

# Carlisle Tri 10K

Wednesday June 3rd 2015

| No  | Name                | Club                   | Cat    | Sex | Finish Time | Overall | Cat | Sex |
|-----|---------------------|------------------------|--------|-----|-------------|---------|-----|-----|
| 139 | Jon Fletcher        | Border Harriers & AC   | Open   | M   | 32.48       | 1       | 1   | 1   |
| 50  | Jules Hatcher       | Border Harriers & AC   | Vet 40 | M   | 32.51       | 2       | 1   | 2   |
| 33  | Thomas Durcan       | Derwent AC Cockermouth | Open   | M   | 33.25       | 3       | 2   | 3   |
| 174 | Paul Graves         | DH Runners             | Open   | M   | 34.00       | 4       | 3   | 4   |
| 24  | paul coon           | Derwent AC Cockermouth | Open   | M   | 34.13       | 5       | 4   | 5   |
| 13  | James Buis          | Border Harriers & AC   | Open   | M   | 34.27       | 6       | 5   | 6   |
| 229 | Paul Graham         | Derwent AC Cockermouth | Open   | M   | 35.27       | 7       | 6   | 7   |
| 163 | Sean Exley          | Cumberland AC          | Open   | M   | 35.28       | 8       | 7   | 8   |
| 66  | Stephen Lewis       | Carlisle Tri Club      | Open   | M   | 35.43       | 9       | 8   | 9   |
| 98  | Mike Scott          | unnattached            | Vet 40 | M   | 36.09       | 10      | 2   | 10  |
| 83  | Robert Morris       | Derwent AC Cockermouth | Open   | M   | 36.13       | 11      | 9   | 11  |
| 51  | Noel Hitchcock      | Sunderland Harriers    | Open   | M   | 36.14       | 12      | 10  | 12  |
| 158 | Steve Hebblethwaite | Keswick AAC            | Open   | M   | 36.17       | 13      | 11  | 13  |
| 213 | Chris Brewer        | Keswick AAC            | Vet 40 | M   | 36.18       | 14      | 3   | 14  |
| 200 | Ian Harkness        | DH Runners             | Open   | M   | 36.46       | 15      | 12  | 15  |
| 172 | stuart Windsor      | DH Runners             | Vet 40 | M   | 37.01       | 16      | 4   | 16  |
| 132 | Ian Davis           | Keswick AAC            | Open   | M   | 37.18       | 17      | 13  | 17  |
| 237 | Craig Holliday      | Unnattached            | Open   | M   | 37.59       | 18      | 14  | 18  |
| 204 | Ben Hale            | Wigton ABC             | Open   | M   | 38.18       | 19      | 15  | 19  |
| 245 | Rob Wynne           | Keswick AAC            | Vet 50 | M   | 38.26       | 20      | 1   | 20  |
| 75  | Paul McKnespiey     | Carlisle Tri Club      | Vet 40 | M   | 38.29       | 21      | 5   | 21  |
| 173 | Kevin Hull          | Border Harriers        | Vet 50 | M   | 38.35       | 22      | 2   | 22  |
| 153 | Patrick Malkinson   | Keswick AAC            | Open   | M   | 38.36       | 23      | 16  | 23  |
| 99  | kevin scott         | DH Runners             | Vet 40 | M   | 38.54       | 24      | 6   | 24  |
| 206 | Peter Walker        | Derwent AC Cockermouth | Vet 40 | M   | 38.57       | 25      | 7   | 25  |
| 244 | Kane Tinnion        | Derwent AC Cockermouth | Open   | M   | 39.08       | 26      | 17  | 26  |
| 167 | Karl Todd           | Unnattached            | Open   | F   | 39.20       | 27      | 1   | 1   |
| 240 | Garry Burns         | Hardrock Hoodlums      | Vet 40 | M   | 39.36       | 28      | 8   | 27  |
| 161 | Luke Wordsworth     | Carlisle Tri Club      | Open   | M   | 39.42       | 29      | 18  | 28  |
| 30  | Chris Davison       | Carlisle Tri Club      | Vet 50 | M   | 39.44       | 30      | 3   | 29  |

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|-----|-----------|-------------|------------------------|--------|---|-------|----|----|----|
| 52  | Tony      | Holliday    | Cumbria Athletics Club | Vet 40 | M | 39.51 | 31 | 9  | 30 |
| 7   | Carl      | Blackburn   | Unnattached            | Open   | M | 40.01 | 32 | 19 | 31 |
| 160 | Ian       | Jarvis      | Unnattached            | Open   | M | 40.06 | 33 | 20 | 32 |
| 212 | Philippa  | Wakefield   | DH Runners             | Open   | F | 40.11 | 35 | 2  | 2  |
| 67  | Craig     | Little      | Unnattached            | Open   | M | 40.11 | 34 | 21 | 33 |
| 64  | Nick      | Lancaster   | Derwent AC Cockermouth | Vet 60 | M | 40.21 | 36 | 1  | 34 |
| 239 | Ian       | McDougall   | Cumberland AC          | Vet 50 | M | 40.28 | 37 | 4  | 35 |
| 218 | Chris     | Wear        | Cumberland AC          | Vet 40 | M | 40.34 | 38 | 10 | 36 |
| 222 | Iain      | Mair        | DH Runners             | Open   | M | 40.37 | 39 | 22 | 37 |
| 241 | Graham    | McIellan    | Hardrock Hoodlums      | Open   | M | 40.43 | 40 | 23 | 38 |
| 192 | Alex      | Roberts     | Cumberland AC          | Open   | M | 40.45 | 41 | 24 | 39 |
| 175 | Mike      | Brown       | Unnattached            | Vet 40 | M | 40.58 | 42 | 11 | 40 |
| 149 | Stephen   | Mallinson   | DH Runners             | Open   | M | 41.03 | 43 | 25 | 41 |
| 118 | Gordon    | Vivers      | Annan & District AC    | Vet 50 | M | 41.09 | 44 | 5  | 42 |
| 146 | Karen     | Bridge      | Eden Runners           | Vet 40 | F | 41.10 | 45 | 1  | 3  |
| 119 | Lindsay   | Walker      | Keswick AAC            | Open   | F | 41.16 | 46 | 3  | 4  |
| 223 | John      | Andrewartha | Eden Runners           | Vet 40 | M | 41.17 | 47 | 12 | 43 |
| 110 | Annika    | Stumpf      | DH Runners             | Open   | F | 41.18 | 49 | 4  | 5  |
| 11  | Antony    | Briscoe     | Cumberland AC          | Vet 50 | M | 41.18 | 48 | 6  | 44 |
| 170 | Robert    | Patinson    | Derwent AC Cockermouth | Open   | M | 41.27 | 50 | 26 | 45 |
| 221 | Dave      | Robinson    | Eden Runners           | Open   | M | 41.31 | 51 | 27 | 46 |
| 186 | Stuart    | Lightfoot   | Unnattached            | Open   | M | 41.33 | 52 | 28 | 47 |
| 148 | Dane      | Herd        | Eden Runners           | Open   | M | 41.40 | 53 | 29 | 48 |
| 105 | shane     | stobbart    | Cumberland AC          | Open   | M | 41.42 | 54 | 30 | 49 |
| 227 | Peter     | Milligan    | Cumberland AC          | Open   | M | 41.44 | 55 | 31 | 50 |
| 198 | Richard   | Millener    | Cumberland AC          | Open   | M | 41.47 | 56 | 32 | 51 |
| 116 | suzanne   | Toppin      | Unnattached            | Vet 40 | F | 41.48 | 57 | 2  | 6  |
| 234 | Andrew    | Graham      | DH Runners             | Open   | M | 41.48 | 58 | 33 | 52 |
| 152 | Colin     | Nicholl     | DH Runners             | Vet 40 | M | 41.49 | 59 | 13 | 53 |
| 137 | Mitchell  | Carruthers  | DH Runners             | Open   | M | 42.03 | 60 | 34 | 54 |
| 101 | Andy      | Shannan     | DH Runners             | Vet 40 | M | 42.11 | 61 | 14 | 55 |
| 81  | Tony      | Mills       | DH Runners             | Vet 50 | M | 42.13 | 62 | 7  | 56 |
| 193 | Thomas    | Towle       | Carlisle Tri Club      | Open   | M | 42.22 | 63 | 35 | 57 |
| 85  | DAVID     | POSTILL     | Carlisle Tri Club      | Vet 40 | M | 42.39 | 64 | 15 | 58 |
| 135 | Wayne     | Watson      | DH Runners             | Vet 40 | M | 42.41 | 65 | 16 | 59 |
| 1   | Adam      | Armata      | Aqua Pura Team         | Open   | M | 42.44 | 66 | 36 | 60 |
| 243 | Christian | Young       | Tweed Striders         | Open   | M | 42.46 | 67 | 37 | 61 |

|     |         |             |                        |        |   |       |     |    |    |
|-----|---------|-------------|------------------------|--------|---|-------|-----|----|----|
| 125 | Viv     | Winter      | Derwent AC Cockermouth | Vet 40 | F | 42.50 | 68  | 3  | 7  |
| 6   | Matt    | Begg        | DH Runners             | Open   | M | 42.51 | 69  | 38 | 62 |
| 121 | Nico    | Watt        | Unnattached            | Open   | M | 43.02 | 70  | 39 | 63 |
| 196 | Luct    | Stobbart    | Cumberland AC          | Open   | F | 43.10 | 71  | 5  | 8  |
| 144 | Michael | Storey      | DH Runners             | Open   | M | 43.18 | 72  | 40 | 64 |
| 224 | Peter   | Murray      | DH Runners             | Open   | M | 43.24 | 73  | 41 | 65 |
| 47  | junior  | green       | Unnattached            | Open   | M | 43.31 | 74  | 42 | 66 |
| 71  | William | Martin      | Dumfries Harriers      | Vet 40 | M | 43.35 | 75  | 17 | 67 |
| 203 | Anthony | Wright      | Unnattached            | Open   | M | 43.38 | 76  | 43 | 68 |
| 115 | Fiona   | Todd        | Unnattached            | Vet 40 | F | 44.01 | 77  | 4  | 9  |
| 46  | John    | Green       | Annan & District AC    | Vet 50 | M | 44.05 | 78  | 8  | 69 |
| 78  | Adrian  | Metcalf     | Tri Lakeland           | Vet 40 | M | 44.06 | 79  | 18 | 70 |
| 31  | sarah   | dent        | Unnattached            | Open   | F | 44.10 | 80  | 6  | 10 |
| 109 | Mark    | Story       | DH Runners             | Vet 40 | M | 44.10 | 81  | 19 | 71 |
| 210 | Douglas | Gold        | Unnattached            | Open   | M | 44.19 | 82  | 44 | 72 |
| 205 | Jack    | Pattinson   | Wigton ABC             | Open   | M | 44.20 | 83  | 45 | 73 |
| 77  | philip  | meloy       | Cumberland AC          | Open   | M | 44.25 | 84  | 46 | 74 |
| 74  | John    | McGibbon    | Border Harriers & AC   | Vet 50 | M | 44.26 | 85  | 9  | 75 |
| 93  | stuart  | robertson   | Unnattached            | Vet 40 | M | 44.28 | 86  | 20 | 76 |
| 14  | ross    | butler      | Keswick AAC            | Open   | M | 44.42 | 87  | 47 | 77 |
| 187 | Declan  | McArdle     | Unnattached            | Vet 40 | M | 45.12 | 88  | 21 | 78 |
| 20  | Nicola  | Carruthers  | Carlisle Tri Club      | Open   | F | 45.16 | 89  | 7  | 11 |
| 145 | Chris   | Knox        | DH Runners             | Vet 50 | M | 45.16 | 90  | 10 | 79 |
| 106 | Peter   | Stockdale   | Carlisle Tri Club      | Vet 40 | M | 45.17 | 91  | 22 | 80 |
| 96  | Simone  | Rouse       | DH Runners             | Open   | F | 45.18 | 92  | 8  | 12 |
| 154 | Ron     | Fletcher    | CFR                    | Vet 60 | M | 45.24 | 93  | 2  | 81 |
| 157 | Martin  | Keith       | Unnattached            | Open   | M | 45.32 | 94  | 48 | 82 |
| 164 | Rachel  | Mellor      | Keswick AAC            | Open   | F | 45.33 | 95  | 9  | 13 |
| 60  | Ian     | Keal        | DH Runners             | Vet 40 | M | 45.38 | 96  | 23 | 83 |
| 89  | David   | Rice        | Keswick AAC            | Vet 40 | M | 45.42 | 97  | 24 | 84 |
| 9   | Steven  | Bragg       | Carlisle Tri Club      | Open   | M | 45.43 | 98  | 49 | 85 |
| 56  | Neil    | Jamieson    | Carlisle Tri Club      | Vet 60 | M | 45.44 | 99  | 3  | 86 |
| 208 | Rob     | Sharrock    | Newcastle Staffs Tri   | Vet 40 | M | 45.59 | 100 | 25 | 87 |
| 242 | Graham  | Leggett     | Cumberland AC          | Vet 40 | M | 46.01 | 101 | 26 | 88 |
| 134 | David   | MacGillvray | DH Runners             | Vet 50 | M | 46.10 | 102 | 11 | 89 |
| 207 | Louisa  | Waite       | Carlisle Tri Club      | Open   | F | 46.16 | 103 | 10 | 14 |
| 39  | Peter   | Garnett     | Border Harriers        | Vet 60 | M | 46.19 | 104 | 4  | 90 |

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|-----|-----------|-------------|------------------------|--------|---|-------|-----|----|-----|
| 107 | Brian     | Stonehouse  | Tynedale Harriers & AC | Vet 60 | M | 46.24 | 105 | 5  | 91  |
| 185 | Mike      | Beechey     | Keswick AAC            | Vet 40 | M | 46.31 | 106 | 27 | 92  |
| 214 | James     | Irving      | Carlisle Tri Club      | Vet 40 | M | 46.35 | 107 | 28 | 93  |
| 72  | Jack      | Mazur       | Carlisle Tri Club      | Open   | M | 46.40 | 108 | 50 | 94  |
| 18  | Peter     | Campbell    | Border Harriers & AC   | Vet 50 | M | 46.56 | 109 | 12 | 95  |
| 189 | Joseph    | Walker      | Cumberland AC          | Vet 60 | M | 47.04 | 110 | 6  | 96  |
| 70  | Jonathan  | Marshall    | Wigton Road Runners    | Open   | M | 47.05 | 111 | 51 | 97  |
| 22  | Andrew    | Caven       | dh runners             | Vet 50 | M | 47.17 | 112 | 13 | 98  |
| 162 | Graham    | Harmse      | Carlisle Tri Club      | Vet 50 | M | 47.17 | 113 | 14 | 99  |
| 23  | Steve     | Claringbold | DH Runners             | Open   | M | 47.24 | 114 | 52 | 100 |
| 190 | Joanne    | Percival    | Cumberland AC          | Vet 40 | F | 47.34 | 116 | 5  | 15  |
| 76  | Lennox    | McLean      | Unnattached            | Vet 40 | M | 47.34 | 115 | 29 | 101 |
| 61  | Douglas   | Kerr        | Dumfries Harriers      | Vet 40 | M | 47.37 | 117 | 30 | 102 |
| 3   | andrew    | bailey      | DH Runners             | Vet 40 | M | 47.41 | 118 | 31 | 103 |
| 58  | Grant     | Johnston    | Unnattached            | Open   | M | 47.52 | 119 | 53 | 104 |
| 236 | Ian       | Hodgson     | Unnattached            | Open   | M | 47.54 | 120 | 54 | 105 |
| 95  | Bill      | Rogers      | Border Harriers & AC   | Vet 50 | M | 47.56 | 121 | 15 | 106 |
| 88  | Duncan    | Remington   | Unnattached            | Vet 40 | M | 48.00 | 122 | 32 | 107 |
| 191 | Leanne    | Roberts     | Cumberland AC          | Open   | F | 48.04 | 123 | 11 | 16  |
| 232 | John      | Shaw        | Keswick AAC            | Vet 50 | M | 48.11 | 124 | 16 | 108 |
| 199 | Tracey    | Owen        | Cumberland AC          | Open   | F | 48.21 | 125 | 12 | 17  |
| 215 | Paul      | Todd        | Cumberland AC          | Vet 40 | M | 48.21 | 126 | 33 | 109 |
| 194 | Stuart    | Whellans    | Unnattached            | Open   | M | 48.27 | 127 | 55 | 110 |
| 12  | Julie     | Brown       | Dumfries Harriers      | Vet 40 | F | 48.31 | 128 | 6  | 18  |
| 122 | Andy      | Waugh       | Unnattached            | Vet 40 | M | 48.42 | 129 | 34 | 111 |
| 217 | Ian       | Lewis       | Carlisle Tri Club      | Vet 50 | M | 48.47 | 130 | 17 | 112 |
| 226 | Carolyn   | Millican    | Border Harriers        | Open   | F | 48.55 | 131 | 13 | 19  |
| 15  | Nicky     | Butler      | Keswick AAC            | Vet 50 | F | 48.57 | 132 | 1  | 20  |
| 177 | Kim       | Clark       | Keswick AAC            | Vet 50 | F | 49.01 | 133 | 2  | 21  |
| 211 | Lorna     | Gold        | Fetch Everyone RC      | Vet 50 | F | 49.13 | 134 | 3  | 22  |
| 4   | Andy      | Baker       | DH Runners             | Vet 40 | M | 49.17 | 135 | 35 | 113 |
| 37  | Angela    | Fisher      | Carlisle Tri Club      | Open   | F | 49.31 | 136 | 14 | 23  |
| 87  | Tristan   | Reid        | Carlisle Tri Club      | Vet 40 | M | 49.35 | 137 | 36 | 114 |
| 147 | Tiffany   | Heaviside   | Eden Runners           | Open   | F | 49.42 | 138 | 15 | 24  |
| 197 | Catherine | Keevil      | Derwent AC Cockermouth | Open   | F | 49.44 | 139 | 16 | 25  |
| 182 | Adrian    | Holme       | Keswick AAC            | Vet 40 | M | 49.45 | 140 | 37 | 115 |
| 150 | Rebecca   | Adams       | Derwent AC Cockermouth | Vet 50 | F | 49.50 | 141 | 4  | 26  |

|     |             |             |                        |        |   |       |     |    |     |
|-----|-------------|-------------|------------------------|--------|---|-------|-----|----|-----|
| 111 | Andy        | Sweetman    | Unnattached            | Vet 50 | M | 49.56 | 142 | 18 | 116 |
| 143 | Rowane      | Glendinning | Unnattached            | Open   | F | 50.18 | 143 | 17 | 27  |
| 48  | Ben         | Harper      | Unnattached            | Open   | M | 50.19 | 144 | 56 | 117 |
| 35  | Susan       | Fawkes      | DH Runners             | Open   | F | 50.23 | 145 | 18 | 28  |
| 108 | Julie       | Story       | DH Runners             | Vet 40 | F | 50.27 | 146 | 7  | 29  |
| 59  | Natalie     | Kay         | DH Runners             | Open   | F | 50.28 | 147 | 19 | 30  |
| 138 | Kasey       | Grainger    | Unnattached            | Open   | F | 50.38 | 148 | 20 | 31  |
| 183 | Linda       | Aspinall    | Unnattached            | Vet 40 | F | 50.39 | 149 | 8  | 32  |
| 140 | Tony        | Carrigan    | DH Runners             | Vet 40 | M | 50.48 | 150 | 38 | 118 |
| 41  | Martin      | Gordon      | Dumfries Harriers      | Open   | M | 50.55 | 151 | 57 | 119 |
| 117 | Lisa        | Varty       | Carlisle Tri Club      | Open   | F | 51.04 | 152 | 21 | 33  |
| 166 | Lindsay     | Todd        | Unnattached            | Open   | F | 51.07 | 153 | 22 | 34  |
| 80  | Carole      | Miller      | DH Runners             | Vet 40 | F | 51.15 | 154 | 9  | 35  |
| 180 | Christopher | Winspear    | Unnattached            | Vet 40 | M | 51.16 | 155 | 39 | 120 |
| 84  | Anthony     | Nicholson   | Unnattached            | Vet 40 | M | 51.23 | 156 | 40 | 121 |
| 92  | Rachael     | Ridley      | Border Reiver Runners  | Vet 40 | F | 51.31 | 157 | 10 | 36  |
| 112 | John        | Thompson    | Cumberland AC          | Vet 50 | M | 51.45 | 158 | 19 | 122 |
| 86  | Stuart      | Pyne        | Cumberland AC          | Open   | M | 51.46 | 159 | 58 | 123 |
| 151 | Andrew      | Adams       | Derwent AC Cockermouth | Vet 50 | M | 52.04 | 160 | 20 | 124 |
| 201 | Garry       | English     | Border Reivers Runners | Open   | M | 52.05 | 161 | 59 | 125 |
| 165 | Craig       | Kershaw     | Cumberland AC          | Vet 60 | M | 52.19 | 162 | 7  | 126 |
| 178 | Jason       | Smith       | Unnattached            | Vet 40 | M | 52.26 | 163 | 41 | 127 |
| 49  | Steve       | Harwood     | Keswick AAC            | Vet 60 | M | 52.51 | 164 | 8  | 128 |
| 91  | Alistair    | Richardson  | DH Runners             | Vet 50 | M | 52.54 | 165 | 21 | 129 |
| 156 | Lee         | Blackwell   | Cumberland AC          | Open   | M | 53.01 | 166 | 60 | 130 |
| 17  | Alan        | Cameron     | Annan & District AC    | Vet 40 | M | 53.05 | 167 | 42 | 131 |
| 235 | Lindsay     | Graham      | DH Runners             | Open   | F | 53.16 | 168 | 23 | 37  |
| 195 | Judith      | Cole        | Unnattached            | Vet 40 | F | 53.24 | 169 | 11 | 38  |
| 2   | Andrew      | Atkinson    | Carlisle Tri Club      | Vet 50 | M | 53.36 | 170 | 22 | 132 |
| 45  | Michael     | Green       | Unnattached            | Vet 40 | M | 53.41 | 171 | 43 | 133 |
| 155 | Zoe         | Blackwell   | Cumberland AC          | Open   | F | 53.46 | 172 | 24 | 39  |
| 136 | Stella      | Atherton    | Cumberland AC          | Vet 40 | F | 53.58 | 173 | 12 | 40  |
| 188 | Keith       | Stuart      | Fetch Everyone RC      | Open   | M | 54.04 | 174 | 61 | 134 |
| 97  | Neil        | Scott       | DH Runners             | Vet 40 | M | 54.28 | 175 | 44 | 135 |
| 216 | Nicola      | Irving      | Unnattached            | Open   | F | 54.30 | 176 | 25 | 41  |
| 225 | Jackson     | Kelly       | St Bees Triers         | Open   | M | 54.30 | 177 | 62 | 136 |
| 181 | Hayley      | Millican    | Unnattached            | Open   | F | 54.34 | 178 | 26 | 42  |

|     |          |           |                        |        |   |         |     |    |     |
|-----|----------|-----------|------------------------|--------|---|---------|-----|----|-----|
| 21  | Karen    | Cavanagh  | Cumberland AC          | Vet 40 | F | 54.38   | 179 | 13 | 43  |
| 209 | Fiona    | Wilson    | DH Runners             | Open   | F | 55.06   | 180 | 27 | 44  |
| 40  | Neil     | Gillespie | Unnattached            | Vet 40 | M | 55.12   | 181 | 45 | 137 |
| 233 | Dinae    | Shaw      | Keswick AAC            | Vet 40 | F | 55.22   | 182 | 14 | 45  |
| 42  | tracey   | graham    | Unnattached            | Vet 40 | F | 55.29   | 183 | 15 | 46  |
| 238 | Susan    | Holliday  | Unnattached            | Vet 40 | F | 55.29   | 184 | 16 | 47  |
| 104 | susan    | steel     | Border Reivers         | Vet 40 | F | 56.00   | 185 | 17 | 48  |
| 176 | Phillip  | Sellars   | Derwent AC Cockermouth | Open   | M | 56.05   | 186 | 63 | 138 |
| 120 | Mel      | Warwick   | DH Runners             | Open   | F | 56.07   | 187 | 28 | 49  |
| 32  | Simon    | Dolman    | DH RUNNERS             | Vet 40 | M | 56.17   | 188 | 46 | 139 |
| 131 | Sandra   | Davidson  | Carlisle Tri Club      | Vet 50 | F | 56.21   | 189 | 5  | 50  |
| 124 | Rebecca  | Wilson    | DH Runners             | Open   | F | 56.23   | 190 | 29 | 51  |
| 28  | Martin   | Currie    | Unnattached            | Vet 40 | M | 56.29   | 191 | 47 | 140 |
| 53  | Robin    | Howson    | Unnattached            | Open   | M | 56.42   | 192 | 64 | 141 |
| 230 | Diane    | Ackley    | DH Runners             | Open   | F | 56.58   | 193 | 30 | 52  |
| 231 | Heidi    | Farren    | DH Runners             | Vet 40 | F | 57.20   | 194 | 18 | 53  |
| 8   | Lucy     | Blacklock | Unnattached            | Vet 40 | F | 57.50   | 195 | 19 | 54  |
| 36  | Andrea   | Fell      | Cumberland AC          | Vet 40 | F | 58.12   | 196 | 20 | 55  |
| 103 | Michelle | Sowerby   | Unnattached            | Open   | F | 58.13   | 197 | 31 | 56  |
| 130 | Tracey   | Sowerby   | DH Runners             | Vet 40 | F | 58.47   | 198 | 21 | 57  |
| 43  | DIANE    | GRAHAM    | DH Runners             | Vet 40 | F | 59.05   | 199 | 22 | 58  |
| 62  | amanda   | kirtley   | Carlisle Tri Club      | Vet 40 | F | 59.21   | 200 | 23 | 59  |
| 102 | Stephen  | Shovlin   | Unnattached            | Open   | M | 59.40   | 201 | 65 | 142 |
| 133 | George   | Shadwick  | Sands Runners          | Vet 60 | M | 59.51   | 202 | 9  | 143 |
| 220 | Debby    | Whitby    | DH Runners             | Open   | F | 59.58   | 203 | 32 | 60  |
| 168 | David    | McGinn    | Unnattached            | Vet 40 | M | 1.00.08 | 204 | 48 | 144 |
| 169 | Andrew   | Kidd      | Unnattached            | Vet 40 | M | 1.00.09 | 205 | 49 | 145 |
| 219 | Abi      | Lindsay   | DH Runners             | Open   | F | 1.00.46 | 206 | 33 | 61  |
| 73  | Gillian  | McDougall | Unnattached            | Vet 40 | F | 1.01.03 | 207 | 24 | 62  |
| 94  | Amy      | Robson    | Unnattached            | Open   | F | 1.01.27 | 209 | 34 | 63  |
| 79  | Craig    | Miles     | Unnattached            | Open   | M | 1.01.27 | 208 | 66 | 146 |
| 123 | Kate     | Whalen    | DH Runners             | Open   | F | 1.01.40 | 210 | 35 | 64  |
| 54  | Tracey   | Hunter    | Unnattached            | Open   | F | 1.01.46 | 211 | 36 | 65  |
| 184 | Heather  | Brown     | DH Runners             | Vet 40 | F | 1.02.06 | 212 | 25 | 66  |
| 126 | Andrea   | Young     | DH Runners             | Vet 40 | F | 1.02.24 | 213 | 26 | 67  |
| 171 | Kath     | Saunders  | DH Runners             | Vet 50 | F | 1.02.24 | 214 | 6  | 68  |
| 16  | emma     | bzij      | Cumberland AC          | Open   | F | 1.03.01 | 215 | 37 | 69  |

|     |          |               |                       |        |   |         |     |    |     |
|-----|----------|---------------|-----------------------|--------|---|---------|-----|----|-----|
| 142 | Heather  | Glendinning   | Unattached            | Vet 50 | F | 1.03.49 | 216 | 7  | 70  |
| 141 | Carol    | Douglas       | Unattached            | Vet 50 | F | 1.03.55 | 217 | 8  | 71  |
| 202 | Joanna   | Bedwell       | Border Reiver Runners | Vet 40 | F | 1.04.31 | 218 | 27 | 72  |
| 179 | Julian   | Aukland-Lewis | Unattached            | Vet 50 | M | 1.05.17 | 219 | 23 | 147 |
| 228 | Adrienne | Harris        | DH Runners            | Vet 50 | F | 1.05.32 | 220 | 9  | 73  |
| 27  | Helen    | Cupac         | DH runners            | Vet 40 | F | 1.06.00 | 221 | 28 | 74  |
| 55  | Nicola   | Jackson       | DH Runners            | Vet 40 | F | 1.06.53 | 222 | 29 | 75  |
| 19  | rebecca  | care          | Unattached            | Open   | F | 1.09.53 | 223 | 38 | 76  |
| 100 | Nicola   | Seggie        | Sands centre          | Open   | F | 1.09.55 | 224 | 39 | 77  |
| 5   | Gordon   | Beattie       | DH Runners            | Vet 40 | M | 1.10.17 | 225 | 50 | 148 |
| 10  | Frances  | Braithwaite   | DH Runners            | Open   | F | 1.10.54 | 226 | 40 | 78  |
| 90  | Emma     | Richardson    | DH Runners            | Open   | F | 1.11.57 | 227 | 41 | 79  |
| 68  | Kirsty   | Mahoney       | DH Runners            | Open   | F | 1.20.38 | 228 | 42 | 80  |