

Carlisle Resolution 10K - Prize Winners

Overall Winner Male					Overall Winner Female				
Name	Club	Cat	Time	Prize	Name	Club	Cat	Time	Prize
Ricky Lightfoot	ELLENBOROUGH AC	30-39	00:32:50	£45.00	Hannah Russell	HELM HILL RUNNERS	30-39	00:35:41	£45.00
Mark Emmerson	BORDER HARRIERS & AC	30-39	00:32:56	£35.00	Emma Neil	EDEN RUNNERS	30-39	00:37:10	£35.00
Colin Steele	BORDER HARRIERS & AC	40-49	00:34:24	£25.00	Holly Wootten	KESWICK AC	30-39	00:37:24	£25.00
Age Group Winners					Age Group Winners				
Name	Club	Cat	Time	Prize	Name	Club	Cat	Time	Prize
James Campbell	BORDER HARRIERS & AC	U20	00:47:02	£20.00	Sarah Fawkes		U20	00:59:56	£20.00
Charlie Storrie	DUMFRIES RUNNING CLUB	20-29	00:34:40	£20.00	Sally Addison	EDEN RUNNERS	20-29	00:39:16	£20.00
Josh Pearson	CROOK & DISTRICT AC	20-29	00:35:47	£15.00	Chloe Kendal		20-29	00:39:47	£15.00
Craig Bottomley	EDEN RUNNERS	20-29	00:37:26	£10.00			20-29		
Paul Lowery	LONELY GOAT RC	30-39	00:35:44	£20.00	Hayley Sim		30-39	00:45:41	£20.00
Daniel Hornsby		30-39	00:35:51	£15.00	Mica Lowthian	EDEN RUNNERS	30-39	00:49:20	£15.00
Jordan Kelly	CUMBERLAND AC	30-39	00:36:57	£10.00	Laura Jefferson		30-39	00:51:43	£10.00
Mark Benson	TRI LAKELAND	40-49	00:34:33	£20.00	Kathryn Metcalfe	EDEN RUNNERS	40-49	00:42:58	£20.00
David Rose		40-49	00:35:44	£15.00	Susan Holliday	CUMBERLAND AC	40-49	00:43:04	£15.00
Andy Wilson		40-49	00:36:43	£10.00	Rhona Proctor		40-49	00:43:07	£10.00
Kevin Wallace	CUMBERLAND AC	50-59	00:38:21	£20.00	Fiona Todd	BORDER HARRIERS & AC	50-59	00:42:22	£20.00
Adrian Sowerby	CARLISLE TRI CLUB	50-59	00:39:58	£15.00	Emma Nielsen	EDEN RUNNERS	50-59	00:43:38	£15.00
David Postill	BORDER HARRIERS & AC	50-59	00:40:14	£10.00	Teresa Medley	BORDER HARRIERS & AC	50-59	00:44:53	£10.00
Chris Phelan	EDEN RUNNERS	60-69	00:40:45	£20.00	Ann Stuart		60-69	00:51:24	£20.00
		60-69			Gillian Baxter	CUMBERLAND AC	60-69	00:52:26	£15.00
John Lewis	CUMBERLAND AC	70-79	00:53:27	£20.00	Julia King	EDEN RUNNERS	70-79	00:58:02	£20.00