Position	bib			Age	Club	Time
1	94	Ellis	Holliday	17		0:39'45.62
2	73	Shaun	Gartland	41		0:39'59.54
3	160	Kevin	Robertson	39		0:41'57.14
4	194	Dan	Wilson	42	Cumberland AC	0:42'39.42
5	182	Andrew	Thompson	37	Border Reiver Runners	0:43'06.84
6	144	Dave	Oldham	35		0:43'15.48
7	63	Mike	Edgar	38	Wigton Road Runners	0:43'25.21
8	124	Ian	Mcdougall	61	Cumberland ac	0:43'28.58
9	101	Ben	Johnson	28		0:43'40.18
10	40	Jack	Clegg	37		0:44'06.09
11	161	Daniel	Robinson	27		0:44'21.37
12	76	James	Gorman	39	Wigton Road Runners	0:45'33.94
13	198	Vic	Wilson	41	Cumberland AC	0:45'45.84
14	147	James	Palliater	34		0:45'50.40
16	46	Grant	Crouch	52		0:46'16.95
16	168	lee	sharp	37	SJ Fitness	0:46'26.42
17	110	Georgina	Knapper	26		0:46'34.29
18	96	WAYNE	HORSLEY	47	Wigton Road Runners	0:47'07.84
19	2	Joel	Ali	36		0:47'18.97
20	25	James	Boothroyd	30		0:47'19.39
21	51	Ryan	Davidson	24		0:47'39.84
22	119	Kay	Mackenzie	43		0:48'18.26
23	31	Ian	Brockbank	59		0:48'20.44
24	98	Tracey	Irons	51		0:48'26.09
25	26	Simon	Boothroyd	27		0:48'32.74
26	155	Grace	Rennie	33		0:48'45.46
27	30	John	Bradley	42		0:48'46.12
28	136	Sarah	Minchella	48	Cumberland AC	0:48'47.35
29	38	Susan	Cain	68	Cumberland AC	0:48'49.34
30	126	Stephen	McGinn	52		0:49'23.28
31	115	Graham	Leggett	59	Cumberland ac	0:49'35.20
32	24	Clive	Bontoft	65	Derwent AC	0:49'44.06
33	145	Tracey	Owen	46	Cumberland ac	0:50'08.55
34	82	Errick	Hannah	68	Cumberland ac	0:50'11.55
35	127	Sarah	McIntosh	46		0:50'30.14
36	125	Ken	McGarva	63	DH Runners	0:50'38.02
37	10	Jamie	Banks	44	Cumberland ac	0:51'11.00
38	84	Carol	Harrison	46		0:51'24.37
39	48	Ed	Crozier	49		0:51'31.34
40	57	Steven	Dobson	49		0:51'33.56
41	172	Michael	Smithurst	61		0:52'01.48
42	116	Anna	Lightfoot	28	Border Reivers	0:52'05.74
43	135	Tony	Mills	60	DH RUNNERS	0:52'15.66
44	32	John	Brough	37	Wigton road runners	0:52'17.32
45	7	Harriet	Asbridge	25		0:52'18.15

	46	141	Caitlin	Nordon	18		0:52'21.68
	47	109	Edward	Knapper	54		0:52'22.63
	48	6	Malcolm	Armstrong	61		0:52'39.06
	49	35	Isla	Bulmer	15		0:52'54.34
	50	62	Claire	Edgar	36		0:53'00.08
	51	349	Sue	Wright	57	DH Runners	0:53'02.43
	52	170	Charlotte	Smith	32		0:53'05.34
	53	44	Bethany	Cronie	35		0:53'05.90
	54	22	Chris	Blain	55	None	0:53'06.54
	55	129	Karen	McLean	64	Cumberland AC	0:53'28.58
	56	99	Laura	Irving	36		0:53'30.12
	57	53	Paul	Dixon	64	N/A	0:53'56.11
	58	105	Karen	Jones	62	Border Reiver Runners	0:54'02.84
	59	14	Chris	Baxter	59	Wigton Road Runners	0:54'09.52
	60	83	Cameron	Harrison	22		0:54'11.28
	61	8	Becca	Aston	23		0:54'17.29
	62	177	Wayne	Stevens	50	Border Reiver Runners	0:54'31.56
	63	181	Paul	Teague	60		0:54'32.43
	64	122	Denise	Maxwell	57	N/a	0:54'33.49
	65	58	Sarah	Dodd	21	n/a	0:54'38.52
	66	88	Hannah	Heslop			0:54'49.14
	67	149	Abbie	Pearson	43		0:54'59.14
	68	150	Andrew	Pearson	52		0:54'59.69
	69	81	Philippa	Hall	22		0:55'14.38
	70	34	Stuart	Buchanan	64	Cumberland AC	0:55'42.14
	71	102	Dan	Johnson	31		0:55'43.99
	72	103	Jamie	Johnston	37	Border reivers	0:55'56.34
	73	190	Aimee	Whalley	29		0:56'08.69
	74	36	Hollie	Burnett	23		0:56'20.87
	75	108	Lizzy	Kidd	24		0:56'21.13
	76	188	Charlotte	Walker	28		0:57'24.73
	77	165	Graeme	Russell	57		0:57'26.34
	78	133	Ian	Mercer	62	Border Reiver Runners	0:57'45.26
	79	3	Amy	Andrews	25		0:57'50.27
	80	42	Nicola	Cowan	42	Cumberland AC	0:58'07.14
	81	50	Lynne	Davidson	46		0:58'16.05
	82	49	Harley	Cummins	28	Border Reivers	0:58'18.43
	83	185	Heidi	Underwood	48		0:58'25.18
	84	78	Megan	Graham	31		0:58'38.35
	85	152	Harry	Powell	25		0:58'45.47
	86	11	Leigh	Barker	40		0:58'46.47
	87	65	Brenda	Elliott	54	Cumberland AC	0:58'51.30
	88	71	Grace	Foster	23		0:58'53.28
	89	39	David	Clark	42	Cumberland AC	0:58'54.34
	90	183	Sophie	Thompson	29	Eden Runners	0:59'13.50
	91	90	Lorna	Hill	26	Border Reivers	0:59'38.78
	92	1	Caroline	Abbott	35		0:59'47.94

	93	86	Alex	Hayes	21		0:59'48.43
	94	87	Andy	Hayes	59		0:59'48.85
	95	166	Rachel	Scott	30		0:59'51.48
	96	148	Callum	Pattinson	18		0:59'54.18
	97	173	Claire	Smits	51	None	0:59'57.43
	98	113	Amy	Lambert	40		1:00'25.12
	99	4	Andrew	Armstrong	44		1:00'36.24
	100	106	Anne	Kenny	50		1:00'41.75
	101	52	Jill	Davies	56	n/a	1:00'47.49
	102	33	Linda	Brown	51	Wigton Road Runners	1:00'48.34
	103	93	Rachel	Hogarth	45	Voodoo Warriors	1:01'06.53
	104	179	Joseph	Stewart	23		1:01'29.12
	105	158	Joanne	Ridley	26		1:01'29.72
	106	64	Helen	Edmondson	46	Wigton Road Runners	1:01'39.85
	107	68	Kaylie	Falconer	36	Adac	1:01'44.16
	108	118	Holly	Macfadzean	22		1:01'46.99
	109	176	Molly	Steadman	22		1:01'47.56
	110	107	Kevin	Kerr	54	Wigton road runners	1:01'48.66
	111	132	Amanda	Mercer	37	Border Reiver Runners	1:01'51.37
	112	178	Rachael	Stevenson	29	DH Runners	1:02'16.79
	113	20	Taresa	Biddle	47		1:02'28.93
	114	85	Ollie	Harte	24		1:02'40.65
	115	128	Amanda	Mckirdy	39	Eden Runners	1:02'49.52
	116	28	Katey	Bowe	43		1:03'25.40
	117	120	Rebecca	Magnay	37	Wigton Road Runners	1:03'36.50
	118	47	Angela	Crozier	45		1:03'53.02
	119	41	Holli	Coulthard	24		1:03'58.95
	120	17	Marion	Bell	44		1:04'17.37
	121	157	Zoe	Richardson	49	Wigton road runners	1:04'20.94
	122	191	Sarah Ann	Whitaker	0		1:04'31.90
	123	21	Benson	Blackmore	65		1:04'32.68
	124	61	Lesley	Duncanson	35	DH Runners	1:04'36.96
	125	89	Carrie	Hill	27	None	1:05'07.90
	126	16	Helen	Baxter	55	Wigton Road Runners	1:05'19.05
	127	142	Sandra	Nordon	44	Wigton Road Runners	1:05'30.11
	128	5	Laura	Armstrong	41		1:05'35.43
	129	192	Hayley	Wilkinson	38		1:05'40.84
	130	43	Danielle	Creighton	38		1:05'41.47
	131	139	Phil	Nicholson	47		1:05'43.17
	132	184	Paul	Todd	53	DH Runners	1:06'02.37
	133	13	Susanne	Barthelmes	61		1:06'13.06
	134	169	Ellie	Skelhorn	26		1:06'25.34
	135	80	Kelly	Gullen	52	DH Runners	1:06'41.21
	136	153	Louise	Prescott	40		1:07'00.98
	137	134	Ian	Milburn	53		1:07'03.41
	138	121	Beverley	Marrs	43	Cumberland AC	1:07'26.52
	139	70	Zoe	Ferguson	66		1:07'30.95

	140	163	Laura	Rudd	40		1:08'17.62
	141	200	Jasper	Wood	11		1:09'13.10
	142	199	JASON	WOOD	35		1:09'13.59
	143	114	Sarah	Lee	28		1:09'25.91
	144	138	Janice	Nichols	66		1:09'38.44
	145	196	Marie	Wilson	34		1:09'49.50
	146	180	Nichola	Stubbs	55	Voodoo Warriors	1:09'59.54
	147	162	Joanne	Rooney	56		1:10'00.04
	148	72	Kim	Foster	43		1:10'09.28
	149	159	Rachael	Roberts	44	DH Runners	1:10'13.99
	150	100	Elsa	Jefferson	29		1:10'14.71
	151	67	Nina	Errington	47		1:10'38.01
	152	143	Yvonne	Nordon	43		1:11'40.06
	153	348	Sally	Worrall	43		1:12'02.16
	154	347	Mark	Worrall	57		1:12'02.75
	155	54	Sam	Dixon	27		1:12'35.47
	156	151	Hannah	Plimmer	43		1:14'29.01
	157	59	Bethany	Dowdell	28		1:14'38.91
	158	66	Philip	Emmerson	29		1:14'49.56
	159	91	Danni	Hillier			1:14'51.75
	160	92	Kelly	Hillier			1:16'02.37
	161	60	Lesley	Drysdale	57	ADAC	1:16'33.56
	162	23	Abbie	Blythe	30	DH Runners	1:17'04.29
	163	130	Adriana	Melicherova	45		1:18'53.06
	164	123	Caitlin	McConnell	28		1:20'24.50
	165	55	Alison	Dobson	38		1:22'01.24
	166	19	Deborah	Berg	47		1:22'01.81
	167	29	Lucie	Boyd	48		1:33'24.46
	168	79	Sarah	Grundy	52	Voodoo Warriors	1:33'25.07