

**Carlisle Duathlon, Kirkbampton, Carlisle 13 September 2009 (Run 4K/Cycle 25K/Run 4K)**

Pos	Race No	Name	Club	Category	Run 1	T1 & Bike	T2 & Run	Finish
1	551	Matt Moorhouse	Paul Hewitt Cycles	MO	14.31	38.28	14.45	1.07.44
2	508	Jon Fletcher	Arragons	MO	13.34	42.06	14.24	1.10.04
3	535	Mike Pluckrose	Carlisle Tri	MO	14.48	40.11	15.42	1.10.31
4	523	Tony Labram	Arragons	M40	14.24	40.34	15.52	1.10.40
5	503	David Cookson		MO	14.34	44.16	15.48	1.14.38
6	529	Des Morris	Tri Lakeland	M40	14.28	44.32	16.26	1.15.26
7	502	Ian Bromley	Tynedale Harriers	MO	15.32	44.38	16.24	1.16.34
8	558	Brian Murray			16.44			1.17.00
9	527	Gareth Melvin	Border Harriers	MO	14.22	47.35	15.11	1.17.08
10	543	Tony Turner	Carlisle Tri	M40	15.54	44.41	17.01	1.17.36
11	536	Ant Rooney	Carlisle Tri	M40	15.31	45.18	16.55	1.17.44
12	507	Chris Falconer		MO	16.06	45.49	17.49	1.19.44
13	542	Helen Trees		FV40	16.21	45.35	17.56	1.19.52
14	534	Ian Pipes	Carlisle Tri	MO	16.43	43.49	19.35	1.20.07
15	533	Mark Pannone		MO	16.58	44.59	19.13	1.21.08
16	510	Kevin Gibbons	Border City Wheelers	M50	16.42	45.16	19.17	1.21.15
17	519	Victoria Johnston	Arragons Tri	FO	16.52	46.41	17.58	1.21.31
18	501	Brian Allen	Carlisle Tri	M50	17.05	47.05	17.57	1.22.07
19	555	Gary Dixon	Carlisle Tri	MO	17.41			1.22.16
20	556	Gary Hadwin	Carlisle Tri	MO	16.46	47.05	18.29	1.22.20
21	559	John Hore			16.21	47.39	18.56	1.22.56
22	547	Ricky Fee		MO	16.25	49.01	17.58	1.23.24
23	554	Sean Exley		MO	16.25	49.03	17.58	1.23.26
24	525	Mike Liddle	Carlisle Tri	MO	18.18	46.12	19.08	1.23.38
25	528	Donald McCauley		M40	18.02	46.33	19.28	1.24.03
26	552	Mark Dean			18.41	45.39	20.24	1.24.44
27	531	Neil O'Brien	Manchester Tri	MO	18.49	47.51	20.19	1.26.59
28	545	Anne Wilson		FO	18.15	49.08	21.04	1.28.27
29	538	Dave Thompson	Carlisle Tri	M50	18.17	48.08	22.37	1.29.02
30	546	David Wilson		MO	18.13	48.57	23.11	1.30.21
31	544	Ali Wilson	Carlisle Tri	FO	19.13	50.37	20.43	1.30.33
32	520	Julia King	Eden Runners	F50	18.41	54.39	20.29	1.33.49
33	512	Ian Hornby		MO	21.48	52.32	20.22	1.34.42
34	522	Brian Kinsella		M50	18.19	55.51	20.43	1.34.53

35	541 Debbie Trafford		FO	19.12	55.28	20.46	1.35.26
36	530 Ernest Nixon		M50	20.34	52.51	22.54	1.36.19
37	505 Sandie Donald	Dumfries Run Club	FO	20.22	54.44	21.51	1.36.57
38	509 Andrea Fox	Carlisle Tri	FO	19.48	55.52	21.39	1.37.19
39	548 William Johnson			20.39	54.01	22.45	1.37.25
39	524 Amber Layborne		FO	20.39	54.02	22.44	1.37.25
41	516 Neil Irwin		M40	22.36	52.44	22.26	1.37.46
42	532 Vincent O'Brien		M50	20.12	55.53	21.44	1.37.49
43	557 A O'Donnell		FO	18.58	57.5	21.51	1.38.39
44	515 Angela Irwin		F40	22.37	52.43	25.33	1.40.53
45	504 Phillip Davies		M60	20.38	56.21	26.06	1.43.05
46	549 Dave Palmer			20.37	58.27	24.19	1.43.23
47	506 Trish Dunlop		F40	22.02	58.28	23.28	1.43.58
48	539 Morag Thompson	Carlisle Tri	F40	22.39	61.32	25.1	1.49.21
49	540 David Thomson	Dumfries Cycle Club	M40	22.41	61.29	25.13	1.49.23
50	514 Vicky Irving		FO	22.48	59.53	27.04	1.49.45
51	518 Nicholas Jobson		M40	22.5	57.25		DNF