

# Carlisle Resolution 10K

Sunday January 15th 2017

No	Name		Club	Cat	M/F	Time	Overall	Cat	M/F
1806	Darren	Thom	New Marske Harriers Club	MS	M	00:32:32.10	1	1	1
1803	Jonathan	Cox	Eden Runners	MS	M	00:32:47.20	2	2	2
1854	Gary	Wallace	Blackhill Bounders	MS	M	00:33:10.80	3	3	3
1924	Mark	Benson	Tri-Lakeland	MS	M	00:34:03.85	4	4	4
1966	John	French	Eden Runners	MS	M	00:34:26.00	5	5	5
1686	James	Buis	Border Harriers & AC	MS	M	00:35:24.70	6	6	6
1804	Stuart	Robinson	Border Harriers & AC	MV50	M	00:35:33.35	7	1	7
1885	Alastair	Thomas	Unattached	MJ	M	00:35:41.30	8	1	8
1606	Mark	Kearney	Unattached	MS	M	00:35:42.70	9	7	9
1871	Iain	Craven	Edinburgh Athletic Club	MS	M	00:35:53.70	10	8	10
1681	Richard	Keefe	Unattached	MS	M	00:36:01.85	11	9	11
1989	Scott	Martin	Kilmarnock H & AC	MV40	M	00:36:08.40	12	1	12
1750	Daniel	Hornsby	Border Harriers & AC	MS	M	00:36:18.30	13	10	13
1773	David	Thompson	Rock2Roll CC	MS	M	00:36:55.90	14	11	14
1927	Alex	Roberts	Ellenborough AC	MS	M	00:37:11.90	15	12	15
1997	Zac	Hudd	Unattached	MJ	M	00:37:27.90	16	2	16
1778	Nathan	Postill	Unattached	MJ	M	00:37:28.65	17	3	17
1722	Chris	Sterling	Unattached	MS	M	00:37:56.70	18	13	18
1771	Steven	Pagan	Unattached	MV40	M	00:38:06.30	19	2	19
1714	Shane	Stobbart	Cumberland AC	MS	M	00:38:22.85	20	14	20
1947	Andrew	Wilson	Unattached	MS	M	00:38:30.30	21	15	21
1666	Stephen	Welsh	Unattached	MV40	M	00:38:39.70	22	3	22
1786	Nick	Thomas	Unattached	MV40	M	00:39:00.40	23	4	23
1994	Stuart	Windsor	DH Runners	MV40	M	00:39:14.85	24	5	24
1992	Nick	Tait	Unattached	MV40	M	00:39:17.25	25	6	25
1832	Mike	Allison	Unattached	MV50	M	00:39:19.10	26	2	26
1636	Matt	Charlton	DH Runners	MS	M	00:39:22.15	27	16	27
200	Kevin	Scott	DH Runners	MV40	M	00:39:41.80	28	7	28
1837	Brian	Hughes	Glasgow South RR	MV60	M	00:39:43.10	29	1	29
1746	Eddie	Fletcher	Keswick AAC	MS	M	00:39:48.45	30	17	30
1777	Geoffrey	Chapman	Eden Runners	MV40	M	00:39:48.75	31	8	31
1893	Antony	Briscoe	Cumberland AC	MV50	M	00:39:49.85	32	3	32
1879	Mike	Bell	Eden Runners	MV40	M	00:39:58.10	33	9	33
1930	Craig	Marsh	Keswick AAC	MS	M	00:40:18.10	34	18	34
1931	Craig	Little	Unattached	MS	M	00:40:20.45	35	19	35
1857	Ryan	Williams	Unattached	MS	M	00:40:23.50	36	20	36
1926	Lucy	Stobbart	Cumberland AC	FS	F	00:40:24.50	37	1	1
1795	Luke	Russell	University of Cumbria RR	MS	M	00:40:26.70	38	21	37
1894	Carl	Blackburn	Unattached	MS	M	00:40:33.50	39	22	38
1920	James	Grinbergs	Eden Runners	MS	M	00:40:37.30	40	23	39
1713	John	Oakey	Eden Runners	MV40	M	00:40:54.40	41	10	40
1980	Joseph	Collins	Unattached	MJ	M	00:41:02.55	42	4	41
1754	Baz	Harper	Carlisle Tri Club	MS	M	00:41:08.00	43	24	42
1661	Brian	McGhee	Unattached	MS	M	00:41:14.65	44	25	43
1849	Daniel	Orton	Quakers Running Club	MS	M	00:41:15.55	45	26	44
1865	Alasdair	Duke	Westerlands Cross Country	MS	M	00:41:30.05	46	27	45
1868	Suzanne	Toppin	Unattached	FV40	F	00:41:36.50	47	1	2

1839	David	Postill	Carlisle Tri Club	MV40	M	00:41:41.60	48	11	46
1819	Fiona	Todd	Unattached	FV40	F	00:41:45.70	49	2	3
1647	Adrian	Hall	Tyne Bridge Harriers	MS	M	00:41:53.15	50	28	47
1745	Grant	Rodgers	Unattached	MV40	M	00:42:02.15	51	12	48
1640	Adrian	Hadley	Unattached	MS	M	00:42:05.75	52	29	49
1952	Vanessa	Strickland	Border Harriers & AC	FV40	F	00:42:06.50	53	3	4
1950	Colin	Nicholl	DH Runners	MV40	M	00:42:07.50	54	13	50
1847	Vicky	Johnston	Unattached	FS	F	00:42:08.90	55	2	5
1841	John	McGibbon	DH Runners	MV50	M	00:42:15.85	56	4	51
1937	Tanya	Coates	Carlisle Tri Club	FS	F	00:42:16.80	57	3	6
1922	Robert	Hastings	Unattached	MS	M	00:42:24.05	58	30	52
1896	Kirsty	Alexander	Unattached	FV40	F	00:42:26.90	59	4	7
1859	Lee	Pattinson	Blaydon Harriers & A.C.	MV40	M	00:42:28.40	60	14	53
1846	Philip	Meloy	Cumberland AC	MV40	M	00:42:34.10	61	15	54
1973	Karen	Bridge	Eden Runners	FV40	F	00:42:43.80	62	4	8
1792	Martin	Steele	Unattached	MV50	M	00:42:51.00	63	5	55
1830	Emma	Nielsen	Eden Runners	FV40	F	00:42:59.00	64	5	9
1688	Samantha	Ayres	Keswick AAC	FV40	F	00:43:02.10	65	6	10
1623	Kevin	McMahon	Unattached	MS	M	00:43:18.00	66	31	56
1882	Megan	Martin	Unattached	FS	F	00:43:19.45	67	5	11
1727	Colin	Fell	Northern Fells RC	MV50	M	00:43:22.00	68	6	57
1993	John	Andrewartha	Eden Runners	MV40	M	00:43:24.15	69	16	58
1845	Holly	Harper	Keswick AAC	FS	F	00:43:34.00	70	6	12
1945	David	Robinson	Eden Runners	MV40	M	00:43:44.65	71	17	59
1788	James	Coulthard	Howgill Harriers	MV40	M	00:43:45.00	72	18	60
1757	Gordon	Vivers	ADAC	MV50	M	00:43:46.80	73	7	61
1724	Robert	Sunners	Unattached	MS	M	00:43:47.65	74	32	62
1650	Dave	Evan	Eden Runners	MV60	M	00:43:48.90	75	2	63
1919	Kerry	Grinbergs	Eden Runners	FS	F	00:43:54.95	76	7	13
1664	Sarah	Dent	Carlisle Tri Club	FS	F	00:43:56.50	77	8	14
1764	Philip	Jobson	Blaydon Harriers & A.C.	MS	M	00:43:56.95	78	33	64
1907	Elizabeth	Watson	Derwent AC Cockermonth	FS	F	00:44:00.30	79	9	15
1934	Willie	Martin	Dumfries Harriers	MV40	M	00:44:02.10	80	19	65
1761	Teresa	Medley	Border Harriers & AC	FV40	F	00:44:04.90	81	7	16
1679	Scott	Moore	Unattached	MV40	M	00:44:05.05	82	20	66
1772	Reece	Jefferson	Unattached	MS	M	00:44:15.45	83	34	67
1766	David	Burns	Dumfries Running Club	MV50	M	00:44:23.90	84	8	68
1850	Sophia	Craig	Unattached	FV40	F	00:44:36.85	85	8	17
1747	Hailey	Fletcher	Unattached	FS	F	00:44:42.70	86	10	18
1672	Clem	Coady	Unattached	MS	M	00:44:46.55	87	35	69
1853	Shaun	Cavanagh	Cumberland AC	MV50	M	00:44:48.35	88	9	70
1687	Hugh	Boyce	Unattached	MV40	M	00:44:49.55	89	21	71
1731	Jamie	Crossan	West Cumbria Tri	MS	M	00:45:08.40	90	36	72
1631	Daniel	Barnes	Carlisle Tri Club	MV40	M	00:45:10.90	91	22	73
1968	Stuart	Clark	Unattached	MS	M	00:45:12.30	92	37	74
1855	Steven	Bragg	Carlisle Tri Club	MS	M	00:45:12.45	93	38	75
1901	Simon	Woodrow	Eden Runners	MV60	M	00:45:13.00	94	3	76
1986	Toby	Harling	Unattached	MS	M	00:45:18.10	95	39	77
1699	Louise	Winter	Keswick AAC	FS	F	00:45:20.95	96	11	19
1983	Cath	Burrus	Unattached	FV40	F	00:45:28.75	97	9	20
1963	Georgie	Lowry	Carlisle Tri Club	FS	F	00:45:35.95	98	12	21
1840	Louise	Brown	Carlisle Tri Club	FS	F	00:45:40.55	99	13	22
1827	Daniel	Lewis	Unattached	MS	M	00:45:53.25	100	40	78

1861	Martyn	Black	Unattached	MV40	M	00:45:54.35	101	23	79
1756	Keith	Elliott	Hawick	MV60	M	00:46:00.15	102	4	80
1779	Wayne	Horsley	Unattached	MS	M	00:46:00.75	103	41	81
1656	John	Williams	Eden Runners	MV40	M	00:46:03.20	104	24	82
1675	Steve	McCall	Unattached	MS	M	00:46:06.25	105	42	83
1974	Ruth	Hetherington	Eden Runners	FV40	F	00:46:07.30	106	10	23
1639	Stephen	Ions	Unattached	MV40	M	00:46:29.55	107	25	84
1642	Jonathan	Buckley	Unattached	MS	M	00:46:31.85	108	43	85
1717	Samantha	Sugdon	Eden Runners	FS	F	00:46:35.40	109	14	24
1883	Sarah	Brotherton	Unattached	FS	F	00:46:36.65	110	15	25
1706	Stephen	Gascoigne	BodyFit Runners	MS	M	00:46:40.55	111	44	86
1985	Kerry	Davis	Eden Runners	FV40	F	00:46:42.80	112	11	26
1942	Alison	Phillips	Eden Runners	FV40	F	00:46:52.00	113	12	27
1657	Andrew	Walker	Eden Runners	MV50	M	00:46:55.85	114	10	87
1864	Mhairi	Wear	Eden Runners	FV40	F	00:46:59.95	115	13	28
1725	Bethany	Sunners	BodyFit Runners	FS	F	00:47:02.65	116	16	29
1678	Stephen	Creasey	Unattached	MV40	M	00:47:06.55	117	26	88
1982	Ben	Swinson	Eden Runners	MS	M	00:47:22.20	118	45	89
1892	Kieran	Simpson	Unattached	MS	M	00:47:26.15	119	46	90
1833	Steve	Vinney	DH Runners	MV60	M	00:47:28.10	120	5	91
1742	Mark	Jones	Unattached	MV40	M	00:47:30.00	121	27	92
1712	Thomas	Bentham	Unattached	MV40	M	00:47:31.10	122	28	93
1823	Stephen	Braithwaite	Kendal ACC	MV40	M	00:47:31.80	123	29	94
1826	Keith	Atkinson	DH Runners	MV40	M	00:47:37.85	124	30	95
1987	Lisa	Askins	Eden Runners	FS	F	00:47:41.20	125	17	30
1797	Rachel	Poynter	Eden Runners	FS	F	00:47:41.45	126	18	31
171	Diane	Gallimore	Border Harriers & AC	FS	F	00:47:41.65	127	19	32
1938	Jo	Gruchy	Carlisle Tri Club	FS	F	00:47:42.45	128	20	33
1923	Lizzie	Mason	Eden Runners	FS	F	00:47:53.90	129	21	34
1673	Stuart	Dryden	Unattached	MS	M	00:47:55.10	130	47	96
1969	Hayley	Clark	Unattached	FS	F	00:47:57.75	131	22	35
1981	Wayne	Fox	Unattached	MS	M	00:48:04.25	132	48	97
1917	Amanda	Singleton	Eden Runners	FV40	F	00:48:09.95	133	14	36
1693	Peter	Campbell	Border Harriers & AC	MV50	M	00:48:13.60	134	11	98
1744	Andy	Hayton	Unattached	MV40	M	00:48:15.90	135	31	99
1953	Keith	Varty	Unattached	MS	M	00:48:20.65	136	49	100
1605	Michael	Hodgkiss	Unattached	MS	M	00:48:20.80	137	50	101
1752	Beverley	Armstrong	DH Runners	FV40	F	00:48:24.50	138	15	37
1638	John	Slater	Unattached	MS	M	00:48:26.20	139	51	102
1762	Larry	Horne	Eden Runners	MV50	M	00:48:30.50	140	12	103
1782	Kate	Turner	Eden Runners	FS	F	00:48:36.40	141	23	38
1991	Sally	Little	Unattached	FV40	F	00:48:38.70	142	16	39
1634	Craig	Hayton	Edinburgh Running Network	MS	M	00:48:40.55	143	52	104
1897	Gary	Holliday	Unattached	MV40	M	00:48:44.85	144	32	105
1889	Wade	Tidbury	Eden Runners	MV50	M	00:48:45.60	145	13	106
1903	Hannah	Mason	Eden Runners	FS	F	00:48:47.60	146	24	40
1816	Richard	Johnston	Carlisle Tri Club	MV40	M	00:48:49.60	147	33	107
1739	John	Lewis	Cumberland AC	MV60	M	00:48:52.80	148	6	108
1800	Claire	Hebdige	Eden Runners	FS	F	00:48:55.10	149	25	41
1843	Ken	Fisher	Unattached	MV50	M	00:48:56.60	150	14	109
1844	Linda	Aspinall	Unattached	FV40	F	00:48:58.20	151	17	42
1928	Jill	Gardiner	Unattached	FS	F	00:48:58.60	152	26	43
1970	Lisa	Jackson Martin	Derwent AC Cockermonth	FS	F	00:49:09.95	153	27	44

1949	Craig	Houghton	Eden Runners	MV40	M	00:49:18.60	154	34	110
1617	Lynn	Connolly	DH Runners	FV40	F	00:49:23.90	155	18	45
1808	Andrew	Pescod	DH Runners	MS	M	00:49:28.70	156	53	111
1909	Carole	Alletson	Unattached	FV50	F	00:49:29.85	157	1	46
1649	Juliet	Grieves	Keswick AAC	FV50	F	00:49:35.35	158	2	47
1962	Beverley	Smith	Unattached	FS	F	00:49:37.80	159	28	48
1842	Donna	Raeburn	Eden Runners	FV40	F	00:49:45.60	160	19	49
1990	Nicola	Black	Keswick AAC	FS	F	00:49:55.10	161	29	50
1619	John	McCostry	Unattached	MS	M	00:49:57.15	162	54	112
1665	Jenny	Mitchell	Unattached	FV40	F	00:49:58.35	163	20	51
1618	Anthony	Nicholson	DH Runners	MV40	M	00:50:01.80	164	35	113
1933	Stuart	Rome	Unattached	MS	M	00:50:03.30	165	55	114
1881	Adrian	Holme	Keswick AAC	MV40	M	00:50:05.70	166	36	115
1910	Michelle	Kingston	Carlisle Tri Club	FS	F	00:50:13.30	167	30	52
1948	Carmel	Bones	Carlisle Tri Club	FV40	F	00:50:16.20	168	21	53
1602	Andrew	Hunter	Unattached	MV40	M	00:50:16.35	169	37	116
1604	Jason	Miles-Campbell	Unattached	MV40	M	00:50:16.95	170	38	117
1988	Simon	Nicholson	Unattached	MS	M	00:50:22.50	171	56	118
1671	Leanne	Norris	Carlisle Tri Club	FS	F	00:50:23.60	172	31	54
1807	David	Robinson	Keswick AAC	MV50	M	00:50:27.05	173	15	119
1929	Lindon	Bolton	Keswick AAC	MS	M	00:50:30.95	174	57	120
1633	Richard	Fox	Unattached	MS	M	00:50:36.95	175	58	121
1614	Bethany	Duffy	DH Runners	FJ	F	00:50:39.30	176	1	55
1701	Ross	Marshall	Unattached	MS	M	00:50:55.10	177	59	122
1860	Pradeep	Bhagawan	Carlisle Tri Club	MV50	M	00:50:57.40	178	16	123
1852	Fiona	Stuart	Eden Runners	FV40	F	00:50:59.05	179	22	56
1785	Rachel	Sate	Salford Metropolitan AC	FS	F	00:51:08.40	180	32	57
1680	Stephen	Carruthers	Unattached	MS	M	00:51:11.30	181	60	124
1684	Lisa	Brunton	Unattached	FV40	F	00:51:27.80	182	23	58
1685	Bob	Lamb	Unattached	MS	M	00:51:28.00	183	61	125
1683	Christopher	Murdoch	Unattached	MV40	M	00:51:28.00	184	39	126
1641	Tracey	Shaw	Unattached	FS	F	00:51:30.45	185	33	59
1975	Richard	Trowles	Shildon Running & AC	MS	M	00:51:32.05	186	62	127
1824	Gillian	Hindle	Unattached	FV40	F	00:51:34.25	187	24	60
1669	Julia	King	Eden Runners	FV60	F	00:51:36.85	188	1	61
1998	Samantha	Cartmel	Unattached	FS	F	00:51:37.80	189	34	62
1984	Liz	Forsyth	Muckle Toon Joggers	FV40	F	00:51:46.20	190	25	63
1721	Ian	Tognarelli	Unattached	MV40	M	00:51:49.50	191	40	128
1728	Audrey	Turnbull	Eden Runners	FS	F	00:52:01.20	192	35	64
1643	Craig	Wagstaff	Unattached	MS	M	00:52:05.10	193	63	129
1979	Claire	Cannon-Park	Unattached	FV40	F	00:52:06.90	194	26	65
1790	David	Peacock	Eden Runners	MV50	M	00:52:15.20	195	17	130
1755	Paul	Todd	DH Runners	MV40	M	00:52:18.65	196	41	131
1810	Kate	Kinnell	Unattached	FS	F	00:52:21.60	197	36	66
1662	David	Galacher	Unattached	MS	M	00:52:25.05	198	64	132
1805	Angela	Watson	Eden Runners	FS	F	00:52:26.60	199	37	67
1677	Scott	McGill	Hikes an aw that	MV40	M	00:52:38.70	200	42	133
1628	Sarah	Wright	Eden Runners	FV40	F	00:52:45.00	201	27	68
1964	David	Hornby	Unattached	MS	M	00:52:46.40	202	65	134
1723	Peter	Garnett	Border Harriers & AC	MV60	M	00:52:58.50	203	7	135
1758	Elizabeth	Dawson	ADAC	FV50	F	00:53:04.10	204	3	69
1908	Kevin	Whitemore	Eden Runners	MV60	M	00:53:07.80	205	8	136
1789	Rouanne	Coulthard	Howgill Harriers	FS	F	00:53:13.20	206	38	70

1775	Simon	McDougall	Unattached	MS	M	00:53:14.55	207	66	137
1914	Tony	Brooke	Eden Runners	MV40	M	00:53:16.50	208	43	138
1613	Louise	Duffy	DH Runners	FV40	F	00:53:18.25	209	28	71
1954	Jen	Moody	Carlisle Tri Club	FV40	F	00:53:18.80	210	29	72
1783	Craig	McDongall	Unattached	MV40	M	00:53:27.50	211	44	139
1971	Kate	Garratt	Derwent AC Cockermouth	FS	F	00:53:39.20	212	39	73
1838	Liz	Postill	Unattached	FV40	F	00:53:41.75	213	30	74
1943	David	Robertson	Unattached	MV50	M	00:53:50.50	214	18	140
1765	Fiona	Jardine	Dumfries Running Club	FV50	F	00:53:55.90	215	4	75
1858	Alison	Williams	Unattached	FS	F	00:53:56.15	217	40	76
1935	Stephen	Bell	Unattached	MV40	M	00:53:56.15	216	45	141
1955	Mark	Moody	Carlisle Tri Club	MV40	M	00:54:00.00	218	46	142
1802	Tony	Lowery	Eden Runners	MV40	M	00:54:02.10	219	47	143
1925	Kirsty	Ash	Muckle Toon Joggers	FV40	F	00:54:07.85	220	31	77
1818	Elaine	Stockdale	Wigton Road Runners	FS	F	00:54:11.45	221	41	78
1822	Susan	Ingham	Kendal ACC	FV40	F	00:54:13.95	222	32	79
1791	Alison	Dixon	Unattached	FV40	F	00:54:16.95	223	33	80
1829	Philip	Parker	Unattached	MV50	M	00:54:17.45	224	19	144
1736	Jaye	Adams	BodyFit Runners	FV40	F	00:54:21.25	225	34	81
1872	David	Wood	DH Runners	MS	M	00:54:21.90	226	67	145
1719	Stephen	Long	Dentonholme Runners	MV50	M	00:54:25.20	227	20	146
1730	Gillian	Silson	Eden Runners	FV50	F	00:54:32.25	228	5	82
1835	Garry	Vernon	Fetch Everyone	MV50	M	00:54:38.75	229	21	147
1911	Karl	Douglas	DH Runners	MV50	M	00:54:45.75	230	22	148
1648	Rob	Craig	Sunderland Strollers	MV50	M	00:54:46.65	231	23	149
1912	Carol	Douglas	DH Runners	FV50	F	00:54:49.40	232	6	83
1936	Alison	Rowsell	Unattached	FV50	F	00:54:54.75	233	7	84
1978	Carolyn	Burns	Eden Runners	FV40	F	00:55:05.00	234	35	85
1905	Kate	Imrie	DH Runners	FS	F	00:55:09.90	235	42	86
1694	Ian	Donnan	BodyFit Runners	MV40	M	00:55:17.60	236	48	150
1781	Andy	Sweetman	Border Reiver Runners	MV50	M	00:55:38.75	237	24	151
1995	Gillian	Titterington	Border Reiver Runners	FS	F	00:55:39.00	238	43	87
1825	Lee	Jardine	Unattached	MS	M	00:55:40.30	239	68	152
1870	Glenda	Blakeley	Unattached	FS	F	00:55:44.50	240	44	88
1906	James	Aiston	Unattached	MS	M	00:55:54.70	241	69	153
1877	Martin	Herriot	Unattached	MS	M	00:55:57.70	242	70	154
1876	Hazel	Oliver	Jog Selkirk	FS	F	00:56:00.75	243	45	89
1940	Tracey	Hunter	Unattached	FS	F	00:56:02.30	244	46	90
1603	Jonathan	Marrow	Unattached	MV40	M	00:56:04.70	245	49	155
1884	Leslie	Nixon	Unattached	MV60	M	00:56:09.20	246	9	156
1831	Lesley	Allison	Eden Runners	FV50	F	00:56:11.15	247	8	91
1759	Gay	Eastoe	Alnwick Harriers	FV60	F	00:56:13.25	248	2	92
1760	Richard	Eastoe	Alnwick Harriers	MV60	M	00:56:13.40	249	10	157
1796	Holly	Mills	University of Cumbria RR	FS	F	00:56:17.55	250	47	93
1828	Jackie	Bennett	Cumberland AC	FV40	F	00:56:32.55	251	36	94
1689	Emma	Bzik	Cumberland AC	FS	F	00:56:32.95	252	48	95
1959	Helen	Sanderson	DH Runners	FV40	F	00:56:33.85	253	37	96
1812	Fiona	Little	Runmum	FV40	F	00:56:47.10	254	38	97
1951	Andrea	Young	DH Runners	FV40	F	00:56:47.75	255	39	98
1856	Euan	Marshall	Unattached	MS	M	00:56:53.25	256	71	158
1740	Hannah	Edwards	Unattached	FS	F	00:56:54.60	257	49	99
1902	Shona	Carey	DH Runners	FS	F	00:57:25.10	258	50	100
1811	Helena	Rath	Unattached	FS	F	00:57:28.70	259	51	101

1809	Chris	Callow	Unattached	MS	M	00:57:28.80	260	72	159
1834	Sarah	Douthwaite	Unattached	FV40	F	00:57:31.95	261	40	102
100	Katy	Livingston-Bray	Unattached	FS	F	00:57:32.70	262	52	103
1956	Alan	Miller	Muckle Toon Joggers	MV40	M	00:57:45.40	263	50	160
1621	Michelle	Moffat	Unattached	FS	F	00:57:50.30	264	53	104
1815	Gary	Frizell	DH Runners	MS	M	00:57:53.25	265	73	161
1821	Lucy	Cowton	DH Runners	FV40	F	00:57:53.35	266	41	105
1622	JP	Whalen	DH Runners	MS	M	00:58:00.75	267	74	162
1890	Neil	Gillespie	Unattached	MV40	M	00:58:25.00	268	51	163
1776	Iain	Mills	Unattached	MV60	M	00:58:29.25	269	11	164
1921	Steve	Campbell	Unattached	MV60	M	00:58:34.40	270	12	165
1707	Tracey	Pagan	DH Runners	FS	F	00:58:36.90	271	54	106
1880	Gill	Holme	Unattached	FV40	F	00:58:43.45	272	42	107
1958	Abigail	Drago	Unattached	FS	F	00:58:44.80	273	55	108
1784	Lucy	Tonkin	Eden Runners	FV40	F	00:58:49.60	274	43	109
1820	Nigel	Cook	Blackhill Bounders	MV40	M	00:58:55.10	275	52	166
1899	Mark	Foudy	Eden Runners	MV50	M	00:58:56.25	276	25	167
1915	Katie	Milner-McLoone	Unattached	FS	F	00:59:10.85	277	56	110
1916	Lee	Crawford	Unattached	MS	M	00:59:11.15	278	75	168
1904	Elaine	Doran	DH Runners	FS	F	00:59:14.25	279	57	111
1957	Audrey	O'Kelly	Carlisle Tri Club	FV50	F	00:59:18.55	280	9	112
1763	George	Fraser	Annan & District A.C.	MV70	M	00:59:22.75	281	1	169
1769	Jill	Glencross	DH Runners	FV40	F	00:59:31.45	282	44	113
1710	Kayley	Hart	Unattached	FS	F	00:59:57.40	283	58	114
1709	Rodger	Hart	Unattached	MV50	M	00:59:58.25	284	26	170
1751	Allen	Winter-Moore	Unattached	MS	M	01:00:12.35	285	76	171
1610	Katherine	Eilbeck	Unattached	FV40	F	01:00:12.65	286	45	115
1637	Ian	Slater	Unattached	MV50	M	01:00:13.80	287	27	172
1794	Dave Boom	Graham	Carlisle Tri Club	MV40	M	01:00:21.60	288	53	173
1674	Charles	Little	Carlisle Tri Club	MV40	M	01:00:22.05	289	54	174
1660	Kerry	Ferguson	Unattached	FV40	F	01:00:31.20	290	46	116
1659	Natalie	Clifford	Unattached	FS	F	01:00:31.35	291	59	117
1898	Stephanie	Foudy	Eden Runners	FV40	F	01:00:42.25	292	47	118
1682	Chris	Glencorse	Unattached	MV40	M	01:00:43.75	293	55	175
1704	Rachel	Lee	DH Runners	FV50	F	01:01:01.80	294	10	119
1939	Carol	Irving	Muckle Toon Joggers	FV40	F	01:01:32.70	295	48	120
1874	John	Dalton	Jogscotland	MV50	M	01:01:36.90	296	28	176
1767	Helen	Tiffin	Runmum	FS	F	01:01:56.20	297	60	121
1732	Laura	Ward	Unattached	FS	F	01:02:16.00	298	61	122
1972	Suzanne	Osborne	DH Runners	FS	F	01:02:16.65	299	62	123
1848	Zoe	King	Sweatshop	FS	F	01:02:20.45	300	63	124
1608	Mia	Lympany	Unattached	FS	F	01:02:22.65	301	64	125
1798	Heather	Harrison	DH Runners	FV40	F	01:02:34.45	302	49	126
1690	Denise	Howie	BodyFit Runners	FV50	F	01:02:52.75	303	11	127
1801	Laura	Kinnard	Eden Runners	FS	F	01:02:58.40	304	65	128
1965	Gillian	Hornby	Toni's Tigers	FS	F	01:03:15.40	305	66	129
1967	Denise	Maxwell	Unattached	FV40	F	01:03:32.55	306	50	130
1873	Emma	Taylor	DH Runners	FS	F	01:03:38.80	307	67	131
1612	Graham	Quinn	Unattached	MV40	M	01:03:50.60	308	56	177
1653	Sarah	Hogg	Unattached	FS	F	01:03:55.60	309	68	132
1655	Gemma	Orchard	Unattached	FS	F	01:03:55.80	310	69	133
1726	Annabelle	Allen	BodyFit Runners	FV50	F	01:04:11.25	311	12	134
1705	Siobhan	Gascoigne	BodyFit Runners	FV50	F	01:04:18.25	312	13	135

1774	Petra	Sheard	Unattached	FV50	F	01:04:21.65	313	14	136
1734	Lesley	Talbot	BodyFit Runners	FV40	F	01:04:29.80	314	51	137
1867	Steve	Conley	Unattached	MV40	M	01:04:36.35	315	57	178
1851	Andrew	Lang	Unattached	MV50	M	01:04:44.55	316	29	179
1749	Bridget	Pollock	Unattached	FV50	F	01:05:08.55	317	15	138
1620	Lynsey	Buckle	Unattached	FS	F	01:05:17.10	318	70	139
1869	Mirelle	Young	Jog Selkirk	FV40	F	01:05:18.60	319	52	140
1711	Lesley Anne	Bentham	Unattached	FV40	F	01:05:21.00	320	53	141
1720	Pamela	Patterson	Teviotdale Harriers	FV40	F	01:05:24.60	321	54	142
1651	Suzanne	Murdoch	Unattached	FV40	F	01:05:26.50	322	55	143
1708	Helen	Hart	Unattached	FV50	F	01:05:32.75	324	16	144
1768	Russell	Hind	Unattached	MV50	M	01:05:32.75	323	30	180
1886	Tracey	Lindle	Unattached	FS	F	01:05:35.00	325	71	145
1887	Lindsey	Armitage	Unattached	FS	F	01:05:35.30	326	72	146
1878	Elma	Heatlie	Jog Selkirk	FV50	F	01:05:48.05	327	17	147
1663	Neville	Lishman	Unattached	MV40	M	01:05:49.60	328	58	181
1976	Heather	Herring	Unattached	FV40	F	01:05:49.75	329	56	148
1787	Kev	Iveson	Unattached	MS	M	01:05:50.30	330	77	182
1941	Linda	Almond	Unattached	FV50	F	01:05:52.30	331	18	149
1996	George	Shadwick	Sands Running Club	MV70	M	01:06:37.45	332	2	183
1888	Fiona	Tidbury	Eden Runners	FV50	F	01:06:47.60	333	19	150
1944	Hannah	Stevens	Unattached	FV40	F	01:06:48.90	334	57	151
1654	Hayley	Rogers	Unattached	FS	F	01:06:50.50	335	73	152
1932	Rachel	Ashburner	Unattached	FS	F	01:06:53.80	337	74	154
1913	Diane	Peacock	Eden Runners	FV50	F	01:06:53.80	336	20	153
1793	Helen	Tucker	Unattached	FV50	F	01:07:07.90	338	21	155
1770	Karen	Dobson	Unattached	FS	F	01:07:09.45	339	75	156
1946	Helen	Cupac	DH Runners	FV40	F	01:08:53.70	340	58	157
1632	Joanna	Morris	Unattached	FS	F	01:10:29.40	341	76	158
1729	Shaun	Silson	Eden Runners	MV50	M	01:10:55.25	342	31	184
1696	Janette	Roe	BodyFit Runners	FV50	F	01:11:24.20	343	22	159
1743	Sarah	Milburn	DH Runners	FV60	F	01:11:35.00	344	3	160
1748	Susanne	Craig	Unattached	FV50	F	01:11:37.10	345	23	161
1875	Amy	Baston	Unattached	FS	F	01:11:40.80	346	77	162
1862	Clare	Douglas	Ashington Hirst RC	FV40	F	01:11:44.85	347	59	163
1780	Ken	Thomas	Shildon Running & AC	MV50	M	01:12:09.30	348	32	185
1658	Francesca	Bee	Unattached	FS	F	01:12:16.95	349	78	164
1691	Dianne	Woodward	BodyFit Runners	FV60	F	01:13:23.70	350	4	165
1738	Rebecca	Fell	Unattached	FJ	F	01:13:43.45	351	2	166
1733	Austen	Raine	Wigton Road Runners	MV60	M	01:13:43.45	352	13	186
1753	Susanne	McDougall	Unattached	FV60	F	01:14:27.90	353	5	167
1668	Peter	Rudd	Unattached	MV50	M	01:15:42.60	354	33	187
170	Fiona	Mcfarlane	Unattached	FV60	F	01:18:48.85	355	6	168
1703	Michelle	Lamdon-Wills	BodyFit Runners	FV40	F	01:19:58.85	356	60	169
1692	Nicole	Regan	Unattached	FS	F	01:21:51.00	357	79	170
1700	Margaret	Turner	BodyFit Runners	FV60	F	01:25:25.55	358	7	171
1697	Elaine	Kelly	BodyFit Runners	FV60	F	01:33:22.90	359	8	172
1630	Nick	Dolan	Unattached	MS	M	01:34:03.30	391	84	202
1629	Kelsey	Summerfield	Unattached	FS	F	01:34:04.45	392	87	190
1695	Julie	Holliday	BodyFit Runners	FV50	F	01:35:08.45	382	27	184
1702	Wendy	Burnie	BodyFit Runners	FV50	F	01:35:08.60	380	26	183