

Carlisle Tri 10K

June 6th 2018

First name	Last name	Club	Cat	M/F	Finish time	Overall	Cat Pos
Marc	Brown	Salford Harriers	Open	M	00:31:30	1	1
James	Buis	Border Harriers & AC	Vet 40	M	00:34:04	2	1
Paul	Graves	DH Runners	Vet 40	M	00:34:24	3	2
Michael	Irving	DH Runners	Vet 40	M	00:35:05	4	3
Steven	Berry	Border Harriers & AC	Open	M	00:35:15	5	2
Ben	Hale	Unattached	Open	M	00:35:18	6	3
Michael	Holliday	DH Runners	Open	M	00:35:21	7	4
Ben	Opie	Cumberland Fell Runners	Vet 40	M	00:35:42	8	4
Bobby	Hagan	Keswick AC	Open	M	00:35:58	9	5
Paul	Ferguson	Netherhall AC	Vet 40	M	00:36:02	10	5
Shane	Stobbart	Cumberland AC	Open	M	00:36:22	11	6
Rian	Gavin	Carlisle Tri Club	Open	M	00:36:54	12	7
Nathan	Postill	Unattached	Open	M	00:37:04	13	8
Maciej	Trzeciak	Unattached	Open	M	00:37:09	14	9
Jordan	Kelly	Cumberland AC	Open	M	00:37:26	15	10
Andrew	Wilson	Unattached	Open	M	00:37:43	16	11
Gary	Pala	Cumberland AC	Open	M	00:37:55	17	12
Kyle	Laurie	Carlisle Tri Club	Open	M	00:38:00	18	13
Paul	Mcknespiey	DH Runners	Vet 40	M	00:38:07	19	6
Sean	Uttley	Unattached	Vet 50	M	00:38:41	20	1
Stuart	Lightfoot	DH Runners	Open	M	00:38:54	21	14
Graeme	Innes	Unattached	Open	M	00:39:10	22	15
Darren	Wildey	Carlisle Tri Club	Vet 40	M	00:39:28	23	7
Grant	Glendinning	Unattached	Vet 40	M	00:39:34	24	8
Philippa	Wakefield	DH Runners	Vet 40	F	00:39:51	25	1
Kevin	Scott	DH Runners	Vet 40	M	00:40:15	26	9
lee	todhunter	Wigton Roadrunners	Open	M	00:40:34	28	17
John	Slater	Unattached	Open	M	00:40:34	27	16
Anthony	Rega	Netherhall AC	Vet 40	M	00:40:45	29	10
James	Hamilton	Carlisle Tri Club	Open	M	00:41:04	31	18
Nadia	Shaw	Cumberland AC	Open	F	00:41:09	30	1
James	Graham	Cumbria Police	Open	M	00:41:12	32	19
Fiona	Todd	Border Harriers & AC	Vet 40	F	00:41:14	33	2
Daniel	Brew	Unattached	Open	M	00:41:15	34	20
Darren	Haney	Unattached	Vet 40	M	00:41:21	35	11
george	fawkes	Derwent AC Cockermouth	Open	M	00:41:23	36	21
Carl	Grierson	Unattached	Vet 40	M	00:41:27	37	12
Adam	Wedgwood	Cumberland AC	Vet 40	M	00:41:32	39	13
Les	Hill	Dumfries Running Club	Vet 60	M	00:41:34	38	1
Gavin	Brough	Unattached	Open	M	00:41:41	40	22
Ian	Hodgson	Carlisle Tri Club	Open	M	00:41:42	41	23
Donna	Burnett	Unattached	Vet 40	F	00:41:48	42	3
John	Waite	Carlisle Tri Club	Open	M	00:41:51	43	24

Tony	Mills	DH Runners	Vet 50	M	00:41:59	45	2
Joseph	Malone	Dumfries Running Club	Open	M	00:42:00	44	25
Sandy	Shankland	Dumfries Running Club	Vet 60	M	00:42:05	46	2
Graeme	Jones	Unattached	Vet 40	M	00:42:07	50	14
Martin	Grey	DH Runners	Vet 50	M	00:42:11	47	3
Michael	Bain	Wigton Roadrunners	Open	M	00:42:11	49	27
Robert	Paterson	Derwent AC Cockermouth	Open	M	00:42:13	48	26
Frank	Hewer	Cumberland AC	Vet 40	M	00:42:21	51	15
Hazel	Davies	Bodyfit Cumbria	Vet 50	F	00:42:32	57	1
Ryan	Geldart	Border Reiver Runners	Open	M	00:42:32	55	28
Lisa	Martin	Derwent AC Cockermouth	Open	F	00:42:32	52	2
David	Grimshaw	Unattached	Vet 40	M	00:42:33	53	16
Colin	Nicholl	DH Runners	Vet 50	M	00:42:36	56	5
Chris	Neill	Unattached	Vet 50	M	00:42:38	54	4
Duncan	Campbell	Penrith Pathletic	Open	M	00:43:15	59	30
Nick	Brown	Unattached	Open	M	00:43:15	58	29
Martin	Gallagher	Unattached	Vet 40	M	00:43:34	60	17
Simon	Barwick	Unattached	Vet 40	M	00:43:40	61	18
Mark	Rutherford	Unattached	Vet 40	M	00:43:50	62	19
Steven	Bragg	Carlise Tri Club	Open	M	00:43:53	64	31
Beverley	Smith	Unattached	Open	F	00:43:55	63	3
Grant	Seaton	Annan and District AC	Vet 40	M	00:43:56	65	20
Toby	Harling	DH Runners	Vet 40	M	00:44:06	68	22
Dave	Ferguson	Unattached	Open	M	00:44:06	67	32
Kevin	Robinson	Derwent AC Cockermouth	Vet 40	M	00:44:17	66	21
John	McGibbon	DH Runners	Vet 50	M	00:44:23	69	6
Jack	Mazur	Carlise Tri Club	Open	M	00:44:29	70	33
David	Connor	Unattached	Vet 40	M	00:44:35	71	23
David	McGarry	Cumberland AC	Vet 40	M	00:44:38	74	25
Martyn	Minchella	Cumberland AC	Vet 40	M	00:44:40	75	26
paul	cowing	Unattached	Vet 40	M	00:44:41	72	24
Teresa	Medley	Border Harriers & AC	Vet 40	F	00:44:43	73	4
Emma	McKnespiey	DH Runners	Vet 40	F	00:44:46	76	5
David	Mitchell	Unattached	Vet 50	M	00:44:47	77	7
Andy	Caven	DH Runners	Vet 50	M	00:44:49	78	8
Vanessa	Strickland	Runmums	Vet 40	F	00:45:17	79	6
Wayne	Horsley	Unattached	Vet 40	M	00:45:19	80	27
Bethany	Duffy	DH Runners	Open	F	00:45:27	81	4
Noel	Urwin	Unattached	Vet 50	M	00:45:37	82	9
Colin	Fell	Northern Fells Running Club	Vet 50	M	00:45:42	83	10
Mike	Kelly	Unattached	Vet 50	M	00:45:54	84	11
Errick	Hannah	Cumberland AC	Vet 60	M	00:45:57	85	3
Paul	Irving	Unattached	Open	M	00:46:05	88	34
SUZANNE	MCARDLE	Unattached	Open	F	00:46:07	87	6
Sophie	Canty	Dumfries Running Club	Open	F	00:46:09	86	5
Kristy	Blaen	Muckle Toon Joggers	Open	F	00:46:34	89	7
Anthony	Turner	Carlise Tri Club	Vet 50	M	00:46:58	90	12
Andrew	Carlile	Unattached	Open	M	00:46:59	93	35

Steve	Viney	DH Runners	Vet 70	M	00:47:03	91	1
CHRIS	KNOX	DH Runners	Vet 50	M	00:47:07	94	14
Alistair	Richardson	DH Runners	Vet 50	M	00:47:15	96	15
John	Murphy	Annan and District AC	Vet 50	M	00:47:17	92	13
Keith	ATKINSON	DH Runners	Vet 40	M	00:47:18	95	28
Peter	Campbell	BORDER HARRIERS	Vet 50	M	00:47:30	97	16
Tracey	Owen	Cumberland AC	Open	F	00:47:50	98	8
Natalie	Dicks	Unattached	Open	F	00:48:00	99	9
Georgie	Lowry	Carlise Tri Club	Open	F	00:48:02	100	10
Steven	Archibald	Carlise Tri Club	Vet 40	M	00:48:03	102	29
Philippa	Meunzberg	Unattached	Open	F	00:48:05	104	11
Nicola	Ostridge	Unattached	Vet 40	F	00:48:20	103	7
Paul	Fleming	Unattached	Open	M	00:48:20	101	36
Debbie	Charlton	Keswick AC	Vet 40	F	00:48:34	105	8
Lee	Lowis	Carlise Tri Club	Vet 40	M	00:48:36	107	30
Neil	Wallace	Unattached	Vet 50	M	00:48:40	106	17
Carl	Deane	DH Runners	Vet 50	M	00:48:56	108	18
Jill	Gardiner	Carlise Tri Club	Vet 40	F	00:49:20	109	9
JOHN	ROWLAND	DH Runners	Vet 50	M	00:49:30	110	19
Tony	Metherell	Unattached	Vet 40	M	00:49:46	117	32
Lorna	Gold	Fetch Everyone	Vet 50	F	00:49:48	115	2
Leanne	Doswell	Unattached	Open	F	00:49:48	111	12
Craig	Kerr	Dumfries Running Club	Vet 40	M	00:49:49	114	31
Bill	Rogers	Border Harriers & AC	Vet 50	M	00:49:59	113	20
Claire	Reid	Unattached	Vet 40	F	00:50:01	112	10
Karen	Bowler	Cumberland AC	Vet 60	F	00:50:07	116	1
Viki	Kent-Carlile	Carlise Tri Club	Open	F	00:50:08	118	13
Stuart	Rome	Unattached	Open	M	00:50:10	121	38
Wayne	Moynan	Border Reiver Runners	Open	M	00:50:14	119	37
Graham	Harmse	Carlise Tri Club	Vet 50	M	00:50:24	120	21
Dave	Kirby	DH Runners	Open	M	00:50:26	122	39
Emma	Rowntree	Cumberland AC	Vet 40	F	00:50:28	123	11
Andrew	Burgess	Unattached	Open	M	00:50:40	124	40
David	Goodall	Unattached	Vet 50	M	00:50:43	125	22
Lindsay	Walker	Keswick AC	Open	F	00:50:44	126	14
Barbara	Deane	Unattached	Open	F	00:50:48	130	16
Michelle	Kingston	Carlise Tri Club	Open	F	00:50:50	127	15
Sarah	Pagan	Unattached	Open	F	00:50:52	131	17
Andrea	Challenger	Cumberland AC	Vet 40	F	00:50:59	128	12
Jonathan	Cork	Border Reiver Runners	Open	M	00:51:05	133	41
Garry	Burns	Hardrock Hoodlums	Vet 40	M	00:51:07	129	33
Audrey	Turnbull	DH Runners	Open	F	00:51:08	132	18
Tony	Morgan	Unattached	Vet 40	M	00:51:10	135	34
Sharron	Clark	Wigton Roadrunners	Vet 40	F	00:51:11	134	13
Sally	Monaghan	Unattached	Vet 40	F	00:51:19	136	14
Elliot	Pollard	Unattached	Open	M	00:51:23	139	42
Peter	Stockdale	Carlise Tri Club	Vet 40	M	00:51:29	137	35
Elena	Anderson	Unattached	Open	F	00:51:29	140	19

Brian	Champkins	Border Reiver Runners	Vet 40	M	00:51:31	138	36
Lee	Jardine	Unattached	Open	M	00:51:43	141	43
Georgie	Mcroberts	Unattached	Open	F	00:51:44	142	20
Carole	Fearon	Unattached	Open	F	00:51:44	143	21
Linda	Aspinall	Unattached	Vet 40	F	00:51:52	145	16
Sarah	Lord	DH Runners	Vet 40	F	00:51:56	144	15
Robert	Fearon	Cumberland AC	Vet 40	M	00:52:06	149	37
Sally	Fingland	Unattached	Open	F	00:52:06	146	22
Louise	Duffy	DH Runners	Vet 40	F	00:52:07	147	17
Dave	Graham	Unattached	Open	M	00:52:11	148	44
fiona	ferguson	Eden Runners	Vet 40	F	00:52:20	151	19
Liz	Postill	Carlise Tri Club	Vet 40	F	00:52:21	150	18
Sarah	Phillips	Muckle Toon Joggers	Open	F	00:52:21	155	25
Victoria	Byrne	Cumberland AC	Open	F	00:52:25	152	23
Nicky	Butler	Keswick AC	Vet 50	F	00:52:28	153	3
Steeve	Whitehead	Unattached	Vet 40	M	00:52:31	156	38
Karen	Ben Dhaou	DH Runners	Open	F	00:52:32	154	24
John-Paul	Whalen	DH Runners	Open	M	00:52:56	157	45
Tracey	Pagin	DH Runners	Open	F	00:53:04	158	26
Gary	Chandler	DH Runners	Vet 50	M	00:53:08	162	25
Alan	Cameron	Annan and District AC	Vet 50	M	00:53:11	160	23
Martin	Irving	Unattached	Open	M	00:53:12	159	46
Malcolm	Wood	Cumberland AC	Vet 50	M	00:53:17	161	24
Audrey	O'Kelly	Carlise Tri Club	Vet 50	F	00:53:25	163	4
Jennifer	Moody	Carlise Tri Club	Vet 40	F	00:53:26	164	20
Stella	Atherton	Cumberland AC	Vet 40	F	00:53:27	165	21
Stephen	Atherton	Cumberland AC	Vet 50	M	00:53:32	168	26
Duncan	Remington	DH Runners	Vet 40	M	00:53:38	167	39
Phillip	Johnson	Unattached	Vet 50	M	00:53:38	169	27
Bethan	Scholey	Unattached	Open	F	00:53:39	166	27
Haley	Millican	Unattached	Open	F	00:53:42	170	28
Aoife	Maher	Border Reiver Runners	Open	F	00:54:00	171	29
Tracey	Shaw	Unattached	Open	F	00:54:03	172	30
Carmel	Bones	Carlise Tri Club	Vet 40	F	00:54:04	173	22
Glen	Blakey	DH Runners	Vet 40	M	00:54:16	176	40
andrew	atkinson	Carlise Tri Club	Vet 60	M	00:54:23	174	4
Mike	Graham	Unattached	Vet 70	M	00:54:24	175	2
Joseph	Cole	Cumberland AC	Open	M	00:54:42	177	47
Amanda	Westgarth	Unattached	Vet 40	F	00:54:47	181	23
Elaine	Stockdale	Northern Fells Running Club	Open	F	00:54:48	180	32
Selena	Cairns	Unattached	Open	F	00:54:50	179	31
Kerrie	Fiddler	DH Runners	Vet 50	F	00:54:51	178	5
siobhan	brewer	Tri-Lakeland	Vet 40	F	00:54:58	182	24
Mary	Messenger	DH Runners	Vet 50	F	00:54:59	183	6
Dave	Steele	Carlise Tri Club	Open	M	00:55:18	186	48
Phil	Hughes	Cumberland AC	Vet 60	M	00:55:21	185	5
Lottie	Grace	DH Runners	Open	F	00:55:21	184	33
Garry	English	DH Runners	Vet 60	M	00:55:43	187	6

Kate	Garratt	Derwent AC Cockermouth	Open	F	00:55:47	188	34
Sophie	Thompson	Unattached	Open	F	00:55:56	190	36
Karen	Mitchell	Cumberland AC	Open	F	00:55:57	189	35
mark	holmes	Unattached	Vet 40	M	00:56:05	194	41
David	Moon	Unattached	Vet 50	M	00:56:05	191	28
Cath	Keevil	Derwent AC Cockermouth	Open	F	00:56:11	195	37
Jackie	Leech	Wigton Roadrunners	Vet 40	F	00:56:14	192	25
Valerie	Welden	Unattached	Vet 40	F	00:56:17	193	26
Mary Ann	Bell- Irving	Unattached	Open	F	00:56:32	198	39
fiona	JARDINE	Dumfries Running Club	Vet 50	F	00:56:34	199	7
Lorna	Martin	Unattached	Vet 40	F	00:56:35	197	27
Julie	Townsley	St Bees Triers	Open	F	00:56:38	196	38
Catherine	Nicholson	Cumberland AC	Vet 40	F	00:57:04	200	28
tamar	watson	Unattached	Open	F	00:57:04	201	40
Carole	Steel	DH Runners	Vet 50	F	00:57:08	203	8
Allan Raymund	Redoble	DH Runners	Vet 40	M	00:57:08	202	42
Rachael	Fearon	Cumberland AC	Open	F	00:57:20	204	41
Mark	Evans	Unattached	Vet 40	M	00:57:24	206	43
keith	stuart	Fetch Everyone	Vet 40	M	00:57:25	207	44
Karen	Boxley	Unattached	Vet 40	F	00:57:26	205	29
Rebecca	Johnstone	Unattached	Open	F	00:57:26	208	42
Wendy	Navin	Cumberland AC	Vet 40	F	00:57:46	209	30
Moreno	Giovannini	DH Runners	Vet 50	M	00:57:51	211	29
Neil	Gillespie	Unattached	Vet 40	M	00:57:52	214	45
Samantha	Cook	Unattached	Vet 40	F	00:57:54	210	31
Pauline	Ballantyne	Runmums	Vet 50	F	00:57:55	212	9
Amie	meloy	Cumberland AC	Open	F	00:58:02	213	43
Emma	davidson	Unattached	Open	F	00:58:02	215	44
Tracey	Kennett	Unattached	Vet 40	F	00:58:10	216	32
Gemma	Skelton	Muckle Toon Joggers	Open	F	00:58:18	217	45
Marie	Milligan	Unattached	Open	F	00:58:23	218	46
Andy	Whitaker	Unattached	Vet 40	M	00:58:33	220	46
Louise	Forrest	Unattached	Open	F	00:58:34	221	47
Claire	Jackson	Cumberland AC	Vet 40	F	00:58:43	219	33
lindsey	Irving	Unattached	Open	F	00:58:43	222	48
Judith	Harris	Runmums	Vet 40	F	00:58:47	223	34
Louise	Stewart	Runmums	Vet 50	F	00:58:47	224	10
Charlotte	Mann	Unattached	Open	F	00:59:12	227	50
Chelsea	Smith	Unattached	Open	F	00:59:14	225	49
Shane	Fox	Cumberland AC	Open	M	00:59:17	226	49
John	Thompson	Cumberland AC	Vet 60	M	00:59:34	228	7
Laura	Barwick	Unattached	Open	F	00:59:35	230	52
Leeann	Barber	Cumberland AC	Open	F	00:59:39	229	51
Heather	Herring	Unattached	Vet 40	F	00:59:42	231	35
Tim	Baugh	HCAS	Vet 50	M	01:00:02	233	30
jade	ruddick	Unattached	Open	F	01:00:13	234	54
Caroline	Wardrope	Unattached	Open	F	01:00:20	232	53
Greg	Harrison	Unattached	Vet 40	M	01:00:21	235	47

Niki	Iveson	Unattached	Open	F	01:00:22	236	55
Emma	Bzik	Bodyfit Cumbria	Open	F	01:00:27	237	56
Wayne	Stevens	Unattached	Vet 40	M	01:00:42	238	48
Helen	Gordon	Wigton Roadrunners	Vet 50	F	01:01:04	240	11
Elizabeth	Sandelands	Cumberland AC	Vet 40	F	01:01:08	239	36
Nicola	Seggie	Unattached	Vet 40	F	01:01:08	241	37
Tracey	Knowles	Cumberland AC	Vet 40	F	01:02:07	242	38
Lesley	Tickell	Border Reiver Runners	Open	F	01:02:08	244	58
Angela	Fisher	Carlise Tri Club	Open	F	01:02:16	243	57
Celia	Hardon	Wigton Roadrunners	Vet 60	F	01:02:27	245	2
Alison	Birkett	Unattached	Vet 40	F	01:02:33	246	39
Rebecca	Lynch	DH Runners	Open	F	01:02:43	249	60
Laura	Wylie	Cumberland AC	Open	F	01:02:46	247	59
Helen	Cupac	DH Runners	Vet 40	F	01:02:54	251	41
Gill	Harding	DH Runners	Vet 50	F	01:02:54	248	12
Samantha	Howe	Runmums	Vet 40	F	01:02:55	250	40
Allen	Winter-Moore	Cumberland AC	Open	M	01:02:57	252	50
Louise	Giovannini	DH Runners	Vet 40	F	01:03:19	254	42
Penny	Kinsella	Unattached	Vet 40	F	01:03:20	256	43
Elizabeth	Dodd	Cumberland AC	Open	F	01:03:22	253	61
Amy	Donohoe	Unattached	Open	F	01:03:30	255	62
Josette	Billett	DH Runners	Vet 60	F	01:03:38	257	3
Sarah	Foster	DH Runners	Open	F	01:03:47	259	64
Danielle	Denvir	Unattached	Open	F	01:03:47	258	63
David	McGinn	Unattached	Vet 40	M	01:04:31	260	49
Susan	Steel	DH Runners	Vet 40	F	01:04:40	261	44
Sara	Milburn	DH Runners	Vet 60	F	01:05:13	263	4
Lucy	Jackson	DH Runners	Open	F	01:05:13	262	65
Poppy	Graham	Unattached	Open	F	01:05:43	265	66
Tracey	Edmondson	Runmums	Vet 40	F	01:05:46	264	45
Natalie	Godley	Unattached	Open	F	01:05:53	266	67
Cathy	White	Unattached	Vet 40	F	01:06:12	267	46
Rebecca	Glynn	Cumberland AC	Open	F	01:06:31	268	68
Frances	Braithwaite	DH Runners	Vet 40	F	01:06:37	269	47
Barbara	Thompson	Cumberland AC	Vet 60	F	01:07:00	271	5
Hilary	Singleton	Unattached	Vet 40	F	01:07:07	270	48
Bev	Wilson	DH Runners	Vet 40	F	01:08:15	272	49
Linda	Brown	Wigton Roadrunners	Vet 40	F	01:08:31	273	50
Joanne	Bell	Wigton Roadrunners	Vet 50	F	01:08:35	274	13
Emily	Kaye	Unattached	Open	F	01:10:09	275	69
Ian	Slater	Unattached	Vet 50	M	01:11:29	276	31
Petra	Sheard	Unattached	Vet 50	F	01:11:35	277	14
David	Firth	DH Runners	Vet 60	M	01:12:57	278	8
Susanne	McDougall	DH Runners	Vet 70	F	01:16:05	279	1
Chelsey	Pryce	DH Runners	Open	F	01:25:32	280	70