

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
13	Michael Pluckrose	41	V	M	Carlisle Tri Club	10:00:00	10:14:47	00:14:47	10:14:47	10:54:57	00:40:10	10:54:57	11:10:23	00:15:26	01:10:23	1
8	Mark Ryan	32	O	M	Carlisle Tri Club	10:00:00	10:14:42	00:14:42	10:14:42	10:55:05	00:40:23	10:55:05	11:10:32	00:15:27	01:10:32	2
14	Harry Walker	43	V	M	Unattached	10:00:00	10:14:48	00:14:48	10:14:48	10:54:50	00:40:02	10:54:50	11:11:42	00:16:52	01:11:42	3
39	David Thompson	33	O	M	Unattached	10:00:00	10:14:47	00:14:47	10:14:47	10:56:18	00:41:31	10:56:18	11:12:14	00:15:56	01:12:14	4
44	Stephen Harris	36	O	M	Unattached	10:00:00	10:14:49	00:14:49	10:14:49	10:56:20	00:41:31	10:56:20	11:12:49	00:16:29	01:12:49	5
37	Andrew Jackson	34	O	M	West Cumbria Tri	10:00:00	10:14:46	00:14:46	10:14:46	10:56:10	00:41:24	10:56:10	11:13:35	00:17:25	01:13:35	6
35	Steve Garner	38	O	M	West Cumbria Tri	10:00:00	10:15:00	00:15:00	10:15:00	10:58:28	00:43:28	10:58:28	11:14:30	00:16:02	01:14:30	7
21	Jonathan Brewer	40	V	M	Carlisle Tri Club	10:00:00	10:15:00	00:15:00	10:15:00	10:58:18	00:43:18	10:58:18	11:15:39	00:17:21	01:15:39	8
9	Paul Alcock	49	V	M	Carlisle Tri Club	10:00:00	10:15:50	00:15:50	10:15:50	10:59:32	00:43:42	10:59:32	11:15:43	00:16:11	01:15:43	9
17	Ben Garrad	37	O	M	Rock Racing UK	10:00:00	10:16:00	00:16:00	10:16:00	10:57:48	00:41:48	10:57:48	11:16:20	00:18:32	01:16:20	10
31	Andrew Johnston	46	V	M	Carlisle Tri Club	10:00:00	10:15:55	00:15:55	10:15:55	10:58:10	00:42:15	10:58:10	11:17:02	00:18:52	01:17:02	11
4	Dave Smith	49	SV	M	Carlisle Tri Club	10:00:00	10:16:58	00:16:58	10:16:58	10:59:55	00:42:57	10:59:55	11:18:15	00:18:20	01:18:15	12
20	Simon Dickson	35	O	M	Carlisle Tri Club	10:00:00	10:15:56	00:15:56	10:15:56	11:01:28	00:45:32	11:01:28	11:19:20	00:17:52	01:19:20	13
42	Bob Hodgson	32	O	M	Carlisle Tri Club	10:00:00	10:14:14	00:14:14	10:14:14	11:04:28	00:50:14	11:04:28	11:20:28	00:16:00	01:20:28	14
10	Josh Waite	31	O	M	Carlisle Tri Club	10:00:00	10:15:00	00:15:00	10:15:00	11:00:15	00:45:15	11:00:15	11:20:45	00:20:30	01:20:45	15
36	Alan Cornthwaite	35	O	M	West Cumbria Tri	10:00:00	10:17:15	00:17:15	10:17:15	11:02:18	00:45:03	11:02:18	11:20:47	00:18:29	01:20:47	16
3	Simon Clarke	37	O	M	Tri-Lakeland	10:00:00	10:17:04	00:17:04	10:17:04	11:02:36	00:45:32	11:02:36	11:21:04	00:18:28	01:21:04	17
43	Neil McNicholas	47	V	M	Tri-Lakeland	10:00:00	10:17:21	00:17:21	10:17:21	11:02:55	00:45:34	11:02:55	11:21:58	00:19:03	01:21:58	18
2	Gary McReddie	31	O	M	Carlisle Tri Club	10:00:00	10:17:39	00:17:39	10:17:39	11:02:32	00:44:53	11:02:32	11:22:20	00:19:48	01:22:20	19
24	Luke Irons	17	J	M	Border City Wheelers	10:00:00	10:16:00	00:16:00	10:16:00	11:01:10	00:45:10	11:01:10	11:23:02	00:21:52	01:23:02	20
38	Paul Cowing	38	O	M	Carlisle Tri Club	10:00:00	10:17:20	00:17:20	10:17:20	11:03:57	00:46:37	11:03:57	11:23:25	00:19:28	01:23:25	21
29	David McCalley	51	SV	M	Dumfries Cycling Club	10:00:00	10:17:39	00:17:39	10:17:39	11:04:55	00:47:16	11:04:55	11:24:36	00:19:41	01:24:36	22
30	Phoebe Johnstone	32	O	F	Carlisle Tri Club	10:00:00	10:19:18	00:19:18	10:19:18	11:05:14	00:45:56	11:05:14	11:26:36	00:21:22	01:26:36	23
23	Katie Kerr	38	O	F	Unattached	10:00:00	10:18:20	00:18:20	10:18:20	11:08:15	00:49:55	11:08:15	11:27:41	00:19:26	01:27:41	24
27	David Thomson	45	V	M	Dumfries Cycling Club	10:00:00	10:18:34	00:18:34	10:18:34	11:07:53	00:49:19	11:07:53	11:28:18	00:20:25	01:28:18	25
25	Daz Wilson	57	SV	M	Dumfries Triathlon Club	10:00:00	10:19:45	00:19:45	10:19:45	11:06:58	00:47:13	11:06:58	11:29:00	00:22:02	01:29:00	26
7	Ria Lowrie	31	O	F	Carlisle Tri Club	10:00:00	10:20:23	00:20:23	10:20:23	11:06:53	00:46:30	11:06:53	11:29:59	00:23:06	01:29:59	27
18	David Postill	41	V	M	Carlisle Tri Club	10:00:00	10:17:40	00:17:40	10:17:40	11:10:14	00:52:34	11:10:14	11:30:36	00:20:22	01:30:36	28
40	Jacek Andrzejewski	32	O	M	Unattached	10:00:00	10:19:19	00:19:19	10:19:19	11:06:42	00:47:23	11:06:42	11:30:44	00:24:02	01:30:44	29
5	Vicki Clarke	37	O	F	Carlisle Tri Club	10:00:00	10:19:19	00:19:19	10:19:19	11:10:42	00:51:23	11:10:42	11:30:49	00:20:07	01:30:49	30
41	Jack Mazur	30	O	M	Unattached	10:00:00	10:19:50	00:19:50	10:19:50	11:06:42	00:46:52	11:06:42	11:31:06	00:24:24	01:31:06	31
1	Carl Wilkowski	35	O	M	Carlisle Tri Club	10:00:00	10:18:31	00:18:31	10:18:31	11:10:04	00:51:33	11:10:04	11:31:41	00:21:37	01:31:41	32
32	Andrew Jefferson	43	V	M	Unattached	10:00:00	10:19:20	00:19:20	10:19:20	11:11:18	00:51:58	11:11:18	11:33:21	00:22:03	01:33:21	33
45	Julie Hetherington	42	V	F	Unattached	10:00:00	10:18:46	00:18:46	10:18:46	11:13:12	00:54:26	11:13:12	11:34:24	00:21:12	01:34:24	34
6	Emma Rowlinson	26	O	F	Carlisle Tri Club	10:00:00	10:18:49	00:18:49	10:18:49	11:15:26	00:56:37	11:15:26	11:35:51	00:20:25	01:35:51	35
28	Nicola Carruthers	35	O	F	Carlisle Tri Club	10:00:00	10:18:30	00:18:30	10:18:30	11:17:14	00:58:44	11:17:14	11:36:41	00:19:27	01:36:41	36
33	Darren Irving	40	V	M	Carlisle Tri Club	10:00:00	10:20:14	00:20:14	10:20:14	11:13:48	00:53:34	11:13:48	11:37:38	00:23:50	01:37:38	37
16	Kath Smith	53	SV	F	Carlisle Tri Club	10:00:00	10:20:30	00:20:30	10:20:30	11:15:43	00:55:13	11:15:43	11:37:58	00:22:15	01:37:58	38
19	Andrew Atkinson	54	SV	M	Carlisle Tri Club	10:00:00	10:20:55	00:20:55	10:20:55	11:15:40	00:54:45	11:15:40	11:37:59	00:22:19	01:37:59	39
47	Gail Oliver	44	V	F	Carlisle Tri Club	10:00:00	10:22:00	00:22:00	10:22:00	11:22:54	01:00:54	11:22:54	11:46:27	00:23:33	01:46:27	40
26	Amanda Kirtley	41	V	F	Carlisle Tri Club	10:00:00	10:23:03	00:23:03	10:23:03	11:21:00	00:57:57	11:21:00	11:50:30	00:29:30	01:50:30	41
34	Robert Dean	42	V	M	Carlisle Tri Club	10:00:00		#####	00:00:00		00:00:00	00:00:00		00:00:00	DNF	42
11	Gary Miller			M	Carlisle Tri Club	10:00:00		#####	00:00:00		00:00:00	00:00:00		00:00:00	DNS	43
12	Teri Strickland			F	Carlisle Tri Club	10:00:00		#####	00:00:00		00:00:00	00:00:00		00:00:00	DNS	44
15	David Garrad	64	SSV	M	Border City Wheelers	10:00:00		#####	00:00:00		00:00:00	00:00:00		00:00:00	DNS	45
22	Elizabeth Wroblewska			F	Carlisle Tri Club	10:00:00		#####	00:00:00		00:00:00	00:00:00		00:00:00	DNS	46