

CARLISLE TRI 10K

Wednesday June 1st 2016

No	NAME		CLUB	M/F	CAT	Time	Pos	Cat Pos
398	Kevin	Bell	Border Harriers	M	Open	00:33:25	1	1
456	Paul	Graves	DH Runners	M	Open	00:33:49	2	2
439	Sam	Stead	Keswick AC	M	Open	00:34:29	3	3
455	Steven	Weston	DH Runners	M	Open	00:35:25	4	4
415	Marc	Penn	Keswick AC	M	Vet 40	00:35:55	5	1
417	Stu	Windsor	DH Runners	M	Vet 40	00:36:17	6	2
397	Chris	Brewer	Keswick AC	M	Vet 40	00:36:44	7	3
339	Alastair	Thomas	Unattached	M	Jun	00:36:57	8	1
457	Ian	Harkness	DH Runners	M	Open	00:37:11	9	5
3	Alan	McKee	Ellenborough AC	M	Vet 40	00:38:10	10	4
459	Stuart	Sirey	Carlisle Tri Club	M	Open	00:38:11	11	6
346	Laurens	Damminga	Carlisle Tri Club	M	Open	00:38:23	12	7
464	Josh	Waite	Carlisle Tri Club	M	Open	00:38:28	13	8
283	Andy	Render	Annan & District AC	M	Vet 40	00:38:39	14	5
99	Mark	Irving	Border Riever Runners	M	Open	00:38:50	15	9
435	Paul	McKnespiey	Carlisle Tri Club	M	Vet 40	00:39:01	16	6
396	Gareth	Melvin	Border Harriers	M	Open	00:39:04	17	10
278	Lee	Doswell	Unattached	M	Open	00:39:14	18	11
8	Garry	Burns	Hardrock Hoodlums	M	Vet 40	00:39:32	19	7
295	Kevin	Scott	DH Runners	M	Vet 40	00:39:38	20	8
469	Mike	Brown	Unattached	M	Vet 40	00:39:44	21	9
301	Ian	McDougall	Unattached	M	Vet 50	00:39:55	22	1
10	Mike	Holliday	DH Runners	M	Open	00:40:09	23	12
285	Kyle	Laurie	Unattached	M	Open	00:40:09	24	13
477	Carl	Blackburn	Unattached	M	Open	00:40:18	25	14
326	Steven	Berry	Border Harriers & AC	M	Open	00:40:19	26	15
473	Angus	Harman	Unattached	M	Open	00:40:24	27	16
294	Nathan	Postill	Josh Waite Fan Club	M	Jun	00:40:27	28	2
276	Sean	Uttley	Unattached	M	Vet 50	00:40:38	29	2
300	Antony	Briscoe	Cumberland AC	M	Vet 50	00:40:42	30	3
472	Nico	Watt	Unattached	M	Open	00:40:53	31	17
418	Annika	Stumpf	DH Runners	F	Open	00:40:54	32	1
442	Steven	Boyd	DH Runners	M	Open	00:40:56	33	18
98	James	Graham	Cumbria Police	M	Open	00:41:13	34	19
341	Derek	Rose	Unattached	M	Vet 40	00:41:23	35	10
385	Peter	Milligan	Cumberland AC	M	Open	00:41:33	36	20
343	Carl	Douglas	Unattached	M	Vet 40	00:41:34	37	11
403	Craig	Little	Unattached	M	Open	00:42:02	38	21
407	Martin	Gallagher	Unattached	M	Open	00:42:05	39	22
412	Hazel	Smyth	Dumfries Running Club	F	Open	00:42:13	40	2
420	Daniel	Crooks	Derwent AC	M	Open	00:42:19	41	23

331	Sam	Verry	Unattached	M	Open	00:42:24	42	24
340	Paul	Hayton	Unattached	M	Open	00:42:42	43	25
475	Ian	Wilson	Cumberland AC	M	Open	00:42:43	44	26
374	Graham	Lewis	Unattached	M	Open	00:42:52	45	27
462	Willie	Martin	Dumfries Harriers	M	Vet 40	00:42:55	46	12
375	Martin	Middlemiss	Derwent Valley Trail Runners	M	Vet 40	00:42:58	47	13
393	Jose	Sanchez	Unattached	M	Open	00:43:06	48	28
427	Daniel	Ibbotson	Border Harriers	M	Vet 40	00:43:09	49	14
438	Tony	Mills	DH Runners	M	Vet 50	00:43:14	50	4
479	Toby	Harling	Unattached	M	Open	00:43:17	51	29
254	Mark	Rutherford	Keswick AC	M	Vet 40	00:43:21	52	15
410	Michael	Storey	DH Runners	M	Open	00:43:22	53	30
307	Martin	Cockroft	Unattached	M	Open	00:43:24	54	31
7	Donna	Burnett	Unattached	F	Open	00:43:28	55	3
84	Gordon	Vivers	Annan & District AC	M	Vet 50	00:43:35	56	5
480	Douglas	Gold	Unattached	M	Open	00:43:42	57	32
347	Baz	Harper	Carlisle Tri Club	M	Open	00:43:42	58	33
356	John	Green	Annan & District AC	M	Vet 50	00:44:00	59	6
329	Gary	Ellison	Unattached	M	Open	00:44:16	60	34
263	Marc	Scott	Dumfries Harriers	M	Vet 40	00:44:19	61	16
437	Jonathan	Marshall	Wigton Road Runners	M	Open	00:44:23	62	35
422	Roger	Grey	Unattached	M	Vet 60	00:44:28	63	1
94	Dave	Norman	Unattached	M	Open	00:44:33	65	36
416	Gary	Boak	Unattached	M	Open	00:44:38	64	37
372	David	MacGillivray	DH Runners	M	Vet 50	00:44:48	66	7
378	Chris	Knox	DH Runners	M	Vet 50	00:44:54	67	8
349	Shaun	Cavanagh	Cumberland AC	M	Vet 50	00:45:07	68	9
394	Neil	Hudson	Unattached	M	Open	00:45:08	69	38
371	Heather	Eccles Bunker	Eden Runners	F	Open	00:45:10	70	4
284	Brian	Hazlewood	Unattached	M	Vet 40	00:45:13	71	17
370	Mike	Beechey	Keswick AC	M	Vet 40	00:45:16	72	18
376	Steven	Archibald	Unattached	M	Vet 40	00:45:20	73	19
460	David	Mason	Unattached	M	Vet 40	00:45:24	74	20
289	Craig	Harper	Carlisle Tri Club	M	Open	00:45:27	75	39
292	Steve	Claringbold	DH Runners	M	Open	00:45:29	76	40
274	Sophia	Craig	Unattached	F	Vet 40	00:45:31	77	1
458	Gary	Irving	Carlisle Tri Club	M	Vet 50	00:45:33	78	10
270	Douglas	Kerr	Dumfries Harriers	M	Vet 40	00:45:38	79	21
362	Wayne	Horsley	Unattached	M	Open	00:45:41	80	41
387	Chris	Wright	Unattached	M	Vet 50	00:45:53	81	11
282	Kev	Iveson	Unattached	M	Open	00:46:04	83	42
474	Paul	Martin	Cumberland AC	M	Vet 50	00:46:04	82	12
97	David	Rice	Keswick AC	M	Vet 40	00:46:11	84	22
296	Dion	Crozier	DH Runners	M	Open	00:46:16	85	43
366	Georgie	Lowrie	Carlisle Tri Club	F	Open	00:46:42	86	5
298	Andy	Baker	DH Runners	M	Vet 40	00:46:48	87	23

327	Megan	Martin	Unattached	F	Open	00:46:49	88	6
328	Sarah	Brotherton	Unattached	F	Open	00:46:49	89	7
389	Andy	Caven	DH Runners	M	Vet 50	00:46:51	90	13
380	Martin	Grey	DH Runners	M	Vet 50	00:46:55	91	14
365	Hailey	Fletcher	Unattached	F	Open	00:47:01	92	8
401	Arran	Johnson	Unattached	M	Open	00:47:04	93	44
269	Gillian	McLeod	Dumfries Harriers	F	Vet 40	00:47:05	94	2
303	Keith	Ainslie	Dumfries Harriers	M	Vet 50	00:47:06	95	15
253	Grant	Seaton	Annan & District AC	M	Open	00:47:11	96	45
429	Caroline	Evans	DH Runners	F	Open	00:47:54	97	9
299	Kevin	Robinson	Unattached	M	Vet 40	00:48:14	98	24
421	Kate	Hurr	Unattached	F	Open	00:48:28	99	10
409	Natalie	Storey	DH Runners	F	Open	00:48:37	100	11
353	Richard	Henry	DH Runners	M	Open	00:48:42	101	46
451	Janey	Priestley	Annan & District AC	F	Vet 50	00:48:43	102	1
426	John	Lewis	Cumberland AC	M	Vet 60	00:48:47	103	2
85	Carl	Deane	DH Runners	M	Vet 40	00:48:55	104	25
256	Rachel	Ash	Unattached	F	Open	00:48:57	105	12
405	Jason	Maxwell	Unattached	M	Open	00:49:26	106	47
461	Timo	Neiminen	Unattached	M	Vet 50	00:49:32	107	16
383	Andrew	Hemsley	Eden Runners	M	Vet 50	00:49:35	108	17
467	James	MacKay	Unattached	M	Open	00:49:40	109	48
345	Julie	Story	DH Runners	F	Vet 40	00:49:44	110	3
399	Carmel	Bones	Carlisle Tri Club	F	Vet 40	00:49:59	111	4
266	Anthony	Nicholson	DH Runners	M	Vet 40	00:50:03	112	26
86	Dave	Wilson	Unattached	M	Open	00:50:20	113	49
83	Liz	Dawson	Annan & District AC	F	Vet 50	00:50:26	114	2
445	John	Shaw	Keswick AC	M	Vet 50	00:50:31	115	18
338	Audrey	O'Kelly	Carlisle Tri Club	F	Vet 50	00:50:33	116	3
333	Jennifer	Moody	Unattached	F	Vet 40	00:50:54	117	5
424	Sharron	Clark	Wigton Road Runners	F	Vet 40	00:50:55	118	6
450	Cameron	Alan	Annan & District AC	M	Vet 50	00:51:00	119	19
248	Nicky	Butler	Keswick AC	F	Vet 50	00:51:03	120	4
395	Nicola	Ostridge	Unattached	F	Vet 40	00:51:05	121	7
369	Dave	Bentley	Unattached	M	Vet 50	00:51:07	122	20
440	Ann	Milburn	Unattached	F	Open	00:51:13	123	13
453	Colin	Browne	Unattached	M	Vet 40	00:51:21	124	27
302	Viki	Kent	Unattached	F	Open	00:51:26	125	14
316	Tony	Morgan	Unattached	M	Vet 40	00:51:38	126	28
400	Peter	Campbell	Border Harriers	M	Vet 50	00:51:45	127	21
468	Lorna	Graham	DH Runners	F	Vet 40	00:51:53	128	8
277	Steve	Harwood	Keswick AC	M	Vet 60	00:51:54	129	3
357	Dave	Moran	Unattached	M	Open	00:51:56	130	50
452	John	Hiscox	Unattached	M	Vet 40	00:51:56	131	29
251	Simon	Dolman	DH Runners	M	Vet 40	00:51:58	132	30
404	M	Fox	Unattached	M	Open	00:52:05	133	51

390	Emma	Smith	Unattached	F	Open	00:52:06	134	15
402	Claire	Andrews	Unattached	F	Open	00:52:08	135	16
275	Martin	Gordon	Dumfries Harriers	M	Open	00:52:11	136	52
448	Paul	Irving	Unattached	M	Open	00:52:12	137	53
310	Kate	Stark	Unattached	F	Open	00:52:18	138	17
82	Johnny	Minto	Annan & District AC	M	Vet 40	00:52:25	139	31
382	Kim	Aldersey	Unattached	F	Vet 40	00:52:30	140	9
88	Marina	Powell-Currie	Eden Runners	F	Vet 40	00:52:32	141	10
309	Matthew	Waning	Carlisle Tri Club	M	Open	00:52:33	142	54
312	Claire	Borradaile	Unattached	F	Open	00:52:42	143	18
321	James	Docherty	Unattached	M	Vet 40	00:52:44	144	32
476	Audrey	Turnbull	Eden Runners	F	Open	00:52:49	145	19
428	Bethany	Duffy	DH Runners	F	Jun	00:52:55	146	1
255	Louise	Duffy	DH Runners	F	Vet 40	00:52:55	147	11
319	Karen	Bowler	Cumberland AC	F	Vet 60	00:52:55	148	1
465	Leslie	Thompson	Unattached	M	Open	00:53:03	149	55
344	Mark	Wilson-Maher	Unattached	M	Open	00:53:06	150	56
330	Lydia	Hindmoor	Unattached	F	Open	00:53:22	151	20
90	Nicola	Latimer	Wigton Road Runners	F	Vet 40	00:53:25	152	12
423	Mike	Graham	Ellenborough AC	M	Vet 60	00:53:43	153	4
386	David	Robinson	Carlisle Tri Club	M	Vet 50	00:53:56	154	22
252	Rowane	Glendingning	Unattached	F	Open	00:53:57	155	21
91	Chris	Clark	Keswick AC	M	Vet 60	00:54:02	156	5
280	David	Ferrier	Keswick Tri Club	M	Vet 50	00:54:05	157	23
471	Stephen	Shovlin	Unattached	M	Vet 40	00:54:08	158	33
92	Kim	Clark	Keswick AC	F	Vet 50	00:54:14	159	5
470	Christopher	Winspear	Unattached	M	Vet 50	00:54:17	160	24
293	Liz	Postill	Carlisle Tri Club	F	Vet 40	00:54:23	161	13
96	Tony	Carrigan	DH Runners	M	Vet 40	00:54:27	162	34
297	Neil	Gillespie	Unattached	M	Vet 40	00:54:30	163	35
368	Michelle	Kingston	Unattached	F	Open	00:54:37	164	22
411	Sandra	Kay	DH Runners	F	Vet 50	00:54:39	165	6
305	Mel	Warwick	DH Runners	F	Open	00:54:40	166	23
391	Catherine	Keevil	Derwent AC	F	Open	00:54:53	167	24
267	Kerri	Burnie	Dumfries Harriers	F	Vet 40	00:54:58	168	14
449	Nicola	Irving	Unattached	F	Open	00:55:06	169	25
286	Emma	Davidson	Unattached	F	Open	00:55:12	170	26
89	Sarah	Simmon	Wigton Road Runners	F	Open	00:55:19	171	27
444	Diane	Shaw	Keswick AC	F	Vet 50	00:55:23	172	7
363	Alison	Hickie	Unattached	F	Open	00:55:28	173	28
260	Helen	Sanderson	DH runners	F	Vet 40	00:55:32	174	15
430	Sarah	White	Unattached	F	Vet 40	00:55:38	175	16
352	Faith	Matthews	Unattached	F	Vet 40	00:55:41	176	17
406	Mark	Moody	Carlisle Tri Club	M	Vet 40	00:55:46	177	36
419	Robin	Howson	Unattached	M	Open	00:55:50	178	57
337	Fiona	Moore	DH Runners	F	Open	00:55:51	179	29

335	Carly	Matthews	Runnum	F	Vet 40	00:56:02	180	18
247	Michelle	Barron	Wigton Roadrunners	F	Vet 40	00:56:03	181	19
447	Jane	Adams	Bodyfit	F	Vet 40	00:56:08	182	20
268	Natalie	McGowan	Dumfries Harriers	F	Vet 40	00:56:11	183	21
381	Vicky	Cuthbert	Unattached	F	Vet 40	00:56:28	184	22
334	Sarah	Gibson	Runnum	F	Open	00:56:41	185	30
95	Jill	Glencross	DH Runners	F	Vet 40	00:56:46	186	23
315	Diane	Graham	DH Runners	F	Vet 40	00:56:58	187	24
306	Tracey	Taylor	Cumberland AC	F	Vet 40	00:57:01	188	25
431	Phil	Reynolds	Unattached	M	Vet 40	00:57:06	189	37
436	Anne	Stopinske-Leruche	Unattached	F	Open	00:57:10	190	31
392	Rosie	Cimella	Unattached	F	Open	00:57:10	191	32
259	Lisa	Bragg	Unattached	F	Open	00:57:23	192	33
304	Marie	Milligan	Unattached	F	Open	00:57:27	193	34
425	David	McGinn	Unattached	M	Vet 40	00:58:05	194	38
466	Angela	Irwin	Unattached	F	Vet 40	00:58:24	195	26
288	Paul	Todd	DH Runners	M	Vet 40	00:58:29	196	39
261	Carol	Douglas	DH runners	F	Vet 50	00:58:36	197	8
281	Jane	Lenza	Dumfries Harriers	F	Vet 50	00:58:48	198	9
291	Jackie	Davies	Unattached	F	Open	00:58:53	199	35
262	Karl	Douglas	DH Runners	M	Vet 50	00:59:06	200	25
257	Nicola	Seggie	Sands Centre	F	Open	00:59:13	201	36
290	Emily	Mechie	Unattached	F	Open	00:59:17	202	37
324	Louise	Stewart	Runnum	F	Vet 50	00:59:20	203	10
354	Fiona	Wilson	DH Runners	F	Vet 40	00:59:29	204	27
361	Abi	Drago	Unattached	F	Open	00:59:31	205	38
384	Rachel	Lee	DH Runners	F	Vet 50	00:59:36	206	11
2	Christine	Alcock	Carlisle Tri Club	F	Vet 50	00:59:54	207	12
408	Jenna	Pattinson	Unattached	F	Open	01:00:02	208	39
478	Rebecca	Wilson	DH Runners	F	Open	01:00:14	209	40
100	Lesley Anne	Machinnon	Unattached	F	Open	01:00:51	210	41
413	Gordon	Paterson	Dumfries Harriers	M	Vet 60	01:00:53	211	6
463	Fiona	Warwick	Dumfries Harriers	F	Vet 40	01:01:12	212	28
93	Michelle	MacKay	DH Runners	F	Vet 40	01:01:16	213	29
342	Sarah	Glencross	Runnum	F	Open	01:01:27	214	42
325	Jill	Cooke	Runnum	F	Vet 40	01:01:29	215	30
87	Glenda	Howson	DH Runners	F	Vet 40	01:01:35	216	31
388	Allan	Redoble	Unattached	M	Open	01:01:37	217	58
246	George	Fraser	Annan & District AC	M	Vet 60	01:01:46	218	7
81	Jim	Connolly	Unattached	M	Open	01:01:47	219	59
350	Karen	Cavanagh	Cumberland AC	F	Vet 50	01:02:13	220	13
348	Helen	Turner	Runnum	F	Open	01:02:14	221	43
414	Emma	Taylor	DH Runners	F	Open	01:02:15	222	44
323	Mary	Messenger	Runnum	F	Vet 40	01:02:25	223	32
441	Joanne	Peart	DH Runners	F	Vet 50	01:02:35	224	14
355	Susan	Plant	Unattached	F	Vet 50	01:03:31	225	15

332	Heather	Glendinning	Unattached	F	Vet 50	01:03:55	226	16
443	Julian	Aukland-Lewis	Unattached	M	Vet 50	01:04:09	227	26
320	Tim	Bowler	Cumberland AC	M	Vet 60	01:04:44	228	8
313	Helen	Cupac	DH Runners	F	Vet 40	01:04:54	229	33
322	Rachel	Wood	Unattached	F	Open	01:05:27	230	45
367	Toni	Hogarth	Unattached	F	Open	01:05:43	231	46
364	Nicola	Jackson	DH Runners	F	Vet 40	01:06:32	232	34
377	Pauline	Connolly	Unattached	F	Vet 40	01:08:03	233	35
434	Tracy	Lazonby	Unattached	F	Vet 40	01:08:36	234	36
373	Petra	Sheard	Bodyfit	F	Vet 50	01:08:48	235	17
433	Jennifer	Bell	Unattached	F	Vet 40	01:09:01	236	37
432	Sandra	Gowling	Unattached	F	Vet 40	01:09:03	237	38
359	Sophie	Wardle	DH Runners	F	Jun	01:10:23	238	2
358	Sarah	Wardle	DH Runners	F	Vet 40	01:10:25	239	39
360	Rebecca	Birkett	DH Runners	F	Vet 40	01:10:35	240	40
317	Karen	Rome	DH Runners	F	Vet 40	01:11:50	241	41
318	David	MacNaughton	DH Runners	M	Open	01:12:49	242	60
271	Jill	Rice	Dumfries Harriers	F	Vet 50	01:13:25	243	18
311	Jaclyn	Gray	Unattached	F	Open	01:13:40	244	47
454	Joanne	Gordon	Dumfries Harriers	F	Open	01:15:48	245	48
279	Fiona	Nelson	Dumfries Harriers	F	Vet 50	01:16:21	246	19
314	Gordon	Beattie	DH Runners	M	Vet 40	01:18:40	247	40
379	Francesca	Bee	DH Runners	F	Open	01:19:15	248	49
446	Nicola	Campbell	Runnum	F	Open	01:27:21	249	50
336	Linda	Morrison	Unattached	F	Vet 50	01:37:04	250	20