

Bib Number	First Name	Surname	Club	Category	Gender	Swim to T1	T1+Bike+T2	Run	Overall Time	Overall Position	Category Position	Gender Position
9	Ryan	Gavin	CARLISLE TRI OXYGENADDICT	M	M	08:22.9	00:32:35.85	00:18:53.40	00:59:52.10	1	1	1
70	David	Thompson	ROCK TO ROLL CC	M	M	08:56.0	00:32:30.05	00:18:43.60	01:00:09.65	2	2	2
52	Andrew	Kirkman	ARRAGONS CUMBRIAN TRI CLUB	MV40	M	08:43.4	00:33:17.50	00:19:53.80	01:01:54.65	3	1	3
69	Martin	Duthie	G72 TRI	MV50	M	07:58.1	00:34:23.75	00:19:58.75	01:02:20.60	4	1	4
39	Phil	Lowrey	UNATTACHED	M	M	08:19.4	00:35:24.10	00:19:16.10	01:02:59.55	5	3	5
86	John	Sturman	UNATTACHED	MV40	M	08:45.6	00:33:06.60	00:21:19.75	01:03:11.95	6	2	6
48	Mark	Benson	TRI LAKELAND	M	M	11:28.6	00:33:52.50	00:17:56.45	01:03:17.55	7	4	7
8	Simon	Wright	2 SCOTS	M	M	08:39.3	00:34:32.40	00:20:41.25	01:03:52.90	8	5	8
80	Laurens	Damminga	Carlisle Tri Club	M	M	08:47.5	00:38:23.20	00:19:00.00	01:06:10.65	9	6	9
49	Josh	Waite	CARLISLE TRI CLUB	M	M	07:58.8	00:36:47.50	00:21:44.45	01:06:30.75	10	7	10
18	Samantha	Sugden	ARRAGONS CUMBRIAN TRI CLUB	F	F	08:18.6	00:36:51.85	00:23:01.75	01:08:12.20	11	1	1
84	Craig	Holiday	CARLISLE TRI	M	M	08:59.8	00:40:26.40	00:19:19.75	01:08:45.95	12	8	11
73	Graeme	Cross	DUMFRIES GALLOWAY TRI CLUB	MV40	M	09:35.3	00:40:03.30	00:19:54.40	01:09:32.95	13	3	12
74	Stuart	Robertson	DUMFRIES GALLOWAY TRI CLUB	MV40	M	08:52.0	00:37:26.90	00:23:18.20	01:09:37.10	14	4	13
30	Ross	Acklam	UNATTACHED	Y	M	07:32.1	00:39:25.75	00:22:40.25	01:09:38.05	15	1	14
82	Nicola	King	ARRAGONS CUMBRIAN TRI CLUB	FV40	F	08:33.4	00:39:01.95	00:22:39.40	01:10:14.75	16	1	2
34	Geoffrey	Armstrong	DURHAM TRIATHLON CLUB	MV50	M	08:43.6	00:39:43.55	00:21:58.30	01:10:25.40	17	2	15
12	Craig	Bathgate	STIRLING UNIVERSITY TRI CLUB	M	M	08:58.5	00:40:59.05	00:21:33.25	01:11:30.75	18	9	16
66	Karen	Bridge	ARRAGONS CUMBRIAN TRI CLUB	FV40	F	09:21.7	00:40:46.60	00:21:27.50	01:11:35.80	19	2	3
51	Ruth	Hetherington	ARRAGONS CUMBRIAN TRI CLUB	FV40	F	08:30.9	00:42:50.70	00:20:46.25	01:12:07.85	20	3	4
71	Joseph	Eastman	UNATTACHED	M	M	09:28.9	00:41:26.80	00:22:00.35	01:12:56.00	21	10	17
21	Peter	Walton	UNATTACHED	MV50	M	10:23.7	00:41:01.10	00:21:38.80	01:13:03.55	22	3	18
22	Ben	Hale	UNATTACHED	M	M	10:02.9	00:44:38.60	00:19:29.15	01:14:10.60	23	11	19
47	David	Scott	DUMFRIES GALLOWAY TRI CLUB	M	M	08:48.3	00:41:06.10	00:24:36.75	01:14:31.10	24	12	20
56	Suzanne	Toppin	ARRAGONS CUMBRIAN TRI CLUB	FV40	F	10:02.5	00:42:07.15	00:22:26.50	01:14:36.15	25	4	5
16	Craig	Stitt	DUMFRIES GALLOWAY TRI CLUB	M	M	08:50.8	00:42:49.45	00:23:03.10	01:14:43.35	26	13	21
33	Amanda	Singleton	ARRAGONS CUMBRIAN TRI CLUB	FV40	F	10:21.8	00:39:29.95	00:25:07.85	01:14:59.55	27	5	6
63	Mark	Wightman	UNATTACHED	MV40	M	11:48.9	00:40:37.80	00:22:35.30	01:15:01.95	28	5	22
79	Scott	Wilson	UNATTACHED	M	M	10:52.6	00:43:43.15	00:20:41.35	01:15:17.05	29	14	23
27	Phil	Jackson	UNATTACHED	M	M	09:06.1	00:41:26.50	00:24:45.30	01:15:17.85	30	15	24

20	Matt	Towers	UNATTACHED	M	M	12:11.9	00:41:23.45	00:22:21.80	01:15:57.15	31	16	25
40	David	Postill	CARLISLE TRI CLUB	MV40	M	11:07.4	00:42:24.50	00:22:30.50	01:16:02.35	32	6	26
76	Ian	Clark	DUMFRIES GALLOWAY TRI CLUB	MV50	M	10:28.5	00:43:03.00	00:22:39.15	01:16:10.60	33	4	27
36	Andrew	Young	UNATTACHED	MV40	M	11:39.6	00:42:33.10	00:22:06.85	01:16:19.55	34	7	28
44	Vicky	Armstrong	DUMFRIES GALLOWAY TRI CLUB	FV40	F	10:42.6	00:41:56.45	00:23:44.65	01:16:23.70	35	6	7
72	David	Connor	Carlisle Tri club	MV40	M	11:12.8	00:42:22.70	00:23:45.85	01:17:21.30	36	8	29
11	Emma	Westmancott	DUMFRIES GALLOWAY TRI CLUB	F	F	09:36.7	00:41:38.05	00:27:11.00	01:18:25.75	37	2	8
10	Ewan	Parish	UNATTACHED	M	M	11:14.0	00:41:33.35	00:25:46.95	01:18:34.25	38	17	30
87	Ian	Hodgson	UNATTACHED	M	M	11:10.7	00:45:12.40	00:22:11.60	01:18:34.65	39	18	31
24	Dave	Foulkes	UNATTACHED	MV40	M	09:02.9	00:43:56.05	00:26:35.25	01:19:34.15	40	9	32
32	Sebastian	Buszko	UNATTACHED	MV40	M	13:04.5	00:42:27.50	00:24:17.95	01:19:49.95	41	10	33
90	Nicholas	Watt	UNATTACHED	M	M	12:26.3	00:44:57.25	00:22:38.55	01:20:02.10	42	19	34
78	Paul	Cowing	CARLISLE TRI CLUB	MV40	M	09:21.3	00:46:46.25	00:24:01.45	01:20:08.95	43	11	35
85	Andrew	Atkinson	CARLISLE TRI CLUB	MV50	M	10:16.3	00:42:08.70	00:27:49.60	01:20:14.55	44	5	36
42	Claire	Hebdige	ARRAGONS CUMBRIAN TRI CLUB	F	F	08:57.7	00:47:47.45	00:24:25.55	01:21:10.70	45	3	9
62	Peter	Stockdale	CARLISLE TRI CLUB	MV40	M	10:38.9	00:45:04.85	00:25:58.35	01:21:42.10	46	12	37
17	Colin	Apps	UNATTACHED	M	M	11:49.5	00:44:47.00	00:25:24.85	01:22:01.30	47	20	38
31	Angela	Thompdon	UNATTACHED	F	F	12:10.3	00:43:03.40	00:27:13.65	01:22:27.35	48	4	10
29	Stephen	Morris	UNATTACHED	MV50	M	09:37.4	00:44:18.90	00:28:34.80	01:22:31.10	49	6	39
37	Sally	Blackmore	ARRAGONS CUMBRIAN TRI CLUB	FV50	F	10:22.4	00:44:06.55	00:28:29.45	01:22:58.40	50	1	11
53	Derek	Johnstone	DH RUNNERS	MV50	M	10:33.1	00:47:11.00	00:25:17.50	01:23:01.55	51	7	40
5	Joseph	Fell	UNATTACHED	M	M	11:56.8	00:47:42.55	00:23:50.50	01:23:29.85	52	21	41
77	Andrew	Sullivan	UNATTACHED	MV40	M	12:20.6	00:46:20.80	00:25:36.10	01:24:17.50	53	13	42
89	Angus	Hardman	UNATTACHED	M	M	12:26.0	00:50:33.15	00:21:56.00	01:24:55.15	54	22	43
92	David	Robinson	UNATTACHED	MV50	M	11:16.1	00:45:55.25	00:27:53.10	01:25:04.45	55	8	44
91	Scott	Nichol	Carlisle Tri Club	M	M	10:29.9	00:46:32.65	00:28:33.70	01:25:36.20	56	23	45
75	Neil	Boyd	DUMFRIES GALLOWAY TRI CLUB	MV40	M	10:37.3	00:47:59.05	00:27:05.50	01:25:41.85	57	14	46
19	Bekki	Sayer	UNATTACHED	F	F	11:10.9	00:47:11.50	00:29:13.30	01:27:35.65	58	5	12
28	Ben	Harper	Carlisle Tri club	M	M	12:15.6	00:51:41.20	00:24:16.90	01:28:13.70	59	24	47
88	Jonny	Honeyman	UNATTACHED	M	M	12:31.5	00:45:17.10	00:30:56.90	01:28:45.50	60	25	48
81	Chrissie	Vincent	UNATTACHED	FV50	F	13:38.1	00:50:57.70	00:26:06.90	01:30:42.70	61	2	13
64	Angela	Irwin	UNATTACHED	FV40	F	13:45.7	00:46:47.60	00:30:18.65	01:30:51.90	62	7	14
54	Kerry	Byrne	UNATTACHED	FV40	F	12:26.0	00:51:15.10	00:28:37.15	01:32:18.25	63	8	15
41	Lorna	Graham	DH RUNNERS	FV40	F	14:24.6	00:51:49.95	00:27:51.70	01:34:06.20	64	9	16
59	Louisa	Weeks	CARLISLE TRI CLUB	FV40	F	14:17.3	00:51:10.10	00:29:04.25	01:34:31.60	65	10	17
45	Judith	Bradshaw	CARLISLE TRI CLUB	FV40	F	11:24.1	00:50:05.80	00:33:13.70	01:34:43.60	66	11	18
46	Daniel	Pratt	UNATTACHED	M	M	14:40.9	00:54:54.60	00:25:12.55	01:34:48.00	67	26	49
50	Rebecca	Errington	UNATTACHED	F	F	09:41.3	00:48:51.60	00:38:36.80	01:37:09.65	68	6	19
60	Nina	Errington	DH RUNNERS	F	F	12:28.6	00:53:14.80	00:31:37.95	01:37:21.35	69	7	20
23	Tracey	Pape	UNATTACHED	F	F	12:31.2	00:50:35.50	00:36:02.75	01:39:09.45	70	8	21
83	Susan	Blakemore	Carlisle Tri Club	FV50	F	12:47.2	00:54:51.45	00:34:37.00	01:42:15.60	71	3	22

38	Kasey	Pritchard	UNATTACHED	F	F	12:26.5	00:56:31.00	00:34:31.25	01:43:28.70	72	9	23
65	Ellie	Pritchard	UNATTACHED	F	F	17:39.9	00:59:54.85	00:32:35.90	01:50:10.60	73	10	24
35	Ian	Wilson	UNATTACHED	MV60	M	15:52.0	01:04:18.05	00:30:44.85	01:50:54.90	74	1	50
61	Roy	Weisser	UNATTACHED	MV60	M	14:23.6	00:58:05.55	00:40:27.80	01:52:56.90	75	2	51
43	Diane	Hadley	UNATTACHED	F	F	12:00.6	01:00:31.15	00:40:37.95	01:53:09.70	76	11	25
2	George	Camm	UNATTACHED	M	M	11:58.5	00:56:46.35	00:45:24.45	01:54:09.25	77	27	52
1	Jacqui	Camm	UNATTACHED	F	F	11:58.0	00:56:21.20	00:45:50.10	01:54:09.30	78	12	26
4	Susan	Savage	UNATTACHED	FV60	F	15:26.0	01:08:55.95	00:48:47.00	02:13:08.95	79	1	27
3	Andrew	Savage	UNATTACHED	MV60	M	20:51.1	01:05:30.80	00:48:46.75	02:15:08.65	80	3	53
15	Benjamin	MacFarlane	TRI PRESTON	M	M	07:55.7	00:35:44.75	00:43:40.45	No FinishTime Available			
25	Paul	Stephens	UNATTACHED	MV40	M	10:05.1	00:40:26.25	00:50:31.35	DNF			
13	Amanda	Ridgley	UNATTACHED	FV40	F	DNS						
6	Kelvin	Wharton	UNATTACHED	M	M	DNS						
7	James	Balshaw	UNATTACHED	M	M	DNS						
55	Lucy	Lamb	DH RUNNERS	FV40	F	DNS						
26	Allan	Allison	BELLAHOUSTON HARRIERS	MV50	M	DNS						