Race No	Name	Age	Cat	M/F	Club	Run Start Time	Run Finish Time	1st Run Time	Cycle Start Time	Cycle Finish Time	Cycle Time Includes T1	Run Start Time	Run Finish Time	Run Time Includes T2	Race Time	Position
1	Jon Fletcher	30	O	M	Arragons Tri Club	09:00:00	09:13:16	00:13:16	09:13:16	09:52:59	00:39:43	09:52:59	10:06:58	00:13:59	01:06:58	1
11	Harry Walker	42	V	M	Unattached	09:00:00	09:15:06	00:15:06	09:15:06	09:52:07	00:37:01	09:52:07	10:08:30	00:16:23	01:08:30	2
24	Michael Pluckrose	40	V	M	Carlisle Tri Club	09:00:00	09:14:45	00:14:45	09:14:45	09:54:39	00:39:54	09:54:39	10:10:20	00:15:41	01:10:20	3
2	Tony Labram	43	V	M	Cumbria Police	09:00:00	09:14:45	00:14:45	09:14:45	09:54:40	00:39:55	09:54:40	10:11:01	00:16:21	01:11:01	4
47	Mark Ryan	31	O	M	Carlisle Tri Club	09:00:00	09:15:06	00:15:06	09:15:06	09:55:59	00:40:53	09:55:59	10:12:46	00:16:47	01:12:46	5
43	John Hore	28	O	M	Unattached	09:00:00	09:14:31	00:14:31	09:14:31	09:56:50	00:42:19	09:56:50	10:13:49	00:16:59	01:13:49	6
4	Des Morris	44	V	M	Tri-Lakeland	09:00:00	09:15:06	00:15:06	09:15:06	09:57:55	00:42:49	09:57:55	10:14:36	00:16:41	01:14:36	7
42	Mark Flannery	39	O	M	Unattached	09:00:00	09:15:50	00:15:50	09:15:50	09:58:10	00:42:20	09:58:10	10:15:13	00:17:03	01:15:13	8
21	Martin Crosby	42	V	M	Unattached	09:00:00	09:14:26	00:14:26	09:14:26	09:59:17	00:44:51	09:59:17	10:15:26	00:16:09	01:15:26	9
39	Colin McCann	53	SV	M	Annan 2010	09:00:00	09:15:48	00:15:48	09:15:48	09:57:14	00:41:26	09:57:14	10:15:50	00:18:36	01:15:50	10
27	Andrew Jackson	33	O	M	Unattached	09:00:00	09:15:50	00:15:50	09:15:50	09:59:10	00:43:20	09:59:10	10:16:20	00:17:10	01:16:20	11
26	Gareth Melvin	29	O	M	Border Harriers	09:00:00	09:14:45	00:14:45	09:14:45	10:00:37	00:45:52	10:00:37	10:16:55	00:16:18	01:16:55	12
23	Tony Turner	49	V	M	Carlisle Tri Club	09:00:00	09:16:32	00:16:32	09:16:32	10:01:30	00:44:58	10:01:30	10:18:30	00:17:00	01:18:30	13
15	Ian Pipes	29	O	M	Carlisle Tri Club	09:00:00	09:17:01	00:17:01	09:17:01	10:00:15	00:43:14	10:00:15	10:19:04	00:18:49	01:19:04	14
37	Mhairi Duff	31	O	F	Dumfries Running Club	09:00:00	09:15:06	00:15:06	09:15:06	10:04:05	00:48:59	10:04:05	10:20:03	00:15:58	01:20:03	15
22	Jonathan Brewer	39	O	M	Carlisle Tri Club	09:00:00	09:16:53	00:16:53	09:16:53	10:02:40	00:45:47	10:02:40	10:21:09	00:18:29	01:21:09	16
30	Mark Elliott	53	SV	M	TRI@TCRC	09:00:00	09:17:28	00:17:28	09:17:28	10:03:50	00:46:22	10:03:50	10:22:39	00:18:49	01:22:39	17
36	Donald McCaulley	49	V	M	Unattached	09:00:00	09:17:51	00:17:51	09:17:51	10:04:29	00:46:38	10:04:29	10:23:27	00:18:58	01:23:27	18
14	Gary Dixon	35	O	M	Carlisle Tri Club	09:00:00	09:17:52	00:17:52	09:17:52	10:04:18	00:46:26	10:04:18	10:24:28	00:20:10	01:24:28	19
16	David Austin	23	O	M	Unattached	09:00:00	09:17:51	00:17:51	09:17:51	10:07:46	00:49:55	10:07:46	10:26:05	00:18:19	01:26:05	20
12	Melanie Martin	36	O	F	Hardrock Cycle Club	09:00:00	09:17:52	00:17:52	09:17:52	10:06:48	00:48:56	10:06:48	10:26:22	00:19:34	01:26:22	21
41	Paul Cowing	37	O	M	Carlisle Tri Club	09:00:00	09:18:06	00:18:06	09:18:06	10:06:18	00:48:12	10:06:18	10:26:30	00:20:12	01:26:30	22
48	Jeff Howson	41	V	M	Unattached	09:00:00	09:17:19	00:17:19	09:17:19	10:06:48	00:49:29	10:06:48	10:26:40	00:19:52	01:26:40	23
31	Tony Richardson	48	V	M	TRI@TCRC	09:00:00	09:17:53	00:17:53	09:17:53	10:06:48	00:48:55	10:06:48	10:27:12	00:20:24	01:27:12	24
6	David Thompson	44	V	M	Unattached	09:00:00	09:18:35	00:18:35	09:18:35	10:06:48	00:48:13	10:06:48	10:27:45	00:20:57	01:27:45	25
19	Scott Pitkeathly	50	SV	M	Hardrock Cycle Club	09:00:00	09:17:50	00:17:50	09:17:50	10:07:46	00:49:56	10:07:46	10:28:08	00:20:22	01:28:08	26
33	Douglas Moffat	37	O	M	Unattached	09:00:00	09:17:50	00:17:50	09:17:50	10:08:30	00:50:40	10:08:30	10:29:04	00:20:34	01:29:04	27
53	Kath Smith	52	SV	F	Carlisle Tri Club	09:00:00	09:20:30	00:20:30	09:20:30	10:09:28	00:48:58	10:09:28	10:31:10	00:21:42	01:31:10	28
52	Chris Knox	51	SV	M	Unattached	09:00:00	09:17:26	00:17:26	09:17:26	10:11:22	00:53:56	10:11:22	10:31:34	00:20:12	01:31:34	29
35	Guy Wright	42	V	M	Hardrock Cycle Club	09:00:00	09:19:28	00:19:28	09:19:28	10:09:29	00:50:01	10:09:29	10:31:46	00:22:17	01:31:46	30
54	David Jamieson	39	O	M	Unattached	09:00:00	09:19:42	00:19:42	09:19:42	10:09:50	00:50:08	10:09:50	10:32:37	00:22:47	01:32:37	31
28	Vicki Clarke	34	O	F	Carlisle Tri Club	09:00:00	09:19:07	00:19:07	09:19:07	10:12:31	00:53:24	10:12:31	10:32:57	00:20:26	01:32:57	32
5	Brian Kinsella	53	SV	M	Carlisle Tri Club	09:00:00	09:18:32	00:18:32	09:18:32	10:12:29	00:53:57	10:12:29	10:33:20	00:20:51	01:33:20	33
50	Alistair Moore	33	O	M	Border Harriers	09:00:00	09:19:48	00:19:48	09:19:48	10:12:28	00:52:40	10:12:28	10:35:28	00:23:00	01:35:28	34
13	Simon Brookes	22	O	M	Carlisle Tri Club	09:00:00	09:20:38	00:20:38	09:20:38	10:12:26	00:51:48	10:12:26	10:35:31	00:23:05	01:35:31	35
40	Richard Barry	24	O	M	Carlisle Tri Club	09:00:00	09:20:39	00:20:39	09:20:39	10:12:25	00:51:46	10:12:25	10:35:31	00:23:06	01:35:31	36
51	Andrew Atkinson	52	SV	M	Carlisle Tri Club	09:00:00	09:20:36	00:20:36	09:20:36	10:13:30	00:52:54	10:13:30	10:36:50	00:23:20	01:36:50	37
49	David Barry	31	O	M	Hardrock Cycle Club	09:00:00	09:19:23	00:19:23	09:19:23	10:12:27	00:53:04	10:12:27	10:37:06	00:24:39	01:37:06	38
32	Ian Lowis	53	SV	M	Carlisle Tri Club	09:00:00	09:20:30	00:20:30	09:20:30	10:18:14	00:57:44	10:18:14	10:39:49	00:21:35	01:39:49	39
9	Morag Thompson	45	V	F	Carlisle Tri Club	09:00:00	09:21:15	00:21:15	09:21:15	10:17:22	00:56:07	10:17:22	10:41:10	00:23:48	01:41:10	40
10	Dave Thompson	51	SV	M	Carlisle Tri Club	09:00:00	09:21:20	00:21:20	09:21:20	10:17:23	00:56:03	10:17:23	10:41:11	00:23:48	01:41:11	41
45	Laura Barry	26	O	F	Carlisle Tri Club	09:00:00	09:22:03	00:22:03	09:22:03	10:22:49	01:00:46	10:22:49	10:46:47	00:23:58	01:46:47	42
7	Pillip Davies	67	SSV	M	Unattached	09:00:00	09:28:16	00:28:16	09:28:16	10:26:45	00:58:29	10:26:45	10:54:02	00:27:17	01:54:02	43
29	Alan Learmouth	37	O	M	Hardrock Cycle Club	09:00:00	09:20:01	00:20:01	09:20:01	10:12:24	00:52:23	10:12:24				44
25	Ali Wilson	32	O	F	Carlisle Tri Club	09:00:00	09:18:47	00:18:47	09:18:47							45
34	Gail Oliver	42	V	F	Carlisle Tri Club	09:00:00	09:21:56	00:21:56	09:21:56							46
8	Anne Davies	57	SV	F	Esporta Hamilton	09:00:00	09:28:16	00:28:16	09:28:16							47
17	Robbie Holden			M	DNS	09:00:00										48
20	Derek Kerr	27	O	M	DNS	09:00:00										49
38	Rachel Davis	29	O	F	DNS	09:00:00										50
44	Martin Brotherton	41	V	M	DNS	09:00:00										51