					5					5
Emma	Nielsen	EDEN RUNNERS	Ages 40 - 49	Female	00:42:17						6						6
Charlotte	Richardson		Ages 30 - 39	Female			00:47:04					8					8
Susan	Holliday	CUMBERLAND AC	Ages 40 - 49	Female	00:42:41						8						8
Kerry	Grinbergs	EDEN RUNNERS	Ages 40 - 49	Female	00:42:49						9						9
Emily	Arter	CARLISLE TRI CLUB		Female				00:46:38					9				9
Sue	Toppin		Ages 50 - 59	Female	00:42:50						10						10
Beverley	Smith	CUMBERLAND AC	Ages 30 - 39	Female	00:42:39	00:43:49					7	4					11
Joanne	Humphreys	DERWENT AC	Ages 40 - 49	Female			00:47:54						11				11
Teresa	Medley	BORDER HARRIERS & AC	Ages 50 - 59	Female	00:43:05						11						11
Vic	Wilson	CUMBERLAND AC	Ages 30 - 39	Female			00:48:21						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
Marie	Robson	HELM HILL RUNNERS	Ages 50 - 59	Female	00:43:27						13						13
Kathryn	Metcalfe	EDEN RUNNERS	Ages 40 - 49	Female	00:43:28						14						14
Joanne	Mckenzie	CARLISLE TRI CLUB	Ages 50 - 59	Female			00:48:45						14				14
Katie	Haslam	DH RUNNERS	Under 20	Female			00:48:58						14				14
Jennie	Forster		Ages 30 - 39	Female		00:47:12	00:46:19					9	6				15
Liz	Postill		Ages 40 - 49	Female			00:48:47						15				15
Stella	Atherton	CUMBERLAND AC	Ages 50 - 59	Female		00:50:02						15					15
Julie	Dodd	DH RUNNERS	Ages 50 - 59	Female		00:46:38	00:46:31					8	7				15
Sarah	Lord	DH RUNNERS	Ages 50 - 59	Female			00:49:01						15				15
Louise	Ruddick		Ages 40 - 49	Female			00:49:04						16				16
Rachel	Aspinall		Ages 20 - 29	Female		00:50:17						17					17
Kerry	Braithwaite	Carlise Tri Club	Ages 40 - 49	Female		00:50:41						18					18
Caroline	Mcbrearty		Ages 40 - 49	Female	00:44:28						18						18
Julie	Story	DH RUNNERS	Ages 50 - 59	Female		00:50:47						19					19
Haley	Millican		Ages 40 - 49	Female			00:50:42						20				20
Rowane	Glendinning	ANNAN AND DISTRICT AC		Female				00:52:20					20				20
Hazel	Davis	KESWICK AC	Ages 50 - 59	Female	00:44:08		00:42:52				16		5				21
Julie	Ross	CARLISLE TRI CLUB	Ages 50 - 59	Female		00:51:55						22					22
Molly	Spriggs		Under 20	Female			00:50:56						22				22
Sarah	Brookes	DH RUNNERS	Ages 20 - 29	Female	00:46:13						23						23
Kerstin	Dodd		Ages 20 - 29	Female			00:50:56						23				23
Alexandrea	Gonzales	QUEENSBURY RUNNING CLUB	Ages 20 - 29	Female	00:44:39		00:44:38				19	4					23
Carly	Wellburn		Ages 30 - 39	Female			00:48:56	00:47:50					13	10			23
Lindsay	Walker	KESWICK AC	Ages 40 - 49	Female	00:46:17						24						24
Laura	Beaty		Ages 30 - 39	Female		00:52:15						25					25
Nicola	Black		Ages 30 - 39	Female	00:45:00	00:44:11					21	5					26
Sue	Jeffrey	DUMFRIES RUNNING CLUB	Ages 30 - 39	Female	00:44:24		00:47:06				17	9					26
Nicola	Lee		Ages 30 - 39	Female			00:51:34						26				26
Suzanne	Mcardle	CARLISLE TRI CLUB	Ages 40 - 49	Female	00:44:59	00:45:59					20	6					26
Andrea	Challenger	CUMBERLAND AC	Ages 40 - 49	Female		00:52:42						28					28
Jemma	Williamson		Ages 40 - 49	Female	00:47:32						28						28
Stella	Atherton	CUMBERLAND AC	Ages 50 - 59	Female			00:52:40						28				28
Bev	Faulder	CUMBERLAND AC	Ages 40 - 49	Female		00:52:55						29					29
Sarah	Lupton			Female				00:55:46					29				29
Lisa	Jackson	DERWENT AC	Ages 30 - 39	Female	00:45:22		00:45:55				22		8				30
Samantha	Cartmel		Ages 30 - 39	Female		00:53:35						31					31
Stevie	Sharp		Ages 30 - 39	Female			00:52:56						31				31
Hannah	Webb		Ages 30 - 39	Female	00:48:09						31						31
Kimberley	Beaty		Ages 30 - 39	Female		00:53:35						32					32
Beverley	Armstrong	DH RUNNERS	Ages 40 - 49	Female	00:48:10						32						32
Carina	Taylor	CUMBERLAND AC	Ages 40 - 49	Female				00:56:48					32				32
Nicola	Berry		Ages 30 - 39	Female			00:53:35						33				33
Rachel	Ash	EDEN RUNNERS	Ages 40 - 49	Female	00:48:31						33						33
Susan	Cain	CUMBERLAND AC	Ages 60 - 69	Female	00:46:29	00:46:22					26	7					33
Laura	Farmer	DH RUNNERS		Female				00:58:41					34				34
Katy	Drewette	EDEN RUNNERS	Ages 40 - 49	Female				00:59:24					35				35
Harriet	North	EDEN RUNNERS	Ages 20 - 29	Female	00:49:06						36						36
Lynsey	Dawson	DH RUNNERS	Ages 30 - 39	Female			00:54:42						36				36

Fiona	Moore	DH RUNNERS	Ages 40 - 49	Female		00:54:22						36					36	
Alex	Ashton		Ages 40 - 49	Female	00:49:14							37					37	
Kerrie	Fiddler	DH RUNNERS	Ages 50 - 59	Female		00:51:20		00:49:34					20	17			37	
Helen	Mcmanus		Ages 40 - 49	Female				00:55:07						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	
Olivia	Kidd	EDEN RUNNERS	Ages 30 - 39	Female	00:49:39							40					40	
Leeann	Barber	CUMBERLAND AC	Ages 40 - 49	Female	00:47:47			00:48:05				29		11			40	
Emma	Jolly		Ages 40 - 49	Female		00:57:30							40				40	
Michelle	Pattinson	BORDER REIVER RUNNERS	Ages 40 - 49	Female				00:55:51						40			40	
Angela	Gibbs	BODYFIT CUMBRIA RUNNING CLUB	Ages 50 - 59	Female					01:01:46						40		40	
Mica	Lowthian		Ages 30 - 39	Female	00:49:03				00:45:47			35			6		41	
Marie	Milligan		Ages 40 - 49	Female				00:56:12						41			41	
Heidi	Underwood		Ages 40 - 49	Female		00:57:56							41				41	
Nicky	Proctor	DH RUNNERS	Ages 30 - 39	Female		00:57:59							42				42	
Helen	Tyson	EDEN RUNNERS	Ages 40 - 49	Female	00:49:47							42					42	
Sarah	Chaudhri	CUMBERLAND AC	Ages 50 - 59	Female				00:56:12						42			42	
Lucy	Morrison			Female					01:02:50						42		42	
Charlotte	Cooper			Female					01:04:15						43		43	
Natalie	Appleton	CUMBERLAND AC	Ages 30 - 39	Female	00:50:07							44					44	
Susan	Steel		Ages 50 - 59	Female					01:04:15						44		44	
Katie	Bird	EDEN RUNNERS	Ages 30 - 39	Female	00:50:14							45					45	
Lucy	Taylor	CARLISLE TRI CLUB		Female					01:18:01						45		45	
Karen	Cowperthwaite	CUMBERLAND AC	Ages 50 - 59	Female		00:58:25							46				46	
Elizabeth	Shaw		Ages 50 - 59	Female					01:18:11						46		46	
Gillian	Baxter	CUMBERLAND AC	Ages 60 - 69	Female	00:50:15							46					46	
Kirsty	Rowell		Ages 30 - 39	Female				00:58:15						48			48	
Gillian	Fletcher	CUMBERLAND AC	Ages 50 - 59	Female		00:58:28							48				48	
Stacey	Brewer	TRI LAKELAND	Ages 30 - 39	Female	00:51:14							49					49	
Jen	Cotter		Ages 30 - 39	Female				00:58:41						49			49	
Beth	Cameron		Ages 20 - 29	Female		00:58:50							50				50	
Jen	Lawson		Ages 40 - 49	Female				00:58:42						50			50	
Megan	Edwards		Ages 20 - 29	Female				00:59:17						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	
Christine	Bradley		Ages 40 - 49	Female	00:51:51							53					53	
Nicola	Edwards	CARLISLE TRI CLUB	Ages 50 - 59	Female				00:59:19						53			53	
Fiona	Ferguson	EDEN RUNNERS	Ages 50 - 59	Female	00:48:55			00:50:08				34		19			53	
Jenni	Lynn	BODYFIT CUMBRIA RUNNING CLUB	Ages 30 - 39	Female				00:59:49						54			54	
Jill	Carruthers		Ages 40 - 49	Female		00:52:30		00:52:42					27	27			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	
Sandra	Allan		Ages 60 - 69	Female		00:59:52							54				54	
Teresa	Ennini		Ages 40 - 49	Female				00:59:56						55			55	
Lisanne	Whitaker		Ages 50 - 59	Female	00:51:54							55					55	
Karen	Littlejohn	DUMFRIES RUNNING CLUB	Ages 40 - 49	Female		00:52:14		00:53:00					24	32			56	
Suzy	Ryan		Ages 40 - 49	Female				00:59:57						56			56	
Brenda	Elliott	CUMBERLAND AC	Ages 50 - 59	Female		01:00:39							56				56	
Emma	Bzik	CUMBERLAND AC	Ages 40 - 49	Female		01:00:55							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	
Gill	Harding	DH RUNNERS	Ages 60 - 69	Female				01:00:35						59			59	
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	
Deb	Callaghan		Ages 50 - 59	Female				01:00:38						60			60	
Sophie	Dodd	#CLUB NOT RECOGNISED#	Ages 20 - 29	Female	00:52:41							61					61	
Wendy	Beesley	DH RUNNERS	Ages 50 - 59	Female		01:01:39							61				61	
Lynsey	Hanlon	QUEENSBERRRY RUNNING CLUB	Ages 30 - 39	Female				00:54:46	00:54:29					37	25		62	
Alison	Wright		Ages 40 - 49	Female				01:01:00						62			62	
Susan	Black	TYNEDALE HARRIERS & AC	Ages 50 - 59	Female	00:52:47							62					62	
Rachel	Bowman	DH RUNNERS	Ages 50 - 59	Female		01:01:43							62				62	
Lauren	Black		Ages 30 - 39	Female	00:52:48							63					63	
Donna	Fergusson		Ages 30 - 39	Female				01:02:06						64			64	
Amanda	Gallagher		Ages 40 - 49	Female		01:02:02							65				65	
Linda	Cameron	QUEENSBERRRY RUNNING CLUB	Ages 50 - 59	Female				00:55:40	00:54:36					39	26		65	
Jacquie	Molyneux	WIGTON ROAD RUNNERS	Ages 60 - 69	Female		01:02:19							66				66	
Mhairi	Beattie		Ages 40 - 49	Female	00:53:10							67					67	
Harriet	Smalley		Under 20	Female				01:04:56						67			67	
Lesley	Wallace	WOMEN ON THE RUN	Ages 50 - 59	Female	00:53:13							68					68	
Yeolande	Davies		Ages 60 - 69	Female				01:04:53						68			68	
Kim	Aldersey		Ages 40 - 49	Female	00:51:54			00:48:46				56			13		69	
Marie	Findlay		Ages 40 - 49	Female				01:04:53						69			69	
Fiona	Britton	BODYFIT CUMBRIA RUNNING CLUB	Ages 50 - 59	Female				00:56:50	00:53:29					45	24		69	
Juliet	Grieves	BODYFIT CUMBRIA RUNNING CLUB	Ages 50 - 59	Female	00:53:21							69					69	
Paula	Jackson	CUMBERLAND AC	Ages 50 - 59	Female		01:02:42							69				69	
Kelly	Gullen	DH RUNNERS	Ages 40 - 49	Female		01:04:22							70				70	
Alison	Marsland		Ages 50 - 59	Female	00:53:24							70					70	
Julia	Lyons		Ages 30 - 39	Female	00:53:27							71					71	
Katie	Clarke		Ages 50 - 59	Female		01:04:28							71				71	
Katie	Teasdale		Ages 20 - 29	Female				01:06:34						72			72	
Caroline	Withers		Ages 20 - 29	Female		01:04:55							72				72	
Hannah	Latimer	WIGTON ROAD RUNNERS	Ages 20 - 29	Female	00:53:38							73					73	
Shirley	Teasdale		Ages 30 - 39	Female				01:06:33						73			73	
Rachel	Goodfellow		Ages 30 - 39	Female		01:06:14							74				74	
Claire	Borradaile		Ages 40 - 49	Female	00:53:46							74					74	
Rebecca	Toppin	CARLISLE TRI CLUB	Ages 40 - 49	Female	00:51:44	00:51:59						51	23				74	
Sheila	Tyson	GALLOWAY HARRIERS	Ages 50 - 59	Female				01:06:47						74			74	
Niamh	Clarke		Ages 20 - 29	Female		01:07:23							75				75	
Joanne	Rumney		Ages 30 - 39	Female	00:51:28	00:52:23						50	26				76	

Gayle	Andrews		Ages 40 - 49	Female	00:52:11			00:51:02			59			18			77	
Deborah	Mitchell	AURORA HARRIERS	Ages 50 - 59	Female	00:54:24						77						77	
Anne	Avison		Ages 60 - 69	Female		01:08:21											77	
Marzena	Giera		Ages 30 - 39	Female	00:52:50						64						78	
Sarah	Penrice	DH RUNNERS	Ages 30 - 39	Female		01:08:46											78	
Carol	Thomson	DH RUNNERS	Ages 60 - 69	Female				01:08:23									78	
Emma	Taylor	DH RUNNERS	Ages 30 - 39	Female				01:09:33									79	
Cath	Wood		Ages 30 - 39	Female		01:09:54											79	
Jennifer	Moody	CARLISLE TRI CLUB	Ages 40 - 49	Female	00:54:44						80						80	
Claire-Louise	Mann		Ages 30 - 39	Female				01:10:26									81	
Susanne	Mcdougall	DH RUNNERS	Ages 70 - 79	Female		01:18:06											81	
Joanna	Jablonska	CARLISLE TRI CLUB	Ages 30 - 39	Female				01:10:52									82	
Sharon	Dawson		Ages 50 - 59	Female	00:55:07						82						82	
Fiona	Walker		Ages 60 - 69	Female		01:26:05											82	
Nicole	Kendall		Ages 30 - 39	Female	00:55:13						83						83	
Catherine	Wood	DH RUNNERS	Ages 30 - 39	Female				01:11:38									83	
Heather	Rowe	Carlise Tri Club	Ages 50 - 59	Female		01:26:10											83	
Carole	Miller	DH RUNNERS	Ages 50 - 59	Female	00:55:19						85						85	
Celestina	Mahovic		Ages 30 - 39	Female	00:55:49						86						86	
Sheena	Hornor	GALLOWAY HARRIERS	Ages 40 - 49	Female				01:22:35									86	
Liz	Farthing	EDEN RUNNERS	Ages 50 - 59	Female	00:56:13						88						88	
Amber	Forsyth		Ages 50 - 59	Female	00:56:17						89						89	
Patricia	White	WOMEN ON THE RUN	Ages 60 - 69	Female	00:56:22						90						90	
Tracie	Pollock	BORDER REIVER RUNNERS	Ages 50 - 59	Female	00:56:23						91						91	
Julie	Gate	EDEN RUNNERS	Ages 50 - 59	Female	00:52:10			00:53:44			58						92	
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	
Natalie	Bingham	DH RUNNERS	Ages 30 - 39	Female		01:01:44				00:56:39							94	
Louise	Franks	TEESDALE AC	Ages 30 - 39	Female	00:56:51						94						94	
Ann	Stuart		Ages 60 - 69	Female	00:50:32			00:51:29		00:52:26	47				25	22	94	
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	
Karen	Mclean	CUMBERLAND AC	Ages 60 - 69	Female	00:57:58						97						97	
Helen	Taylor	DH RUNNERS	Ages 50 - 59	Female	00:58:08						98						98	
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	
Emily	Jackson	DH RUNNERS	Ages 20 - 29	Female		00:58:17		01:00:06									44	57
Louise	Thomson		Ages 30 - 39	Female		00:59:37		00:58:48									51	51
Anna	Larden	EDEN RUNNERS	Ages 40 - 49	Female	00:58:22						103						103	
Lindsay	Earl	CASTLE DOUGLAS RUNNING CLUB	Ages 40 - 49	Female	00:58:23						104						104	
Nicola	Cowan	CUMBERLAND AC	Ages 30 - 39	Female		00:58:27		01:00:16									47	58
Elisa	Trainor	CUMBERLAND AC	Ages 30 - 39	Female	00:53:28						72						33	
Fiona	Britton	BODYFIT CUMBRIA RUNNING CLUB	Ages 50 - 59	Female		01:01:32		00:56:50									60	45
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	
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	
Joanne	Walker		Ages 40 - 49	Female	00:58:44						109						109	
Mary	Messenger	DH RUNNERS	Ages 50 - 59	Female				01:07:57		00:59:38							76	36
Laura	Rudd		Ages 30 - 39	Female	00:59:30						113						113	
Beth	Casson	TRI-LAKELAND	Ages 30 - 39	Female	01:00:07						114						114	
Sue	Scholey		Ages 40 - 49	Female				01:08:16		00:59:45							77	37
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
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	
Jane	Lenza	DUMFRIES RUNNING CLUB	Ages 60 - 69	Female		00:59:55		01:01:56									55	63
Jackie	Bennett	CUMBERLAND AC	Ages 40 - 49	Female	01:00:39						119						119	
Hayley	Todd		Ages 30 - 39	Female	01:00:53						120						120	
Kat	Hutton	DERWENT AC	Ages 40 - 49	Female	00:54:03					00:56:32	76						44	
Laura	Broatch	DUMFRIES RUNNING CLUB	Ages 40 - 49	Female	00:53:55					00:57:20	75						46	
Louise	Farmer	DH RUNNERS	Ages 40 - 49	Female	01:00:55						121						121	
Paula	Mitchell		Ages 40 - 49	Female	01:01:05						122						122	
Claire	Lloyd	WIGTON ROAD RUNNERS	Ages 40 - 49	Female	01:01:17						123						123	
Helen	Edmondson	WIGTON ROAD RUNNERS	Ages 40 - 49	Female	01:01:20						124						124	
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	
Claire	Heggie	BORDER REIVER RUNNERS	Ages 40 - 49	Female	01:02:17						128						128	
Andrea	Messenger	CUMBERLAND AC	Ages 30 - 39	Female	01:02:55						129						129	
Frances	Braithwaite	DH RUNNERS	Ages 40 - 49	Female		01:01:29		01:05:48									59	70
Pamela	Coughlan	CARLISLE TRI CLUB	Ages 60 - 69	Female	00:58:18					00:54:42	101						28	
Holly	Harper		Ages 20 - 29	Female	01:03:12						130						130	
Tracey	Kennett	CUMBERLAND AC	Ages 40 - 49	Female	00:54:52						81						49	
Julie	Britton	DH RUNNERS	Ages 50 - 59	Female		01:01:53		01:02:57									64	66
Gay	Eastoe	CUMBERLAND AC	Ages 60 - 69	Female	00:55:53						87						43	
Bryony	Craig		Ages 30 - 39	Female	01:03:33						131						131	
Emma	Goodwin		Ages 30 - 39	Female	01:03:34						132						132	
Tanya	Bushell	WOMEN ON THE RUN	Ages 40 - 49	Female	01:04:22						133						133	
Julie	Fell	DH RUNNERS	Ages 40 - 49	Female		01:02:41		01:02:33									68	65
Christine	Whitford	TEESDALE AC	Ages 60 - 69	Female	01:04:37						134						134	
Haniyeh	Pattinson		Ages 30 - 39	Female	01:05:10						136						136	
Tessa	Mcdonald		Ages 20 - 29	Female	01:05:14						137						137	
Andrea	Paisley		Ages 30 - 39	Female	01:05:33						138						138	
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	
Lesley	Talbot	BODYFIT CUMBRIA RUNNING CLUB	Ages 50 - 59	Female	00:58:20					01:00:30	102						38	
Vicki	Deritis	TYNE BRIDGE HARRIERS	Ages 50 - 59	Female	01:07:12						141						141	
Annabelle	Allen	BODYFIT CUMBRIA RUNNING CLUB	Ages 50 - 59	Female	01:07:41						142						142	

Lucy	Peart		Ages 50 - 59	Female	01:08:08						144					144	
Josette	Billett	DH RUNNERS	Ages 60 - 69	Female		01:06:07	01:06:36					73	71			144	
Marianna	Wilde		Ages 30 - 39	Female	01:08:24						145					145	
Hayley	Fleming	WOMEN ON THE RUN	Ages 30 - 39	Female	01:08:51						146					146	
Fi	Simpson		Ages 30 - 39	Female	01:09:23						148					148	
Rebecca	Rendle	WOMEN ON THE RUN	Ages 60 - 69	Female	01:09:24						149					149	
Alison	Mounter	TEESDALE AC	Ages 50 - 59	Female	01:09:56						150					150	
Clare	Ridley		Ages 40 - 49	Female	01:11:48						152					152	
Anne	Blues	EDEN RUNNERS	Ages 70 - 79	Female	01:12:06						153					153	
Francesca	Bee		Ages 30 - 39	Female	01:14:14						154					154	
Christine	Wright		Ages 60 - 69	Female	01:18:02						155					155	
Zoe	Ferguson	DH RUNNERS	Ages 60 - 69	Female		01:07:42	01:09:55					76	80			156	
Janice	Talbot	BODYFIT CUMBRIA RUNNING CLUB	Ages 50 - 59	Female	01:00:23			01:02:29			118			41		159	
Suzanne	Martin	WIGTON ROAD RUNNERS	Ages 40 - 49	Female	00:59:18	00:59:38					111	52				163	
Heather	Herring		Ages 40 - 49	Female	00:59:09		01:00:59				110		61			171	
Janice	Caryl	BORDER REIVER RUNNERS	Ages 60 - 69	Female	01:04:43		01:07:16				135		75			210	
Sara	Milburn	DH RUNNERS	Ages 60 - 69	Female	01:09:08	01:10:03					147	80				227	
Diana	Lord		Ages 70 - 79	Female	01:07:57		01:11:33				143		84			227	
Lisa	Culling	EDEN RUNNERS	Ages 50 - 59	Female	01:10:48		01:13:00				151		85			236	