

Carlisle Triathlon - Sunday August 4th 2013

| Bib | Name | Club | Cat | Sex | Swim | Pos | T1 | Pos | Bike | Pos | T2 | Pos | Run | Pos | Finish | Overall | Cat | Sex |
|-----|------------------|-------------------------|-----|-----|---------|-----|-------------|-----|-------------|-----|-------------|-----|-------------|-----|-------------|---------|-----|-----|
| 128 | John Hore | Carlisle Tri Club | MO | M | 07:45.5 | 5 | 00:00:33.10 | 9 | 00:31:28.50 | 1 | 00:00:26.90 | 16 | 00:18:40.70 | 1 | 00:58:54.75 | 1 | 1 | 1 |
| 123 | Sam Brand | Unattached | MO | M | 07:38.5 | 4 | 00:00:35.45 | 10 | 00:33:03.15 | 4 | 00:00:23.20 | 7 | 00:19:23.45 | 2 | 01:01:03.70 | 2 | 2 | 2 |
| 114 | Andrew Jackson | West Cumbria Tri | MO | M | 08:30.3 | 18 | 00:00:37.20 | 13 | 00:33:02.95 | 3 | 00:00:28.05 | 18 | 00:19:56.50 | 3 | 01:02:34.95 | 3 | 3 | 3 |
| 148 | Simon Hunter | Tri Lakeland | MV | M | 08:16.2 | 12 | 00:00:51.80 | 35 | 00:33:47.80 | 8 | 00:00:42.30 | 58 | 00:20:20.05 | 5 | 01:03:58.15 | 4 | 1 | 4 |
| 111 | Andrew Sedgwick | Bike Sci Boardman Elite | MV | M | 08:02.4 | 8 | 00:00:48.85 | 29 | 00:32:48.05 | 2 | 00:00:46.70 | 71 | 00:21:42.50 | 12 | 01:04:08.50 | 5 | 2 | 5 |
| 138 | Danny McLaughlin | Greenock Glenpark | MSV | M | 09:43.0 | 45 | 00:00:50.90 | 33 | 00:33:31.15 | 6 | 00:00:10.00 | 4 | 00:20:04.60 | 4 | 01:04:19.65 | 6 | 1 | 6 |
| 145 | Stephen Lewis | Carlisle Tri Club | MO | M | 08:36.3 | 20 | 00:01:04.65 | 56 | 00:33:13.10 | 5 | 00:00:34.90 | 37 | 00:21:50.35 | 14 | 01:05:19.30 | 7 | 4 | 7 |
| 92 | Kris Baldock | Kendal Tri Club | MO | M | 08:13.4 | 10 | 00:00:29.50 | 4 | 00:34:34.40 | 11 | 00:00:21.65 | 6 | 00:21:48.10 | 13 | 01:05:27.00 | 8 | 5 | 8 |
| 104 | Alan Cornthwaite | West Cumbria Tri | MO | M | 10:34.3 | 61 | 00:00:29.65 | 5 | 00:33:32.45 | 7 | 00:00:25.75 | 12 | 00:20:59.00 | 7 | 01:06:01.15 | 9 | 6 | 9 |
| 131 | Paul McKnespiey | Carlisle Tri Club | MV | M | 08:32.6 | 19 | 00:01:07.85 | 63 | 00:36:29.40 | 22 | 00:00:35.15 | 38 | 00:20:22.95 | 6 | 01:07:07.95 | 10 | 3 | 10 |
| 106 | Bryn Phillip | Unattached | MO | M | 06:37.0 | 1 | 00:00:55.60 | 41 | 00:37:56.45 | 33 | 00:00:10.00 | 1 | 00:21:31.15 | 9 | 01:07:10.25 | 12 | 7 | 12 |
| 40 | Chris Davison | Carlisle Tri Club | MSV | M | 09:13.1 | 27 | 00:00:35.90 | 11 | 00:35:07.70 | 12 | 00:00:40.80 | 52 | 00:21:40.85 | 10 | 01:07:18.30 | 11 | 2 | 11 |
| 87 | Les Cavill | Alnwick Tri | MSV | M | 09:24.4 | 31 | 00:00:46.45 | 21 | 00:35:17.80 | 13 | 00:00:30.90 | 24 | 00:22:00.85 | 17 | 01:08:00.40 | 13 | 3 | 13 |
| 126 | Chris Gray | Tri-Lakeland | MO | M | 09:37.6 | 38 | 00:00:29.25 | 3 | 00:36:28.10 | 21 | 00:00:26.70 | 14 | 00:21:42.25 | 11 | 01:08:43.90 | 14 | 8 | 14 |
| 134 | Karen Budge | Carlisle Tri Club | FV | F | 09:37.9 | 40 | 00:00:48.05 | 26 | 00:36:07.75 | 18 | 00:00:43.20 | 62 | 00:21:55.45 | 16 | 01:09:12.40 | 15 | 1 | 1 |
| 130 | Ian Pipes | Carlisle Tri Club | MO | M | 09:40.0 | 43 | 00:01:07.05 | 59 | 00:34:17.80 | 10 | 00:00:40.25 | 50 | 00:23:42.25 | 37 | 01:09:27.30 | 16 | 9 | 15 |
| 48 | Jonathan Brewer | Carlisle Tri Club | MV | M | 10:15.7 | 56 | 00:00:38.00 | 14 | 00:35:21.10 | 14 | 00:00:43.00 | 61 | 00:22:34.10 | 22 | 01:09:31.85 | 17 | 4 | 16 |
| 110 | Michelle Scott | Bike Sci Boardman Elite | FO | F | 07:15.1 | 2 | 00:00:36.85 | 12 | 00:37:48.40 | 32 | 00:00:28.95 | 19 | 00:23:30.85 | 33 | 01:09:40.10 | 18 | 1 | 2 |
| 71 | Aaron Baglee | Unattached | MV | M | 10:50.1 | 65 | 00:00:39.90 | 16 | 00:36:06.55 | 17 | 00:00:25.40 | 11 | 00:21:54.10 | 15 | 01:09:56.00 | 19 | 5 | 17 |
| 50 | Neil Pearson | Dumfries & Gallaway TC | MV | M | 10:50.0 | 64 | 00:00:38.05 | 15 | 00:34:03.70 | 9 | 00:00:30.45 | 23 | 00:24:08.65 | 42 | 01:10:10.80 | 20 | 6 | 18 |
| 144 | Paul Cowling | Carlisle Tri Club | MV | M | 09:38.4 | 41 | 00:00:52.15 | 36 | 00:36:17.85 | 20 | 00:00:24.15 | 9 | 00:22:59.25 | 30 | 01:10:11.80 | 21 | 7 | 19 |
| 45 | Mark Colman | Carlisle Tri Club | MO | M | 09:19.6 | 29 | 00:01:01.00 | 53 | 00:36:33.25 | 23 | 00:00:44.20 | 64 | 00:22:35.90 | 23 | 01:10:13.90 | 22 | 10 | 20 |
| 64 | Scott Russell | Ayrodynamics TC | MV | M | 10:10.2 | 54 | 00:00:58.05 | 48 | 00:36:13.10 | 19 | 00:00:44.50 | 66 | 00:22:09.80 | 21 | 01:10:15.65 | 23 | 8 | 21 |
| 116 | Calum Tinnion | Tri Lakeland | MO | M | 10:25.9 | 59 | 00:00:50.15 | 32 | 00:37:21.45 | 27 | 00:00:37.55 | 43 | 00:21:11.70 | 8 | 01:10:26.70 | 24 | 11 | 22 |
| 55 | Andrew Nath | Unattached | MO | M | 08:13.8 | 11 | 00:00:59.95 | 51 | 00:38:27.15 | 37 | 00:00:30.95 | 25 | 00:22:58.20 | 29 | 01:11:10.05 | 25 | 12 | 23 |
| 115 | Nicola Davis | Arragons Tri Club | FSV | F | 08:58.8 | 25 | 00:00:52.20 | 37 | 00:37:34.70 | 30 | 00:00:39.05 | 46 | 00:23:13.15 | 31 | 01:11:17.90 | 26 | 1 | 3 |
| 46 | Graham Harmse | Carlisle Tri Club | MSV | M | 08:22.8 | 15 | 00:00:52.95 | 38 | 00:38:05.95 | 34 | 00:00:49.50 | 80 | 00:24:01.30 | 41 | 01:12:12.50 | 27 | 4 | 24 |
| 58 | William Cummings | Unattached | MO | M | 08:01.0 | 6 | 00:00:47.00 | 22 | 00:37:22.80 | 28 | 00:00:33.10 | 33 | 00:25:28.30 | 53 | 01:12:12.80 | 28 | 13 | 25 |
| 139 | Colin Campbell | Unattached | MSV | M | 11:06.7 | 71 | 00:01:00.80 | 52 | 00:36:35.10 | 24 | 00:00:47.35 | 74 | 00:22:48.05 | 27 | 01:12:18.05 | 29 | 5 | 26 |
| 107 | Phil Lowrey | Unattached | MO | M | 08:48.8 | 22 | 00:01:29.35 | 91 | 00:39:00.45 | 40 | 00:01:08.35 | 97 | 00:22:04.65 | 18 | 01:12:31.60 | 30 | 14 | 27 |
| 93 | Emily Baldock | Mytri Club | FO | F | 08:05.5 | 9 | 00:00:24.35 | 2 | 00:39:09.85 | 45 | 00:00:27.95 | 17 | 00:24:50.75 | 47 | 01:12:58.35 | 31 | 2 | 4 |
| 49 | Ria Lowrie | Carlisle Tri Club | FO | F | 09:18.6 | 28 | 00:00:43.25 | 18 | 00:35:55.10 | 16 | 00:00:47.55 | 75 | 00:26:17.10 | 64 | 01:13:01.55 | 32 | 3 | 5 |
| 129 | Gary Dixon | Carlisle Tri Club | MO | M | 09:39.3 | 42 | 00:00:47.90 | 25 | 00:35:27.10 | 15 | 00:00:36.10 | 39 | 00:26:32.05 | 67 | 01:13:02.50 | 33 | 15 | 28 |
| 120 | Gary Miller | Carlisle Tri Club | MV | M | 10:28.7 | 60 | 00:00:32.50 | 7 | 00:37:08.55 | 25 | 00:00:23.25 | 8 | 00:24:35.00 | 45 | 01:13:08.00 | 34 | 9 | 29 |
| 118 | Simon Byrne | Unattached | MO | M | 09:56.8 | 51 | 00:00:56.65 | 44 | 00:39:04.50 | 41 | 00:00:47.75 | 77 | 00:22:42.55 | 25 | 01:13:28.25 | 35 | 16 | 30 |
| 132 | Emma McKnespiey | Aspatua AC | FV | F | 09:28.7 | 35 | 00:00:57.85 | 47 | 00:40:14.90 | 58 | 00:00:44.35 | 65 | 00:22:09.15 | 20 | 01:13:34.95 | 36 | 2 | 6 |
| 108 | Stuart Garner | Dumfries & Gallaway TC | MO | M | 09:40.1 | 44 | 00:00:21.85 | 1 | 00:37:09.95 | 26 | 00:00:49.05 | 78 | 00:25:47.40 | 58 | 01:13:48.30 | 37 | 17 | 31 |
| 142 | Emily Pearson | Loughborough TRC | FO | F | 08:55.6 | 23 | 00:00:53.65 | 39 | 00:39:27.20 | 48 | 00:00:40.90 | 53 | 00:23:51.40 | 39 | 01:13:48.75 | 38 | 4 | 7 |
| 51 | Stuart Robertson | Dumfries & Gallaway TC | MO | M | 09:45.7 | 47 | 00:01:10.20 | 65 | 00:40:06.10 | 55 | 00:00:10.00 | 2 | 00:22:54.95 | 28 | 01:14:06.90 | 39 | 18 | 32 |
| 47 | Harold Paul | Dumfries & Gallaway TC | MSV | M | 11:21.7 | 78 | 00:01:21.50 | 80 | 00:37:29.15 | 29 | 00:00:47.20 | 73 | 00:24:01.15 | 40 | 01:15:00.75 | 40 | 6 | 33 |
| 99 | Nicholas Cuff | Unattached | MO | M | 11:10.3 | 72 | 00:00:59.55 | 50 | 00:39:15.80 | 46 | 00:00:53.85 | 87 | 00:22:43.10 | 26 | 01:15:02.60 | 41 | 19 | 34 |

Carlisle Triathlon - Sunday August 4th 2013

| Bib | Name | Club | Cat | Sex | Swim | Pos | T1 | Pos | Bike | Pos | T2 | Pos | Run | Pos | Finish | Overall | Cat | Sex |
|-----|-----------------------|------------------------|------|-----|---------|-----|-------------|-----|-------------|-----|-------------|-----|-------------|-----|-------------|---------|-----|-----|
| 128 | John Hore | Carlisle Tri Club | MO | M | 07:45.5 | 5 | 00:00:33.10 | 9 | 00:31:28.50 | 1 | 00:00:26.90 | 16 | 00:18:40.70 | 1 | 00:58:54.75 | 1 | 1 | 1 |
| 69 | Phil Rhodes | Unattached | MO | M | 10:21.8 | 57 | 00:01:42.95 | 96 | 00:38:46.35 | 39 | 00:00:54.30 | 88 | 00:23:40.05 | 35 | 01:15:25.40 | 42 | 20 | 35 |
| 112 | Steve Stamper | Unattached | MO | M | 09:23.5 | 30 | 00:01:13.15 | 68 | 00:38:23.65 | 36 | 00:01:05.55 | 95 | 00:25:27.55 | 52 | 01:15:33.40 | 43 | 21 | 36 |
| 59 | Anthony Lees | Unattached | MV | M | 10:46.1 | 63 | 00:00:30.80 | 6 | 00:39:41.70 | 52 | 00:00:52.70 | 84 | 00:23:49.40 | 38 | 01:15:40.65 | 44 | 10 | 37 |
| 94 | David Goodall | Cumberland A.C. | MV | M | 09:45.4 | 46 | 00:00:43.35 | 19 | 00:40:51.75 | 61 | 00:00:44.95 | 67 | 00:23:35.30 | 34 | 01:15:40.75 | 45 | 11 | 38 |
| 52 | David Postill | Carlisle Tri Club | MV | M | 10:57.3 | 69 | 00:00:50.05 | 31 | 00:39:07.20 | 43 | 00:00:32.35 | 29 | 00:24:15.60 | 43 | 01:15:42.50 | 46 | 12 | 39 |
| 86 | Philip Jennings | Tri-Lakeland | MO | M | 09:28.3 | 34 | 00:00:47.85 | 24 | 00:41:48.40 | 70 | 00:00:24.30 | 10 | 00:23:24.85 | 32 | 01:15:53.70 | 47 | 22 | 40 |
| 54 | Richard Marchant | Unattached | MSV | M | 11:21.2 | 77 | 00:00:56.90 | 46 | 00:39:23.10 | 47 | 00:00:46.35 | 70 | 00:23:41.65 | 36 | 01:16:09.15 | 48 | 7 | 41 |
| 136 | Derek Rose | Carlisle Tri Club | MO | M | 12:39.7 | 93 | 00:01:13.90 | 71 | 00:39:36.05 | 51 | 00:00:29.85 | 22 | 00:22:42.20 | 24 | 01:16:41.65 | 49 | 23 | 42 |
| 75 | Amanda Singleton | Arragons Tri Club | FV | F | 09:28.8 | 36 | 00:00:49.15 | 30 | 00:39:48.55 | 53 | 00:00:40.95 | 54 | 00:26:07.05 | 59 | 01:16:54.55 | 50 | 3 | 8 |
| 135 | Michael Hoya | Unattached | MSV | M | 11:25.9 | 79 | 00:01:12.30 | 67 | 00:39:07.30 | 44 | 00:00:45.40 | 69 | 00:24:33.40 | 44 | 01:17:04.35 | 51 | 8 | 43 |
| 44 | Andrew Atkinson | Carlisle Tri Club | MSV | M | 09:53.0 | 49 | 00:00:51.20 | 34 | 00:37:35.55 | 31 | 00:00:46.95 | 72 | 00:28:04.40 | 78 | 01:17:11.15 | 52 | 9 | 44 |
| 147 | Doti Scilatchi | Unattached | FV | F | 08:30.2 | 17 | 00:00:59.55 | 49 | 00:40:07.30 | 56 | 00:00:10.00 | 3 | 00:27:27.55 | 73 | 01:17:14.60 | 53 | 4 | 9 |
| 101 | Elizabeth Ann Allison | Durham Triathlon Club | FO | F | 09:04.7 | 26 | 00:01:06.30 | 58 | 00:41:29.65 | 66 | 00:00:34.50 | 35 | 00:25:02.00 | 48 | 01:17:17.15 | 54 | 5 | 10 |
| 85 | Danny Wilkinson | Carlisle Tri Club | MO | M | 08:01.7 | 7 | 00:01:18.45 | 77 | 00:39:06.20 | 42 | 00:00:31.30 | 26 | 00:28:27.60 | 83 | 01:17:25.25 | 55 | 24 | 45 |
| 100 | Eleanor Cliffe | Unattached | FO | F | 08:56.0 | 24 | 00:01:17.50 | 74 | 00:41:27.40 | 65 | 00:00:38.45 | 45 | 00:25:42.20 | 55 | 01:18:01.85 | 56 | 6 | 11 |
| 43 | Nicola Carruthers | Carlisle Tri Club | FO | F | 09:37.6 | 39 | 00:00:56.55 | 43 | 00:42:45.95 | 76 | 00:00:32.90 | 31 | 00:24:45.65 | 46 | 01:18:38.65 | 57 | 7 | 12 |
| 122 | David Jamieson | Carlisle Tri Club | MV | M | 10:55.7 | 67 | 00:01:19.80 | 78 | 00:39:31.05 | 50 | 00:00:38.25 | 44 | 00:26:20.50 | 66 | 01:18:45.35 | 58 | 13 | 46 |
| 113 | Jack Stamper | Unattached | MO | M | 09:34.9 | 37 | 00:01:26.60 | 88 | 00:41:19.05 | 63 | 00:00:53.05 | 85 | 00:25:45.40 | 57 | 01:18:59.05 | 59 | 25 | 47 |
| 95 | Angela Watson | Arragons Tri Club | FO | F | 08:22.6 | 14 | 00:00:48.25 | 27 | 00:41:55.90 | 71 | 00:00:39.60 | 48 | 00:27:31.10 | 75 | 01:19:17.45 | 60 | 8 | 13 |
| 53 | Samantha Sugden | Arragons Tri Club | FO | F | 08:17.8 | 13 | 00:00:56.85 | 45 | 00:42:59.65 | 77 | 00:00:53.70 | 86 | 00:26:13.60 | 61 | 01:19:21.55 | 61 | 9 | 14 |
| 140 | Paul Armstrong | RAF Triathlon | MV | M | 10:51.0 | 66 | 00:01:28.20 | 90 | 00:39:30.85 | 49 | 00:01:14.50 | 103 | 00:26:18.40 | 65 | 01:19:22.95 | 62 | 14 | 48 |
| 76 | Don Shotton | Tyne Triathlon | MSSV | M | 11:50.4 | 86 | 00:01:20.55 | 79 | 00:38:16.00 | 35 | 00:01:09.35 | 98 | 00:26:51.10 | 72 | 01:19:27.40 | 63 | 1 | 49 |
| 57 | Hannah Farran | Northumbria University | FO | F | 10:01.5 | 52 | 00:01:02.70 | 55 | 00:40:50.65 | 60 | 00:00:42.90 | 60 | 00:26:50.50 | 71 | 01:19:28.30 | 64 | 10 | 15 |
| 63 | Craig Stitt | Dumfries & Galloway TC | MO | M | 09:27.6 | 33 | 00:01:01.75 | 54 | 00:41:34.80 | 67 | 00:00:39.35 | 47 | 00:26:45.35 | 70 | 01:19:28.85 | 65 | 26 | 50 |
| 96 | Alan Huggon | Unattached | MV | M | 11:17.3 | 75 | 00:01:59.10 | 102 | 00:39:49.65 | 54 | 00:01:02.85 | 92 | 00:25:20.00 | 51 | 01:19:28.95 | 66 | 15 | 51 |
| 121 | Mark Eastwood | Tri-Lakeland | MV | M | 10:23.9 | 58 | 00:00:55.30 | 40 | 00:42:38.70 | 75 | 00:00:32.05 | 28 | 00:25:08.05 | 50 | 01:19:38.00 | 67 | 16 | 52 |
| 56 | Andrea Fox | Carlisle Tri Club | FV | F | 11:38.1 | 83 | 00:00:43.20 | 17 | 00:40:29.00 | 59 | 00:00:34.50 | 36 | 00:26:16.35 | 63 | 01:19:41.10 | 68 | 5 | 16 |
| 65 | Ernie Davidson | Unattached | MV | M | 11:50.6 | 87 | 00:01:23.30 | 83 | 00:41:26.70 | 64 | 00:00:34.35 | 34 | 00:25:04.65 | 49 | 01:20:19.65 | 69 | 17 | 53 |
| 143 | Tony Walker | Arragons Tri Club | MSSV | M | 11:58.2 | 89 | 00:01:09.20 | 64 | 00:38:39.35 | 38 | 00:01:05.40 | 94 | 00:27:55.30 | 77 | 01:20:47.45 | 70 | 2 | 54 |
| 141 | Megan Phillip | Unattached | FO | F | 07:17.0 | 3 | 00:01:13.65 | 70 | 00:44:22.40 | 82 | 00:00:29.75 | 21 | 00:27:29.15 | 74 | 01:20:51.95 | 71 | 11 | 17 |
| 70 | Stephen Morris | Unattached | MSV | M | 09:52.7 | 48 | 00:01:22.30 | 81 | 00:40:57.60 | 62 | 00:00:36.30 | 40 | 00:28:50.15 | 84 | 01:21:39.00 | 72 | 10 | 55 |
| 119 | Sandie Donald | Dumfries & Galloway TC | MV | M | 10:02.3 | 53 | 00:01:07.50 | 60 | 00:41:56.55 | 72 | 00:00:43.50 | 63 | 00:28:19.15 | 81 | 01:22:09.00 | 73 | 18 | 56 |
| 117 | Myles Heywood | Unattached | MO | M | 14:15.8 | 101 | 00:02:04.00 | 103 | 00:40:10.60 | 57 | 00:00:10.00 | 5 | 00:25:37.25 | 54 | 01:22:17.60 | 74 | 27 | 57 |
| 77 | Michael Thompson | Northern Navigators | MV | M | 13:42.5 | 97 | 00:01:05.10 | 57 | 00:45:50.45 | 93 | 00:00:42.50 | 59 | 00:22:06.40 | 19 | 01:23:26.90 | 75 | 19 | 58 |
| 124 | Paul Dixon | Unattached | MV | M | 13:05.1 | 95 | 00:00:55.70 | 42 | 00:43:23.35 | 80 | 00:00:32.55 | 30 | 00:26:15.15 | 62 | 01:24:11.80 | 76 | 20 | 59 |
| 80 | Danny French | Unattached | MV | M | 13:38.8 | 96 | 00:01:55.40 | 100 | 00:41:40.70 | 68 | 00:01:09.40 | 99 | 00:26:42.65 | 69 | 01:25:06.95 | 77 | 21 | 60 |
| 82 | Joe Galloway | Unattached | MSV | M | 12:32.1 | 92 | 00:01:15.50 | 73 | 00:43:04.50 | 79 | 00:00:47.70 | 76 | 00:27:40.30 | 76 | 01:25:20.15 | 78 | 11 | 61 |
| 98 | Pat Cliffe | Unattached | Rel | N | 15:12.3 | 103 | 00:00:43.75 | 20 | 00:42:23.10 | 74 | 00:00:25.95 | 13 | 00:26:41.80 | 68 | 01:25:26.90 | 79 | 1 | 1 |
| 109 | Vicky Howse | Aycliffe Tri Club | FO | F | 09:24.7 | 32 | 00:00:48.75 | 28 | 00:44:28.60 | 84 | 00:00:52.35 | 83 | 00:29:56.50 | 86 | 01:25:30.85 | 80 | 12 | 18 |
| 88 | Alex Nath | Unattached | MO | M | 10:35.0 | 62 | 00:01:24.50 | 84 | 00:42:03.50 | 73 | 00:00:59.35 | 90 | 00:30:59.60 | 89 | 01:26:01.95 | 81 | 28 | 62 |

Carlisle Triathlon - Sunday August 4th 2013

| Bib | Name | Club | Cat | Sex | Swim | Pos | T1 | Pos | Bike | Pos | T2 | Pos | Run | Pos | Finish | Overall | Cat | Sex |
|-----|------------------|-------------------|------|-----|---------|-----|-------------|-----|-------------|-----|-------------|-----|-------------|-----|-------------|---------|-----|-----|
| 128 | John Hore | Carlisle Tri Club | MO | M | 07:45.5 | 5 | 00:00:33.10 | 9 | 00:31:28.50 | 1 | 00:00:26.90 | 16 | 00:18:40.70 | 1 | 00:58:54.75 | 1 | 1 | 1 |
| 127 | Dawn Harmse | Carlisle Tri Club | Rel | N | 08:23.2 | 16 | 00:00:32.90 | 8 | 00:50:33.20 | 101 | 00:00:32.90 | 32 | 00:26:10.00 | 60 | 01:26:12.25 | 82 | 2 | 2 |
| 60 | Wayne Greig | Carlisle Tri Club | MO | M | 13:45.7 | 98 | 00:01:07.50 | 61 | 00:45:49.90 | 92 | 00:00:36.80 | 41 | 00:25:42.65 | 56 | 01:27:02.50 | 83 | 29 | 63 |
| 67 | Steve Mills | Unattached | MV | M | 13:49.2 | 99 | 00:01:24.90 | 85 | 00:43:00.80 | 78 | 00:01:11.15 | 101 | 00:28:16.65 | 80 | 01:27:42.70 | 84 | 22 | 64 |
| 62 | Simon Williams | Unattached | MV | M | 11:37.2 | 81 | 00:02:07.15 | 104 | 00:41:47.80 | 69 | 00:01:03.15 | 93 | 00:31:38.50 | 92 | 01:28:13.75 | 85 | 23 | 65 |
| 105 | Paul Barton | Unattached | MV | M | 11:37.5 | 82 | 00:01:25.00 | 86 | 00:44:19.50 | 81 | 00:00:42.05 | 56 | 00:30:42.95 | 88 | 01:28:46.95 | 86 | 24 | 66 |
| 103 | Karen Noble | Unattached | FV | F | 10:10.8 | 55 | 00:01:13.40 | 69 | 00:44:43.10 | 86 | 00:01:12.95 | 102 | 00:31:42.70 | 93 | 01:29:02.90 | 87 | 6 | 19 |
| 146 | Louise Bary | Carlisle Tri Club | FO | F | 11:55.6 | 88 | 00:01:07.55 | 62 | 00:45:40.80 | 89 | 00:00:44.95 | 68 | 00:31:34.35 | 91 | 01:31:03.25 | 88 | 13 | 20 |
| 73 | Kerry Singleton | Unattached | FO | F | 11:41.4 | 84 | 00:01:17.85 | 75 | 00:44:25.50 | 83 | 00:01:10.95 | 100 | 00:32:27.95 | 95 | 01:31:03.60 | 89 | 14 | 21 |
| 78 | Samantha Siddall | Kendal Tri Club | FV | F | 08:42.0 | 21 | 00:01:33.20 | 92 | 00:45:45.55 | 90 | 00:00:51.80 | 82 | 00:34:24.10 | 96 | 01:31:16.60 | 90 | 7 | 22 |
| 91 | Maria Renucci | Carlisle Tri Club | FV | F | 12:52.5 | 94 | 00:00:47.60 | 23 | 00:45:46.80 | 91 | 00:00:29.45 | 20 | 00:31:28.55 | 90 | 01:31:24.85 | 91 | 8 | 23 |
| 90 | Carole Miller | Carlisle Tri Club | FV | F | 10:56.5 | 68 | 00:01:54.70 | 99 | 00:48:19.60 | 98 | 00:01:44.00 | 106 | 00:29:23.85 | 85 | 01:32:18.60 | 92 | 9 | 24 |
| 42 | Dave Butler | Arragons Tri Club | MV | M | 14:10.1 | 100 | 00:01:55.55 | 101 | 00:44:59.90 | 87 | 00:01:15.00 | 104 | 00:30:29.20 | 87 | 01:32:49.75 | 93 | 25 | 67 |
| 74 | Andrew Dalton | Unattached | MV | M | 11:12.4 | 73 | 00:01:10.80 | 66 | 00:46:47.15 | 96 | 00:00:50.30 | 81 | 00:34:35.30 | 97 | 01:34:35.95 | 94 | 26 | 68 |
| 125 | Jon Greenwood | Unattached | MSV | M | 11:16.0 | 74 | 00:02:21.50 | 106 | 00:44:30.90 | 85 | 00:01:24.05 | 105 | 00:36:21.20 | 103 | 01:35:53.60 | 95 | 12 | 69 |
| 68 | Fiona Leaf | Unattached | FO | F | 11:27.9 | 80 | 00:01:22.85 | 82 | 00:54:03.15 | 105 | 00:00:42.15 | 57 | 00:28:26.65 | 82 | 01:36:02.65 | 96 | 15 | 25 |
| 81 | Siobhan Galloway | Unattached | FV | F | 12:30.4 | 91 | 00:02:08.40 | 105 | 00:46:22.45 | 94 | 00:00:41.65 | 55 | 00:35:30.25 | 101 | 01:37:13.15 | 97 | 10 | 26 |
| 84 | Lydia Brook | Unattached | FO | F | 10:58.2 | 70 | 00:01:46.30 | 97 | 00:49:25.45 | 99 | 00:00:37.25 | 42 | 00:34:46.20 | 99 | 01:37:33.35 | 98 | 16 | 27 |
| 83 | Madeline Cook | Unattached | FO | F | 09:53.4 | 50 | 00:01:33.75 | 93 | 00:50:36.00 | 102 | 00:00:31.45 | 27 | 00:35:01.10 | 100 | 01:37:35.65 | 99 | 17 | 28 |
| 89 | Louise McGuire | Carlisle Tri Club | FV | F | 11:50.2 | 85 | 00:01:26.05 | 87 | 00:46:25.60 | 95 | 00:01:00.60 | 91 | 00:37:30.60 | 105 | 01:38:13.05 | 100 | 11 | 29 |
| 133 | John Thompson | Unattached | MSV | M | 17:05.1 | 104 | 00:01:37.10 | 95 | 00:45:14.80 | 88 | 00:00:40.10 | 49 | 00:34:41.75 | 98 | 01:39:18.85 | 101 | 13 | 70 |
| 137 | Martin Burton | Carlisle Tri Club | MO | M | 11:19.5 | 76 | 00:01:14.55 | 72 | 00:48:07.45 | 97 | 00:00:49.30 | 79 | 00:38:10.00 | 106 | 01:39:40.85 | 102 | 30 | 71 |
| 72 | Philip Markham | Unattached | MSSV | M | 17:19.1 | 105 | 00:01:46.50 | 98 | 00:52:44.90 | 104 | 00:00:26.80 | 15 | 00:28:13.85 | 79 | 01:40:31.10 | 103 | 3 | 72 |
| 66 | Katy Sharman | Unattached | FO | F | 12:15.0 | 90 | 00:01:18.05 | 76 | 00:51:18.05 | 103 | 00:00:40.60 | 51 | 00:35:36.65 | 102 | 01:41:08.30 | 104 | 18 | 30 |
| 97 | Adrienne Harris | Carlisle Tri Club | FSV | F | 14:57.0 | 102 | 00:01:26.80 | 89 | 00:50:17.40 | 100 | 00:01:06.30 | 96 | 00:36:57.30 | 104 | 01:44:44.80 | 105 | 2 | 31 |
| 79 | Cathy French | Unattached | FV | F | 17:31.1 | 106 | 00:01:35.65 | 94 | 01:04:14.10 | 106 | 00:00:55.80 | 89 | 00:31:53.15 | 94 | 01:56:09.80 | 106 | 12 | 32 |