

No	Name	Age	Cat BTF	M/F	Club	Run Start Time	Run Finish Time	1st Run Time	Cycle Start Time	Cycle Finish Time	Cycle Time Includes T1	Run Start Time	Run Finish Time	Run Time Includes T2	Race Time	Position
810	Jon Fletcher	31	O	M	Arragons Cumbrian Tri	10:00:00	10:13:10	00:13:10	10:13:10	10:53:47	00:40:37	10:53:47	11:07:53	00:14:06	01:07:53	1
818	John Hore	28	O	M	Carlisle Tri Club	10:00:00	10:14:13	00:14:13	10:14:13	10:54:10	00:39:57	10:54:10	11:09:07	00:14:57	01:09:07	2
808	Michael Pluckrose	40	V	M	Carlisle Tri Club	10:00:00	10:14:56	00:14:56	10:14:56	10:54:10	00:39:14	10:54:10	11:09:11	00:15:01	01:09:11	3
833	Paul Ritson	31	O	M	Carlisle Tri Club	10:00:00	10:14:56	00:14:56	10:14:56	10:54:10	00:39:14	10:54:10	11:10:14	00:16:04	01:10:14	4
805	Steven Garner	37	O	M	West Cumbria Tri	10:00:00	10:14:15	00:14:15	10:14:15	10:56:15	00:42:00	10:56:15	11:11:34	00:15:19	01:11:34	5
817	Mark Ryan	31	O	M	Carlisle Tri Club	10:00:00	10:14:48	00:14:48	10:14:48	10:54:45	00:39:57	10:54:45	11:11:55	00:17:10	01:11:55	6
835	Andrew Jackson	33	O	M	West Cumbria Tri	10:00:00	10:14:47	00:14:47	10:14:47	10:56:17	00:41:30	10:56:17	11:12:12	00:15:55	01:12:12	7
812	Anthony Labram	43	V	M	Cumbria Police	10:00:00	10:15:15	00:15:15	10:15:15	10:56:04	00:40:49	10:56:04	11:12:29	00:16:25	01:12:29	8
806	Paul Alcock	48	V	M	Carlisle Tri Club	10:00:00	10:15:46	00:15:46	10:15:46	10:57:21	00:41:35	10:57:21	11:13:49	00:16:28	01:13:49	9
820	Josh Waite	30	O	M	Carlisle Tri Club	10:00:00	10:15:55	00:15:55	10:15:55	10:57:22	00:41:27	10:57:22	11:14:35	00:17:13	01:14:35	10
837	Jonathan Brewer	39	V	M	Carlisle Tri Club	10:00:00	10:15:50	00:15:50	10:15:50	10:57:20	00:41:30	10:57:20	11:15:43	00:18:23	01:15:43	11
849	Luke Irons	16	O	M	Border City Wheelers	10:00:00	10:15:54	00:15:54	10:15:54	10:57:19	00:41:25	10:57:19	11:16:06	00:18:47	01:16:06	12
811	Neil Pearson	39	V	M	Unattached	10:00:00	10:16:47	00:16:47	10:16:47	10:57:10	00:40:23	10:57:10	11:16:14	00:19:04	01:16:14	13
848	Alan Cornthwaite	34	O	M	West Cumbria Tri	10:00:00	10:17:00	00:17:00	10:17:00	10:59:40	00:42:40	10:59:40	11:17:14	00:17:34	01:17:14	14
847	Mark Blackway	36	O	M	West Cumbria Tri	10:00:00	10:15:45	00:15:45	10:15:45	11:00:36	00:44:51	11:00:36	11:17:41	00:17:05	01:17:41	15
823	Paul King	21	O	M	Border City Wheelers	10:00:00	10:18:36	00:18:36	10:18:36	10:58:55	00:40:19	10:58:55	11:19:01	00:20:06	01:19:01	16
845	Alan McKee	43	V	M	West Cumbria Tri	10:00:00	10:14:45	00:14:45	10:14:45	11:03:21	00:48:36	11:03:21	11:20:00	00:16:39	01:20:00	17
826	Ben Garrard	36	O	M	Leeds & Bradford Tri	10:00:00	10:17:52	00:17:52	10:17:52	11:00:37	00:42:45	11:00:37	11:20:10	00:19:33	01:20:10	18
828	Chris Davison	47	V	M	Carlisle Tri Club	10:00:00	10:15:56	00:15:56	10:15:56	11:01:46	00:45:50	11:01:46	11:20:27	00:18:41	01:20:27	19
850	Bob Hodgson	31	O	M	Carlisle Tri Club	10:00:00	10:14:46	00:14:46	10:14:46	11:04:19	00:49:33	11:04:19	11:20:38	00:16:19	01:20:38	20
861	Mark Pannone	41	V	M	Unattached	10:00:00	10:16:41	00:16:41	10:16:41	11:02:05	00:45:24	11:02:05	11:21:04	00:18:59	01:21:04	21
821	Jeff Howson	42	V	M	Unattached	10:00:00	10:16:48	00:16:48	10:16:48	11:02:07	00:45:19	11:02:07	11:22:46	00:20:39	01:22:46	22
864	Simon Clarke	35	O	M	Tri-Lakeland	10:00:00	10:16:43	00:16:43	10:16:43	11:05:36	00:48:53	11:05:36	11:23:01	00:17:25	01:23:01	23
825	Donald McCalley	50	SV	M	Unattached	10:00:00	10:17:45	00:17:45	10:17:45	11:04:32	00:46:47	11:04:32	11:23:41	00:19:09	01:23:41	24
827	Ian Carrick	40	V	M	Unattached	10:00:00	10:16:40	00:16:40	10:16:40	11:05:17	00:48:37	11:05:17	11:23:48	00:18:31	01:23:48	25
854	Neil McNicholas	46	V	M	Tri-Lakeland	10:00:00	10:17:01	00:17:01	10:17:01	11:05:41	00:48:40	11:05:41	11:24:38	00:18:57	01:24:38	26
801	Graham Harmse	47	V	M	Carlisle Tri Club	10:00:00	10:18:25	00:18:25	10:18:25	11:06:10	00:47:45	11:06:10	11:25:00	00:18:50	01:25:00	27
829	Robert Dixon	48	V	M	Carlisle Tri Club	10:00:00	10:18:01	00:18:01	10:18:01	11:05:09	00:47:08	11:05:09	11:25:19	00:20:10	01:25:19	28

851	Gaz Dixon	36	O	M	Carlisle Tri Club	10:00:00	10:19:02	00:19:02	10:19:02	11:05:11	00:46:09	11:05:11	11:25:28	00:20:17	01:25:28	29
856	Melanie Martin	37	O	F	Hardrock C.C.	10:00:00	10:17:44	00:17:44	10:17:44	00:00:00	#####	00:00:00	11:25:54	11:25:54	01:25:54	30
843	Peter Jameson	58	SV	M	Arragons Cumbrian Tri	10:00:00	10:18:48	00:18:48	10:18:48	11:05:19	00:46:31	11:05:19	11:26:24	00:21:05	01:26:24	31
814	David Thomson	44	V	M	Dumfries Cycle Club	10:00:00	00:00:00	#####	00:00:00	11:06:32	11:06:32	11:06:32	11:27:35	00:21:03	01:27:35	32
846	Carl Hertherington	43	V	M	Unattached	10:00:00	10:18:37	00:18:37	10:18:37	11:08:37	00:50:00	11:08:37	11:29:06	00:20:29	01:29:06	33
858	Paul James	45	V	M	Unattached	10:00:00	10:19:45	00:19:45	10:19:45	11:07:48	00:48:03	11:07:48	11:29:18	00:21:30	01:29:18	34
852	Gaz Hadwin	42	O	M	Carlisle Tri Club	10:00:00	10:18:47	00:18:47	10:18:47	11:09:18	00:50:31	11:09:18	11:29:42	00:20:24	01:29:42	35
844	Janet Oliver	55	SV	F	One Life Racing	10:00:00	10:20:17	00:20:17	10:20:17	11:08:35	00:48:18	11:08:35	11:29:46	00:21:11	01:29:46	36
853	Caroline Scholes	38	O	F	Bolton Harriers	10:00:00	10:18:00	00:18:00	10:18:00	11:11:20	00:53:20	11:11:20	11:29:51	00:18:31	01:29:51	37
839	Vicki Clarke	35	O	F	Carlisle Tri Club	10:00:00	10:19:04	00:19:04	10:19:04	11:10:31	00:51:27	11:10:31	11:30:36	00:20:05	01:30:36	38
865	Brian Western	33	O	M	Carlisle Tri Club	10:00:00	10:19:02	00:19:02	10:19:02	11:10:14	00:51:12	11:10:14	11:30:55	00:20:41	01:30:55	39
807	Craig Pagan	38	O	M	Carlisle Tri Club	10:00:00	10:21:24	00:21:24	10:21:24	11:08:31	00:47:07	11:08:31	11:30:56	00:22:25	01:30:56	40
831	Maureen Parker	46	V	F	Arragons Cumbrian Tri	10:00:00	10:19:45	00:19:45	10:19:45	11:08:34	00:48:49	11:08:34	11:31:58	00:23:24	01:31:58	41
836	Heidi Jackson	33	O	F	Unattached	10:00:00	10:19:55	00:19:55	10:19:55	11:10:47	00:50:52	11:10:47	11:32:09	00:21:22	01:32:09	42
841	Steven McIntosh	38	O	M	Unattached	10:00:00	10:19:47	00:19:47	10:19:47	11:11:24	00:51:37	11:11:24	11:33:09	00:21:45	01:33:09	43
862	Paul Ward	43	V	M	Unattached	10:00:00	10:21:10	00:21:10	10:21:10	11:09:43	00:48:33	11:09:43	11:33:59	00:24:16	01:33:59	44
832	Mark Palmer	36	O	M	Unattached	10:00:00	10:19:45	00:19:45	10:19:45	11:10:58	00:51:13	11:10:58	11:34:34	00:23:36	01:34:34	45
809	Andrew Atkinson	53	SV	M	Carlisle Tri Club	10:00:00	10:20:17	00:20:17	10:20:17	11:11:55	00:51:38	11:11:55	11:34:41	00:22:46	01:34:41	46
857	Kath Smith	52	SV	F	Carlisle Tri Club	10:00:00	10:20:34	00:20:34	10:20:34	11:11:47	00:51:13	11:11:47	11:35:15	00:23:28	01:35:15	47
802	Robert Johnstone	42	V	M	Carlisle Tri Club	10:00:00	10:20:07	00:20:07	10:20:07	11:11:57	00:51:50	11:11:57	11:36:09	00:24:12	01:36:09	48
819	Stephen Bell	22	O	M	Carlisle Tri Club	10:00:00	10:17:46	00:17:46	10:17:46	11:17:04	00:59:18	11:17:04	11:36:37	00:19:33	01:36:37	49
855	Claire McNicholas	36	O	F	Tri-Lakeland	10:00:00	10:20:25	00:20:25	10:20:25	11:16:11	00:55:46	11:16:11	11:37:13	00:21:02	01:37:13	50
860	Terence Harmse	25	O	M	Carlisle Tri Club	10:00:00	10:20:07	00:20:07	10:20:07	11:16:40	00:56:33	11:16:40	11:37:35	00:20:55	01:37:35	51
815	Derek Johnstone	46	V	M	Carlisle Tri Club	10:00:00	10:21:24	00:21:24	10:21:24	11:14:24	00:53:00	11:14:24	11:37:48	00:23:24	01:37:48	52
824	Carolyn Millican	28	O	F	Carlisle Tri Club	10:00:00	10:21:17	00:21:17	10:21:17	11:14:20	00:53:03	11:14:20	11:38:43	00:24:23	01:38:43	53
834	Hollie Ritson	26	O	F	Carlisle Tri Club	10:00:00	10:21:22	00:21:22	10:21:22	11:14:21	00:52:59	11:14:21	11:38:43	00:24:22	01:38:43	54
804	Dave Garrard	63	SSV	M	Border City Wheelers	10:00:00	10:21:22	00:21:22	10:21:22	11:14:46	00:53:24	11:14:46	11:40:18	00:25:32	01:40:18	55
838	Ian Lewis	54	SV	M	Carlisle Tri Club	10:00:00	10:21:06	00:21:06	10:21:06	11:19:05	00:57:59	11:19:05	11:42:23	00:23:18	01:42:23	56
840	Mark Thomlinson	47	V	M	Border City Wheelers	10:00:00	10:18:15	00:18:15	10:18:15	11:23:50	01:05:35	11:23:50	11:45:26	00:21:36	01:45:26	57
863	Gail Oliver	43	V	F	Carlisle Tri Club	10:00:00	10:22:33	00:22:33	10:22:33	11:20:33	00:58:00	11:20:33	11:45:35	00:25:02	01:45:35	58
813	Alison McKie	33	O	F	Carlisle Tri Club	10:00:00	10:22:49	00:22:49	10:22:49	11:20:59	00:58:10	11:20:59	11:46:13	00:25:14	01:46:13	59

842	Simon Dickson	34	O	M	Unattached	10:00:00	10:17:41	00:17:41	10:17:41	11:27:50	01:10:09	11:27:50	11:46:49	00:18:59	01:46:49	60
830	Jo Hutchinson	62	SSV	F	Carlisle Tri Club	10:00:00	10:23:32	00:23:32	10:23:32	11:22:59	00:59:27	11:22:59	11:50:33	00:27:34	01:50:33	61
803	Phillip Davis	68	SSV	M	Unattached	10:00:00	10:22:32	00:22:32	10:22:32	11:22:54	01:00:22	11:22:54	11:51:15	00:28:21	01:51:15	62
816	Theresa Strickland	39	V	F	Carlisle Tri Club	10:00:00	10:22:31	00:22:31	10:22:31	11:25:13	01:02:42	11:25:13	11:53:01	00:27:48	01:53:01	63
822	Jeff Thorpe	38	O	M	Tri-Lakeland	10:00:00	10:16:45	00:16:45	10:16:45						DNF	64
859	Gareth White	32	O	M	Tri-Lakeland	10:00:00	10:17:40	00:17:40	10:17:40						DNF	65