

# Carlisle Tri 10K

## Wednesday June 4th 2014

| No  | Name      | Club        | M/F                    | Cat | Time   | Pos   |    |
|-----|-----------|-------------|------------------------|-----|--------|-------|----|
| 199 | Kevin     | Bell        | Border Harriers & AC   | M   | Open   | 32.44 | 1  |
| 168 | James     | Buis        | Border Harriers & AC   | M   | Open   | 33.39 | 2  |
| 72  | Thomas    | Durcan      | Derwent AC Cockermouth | M   | Open   | 34.25 | 3  |
| 196 | Johnathan | Cox         | Eden Runners           | M   | Open   | 34.43 | 4  |
| 191 | John      | Mason       | Border Harriers & AC   | M   | Open   | 34.50 | 5  |
| 48  | Steven    | Garner      | West Cumbria Tri       | M   | Vet 40 | 34.59 | 6  |
| 47  | Richard   | Mace        | Border Harriers & AC   | M   | Vet 40 | 35.11 | 7  |
| 172 | Paul      | Graves      | DH Runners             | M   | Open   | 35.22 | 8  |
| 161 | Blain     | Rooney      | Ellenbrough AC         | M   | Open   | 36.25 | 9  |
| 166 | James     | Kenny       | Eden Runners           | M   | Vet 50 | 37.06 | 10 |
| 91  | Stephen   | Lewis       | Carlisle Tri Club      | M   | Open   | 37.13 | 11 |
| 173 | Craig     | Holliday    |                        | M   | Open   | 37.56 | 12 |
| 36  | Liam      | Medley      | Border Harriers & AC   | M   | Open   | 37.57 | 13 |
| 192 | Stuart    | Sirey       | Carlisle Tri Club      | M   | Open   | 38.19 | 14 |
| 37  | Dudley    | Roberts     | Tynedale Harriers & AC | M   | Vet 40 | 38.37 | 15 |
| 159 | Tom       | Howe        | Derwent AC Cockermouth | M   | Open   | 38.40 | 16 |
| 165 | Andrew    | Pipes       | Derwent AC Cockermouth | M   | Open   | 38.46 | 17 |
| 190 | Kevin     | Scott       |                        | M   | Vet 40 | 38.52 | 18 |
| 19  | David     | Liddle      | Carlisle Aspatria AC   | M   | Vet 40 | 38.54 | 19 |
| 42  | Ian       | Jarvis      |                        | M   | Open   | 39.08 | 20 |
| 60  | Paul      | Todd        | Cumberland AC          | M   | Vet 40 | 39.23 | 21 |
| 85  | Steve     | Connor      |                        | M   | Open   | 39.36 | 22 |
| 38  | Steven    | Boyd        |                        | M   | Open   | 39.42 | 23 |
| 75  | Peter     | Walker      | Derwent AC Cockermouth | M   | Vet 40 | 39.43 | 24 |
| 69  | Lucy      | Stobbart    | Cumberland AC          | F   | Open   | 39.53 | 25 |
| 15  | Chris     | Davison     | Carlisle Tri Club      | M   | Vet 50 | 40.01 | 26 |
| 189 | Andrew    | Wilson      | Mike Holden PT         | M   | Open   | 40.04 | 27 |
| 86  | Josh      | Waite       | Carlisle Tri Club      | M   | Open   | 40.06 | 28 |
| 180 | Tony      | Davis       | Derwent AC Cockermouth | M   | Vet 50 | 40.08 | 29 |
| 184 | Carl      | Blackburn   |                        | M   | Open   | 40.45 | 30 |
| 58  | Antony    | Briscoe     | Cumberland AC          | M   | Vet 50 | 40.59 | 31 |
| 198 | Karen     | Bridge      | Eden Runners           | F   | V40    | 41.02 | 32 |
| 176 | Nick      | Lancaster   | Derwent AC Cockermouth | M   | V60    | 41.09 | 33 |
| 193 | John      | Andrewartha | Eden Runners           | M   | Open   | 41.28 | 34 |
| 175 | Graham    | Lewis       |                        | M   | Open   | 41.52 | 35 |
| 157 | Les       | Hill        | DH Runners             | M   | Vet 50 | 41.57 | 36 |
| 160 | Scott     | Clark       |                        | M   | Open   | 42.07 | 37 |
| 87  | Mark      | Coleman     | Carlisle Tri Club      | M   | Open   | 42.11 | 38 |

|     |               |             |                        |   |        |       |    |
|-----|---------------|-------------|------------------------|---|--------|-------|----|
| 178 | Viv           | Winter      | Derwent AC Cockermonth | F | Vet 40 | 42.18 | 39 |
| 9   | Neil          | Hudson      |                        | M | Open   | 42.19 | 40 |
| 187 | Robert        | Norris      | Derwent AC Cockermonth | M | Open   | 42.59 | 41 |
| 73  | David         | Burton      | Keswick AAC            | M | Vet 50 | 43.10 | 42 |
| 62  | Tony          | Holliday    |                        | M | Vet 40 | 43.15 | 43 |
| 93  | James         | Irving      | Carlisle Tri Club      | M | Open   | 43.19 | 44 |
| 155 | Joanne        | Hazell      | DH Runners             | F | Open   | 43.19 | 45 |
| 194 | Emma          | Cooper      | Eden Runners           | F | Open   | 43.19 | 46 |
| 54  | Dave          | Robinson    | Eden Runners           | M | Open   | 43.20 | 47 |
| 156 | Donna         | Burnett     |                        | F | Open   | 43.24 | 48 |
| 56  | Keith         | McVeigh     | Cumberland AC          | M | Vet 50 | 43.28 | 49 |
| 8   | Jonathan      | Marshall    |                        | M | Open   | 44.35 | 50 |
| 13  | Wayne         | Horsley     |                        | M | Open   | 44.40 | 51 |
| 70  | Tony          | Mills       |                        | M | Vet 40 | 44.42 | 52 |
| 33  | Stuart        | Paterson    | DH Runners             | M | Open   | 44.52 | 53 |
| 35  | Teresa        | Medley      | Border Harriers & AC   | F | Vet 40 | 44.55 | 54 |
| 171 | Steve         | Viney       |                        | M | Vet 60 | 45.12 | 55 |
| 43  | Mark Geoffrey | Hall        | Dumfries Running Club  | M | Vet 40 | 45.20 | 56 |
| 77  | Colin         | Binnie      |                        | M | Open   | 45.25 | 57 |
| 82  | Daniel        | Mullinder   |                        | M | Vet 40 | 45.45 | 58 |
| 162 | Siobonne      | Brewster    | Carlisle Tri Club      | F | Open   | 45.47 | 59 |
| 14  | Lesleu        | Jeffrey     | Dumfries Harriers      | F | Vet 40 | 45.52 | 60 |
| 23  | Fiona         | Todd        |                        | F | Vet 40 | 45.56 | 61 |
| 84  | Rachel        | Jeff        | Cumberland AC          | F | Open   | 45.58 | 62 |
| 200 | Wayne         | Watson      | DH Runners             | M | Vet 40 | 46.10 | 63 |
| 59  | Errick        | Hannah      | Cumberland AC          | M | Vet 50 | 46.19 | 64 |
| 179 | Graham        | Leggett     | Cumberland AC          | M | Vet 40 | 46.23 | 65 |
| 57  | Samantha      | Sugden      | Eden Runners           | F | Open   | 46.27 | 66 |
| 97  | Andrea        | Fox         | Carlisle Tri Club      | F | Vet 40 | 46.42 | 67 |
| 181 | Ron           | Fletcher    | CFR                    | M | Vet 60 | 46.45 | 68 |
| 182 | Karen         | Beckwith    | Carlisle Tri Club      | F | Open   | 47.08 | 69 |
| 158 | Matthew       | Cameron     |                        | M | Open   | 47.10 | 70 |
| 39  | Jack          | Mazur       | Carlisle Tri Club      | M | Open   | 47.21 | 71 |
| 51  | Sarah         | Dent        |                        | F | Open   | 47.25 | 72 |
| 71  | Dawn          | Gainford    | Cumberland AC          | F | Vet 40 | 47.44 | 73 |
| 26  | Steven        | Claringbold | DH Runners             | M | Open   | 48.14 | 74 |
| 2   | Nicola        | Carruthers  | Carlisle Tri Club      | F | Open   | 48.23 | 75 |
| 34  | Rory          | Ewart       |                        | M | Open   | 48.54 | 76 |
| 49  | Dale          | Graham      | Dumfries Harriers      | M | Open   | 48.54 | 77 |
| 50  | Peter         | Campbell    | Border Harriers & AC   | M | Vet 50 | 48.56 | 78 |
| 95  | Julie         | Ross        | Carlisle Tri Club      | F | Vet 40 | 49.10 | 79 |
| 167 | Carl          | Deane       |                        | M | Vet 40 | 49.20 | 80 |

|     |          |             |                                |   |        |       |     |
|-----|----------|-------------|--------------------------------|---|--------|-------|-----|
| 90  | Scott    | Nichol      | Carlisle Tri Club              | F | Open   | 49.29 | 81  |
| 83  | Simone   | Rouse       |                                | F | Open   | 49.31 | 82  |
| 25  | Anthony  | Nicholson   |                                | M | Vet 40 | 49.41 | 83  |
| 174 | Nicola   | Latimer     | Wigton Road Runners            | F | Vet 40 | 49.58 | 84  |
| 16  | Rowane   | Glendinning |                                | F | Open   | 50.03 | 85  |
| 185 | Chris    | Know        | Carlisle Sheepmount Runners    | M | Vet 50 | 50.07 | 86  |
| 1   | Timothy  | Baugh       | Carlisle Tri Club              | M | Vet 40 | 50.09 | 87  |
| 24  | Dan      | Thwaites    |                                | M | Open   | 50.09 | 88  |
| 65  | Georgie  | McRoberts   |                                | F | Open   | 50.14 | 89  |
| 66  | Carole   | Blaylock    |                                | F | Open   | 50.18 | 90  |
| 188 | Michael  | Davidson    |                                | M | Open   | 50.32 | 91  |
| 40  | Matthew  | Whitelaw    | Dumfries and Galloway Tri Club | M | Vet 50 | 50.41 | 92  |
| 17  | Craig    | Barker      |                                | M | Open   | 51.13 | 93  |
| 94  | Kathleen | Batty       | Carlisle Tri Club              | F | Open   | 51.35 | 94  |
| 163 | Liz      | Sochacka    |                                | F | Vet 40 | 51.36 | 95  |
| 30  | Alyx     | Petre       |                                | F | Open   | 51.47 | 96  |
| 3   | Andy     | Baker       | DH Runners                     | M | Vet 40 | 51.50 | 97  |
| 55  | Keal     | Ian         |                                | M | Vet 40 | 52.09 | 98  |
| 52  | Antony   | Carrigan    |                                | M | Vet 40 | 52.12 | 99  |
| 195 | Tristan  | Reid        |                                | M | Open   | 52.17 | 100 |
| 81  | Matt     | Begg        |                                | M | Open   | 52.43 | 101 |
| 32  | Kim      | Mitchinson  |                                | F | Vet 40 | 53.01 | 102 |
| 96  | Andrew   | Atkinson    | Carlisle Tri Club              | M | Vet 50 | 53.05 | 103 |
| 164 | Danny    | Wilkinson   | Carlisle Tri Club              | M | Open   | 53.05 | 104 |
| 80  | Audrey   | Turnbull    | Eden Runners                   | F | Open   | 53.21 | 105 |
| 29  | Ian      | Lowis       | Carlisle Tri Club              | M | Vet 50 | 53.28 | 106 |
| 88  | Graham   | Harmse      | Carlisle Tri Club              | M | Vet 50 | 53.30 | 107 |
| 27  | Lindsay  | Graham      | DH Runners                     | F | Open   | 53.45 | 108 |
| 31  | Mel      | Warwick     | Sands Runners                  | F | Open   | 54.31 | 109 |
| 183 | Karen    | Ibbotson    |                                | F | Vet 50 | 54.36 | 110 |
| 74  | Emma     | Walker      | Derwent AC Cockermouth         | F | Open   | 54.47 | 111 |
| 197 | Emily    | Heaviside   | Eden Runners                   | F | Open   | 54.50 | 112 |
| 169 | Lynn     | Clemmitt    | Carlisle Tri Club              | F | Vet 50 | 54.51 | 113 |
| 67  | Claire   | Borradaile  |                                | F | Open   | 55.13 | 114 |
| 68  | Stark    | Kate        |                                | F | Open   | 55.13 | 115 |
| 89  | Nicola   | Jamieson    | Carlisle Tri Club              | F | Open   | 55.35 | 116 |
| 92  | Maria    | Renucci     | Carlisle Tri Club              | F | Vet 40 | 55.41 | 117 |
| 186 | Sandra   | Davidson    | Carlisle Tri Club              | F | Vet 50 | 56.04 | 118 |
| 154 | Gill     | Silson      | Eden Runners                   | F | Vet 50 | 56.05 | 119 |
| 41  | Emma     | Westmancott | Dumfries and Galloway Tri Club | F | Open   | 56.33 | 120 |
| 153 | Hollie   | Ritson      |                                | F | Open   | 57.38 | 121 |
| 63  | Shaun    | Cavanagh    | Cumberland Athletic Club       | M | Vet 40 | 57.52 | 122 |

|     |         |            |                          |   |        |         |     |
|-----|---------|------------|--------------------------|---|--------|---------|-----|
| 64  | Karen   | Cavanagh   | Cumberland Athletic Club | M | Vet 40 | 57.52   | 123 |
| 10  | Lucy    | Cowton     |                          | F | Vet 40 | 58.29   | 124 |
| 45  | Judith  | Williamson |                          | F | Vet 40 | 58.37   | 125 |
| 44  | Michael | Briggs     |                          | M | Vet 50 | 58.38   | 126 |
| 20  | Liz     | Postill    |                          | F | Open   | 58.50   | 127 |
| 21  | David   | Postill    | Carlisle Tri Club        | M | Vet 40 | 58.50   | 128 |
| 76  | Tom     | Tomlinson  |                          | M | Vet 50 | 59.53   | 129 |
| 28  | Diane   | Ackley     | DH Runners               | F | Open   | 1.00.02 | 130 |
| 79  | Kate    | Whalen     |                          | F | Open   | 1.00.02 | 131 |
| 177 | Joanne  | Roonet     |                          | F | Vet 40 | 1.00.02 | 132 |
| 152 | Shaun   | Silson     | Eden Runners             | M | Vet 50 | 1.00.12 | 133 |
| 61  | Sarah   | Grundy     |                          | F | Vet 40 | 1.01.45 | 134 |
| 53  | Gillian | McDougall  |                          | F | Vet 40 | 1.01.46 | 135 |
| 170 | Rachel  | Scott      | DH Runners               | F | Open   | 1.03.16 | 136 |
| 22  | Jane    | Lenza      | Dumfries Harriers        | F | Vet 50 | 1.03.50 | 137 |
| 46  | Susan   | Telfer     |                          | F | Open   | 1.04.18 | 138 |
| 7   | Andy    | Sweetman   |                          | M | Vet 40 | DNF     | 139 |