

No	Name	Age	Cat BTF	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
16	John Hore	31	O	M	Carlisle Tri Club	10:00:00	10:14:22	00:14:22	10:14:22	10:55:09	00:40:47	10:55:09	11:10:46	00:15:37	01:10:46	1
24	Stephen Lewis	30	O	M	Carlisle Tri Club	10:00:00	10:15:28	00:15:28	10:15:28	10:56:03	00:40:35	10:56:03	11:13:09	00:17:06	01:13:09	2
34	Jonathan Brown	47	V	M	Carlisle Tri Club	10:00:00	10:15:29	00:15:29	10:15:29	10:56:50	00:41:21	10:56:50	11:13:15	00:16:25	01:13:15	3
31	James Slater	25	O	M	Carlisle Tri Club	10:00:00	10:15:30	00:15:30	10:15:30	10:56:36	00:41:06	10:56:36	11:13:42	00:17:06	01:13:42	4
17	Ian Jarvis	32	O	M	Unattached	10:00:00	10:15:31	00:15:31	10:15:31	10:58:18	00:42:47	10:58:18	11:15:44	00:17:26	01:15:44	5
12	Neil Pearson	42	V	M	Dumfries & Galloway Tri Club	10:00:00	10:16:38	00:16:38	10:16:38	10:58:34	00:41:56	10:58:34	11:17:24	00:18:50	01:17:24	6
3	Chris Davison	50	SV	M	Carlisle Tri Club	10:00:00	10:16:17	00:16:17	10:16:17	10:58:43	00:42:26	10:58:43	11:19:59	00:21:16	01:19:59	7
28	Kevin Hoban	44	V	M	Honister 92	10:00:00	10:16:45	00:16:45	10:16:45	11:01:49	00:45:04	11:01:49	11:20:33	00:18:44	01:20:33	8
9	Paul Cowing	40	V	M	Carlisle Tri Club	10:00:00	10:17:27	00:17:27	10:17:27	11:02:55	00:45:28	11:02:55	11:21:39	00:18:44	01:21:39	9
21	Ivan Newton	46	V	M	Unattached	10:00:00	10:17:34	00:17:34	10:17:34	11:03:52	00:46:18	11:03:52	11:21:48	00:17:56	01:21:48	10
14	Graham Harmse	50	V	M	Carlisle Tri Club	10:00:00	10:18:20	00:18:20	10:18:20	11:04:03	00:45:43	11:04:03	11:22:45	00:18:42	01:22:45	11
18	Guy G Graham	42	V	M	Annan 2010 Racing	10:00:00	10:17:51	00:17:51	10:17:51	11:03:09	00:45:18	11:03:09	11:23:33	00:20:24	01:23:33	12
30	Andrew Wilson	34	O	M	Unattached	10:00:00	10:16:26	00:16:26	10:16:26	11:05:47	00:49:21	11:05:47	11:24:07	00:18:20	01:24:07	13
2	Martin Graham	47	V	M	Carlisle Tri Club	10:00:00	10:18:34	00:18:34	10:18:34	11:04:02	00:45:28	11:04:02	11:24:59	00:20:57	01:24:59	14
27	Amanda Ingram	38	O	F	Tri-Lakeland	10:00:00	10:16:34	00:16:34	10:16:34	11:07:21	00:50:47	11:07:21	11:25:23	00:18:02	01:25:23	15
23	Stuart Garner	32	O	M	Dumfries & Galloway Tri Club	10:00:00	10:19:29	00:19:29	10:19:29	11:04:09	00:44:40	11:04:09	11:26:05	00:21:56	01:26:05	16
38	Katie Kerr	40	V	F	Unattached	10:00:00	10:17:51	00:17:51	10:17:51	11:07:44	00:49:53	11:07:44	11:26:53	00:19:09	01:26:53	17
29	Steve Stamper	34	O	M	Unattached	10:00:00	10:18:21	00:18:21	10:18:21	11:06:25	00:48:04	11:06:25	11:26:56	00:20:31	01:26:56	18
6	Louisa Tweedale	29	O	F	Carlisle Tri Club	10:00:00	10:17:47	00:17:47	10:17:47	11:07:36	00:49:49	11:07:36	11:27:47	00:20:11	01:27:47	19
11	Gary McVittie	48	V	M	Unattached	10:00:00	10:18:08	00:18:08	10:18:08	11:08:45	00:50:37	11:08:45	11:29:18	00:20:33	01:29:18	20
22	Stuart Robertson	42	V	M	Dumfries & Galloway Tri Club	10:00:00	10:17:57	00:17:57	10:17:57	11:09:28	00:51:31	11:09:28	11:29:46	00:20:18	01:29:46	21
1	Nicola Carruthers	37	O	F	Carlisle Tri Club	10:00:00	10:18:26	00:18:26	10:18:26	11:10:12	00:51:46	11:10:12	11:30:40	00:20:28	01:30:40	22
37	Jack Mazur	32	O	M	Carlisle Tri Club	10:00:00	10:18:50	00:18:50	10:18:50	11:06:12	00:47:22	11:06:12	11:30:51	00:24:39	01:30:51	23
32	Andrew Atkinson	56	SV	M	Carlisle Tri Club	10:00:00	10:20:52	00:20:52	10:20:52	11:08:50	00:47:58	11:08:50	11:31:49	00:22:59	01:31:49	24
4	Danny Wilkinson	33	O	M	Carlisle Tri Club	10:00:00	10:18:18	00:18:18	10:18:18	11:08:17	00:49:59	11:08:17	11:32:57	00:24:40	01:32:57	25
33	Linda Aspinall	43	V	F	Unattached	10:00:00	10:19:40	00:19:40	10:19:40	11:12:10	00:52:30	11:12:10	11:34:46	00:22:36	01:34:46	26
20	Sarah McIntosh	44	V	F	Unattached	10:00:00	10:19:59	00:19:59	10:19:59	11:10:12	00:50:13	11:10:12	11:35:09	00:24:57	01:35:09	27
36	Chris Knox	54	SV	M	Unattached	10:00:00	10:19:05	00:19:05	10:19:05	11:18:50	00:59:45	11:18:50	11:41:17	00:22:27	01:41:17	28
25	Michelle McCrindle	41	V	F	Dumfries & Galloway Tri Club	10:00:00	10:21:14	00:21:14	10:21:14	11:19:59	00:58:45	11:19:59	11:43:28	00:23:29	01:43:28	29
10	Phillip Davis	70	SSV	M	Unattached	10:00:00	10:21:09	00:21:09	10:21:09	11:18:14	00:57:05	11:18:14	11:44:55	00:26:41	01:44:55	30
26	Carolyn Johnstone	35	O	F	Dumfries & Galloway Tri Club	10:00:00	10:22:35	00:22:35	10:22:35	11:23:21	01:00:46	11:23:21	11:48:52	00:25:31	01:48:52	31
35	Jen Glendinning	43	V	F	Unattached	10:00:00	10:26:07	00:26:07	10:26:07	11:29:25	01:03:18	11:29:25	12:00:21	00:30:56	02:00:21	32
19	Ali Wilson		O	F	Carlisle Tri Club										DNF	33