

Bib	First	Last	Club	Cat	Sex	Swim	T1	Bike	T2	Run	Finish	OA	Cat	Sex	
816	Ewan	Brown	ERC	MS	M	07:17.3	00:00:24.45	00:30:11.65	00:00:30.60	00:17:14.30	00:55:38.30	1	1	1	
815	Sam	Brand		MS	M	07:12.6	00:00:25.25	00:32:03.25	00:00:23.25	00:18:22.05	00:58:06.40	2	2	2	
811	Steven	Lewis	Carlisle Tri Club	MS	M	08:37.6	00:00:41.30	00:31:01.15	00:00:27.65	00:20:30.60	01:01:18.25	3	3	3	
805	David	Moffat		MS	M	08:15.3	00:00:44.05	00:32:01.20	00:00:24.95	00:20:18.25	01:01:43.75	4	4	4	
790	David	Thompson		MS	M	08:44.4	00:00:31.95	00:32:59.30	00:00:27.80	00:20:25.15	01:03:08.65	5	5	5	
807	Jonathan	Brown	Carlisle Tri Club	MV40	M	08:00.8	00:00:36.50	00:34:25.70	00:00:25.75	00:20:13.85	01:03:42.60	6	1	6	
751	Tim	Bennet		MV40	M	08:52.3	00:01:08.65	00:32:45.95	00:00:41.55	00:21:04.10	01:04:32.55	7	2	7	
810	Simon	Hunter	Tri Lakeland	MV40	M	08:29.5	00:00:32.60	00:34:52.75	00:00:35.35	00:20:14.00	01:04:44.25	8	3	8	
779	David	Sloan		MS	M	10:06.4	00:00:23.55	00:34:51.60	00:00:27.00	00:20:36.55	01:06:25.05	9	6	9	
802	Phil	Lowrey	St. Bees Triers	MS	M	08:37.0	00:00:33.35	00:35:54.50	00:00:39.20	00:20:54.00	01:06:38.00	10	7	10	
818	Mike	Dent		MV50	M	07:18.0	00:00:24.15	00:35:41.00	00:00:24.35	00:22:52.75	01:06:40.20	11	1	11	
800	Gareth	White	Tri-Lakeland	MS	M	09:29.5	00:00:38.55	00:34:24.60	00:00:27.80	00:21:59.90	01:07:00.35	12	8	12	
772	Simon	Wright		MS	M	08:21.4	00:00:44.50	00:36:15.95	00:00:24.15	00:21:45.60	01:07:31.60	13	9	13	
767	Aaron	Baglee	Arragons Cumbrian	MV40	M	10:07.3	00:00:30.60	00:35:39.80	00:00:29.85	00:20:49.90	01:07:37.45	14	4	14	
788	Ryan	Gavin		MS	M	09:23.3	00:00:47.10	00:34:43.20	00:00:28.15	00:22:16.40	01:07:38.15	15	10	15	
780	Mike	Mckee		MS	M	09:15.9	00:01:00.20	00:35:11.20	00:00:27.25	00:21:46.75	01:07:41.25	16	11	16	
806	Mhairi	Duff		FS	F	09:00.3	00:00:47.20	00:37:24.50	00:00:40.25	00:19:56.80	01:07:49.05	17	1	1	
771	Jonathan	Brewer	Carlisle Tri Club	MV40	M	10:53.7	00:00:52.30	00:33:44.15	00:00:33.15	00:21:55.00	01:07:58.25	18	5	17	
793	Karen	Bridge	Arragons Cumbrian	FV40	F	09:00.4	00:00:34.35	00:36:21.80	00:00:40.80	00:21:29.40	01:08:06.75	19	1	2	** amended club
795	Mark	Colman	Carlisle Tri Club	MS	M	09:03.2	00:00:40.75	00:36:22.15	00:00:48.50	00:22:29.70	01:09:24.25	20	12	18	
798	Neil	Pearson	Dumfries Tri Club	MV40	M	10:22.0	00:00:42.25	00:33:30.30	00:00:43.50	00:24:06.30	01:09:24.40	21	6	19	
796	Graeme	Cross	Dumfries Running C	MV40	M	08:56.4	00:01:11.65	00:38:03.30	00:00:55.05	00:20:59.75	01:10:06.20	22	7	20	
797	Norman	Neilson		MV50	M	09:14.2	00:00:47.95	00:37:47.35	00:00:57.55	00:21:32.55	01:10:19.60	23	2	21	
812	Ian	Foster		MV40	M	08:39.8	00:00:41.60	00:36:33.40	00:00:44.10	00:23:43.95	01:10:22.85	24	8	22	
768	Andrew	Graham		MS	M	10:51.8	00:00:57.00	00:35:00.00	00:00:45.90	00:22:48.85	01:10:23.55	25	13	23	
814	Hannah	Farran	Team Northumbria	FS	F	08:24.3	00:00:38.75	00:38:22.80	00:00:29.75	00:22:29.35	01:10:24.95	26	2	3	
819	Samantha	Sugden	Arragons Cumbrian	FS	F	07:54.3	00:00:41.75	00:37:18.95	00:00:30.70	00:24:13.85	01:10:39.50	27	3	4	
775	Allan	Manson	Dumfries Tri Club	MS	M	10:17.4	00:00:56.05	00:36:08.30	00:00:31.60	00:23:10.65	01:11:04.05	28	14	24	
729	Darren	Little		MS	M	10:47.7	00:02:16.45	00:37:05.15	00:00:21.20	00:20:49.90	01:11:20.35	29	15	25	
803	Chris	Davison	Carlisle Tri Club	MV50	M	09:02.9	00:00:33.75	00:35:01.20	00:00:40.70	00:26:55.65	01:12:14.15	30	3	26	
776	Gary	Dixon	Carlisle Tri Club	MV40	M	09:55.5	00:00:40.95	00:35:44.40	00:00:34.40	00:25:51.15	01:12:16.40	31	9	27	
787	Kev	Mulvey		MS	M	10:28.3	00:01:03.95	00:38:37.80	00:00:39.95	00:21:53.40	01:12:43.35	32	16	28	
730	Allan	Little		MS	M	08:49.2	00:01:25.75	00:39:24.50	00:00:55.80	00:22:20.05	01:12:55.25	33	17	29	
756	Kane	Tinnion		MS	M	11:16.7	00:00:51.35	00:38:54.80	00:00:48.70	00:21:04.80	01:12:56.30	34	18	30	
792	Gary	Miller	Carlisle Tri Club	MV40	M	08:53.4	00:00:35.55	00:38:55.10	00:00:20.45	00:24:16.55	01:13:01.00	35	10	31	
794	Craig	Stitt	Dumfries Tri Club	MS	M	09:01.4	00:01:06.60	00:38:28.25	00:00:52.60	00:23:35.55	01:13:04.35	36	19	32	
762	James	Graham		MS	M	10:05.9	00:00:46.25	00:37:44.25	00:00:38.20	00:23:58.35	01:13:12.95	37	20	33	
766	William	Bryan	Winchester and Dist	MU18	M	11:13.4	00:01:35.80	00:38:51.40	00:00:28.60	00:22:06.65	01:14:15.85	38	1	34	

Bib	First	Last	Club	Cat	Sex	Swim	T1	Bike	T2	Run	Finish	OA	Cat	Sex	
726	Gareth	Irving		MS	M	10:03.0	00:01:08.30	00:37:55.60	00:00:53.65	00:24:21.85	01:14:22.45	39	21	35	
739	Paul	King		MS	M	11:21.3	00:02:20.00	00:34:26.95	00:01:24.10	00:25:30.25	01:15:02.55	40	22	36	
745	Thomas	Johnson	Carlisle Tri Club	MS	M	09:59.3	00:00:51.65	00:39:59.45	00:00:41.70	00:23:36.00	01:15:08.15	41	23	37	
791	Amanda	Singleton	Arragons Cumbrian	FV40	F	09:23.7	00:00:43.40	00:38:47.25	00:00:37.40	00:26:32.35	01:16:04.10	42	2	5	** amended age category & club
809	Doti	Scallatoni	Carlisle Tri Club	FV40	F	08:35.3	00:00:55.40	00:39:47.05	00:00:34.20	00:26:21.15	01:16:13.05	43	3	6	
750	Andy	Clark		MV40	M	10:18.8	00:02:06.35	00:40:22.35	00:01:00.45	00:22:37.20	01:16:25.10	44	11	38	
781	Ben	Heslop	Border City CrossFit	MS	M	09:15.9	00:01:32.75	00:41:13.10	00:00:44.85	00:23:57.05	01:16:43.70	45	24	39	
773	Matthew	Mitchell		MS	M	10:22.8	00:01:17.90	00:40:34.75	00:00:57.35	00:23:41.40	01:16:54.20	46	25	40	
725	Eugene	Fung		MU18	M	11:42.5	00:00:38.05	00:37:52.75	00:00:51.05	00:25:51.65	01:16:56.00	47	2	41	
748	Mark	Pagram		MS	M	10:52.8	00:01:27.45	00:40:19.50	00:01:05.75	00:23:32.70	01:17:18.20	48	26	42	
782	Elizabeth	Earle		FS	F	09:48.6	00:00:47.05	00:42:11.50	00:00:36.75	00:24:11.75	01:17:35.60	49	5	7	
755	Andrea	Fox	Carlisle Tri Club	FV40	F	11:26.9	00:00:36.30	00:40:55.70	00:00:28.05	00:24:49.15	01:18:16.10	50	4	8	** amended age category
778	Martin	Souter	Arragons Cumbrian	MS	M	10:00.2	00:00:47.75	00:47:27.95	00:00:46.30	00:20:09.95	01:19:12.15	51	27	43	
741	David	Lawson		MV40	M	11:09.3	00:01:12.50	00:40:28.75	00:00:23.10	00:26:01.10	01:19:14.70	52	12	44	
804	Lesley	Moffat		FS	F	08:42.8	00:00:55.15	00:42:24.45	00:00:44.55	00:27:06.65	01:19:53.60	53	7	9	
709	Neil	Hudson		MS	M	11:43.7	00:01:51.70	00:40:54.40	00:00:23.80	00:25:19.00	01:20:12.60	54	28	45	
747	Ian	Clark		MV50	M	12:09.8	00:01:50.40	00:41:44.00	00:00:41.15	00:23:56.05	01:20:21.35	55	4	46	
757	Julie	Ross		FV40	F	11:16.2	00:00:41.45	00:42:49.45	00:00:49.10	00:25:21.00	01:20:57.25	56	5	10	
799	Helen	Jones	Tri Lakeland	FV40	F	08:46.3	00:00:58.70	00:41:55.45	00:00:45.45	00:28:34.00	01:20:59.90	57	6	11	
717	James	Irving		MS	M	12:55.4	00:01:31.25	00:41:16.35	00:00:46.40	00:29:31.25	01:21:01.30	58	29	47	**amended run time
789	Nicola	Carruthers	Carlisle Tri Club	FS	F	10:00.3	00:00:45.20	00:43:10.20	00:00:32.70	00:26:34.20	01:21:02.65	59	8	12	
769	John	George	Tri Lakeland	MV40	M	11:03.3	00:00:54.00	00:42:52.00	00:01:01.70	00:25:56.20	01:21:47.20	60	13	48	
723	Michael	Thompson		MV40	M	12:36.0	00:01:04.40	00:45:46.45	00:00:24.50	00:22:32.90	01:22:24.25	61	14	49	
808	Nicola	Jameson	Carlisle Tri Club	FS	F	08:40.8	00:00:35.20	00:42:06.80	00:00:32.35	00:30:39.15	01:22:34.25	62	9	13	
763	Claire	Anderson		FS	F	10:47.4	00:01:04.75	00:44:45.45	00:00:47.85	00:25:18.60	01:22:44.05	63	10	14	
765	Martin	Green		MV50	M	11:23.3	00:01:28.50	00:39:01.30	00:00:59.10	00:29:57.10	01:22:49.30	64	5	50	
740	Julie	Simpson		FV40	F	11:25.9	00:01:47.70	00:41:36.00	00:01:02.05	00:27:01.20	01:22:52.80	65	7	15	
759	Barbara	Watson		FS	F	10:16.2	00:01:14.50	00:42:48.60	00:00:24.80	00:28:21.55	01:23:05.65	66	11	16	
785	Aiden	Halliday		MU18	M	09:00.6	00:00:39.90	00:39:56.10	00:00:24.55	00:33:40.00	01:23:41.15	67	3	51	
817	Thomas	Grieve		MS	M	07:24.3	00:01:29.95	00:44:01.95	00:00:23.95	00:29:59.95	01:23:42.05	68	30	52	
801	Emma	Westmancott		FS	F	09:34.1	00:00:51.75	00:42:38.60	00:00:40.75	00:30:03.15	01:23:48.30	69	12	17	
735	Lindsay	Graham		FV40	F	11:44.0	00:00:47.90	00:43:35.35	00:00:20.25	00:27:49.85	01:24:17.40	70	8	18	
783	David	Robinson		MV40	M	11:18.7	00:01:44.45	00:42:05.55	00:00:50.30	00:28:30.25	01:24:29.20	71	15	53	
749	Neil	Boyd		MV40	M	10:44.3	00:02:34.60	00:41:04.75	00:01:06.85	00:29:05.10	01:24:35.55	72	16	54	
720	John	Thompson		MV50	M	13:56.5	00:02:16.65	00:44:03.30	00:00:26.85	00:24:15.35	01:24:58.65	73	6	55	
705	David	Graham		MS	M	14:25.1	00:01:25.20	00:38:44.85	00:00:38.95	00:29:57.55	01:25:11.70	74	31	56	
732	Cezary	Lewucha		MS	M	12:57.9	00:01:44.95	00:42:09.90	00:00:22.85	00:29:01.15	01:26:16.70	75	32	57	
770	Team	Sowerby		Team	T	09:14.4	00:00:30.75	00:43:23.80	00:00:44.05	00:32:58.25	01:26:51.30	76	1	1	

Bib	First	Last	Club	Cat	Sex	Swim	T1	Bike	T2	Run	Finish	OA	Cat	Sex	
764	Nick	Balcombe	Arragons Cumbrian	MV40	M	11:54.8	00:01:22.60	00:39:54.80	00:01:19.10	00:33:07.30	01:27:38.55	77	17	58	
758	Judith	Bradshaw		FV40	F	11:38.4	00:01:36.20	00:43:16.10	00:00:27.90	00:31:11.90	01:28:10.45	78	9	19	
761	Maria	Renucci	Carlisle Tri Club	FV40	F	12:14.1	00:00:48.85	00:45:28.85	00:00:30.80	00:29:27.85	01:28:30.40	79	10	20	
731	Yvonne	Anderson		FV40	F	11:38.7	00:01:14.35	00:42:27.50	00:00:46.65	00:32:32.90	01:28:40.05	80	11	21	
712	Simon	Unwin		MS	M	11:57.7	00:02:02.60	00:43:05.65	00:01:01.15	00:31:44.55	01:29:51.60	81	33	59	
707	Darren	Ryan		MV40	M	11:36.2	00:01:58.70	00:44:44.75	00:00:35.10	00:31:10.95	01:30:05.70	82	18	60	
733	Alex	Wilkinson		MV60	M	13:02.6	00:01:16.10	00:43:11.40	00:01:34.05	00:31:06.30	01:30:10.40	83	1	61	
728	Des	Horner		MV50	M	12:28.2	00:01:23.15	00:48:12.60	00:00:30.65	00:27:43.80	01:30:18.45	84	7	62	
737	Matthew	Whitelaw		MV50	M	14:34.6	00:01:39.80	00:45:30.05	00:00:55.85	00:28:50.55	01:31:30.80	85	8	63	
721	Heather	Brown		FV40	F	14:20.1	00:01:58.50	00:47:44.10	00:01:09.25	00:29:24.40	01:34:36.35	86	12	22	
746	Susan	Winter		FS	F	11:08.2	00:01:34.15	00:48:11.90	00:00:50.30	00:33:14.00	01:34:58.50	87	13	23	
702	Christopher	Beckett		MS	M	13:33.3	00:01:05.40	00:51:28.20	00:00:56.70	00:28:02.05	01:35:05.70	88	34	64	
736	Louise	Maguire		FV40	F	11:14.5	00:01:04.15	00:45:56.00	00:01:05.15	00:36:50.45	01:36:10.25	89	13	24	
711	Scott	Nichol		MS	M	20:47.1	00:00:43.70	00:44:39.25	00:00:44.60	00:29:30.90	01:36:25.60	90	35	65	
738	Lori	Quayle		FS	F	12:34.2	00:01:25.60	00:47:04.45	00:01:07.30	00:35:09.90	01:37:21.45	91	14	25	
777	Sarah	Hamilton		FS	F	10:11.3	00:01:27.65	00:49:55.30	00:01:02.80	00:34:46.90	01:37:23.90	92	15	26	
722	Elizabeth	Sochacka	Carlisle Tri Club	FV40	F	14:23.2	00:02:08.20	00:49:48.60	00:00:51.30	00:30:28.30	01:37:39.55	93	14	27	
714	Karen	Archer		FS	F	11:27.5	00:02:32.60	00:50:43.90	00:00:35.35	00:36:55.60	01:42:14.95	94	16	28	
701	Shabana	Ahmed	Carlisle Tri Club	FS	F	18:27.1	00:01:38.00	00:47:39.85	00:01:06.45	00:34:09.50	01:43:00.90	95	17	29	
724	Nina	Errington		FS	F	13:06.2	00:01:59.10	00:56:39.20	00:00:57.65	00:32:03.90	01:44:46.05	96	18	30	
718	Julie	Heckles		FS	F	14:41.1	00:03:09.80	00:49:35.40	00:01:49.95	00:39:36.95	01:48:53.20	97	19	31	
715	Roy	Weisser		MV60	M	13:59.0	00:02:53.65	00:53:20.00	00:00:51.95	00:40:39.65	01:51:44.30	98	2	66	
708	Dawn	Gainford		FS	F	13:39.6	00:02:07.25	01:18:44.10	00:00:33.15	00:24:24.60	01:59:28.75	99	20	32	
703	Maggie	Mclellan		FS	F	19:36.5	00:02:32.75	01:13:41.80	00:01:16.60	00:56:17.35	02:33:25.00	100	21	33	
704	Heather	Burridge	Carlisle Tri Club	FS	F	20:35.4	00:02:35.45	01:13:33.75	00:01:30.40	00:56:09.70	02:34:24.65	101	22	34	
813	Danny	Wilkinson		MS	M	08:27.3	00:00:37.45	00:09:04.80				DNF			