

Carlisle Triathlon Results 2012

No	Name	Club	Cat	Sex	Swim	Rank	T1	Bike	Rank	T2	Run	Rank	Overall	Overall	Cat	Sex
75	Jon Fletcher	Arragon's Tri Club	MS	M	00:06:38	1	00:00:31.50	00:31:44.00	2	00:00:21.45	00:16:48.15	1	00:56:03.00	1	1	1
101	Greg Turner	Ayrodynamics Tri Club	MS	M	00:06:51	3	00:00:36.40	00:32:30.05	9	00:00:24.50	00:18:05.50	2	00:58:27.20	2	2	2
103	Ross Landon	Tri4U Coaching	MS	M	00:06:56	4	00:00:36.30	00:32:21.40	7	00:00:26.35	00:19:11.50	4	00:59:31.55	3	3	3
25	Anthony Bell-Scott	Manx Tri Club	MS	M	00:08:01	9	00:00:31.55	00:31:54.05	3	00:00:26.40	00:19:26.80	6	01:00:19.70	4	4	4
105	Andrew Niven	Tri Northumberland	MS	M	00:07:59	8	00:00:30.15	00:32:08.85	4	00:00:21.30	00:19:26.65	5	01:00:25.75	5	5	5
140	Philip Jameson	Tri4U Coaching	MS	M	00:06:39	2	00:00:28.30	00:33:19.25	14	00:00:28.95	00:20:02.00	15	01:00:58.05	6	6	6
144	Steven Garner	West Cumbria Tri	MS	M	00:08:27	15	00:00:51.70	00:32:34.25	10	00:00:34.75	00:18:34.90	3	01:01:02.60	7	7	7
59	Peter Denness	C.O.L.T.	MS	M	00:07:04	5	00:00:46.85	00:32:15.90	5	00:00:28.35	00:20:50.70	20	01:01:25.35	8	8	8
117	Mark Hopkins	Tri-Lakeland	MV	M	00:07:49	7	00:00:36.00	00:33:02.80	11	00:00:27.35	00:19:59.95	13	01:01:54.70	9	1	9
67	Kevin Pritchard	Tri-Lakeland	MV	M	00:09:48	43	00:00:28.35	00:31:43.45	1	00:00:39.95	00:19:43.95	8	01:02:23.45	10	2	10
130	Des Morris	Tri-Lakeland	MV	M	00:08:27	14	00:00:31.90	00:33:08.25	12	00:00:20.15	00:20:21.05	16	01:02:48.25	11	3	11
87	Colin Semple	Tri-Lakeland	MV	M	00:08:34	16	00:00:41.00	00:32:16.55	6	00:00:31.65	00:21:04.25	22	01:03:07.85	12	4	12
133	Jeff Thorpe	Tri-Lakeland	MV	M	00:07:37	6	00:00:47.95	00:33:22.95	15	00:00:29.50	00:22:00.50	31	01:04:17.60	13	5	13
123	Ian Foster	Tri-Lakeland	MV	M	00:08:35	17	00:00:47.45	00:32:24.65	8	00:00:40.40	00:21:53.35	30	01:04:21.25	14	6	14
157	Andrew Barr	Unattached	MS	M	00:08:14	10	00:00:33.60	00:35:20.80	22	00:00:30.35	00:20:00.00	14	01:04:36.30	15	9	15
90	Brendon Jackson	One Life Racing	MV	M	00:09:45	40	00:00:34.10	00:34:22.90	18	00:00:35.15	00:19:44.55	9	01:05:01.20	16	7	16
38	Martin Varey	Tri-Lakeland	MS	M	00:08:51	21	00:00:55.85	00:33:54.60	16	00:00:34.10	00:22:23.80	36	01:06:39.70	17	10	17
156	Ricky Fee	Tri Lakeland	MS	M	00:09:08	26	00:01:10.05	00:35:31.10	23	00:00:37.85	00:20:59.35	21	01:07:26.00	18	11	18
114	Darren Bell	Cleveland Tri Club	MS	M	00:09:47	42	00:00:45.90	00:35:33.85	24	00:00:50.40	00:20:49.05	19	01:07:46.35	19	12	19
18	Chris Davison	Carlisle Tri Club	MV	M	00:09:10	29	00:00:57.90	00:35:48.70	27	00:00:37.10	00:21:22.85	25	01:07:56.25	20	8	20
150	Richie Hinson	Unattached	MS	M	00:09:21	34	00:00:52.20	00:38:07.80	39	00:00:29.15	00:19:39.10	7	01:08:29.35	21	13	21
118	James Smith	Unattached	MV	M	00:09:57	45	00:00:54.15	00:34:26.30	19	00:00:43.90	00:22:37.20	42	01:08:38.20	22	9	22
53	Andrew Woods	Tyne Triathlon Club	MS	M	00:09:48	44	00:00:55.10	00:35:12.95	21	00:00:35.00	00:22:37.30	43	01:09:08.30	23	14	23
40	Mhairi Duff	Unattached	FS	F	00:10:04	51	00:01:17.25	00:37:34.55	34	00:00:42.00	00:19:52.70	10	01:09:30.60	24	1	1
128	Jonathan Brewer	Carlisle Tri Club	MV	M	00:11:26	92	00:00:29.10	00:35:43.95	26	00:00:25.35	00:21:52.15	29	01:09:56.90	25	10	24
141	Alan Cornthwaite	West Cumbria Tri	MS	M	00:11:29	94	00:00:35.25	00:35:03.00	20	00:00:31.65	00:22:20.15	35	01:09:59.15	26	15	25
74	Norman Neilson	Dumfries Running Club	MSV	M	00:10:31	61	00:00:51.30	00:37:12.30	30	00:00:44.60	00:20:41.85	18	01:10:01.20	27	1	26
3	Simon Clarke	Tri-Lakeland	MS	M	00:10:11	55	00:00:31.50	00:36:15.95	28	00:00:25.00	00:22:59.30	46	01:10:23.10	28	16	27
93	Keith Robson	Tyne Tri Club	MSV	M	00:10:51	76	00:00:41.65	00:37:18.30	32	00:00:34.80	00:21:06.80	24	01:10:32.60	29	2	28
82	Keith Johnstone	Unattached	MS	M	00:10:32	62	00:01:23.50	00:33:56.85	17	00:00:58.20	00:24:36.25	67	01:11:26.85	30	17	29
122	Simon Dickson	Carlisle Tri Club	MS	M	00:10:02	47	00:00:57.45	00:37:34.80	35	00:00:33.30	00:22:24.55	37	01:11:32.05	31	18	30
80	Kris Baldock	Kendal Tri Club	MS	M	00:08:40	19	00:00:35.25	00:40:27.80	68	00:00:29.45	00:21:23.85	27	01:11:36.10	32	19	2
46	Andrew Nath	Unattached	MS	M	00:08:17	11	00:00:53.60	00:39:07.45	52	00:00:46.95	00:22:35.25	41	01:11:40.75	33	20	31
47	Ellen Tullo	Total Racing International	FS	F	00:08:53	22	00:00:45.10	00:40:13.20	66	00:00:32.85	00:21:23.20	26	01:11:47.75	34	2	2
54	Christopher Wood	Unattached	MS	M	00:11:54	102	00:01:23.45	00:33:17.25	13	00:00:55.70	00:24:18.65	60	01:11:48.70	35	21	32
138	Richard Prokas	Arragons Tri Club	MS	M	00:09:46	41	00:01:04.40	00:38:35.05	48	00:00:50.50	00:21:34.55	28	01:11:50.65	36	22	33
9	Gary Miller	Carlisle Tri Club	MS	M	00:09:08	27	00:00:37.20	00:37:51.70	36	00:00:30.45	00:24:30.30	63	01:12:37.50	37	23	34
14	Graham Harmse	Carlisle Tri Club	MV	M	00:08:26	13	00:01:03.60	00:38:13.00	40	00:00:45.20	00:24:11.45	58	01:12:39.45	38	11	35
36	Scott Russel	Ayrodynamic Tri Club	MV	M	00:10:38	68	00:01:07.75	00:37:15.80	31	00:00:44.40	00:23:17.20	49	01:13:03.50	39	12	36
153	Gareth Melvin	Border Harriers	MS	M	00:11:19	90	00:01:17.70	00:39:51.35	59	00:00:46.20	00:19:57.65	12	01:13:11.50	40	24	37
42	Neil Cooper	Arragons Tri Club	MV	M	00:10:20	57	00:01:05.95	00:38:19.45	42	00:00:34.05	00:23:02.00	47	01:13:21.05	41	13	38
81	Emily Baldock	Kendal Tri Club	FS	F	00:08:38	18	00:00:33.15	00:38:55.90	50	00:00:45.50	00:24:33.35	64	01:13:25.85	42	3	3
151	James Makin	Unattached	MS	M	00:09:29	35	00:02:06.85	00:40:11.20	65	00:00:41.05	00:21:05.05	23	01:13:32.95	43	25	39
2	William Hinchcliffe	Carlisle Tri Club	MS	M	00:10:13	56	00:00:53.05	00:37:18.65	33	00:00:43.75	00:24:34.70	66	01:13:43.05	44	26	40
79	Danny Burns	Unattached	MS	M	00:13:18	124	00:01:07.15	00:38:02.05	37	00:00:51.75	00:20:33.85	17	01:13:52.60	45	27	41
56	David Skinner	Unattached	MSV	M	00:08:48	20	00:00:43.55	00:40:10.55	64	00:00:20.55	00:23:58.10	55	01:14:00.70	46	3	42
21	Michael Toth	Carlisle Tri Club	MSV	M	00:11:41	96	00:00:54.15	00:37:00.70	29	00:00:33.90	00:24:07.90	56	01:14:18.10	47	4	43
7	Ria Lowrie	Carlisle Tri Club	FS	F	00:09:33	36	00:01:01.15	00:35:41.50	25	00:00:55.40	00:27:10.95	94	01:14:22.05	48	4	4

23	Anthony Lees	Unattached	MV	M	00:10:41	69	00:00:40.70	00:40:15.75	67	00:00:50.80	00:22:13.65	33	01:14:41.45	49	14	44
65	Dave Slade	Tyne Tri	MV	M	00:10:35	65	00:00:46.90	00:39:28.60	54	00:00:37.05	00:23:37.65	52	01:15:05.00	50	15	45
155	Louisa Tweedle	Carlisle Tri Club	FS	F	00:10:10	53	00:00:58.75	00:40:46.30	71	00:00:42.20	00:22:32.55	40	01:15:10.15	51	5	5
143	Marc Skillen	Unattached	MS	M	00:10:11	54	00:01:01.80	00:40:48.25	73	00:00:20.95	00:22:52.55	45	01:15:14.65	52	28	46
88	Chris Gray	Unattached	MS	M	00:11:18	89	00:01:05.00	00:38:28.90	44	00:00:53.30	00:23:34.65	51	01:15:19.70	53	29	47
31	David Postill	Carlisle Tri Club	MV	M	00:10:26	59	00:01:05.90	00:39:59.55	61	00:00:44.10	00:23:20.10	50	01:15:35.65	54	16	48
132	Amanda Ingram	Tri-Lakeland	FS	F	00:09:15	31	00:00:54.85	00:42:51.05	92	00:00:33.00	00:22:02.90	32	01:15:36.75	55	6	6
30	Amanda Singleton	Arragons Tri Club	FV	F	00:09:36	37	00:00:57.55	00:39:32.90	55	00:00:40.20	00:25:12.85	76	01:15:59.35	56	1	7
139	Barry Jameson	Tri4U Coaching	MSV	M	00:10:04	50	00:00:42.10	00:44:49.30	103	00:00:33.80	00:19:56.95	11	01:16:05.95	57	5	49
131	Dean Metcalfe	Unattached	MS	M	00:10:52	80	00:01:16.20	00:38:44.60	49	00:00:44.05	00:24:45.00	68	01:16:22.30	58	30	50
96	John Beck	Unattached	MSV	M	00:10:03	49	00:01:23.80	00:38:02.55	38	00:00:57.55	00:26:17.90	86	01:16:44.85	59	6	51
66	Andrew Graham	Unattached	MS	M	00:11:50	100	00:01:59.45	00:38:29.90	45	00:00:40.10	00:24:20.70	61	01:17:20.30	60	31	52
72	Jim Crosbie	Unattached	MSV	M	00:08:22	12	00:00:59.45	00:40:03.70	63	00:01:36.90	00:26:26.50	90	01:17:28.60	61	7	53
52	Alex Nath	Unattached	MS	M	00:10:48	75	00:01:12.80	00:40:01.20	62	00:00:38.15	00:24:56.10	71	01:17:36.15	62	32	54
102	Eleanor Cliffe	Unattached	FS	F	00:09:08	28	00:00:47.00	00:42:00.35	84	00:00:41.30	00:25:13.15	77	01:17:49.85	63	7	8
91	Mark Eastwood	Tri-Lakeland	MV	M	00:10:33	63	00:00:59.15	00:39:21.45	53	00:00:41.20	00:26:20.85	88	01:17:56.10	64	17	55
77	John Carslake	Unattached	MS	M	00:12:19	111	00:01:10.75	00:39:52.60	60	00:00:54.60	00:23:40.50	54	01:17:57.35	65	33	56
120	Jamie McTear	Unattached	MS	M	00:10:36	67	00:01:08.55	00:40:43.15	69	00:00:32.30	00:24:58.10	72	01:17:57.90	66	34	57
4	Mark Colman	Unattached	MS	M	00:13:26	126	00:01:08.25	00:39:39.20	57	00:00:51.00	00:23:12.25	48	01:18:16.80	67	35	58
5	Carl Wilkowski	Carlisle Tri Club	MS	M	00:12:08	105	00:00:45.75	00:39:42.35	58	00:00:37.20	00:25:17.10	78	01:18:30.70	68	36	59
154	Ali Wilson	Carlisle Tri Club	FS	F	00:12:30	113	00:01:25.45	00:38:16.70	41	00:01:01.10	00:25:20.70	79	01:18:33.70	69	8	9
119	Danny Craigie	Bolton Tri Club	MS	M	00:11:12	87	00:01:27.25	00:39:39.00	56	00:01:18.15	00:25:09.60	75	01:18:46.00	70	37	60
58	Richard Fiminger	Unattached	MV	M	00:12:55	117	00:00:56.75	00:38:57.30	51	00:00:51.90	00:25:05.90	74	01:18:47.15	71	18	61
147	Sarah Morley	Unattached	FV	F	00:11:05	81	00:01:00.65	00:42:31.50	91	00:00:39.30	00:23:40.20	53	01:18:56.50	72	2	10
19	Nicola Carruthers	Carlisle Tri Club	FS	F	00:10:51	77	00:01:01.30	00:42:06.45	85	00:00:29.40	00:24:50.65	69	01:19:18.90	73	9	11
6	Vicki Clarke	Carlisle Tri Club	FS	F	00:11:28	93	00:01:02.30	00:41:23.10	80	00:00:36.20	00:24:53.05	70	01:19:22.15	74	10	12
104	Emma Rowlinson	Unattached	FS	F	00:10:45	71	00:01:31.00	00:42:16.90	89	00:00:45.55	00:24:07.95	57	01:19:25.90	75	11	13
129	Aundrea Fox	Carlisle Tri Club	FV	F	00:11:13	88	00:01:18.00	00:41:04.05	77	00:00:56.15	00:25:25.65	81	01:19:56.55	76	3	14
41	Stephen Morris	Unattached	MSV	M	00:10:35	66	00:01:13.60	00:40:59.20	76	00:00:58.20	00:26:33.65	91	01:20:19.75	77	8	62
94	Sara Stewart	Unattached	FV	F	00:12:17	109	00:00:47.15	00:41:12.10	79	00:00:48.30	00:25:21.60	80	01:20:26.35	78	4	15
115	Paul Widdowson	Unattached	MS	M	00:13:11	123	00:02:11.40	00:42:12.00	86	00:00:50.30	00:22:27.05	39	01:20:51.65	79	38	63
51	Alison Walker	Aragons Tri Club	FS	F	00:10:46	73	00:01:00.00	00:42:17.90	90	00:00:49.75	00:26:37.30	92	01:21:31.05	80	12	16
69	Paul Arts	Unattached	MV	M	00:12:57	118	00:02:27.65	00:40:51.60	74	00:01:01.50	00:24:30.25	62	01:21:48.30	81	19	64
78	John Bannister	Unattached	MS	M	00:09:43	39	00:01:32.80	00:43:03.00	96	00:00:36.65	00:26:54.00	93	01:21:49.80	82	39	65
126	Audrey Stewart	Alnwick Tri Club	FSV	F	00:10:00	46	00:00:39.90	00:43:00.85	94	00:00:37.95	00:27:49.30	102	01:22:07.70	83	1	17
13	Andrew Atkinson	Carlisle Tri Club	MSV	M	00:13:57	131	00:01:09.95	00:38:20.45	43	00:01:14.35	00:27:44.70	101	01:22:26.35	84	9	66
109	Nicola Donald	Unattached	FS	F	00:14:19	133	00:01:12.55	00:41:11.55	78	00:00:59.60	00:25:04.00	73	01:22:46.70	85	13	18
50	William Allan	Ayrdynamics	MV	M	00:10:52	79	00:01:55.10	00:43:09.60	97	00:01:14.20	00:25:48.70	84	01:22:59.80	86	20	67
95	Jonathan Holden	Unattached	MS	M	00:09:19	33	00:01:34.45	00:45:29.65	110	00:00:26.20	00:26:20.45	87	01:23:10.15	87	40	68
106	Michael Prediger	Tyne Tri Club	MSV	M	00:11:12	86	00:01:33.20	00:42:16.30	88	00:01:00.65	00:27:20.00	96	01:23:14.90	88	10	69
121	Andrew Stamper	Unattached	MS	M	00:12:00	103	00:02:06.50	00:40:46.40	72	00:01:07.10	00:27:16.80	95	01:23:16.55	89	41	70
76	David Goodall	Cumberland A.C.	MV	M	00:11:20	91	00:01:17.80	00:45:56.30	113	00:00:22.80	00:24:34.00	65	01:23:30.70	90	21	71
113	Craig Thomsson	Unattached	MSV	M	00:12:02	104	00:01:21.30	00:41:59.25	83	00:00:34.50	00:27:34.70	99	01:23:31.60	91	11	72
127	Elizabeth Earle	Unattached	FS	F	00:11:49	99	00:01:47.75	00:46:09.40	116	00:01:06.50	00:22:48.50	44	01:23:41.20	92	14	19
111	Angela Watson	Arragons Tri Club	FS	F	00:08:56	23	00:00:49.95	00:43:56.50	99	00:00:40.30	00:29:21.65	113	01:23:44.65	93	15	20
20	Brian Johnson	Unattached	MSV	M	00:09:12	30	00:01:07.25	00:41:23.20	81	00:00:22.25	00:32:11.70	125	01:24:16.40	94	12	73
116	Paul Simpson	Unattached	MV	M	00:15:48	146	00:01:26.00	00:38:34.75	47	00:00:49.95	00:27:39.80	100	01:24:18.70	95	22	74
100	Michael Thompson	Teesdale A.C.	MV	M	00:14:28	136	00:02:02.90	00:44:51.25	105	00:00:48.25	00:22:15.45	34	01:24:25.90	96	23	75
134	Darren Irving	Carlisle Tri Club	MV	M	00:12:52	116	00:01:08.65	00:40:55.75	75	00:00:50.35	00:28:42.20	107	01:24:29.00	97	24	76
22	Craig Stütt	Unattached	MS	M	00:10:03	48	00:01:34.20	00:44:19.30	100	00:01:21.25	00:27:33.00	98	01:24:50.65	98	42	77
12	Stephen Bell	Carlisle Tri Club	MS	M	00:10:47	74	00:02:11.05	00:44:57.40	107	00:01:08.55	00:26:09.10	85	01:25:13.20	99	43	78

99	Michael Beckett	Unattached	MV	M	00:11:10	85	00:01:38.65	00:40:45.30	70	00:01:05.65	00:30:51.60	118	01:25:31.25	100	25	79
85	John Kerr	Carlisle Tri Club	MV	M	00:08:56	24	00:02:23.60	00:45:15.20	109	00:01:08.20	00:28:54.30	109	01:26:37.70	101	26	80
158	Siobonne Brewster	Unattached	FS	F	00:13:53	129	00:01:03.90	00:44:50.95	104	00:00:28.85	00:26:22.30	89	01:26:39.10	102	16	21
110	Kevin Gibbons	Unattached	MSV	M	00:17:48	148	00:03:18.00	00:38:29.95	46	00:01:38.50	00:25:32.00	83	01:26:46.90	103	13	81
63	Robert Rowland	Unattached	MV	M	00:13:54	130	00:02:10.10	00:42:53.35	93	00:00:33.85	00:27:23.65	97	01:26:55.30	104	27	82
89	Claire Jackson	One Life Racing	FSV	F	00:09:16	32	00:00:29.40	00:54:29.35	141	00:00:35.80	00:22:25.95	38	01:27:16.05	105	2	22
55	Kathleen Taylor	Aragons Tri Club	FV	F	00:09:38	38	00:01:02.80	00:41:33.90	82	00:01:03.30	00:34:44.30	135	01:28:01.90	106	5	23
16	Katie Smith	Carlisle Tri Club	FS	F	00:09:04	25	00:00:46.45	00:43:54.00	98	00:00:35.40	00:34:29.20	134	01:28:49.45	107	17	24
108	Sue Bell	One Life Racing	FSV	F	00:13:07	122	00:01:04.35	00:45:08.00	108	00:00:29.20	00:29:21.45	112	01:29:10.35	108	3	25
45	Wayne Greig	Carlisle Tri Club	MS	M	00:16:37	147	00:01:34.85	00:44:33.65	102	00:01:08.60	00:25:29.30	82	01:29:23.70	109	44	83
125	Matthew Walker	Unattached	MS	M	00:12:44	115	00:02:05.55	00:44:52.75	106	00:01:09.25	00:28:43.05	108	01:29:34.15	110	45	84
142	Gail Oliver	Carlisle Tri Club	FV	F	00:14:10	132	00:00:56.85	00:46:04.70	114	00:01:03.60	00:27:49.50	103	01:30:04.45	111	6	26
71	Sarah McCrea	Unattached	FS	F	00:15:33	144	00:01:32.80	00:48:16.25	123	00:00:33.25	00:24:14.70	59	01:30:10.25	112	18	27
107	Angela Irwin	Unattached	FV	F	00:13:04	120	00:01:50.75	00:44:28.20	101	00:01:02.30	00:31:00.45	120	01:31:26.20	113	7	28
39	Clare Hiscock	Alnwick Tri Club	FS	F	00:12:19	110	00:01:18.05	00:49:21.15	127	00:01:01.35	00:28:21.40	104	01:32:20.80	114	19	29
17	Alison McKie	Carlisle Tri Club	FS	F	00:11:46	97	00:02:15.55	00:47:50.90	121	00:00:36.90	00:29:58.35	116	01:32:27.70	115	20	30
73	Simon Evans	Unattached	MS	M	00:15:41	145	00:01:45.65	00:45:42.10	111	00:00:57.90	00:28:38.35	106	01:32:45.25	116	46	85
44	Bex Salmon	Arragons Tri Club	FS	F	00:11:10	84	00:01:39.80	00:47:33.20	118	00:00:51.45	00:31:46.10	123	01:33:00.50	117	21	31
98	Karen Noble	Unattached	FV	F	00:10:26	60	00:01:21.30	00:48:16.75	124	00:00:31.65	00:32:52.80	129	01:33:28.90	118	8	32
28	Dave Butler	Arragons Tri Club	MS	M	00:14:30	137	00:02:01.85	00:45:55.45	112	00:01:26.55	00:29:49.80	115	01:33:43.85	119	47	86
148	Alison Scott	Arragons Tri Club	FSV	F	00:13:00	119	00:00:54.20	00:47:54.75	122	00:00:39.65	00:31:22.50	121	01:33:51.60	120	4	33
149	Carole Miller	Carlisle Tri Club	MV	M	00:10:44	70	00:01:58.20	00:49:55.55	129	00:02:03.95	00:29:12.60	111	01:33:54.40	121	28	87
35	Andrew Dalton	Unattached	MV	M	00:11:08	82	00:01:55.60	00:48:42.05	126	00:01:37.45	00:32:11.65	124	01:35:34.35	122	29	88
137	Sarah Walker	Unattached	FV	F	00:11:35	95	00:01:36.60	00:46:07.45	115	00:00:58.15	00:35:24.75	137	01:35:42.35	123	9	34
112	Alex Wilkinson	Unattached	MSV	M	00:12:14	108	00:01:06.15	00:53:13.15	138	00:01:09.85	00:29:11.65	110	01:36:55.15	124	14	89
84	Vivienne Forster	Arragons Tri Club	FV	F	00:12:32	114	00:01:23.25	00:46:41.60	117	00:01:03.25	00:35:23.80	136	01:37:03.70	125	10	35
33	Margaret Gray	Unattached	FSV	F	00:15:01	140	00:02:14.15	00:51:37.20	132	00:01:14.40	00:28:28.70	105	01:38:35.50	126	5	36
135	Maria Renucci	Unattached	FV	F	00:10:45	72	00:01:00.45	00:52:34.80	136	00:00:33.50	00:33:56.10	132	01:38:49.80	127	11	37
61	Joe Duffy	Unattached	MSV	M	00:22:31	149	00:02:23.75	00:43:01.95	95	00:00:26.45	00:30:38.05	117	01:39:00.85	128	15	90
68	Jonathan Ashworth	Unattached	MS	M	00:15:25	143	00:02:39.30	00:50:29.00	130	00:00:46.20	00:29:44.05	114	01:39:03.50	129	48	91
15	Jonathan Harmse	Carlisle Tri Club	MS	M	00:10:09	52	00:02:20.15	00:47:41.05	119	00:00:39.00	00:38:27.55	142	01:39:16.40	130	49	92
136	Adrienne Harris	Carlisle Tri Club	FSV	F	00:15:11	141	00:01:54.00	00:48:36.55	125	00:01:03.15	00:33:43.45	131	01:40:27.70	131	6	38
10	Jo Hutchinson	Carlisle Tri Club	FSSV	F	00:15:24	142	00:01:41.45	00:50:54.45	131	00:01:09.10	00:32:31.80	127	01:41:40.70	132	1	39
57	Lesley Miller	Unattached	FS	F	00:14:37	139	00:01:51.00	00:53:51.55	139	00:00:28.55	00:30:53.90	119	01:41:42.00	133	22	40
43	Jill Hirst	Craven Energy Tri Club	FV	F	00:11:49	98	00:02:07.15	00:47:42.35	120	00:01:35.40	00:40:06.10	145	01:43:19.80	134	12	41
62	Jackie Shoesmith	Unattached	FSV	F	00:11:52	101	00:02:49.35	00:49:38.10	128	00:01:29.85	00:37:34.40	139	01:43:23.75	135	7	42
97	Judith Claruin	Unattached	FS	F	00:13:40	128	00:03:38.30	00:52:15.95	135	00:01:25.10	00:32:49.35	128	01:43:48.30	136	23	43
49	Andrea Jones	Carlisle Tri Club	FS	F	00:12:13	106	00:01:53.90	00:52:02.85	133	00:00:49.20	00:38:00.30	140	01:44:59.45	137	24	44
86	Laura Cattan	Unattached	FS	F	00:11:08	83	00:01:22.65	00:52:50.00	137	00:00:32.20	00:39:39.05	143	01:45:31.65	138	25	45
11	Ruth Pheonix	Unattached	FSV	F	00:12:28	112	00:02:23.65	00:54:58.00	142	00:00:58.35	00:35:31.30	138	01:46:19.55	139	8	46
70	Hannah Sherlock	Unattached	FS	F	00:12:14	107	00:02:26.25	00:52:04.25	134	00:01:07.65	00:41:40.25	146	01:49:32.40	140	26	47
24	Rod Martindale	Unattached	MSV	M	00:13:06	121	00:01:54.95	01:01:00.75	145	00:00:37.10	00:32:57.45	130	01:49:36.15	141	16	93
145	Andrew Duncalf	Unattached	MS	M	00:13:33	127	00:02:15.00	01:01:29.25	146	00:00:54.20	00:31:39.10	122	01:49:50.45	142	50	94
64	Julie McDonald	Unattached	FV	F	00:10:24	58	00:02:43.40	00:57:47.85	144	00:00:55.40	00:38:19.00	141	01:50:09.65	143	13	48
146	Grace Moffitt	Unattached	FS	F	00:13:23	125	00:02:11.35	01:01:51.45	147	00:00:35.45	00:34:28.65	133	01:52:29.60	144	27	49
1	Dawn Harmse	Carlisle Tri Club	FV	F	00:14:30	138	00:02:16.15	00:56:19.60	143	00:00:49.30	00:39:50.90	144	01:53:46.20	145	14	50
83	Heather Witham	Unattached	FS	F	00:14:28	135	00:02:04.50	01:05:36.30	148	00:00:47.50	00:32:21.65	126	01:55:17.75	146	28	51
60	Kathleen Duffy	Unattached	FSV	F	00:14:24	134	00:02:20.95	01:09:44.35	149	00:01:32.95	00:53:42.55	147	02:21:45.05	147	9	52
48	Lisa Birkett	Unattached - Relay Team	T	F	00:10:34	64	00:00:29.80	00:42:14.10	87	00:00:29.30	01:28:16.95	148	02:22:04.65	148	1	53
92	Don Shotton	Tyne Tri Club	MSSV	M	00:10:51	78	00:01:18.60	00:53:59.30	140							