



Penrith

	Bib num	Name	Club	Time	Start time	Actual Time
U9 Male						
1	6	Jos Jebb	Helm Hill	00:03:08		00:03:08
2	1	Matthew Downie	Unattached	00:03:08		00:03:08
3	7	Ben Mulvany	Helm Hill	00:03:24		00:03:24
4	5	Ollie Ewbank	Eden Runners	00:03:38		00:03:38
5	4	Drew Cunningham	Eden Runners	00:03:46		00:03:46
6	3	Jake Nicholson	Unattached	00:03:55		00:03:55
U9 Female						
U11 Male						
1	60	Magnus Foxwell	Ambleside	00:05:50		00:05:50
2	51	Seth Abbey	Eden Runners	00:06:02		00:06:02
3	57	Eddie Slack	Eden Runners	00:06:04		00:06:04
4	59	Harry Beetham	Unattached	00:06:07		00:06:07
5	54	Harry Goodman	Keswick	00:06:24		00:06:24
6	55	Theo Harper	Seaton	00:06:35		00:06:35
7	52	Thomas Downie	Unattached	00:06:48		00:06:48
8	56	Luke Hetherington	Eden Runners	00:07:03		00:07:03
9	53	Mark Evans	Eden Runners	00:07:07		00:07:07
10	61	Hayden Smith	Eden Runners	00:07:33		00:07:33
U11 Female						
1	98	Isla Jebb	Helm Hill	00:06:16		00:06:16
2	95	Fay Thomas	Unattached	00:06:38		00:06:38
3	97	Emma Anderson-Bickley	Sedbergh School	00:06:52		00:06:52
4	93	Evie Youngman	CFR	00:06:54		00:06:54
5	94	Freya Hodgson-Jones	Ambleside	00:07:37		00:07:37
6	92	Bethany Swabrick	CFR	00:07:44		00:07:44
U13 Male						
1	150	Toby Acland	Kendal	00:08:42		00:08:42
2	131	Will Brayshaw	Helm Hill	00:08:45		00:08:45
3	146	Evan Mulvany	Helm Hill	00:08:46		00:08:46
4	143	Tom Ashworth	Ambleside	00:08:48		00:08:48
5	151	Tom Beetham	Unattached	00:08:50		00:08:50
6	147	Jamie Osborne	Unattached	00:08:58		00:08:58
7	152	Ptolemy Evans	Eden Runners	00:09:00		00:09:00
8	145	Charlie Eagling	Border	00:09:09		00:09:09
9	153	Harvey Shaw	Kendal	00:09:22		00:09:22
10	203	Declan Denwood	Netherhall School	00:09:25		00:09:25
11	140	Keian McCombie	Eden Runners	00:09:30		00:09:30
12	144	Ewan Birch	Unattached	00:10:29		00:10:29
13	136	Matthew Hetherington	Border	00:10:33		00:10:33
14	139	Johnny Ivison	Netherhall School	00:10:39		00:10:39
15	134	Harrison Fiddler	Netherhall School	00:11:00		00:11:00
16	148	Zach Thomas	Unattached	00:12:33		00:12:33

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	Bib num	Name	Club	Time	Start time	Actual Time
U13 Female						
1	163	Lucy Hetherington	Border	00:08:59		00:08:59
2	169	Penelope Boyle	Leven Valley	00:09:01		00:09:01
3	166	Daisy Woodcock	Seaton	00:09:12		00:09:12
4	173	Millie Jebb	Kendal	00:09:25		00:09:25
5	172	Ruby Duxbury	Kendal	00:09:56		00:09:56
6	174	Elissa Kinley	Unattached	00:10:03		00:10:03
7	161	Amelia Conway	Seaton	00:10:06		00:10:06
8	162	Anna Cunningham	Eden Runners	00:10:36		00:10:36
9	175	Sofia McArdle	Carlisle Aspatria	00:10:47		00:10:47
10	176	Alice Rankin	Eden Runners	00:11:32		00:11:32
11	171	Liesl Cable	Annan	00:12:11		00:12:11
12	177	Charleigh Taylor	Netherhall School	00:13:05		00:13:05
13	168	Kweeva Wylie	Unattached	00:15:47		00:15:47
14	167	Neve Pearson	Unattached	00:15:48		00:15:48
U15 Male						
1	202	Oliver Willoughby	Kendal	00:10:04		00:10:04
2	198	George Tiffin-Low	Border	00:10:23		00:10:23
3	200	Rowan Ashworth	Ambleside	00:10:26		00:10:26
4	192	Mylo Jewell	CFR	00:10:32		00:10:32
5	199	Noah Wadsworth	Helm Hill	00:10:33		00:10:33
6	191	Alfie Addison	Kendal	00:10:38		00:10:38
7	201	Archie Harding	Eden Runners	00:11:05		00:11:05
8	196	Joshua Todd	Kendal	00:11:25		00:11:25
9	193	Kian Motley	Netherhall School	00:11:27		00:11:27
10	195	Alfie Todd	Kendal	00:12:00		00:12:00
11	197	Daniel Cooper	Keswick	00:12:37		00:12:37
12	194	Daniel Thompson	Netherhall School	00:13:39		00:13:39
U15 Female						
1	221	Amara Rose	Eden Runners	00:12:42		00:12:42
2	217	Marina Bailey	Leven Valley	00:13:00		00:13:00
3	213	Olivia Swarbrick	Copeland	00:13:30		00:13:30
4	216	Amelie Thorburn	Eden Runners	00:13:59		00:13:59
5	219	Emma Duxbury	Ambleside	00:14:07		00:14:07
6	218	Isla Birch	Unattached	00:14:07		00:14:07
7	215	Ruth Walker	Unattached	00:15:57		00:15:57
U17 Male						
1	233	Charlie Allmond	Ambleside	00:19:32	00:06:00	00:13:32
2	235	Kai Hatcher	Border	00:20:25	00:06:00	00:14:25
3	234	Harry Ewbank	Eden Runners	00:20:36	00:06:00	00:14:36
4	236	Ashley Todd	Border	00:21:27	00:06:00	00:15:27
5	231	Dylan Owens	Seaton	00:23:08	00:06:00	00:17:08
U17 Female						
1	253	Jessica Bailey	Leven Valley	00:14:57		00:14:57
2	254	Grace Monkhouse	Border	00:17:10		00:17:10
3	255	Sophie Rylance	Ambleside	00:17:43		00:17:43
4	252	Emily Hetherington	Border	00:20:43		00:20:43



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	Bib numt	Name	Club	Time	Start time	Actual Time
Senior Men						
1	403	James Douglas	Border	00:32:46	00:06:00	00:26:46
2	389	Jonathan Cox	Eden Runners	00:33:00	00:06:00	00:27:00
3	390	Tom Humphries	Lancaster & Morecambe AC	00:34:14	00:06:00	00:28:14
4	400	Calum Tinnion	Keswick	00:34:29	00:06:00	00:28:29
5	413	Dave Birch	Keswick	00:35:33	00:06:00	00:29:33
6	388	Phil Winskill	Keswick	00:35:50	00:06:00	00:29:50
7	409	Jules Hatcher	Border	00:35:54	00:06:00	00:29:54
8	398	Blain Rooney	Border	00:36:00	00:06:00	00:30:00
9	410	Spencer Riley	Ambleside	00:36:44	00:06:00	00:30:44
10	406	Paul Graham	Netherhall	00:37:58	00:07:00	00:30:58
11	387	Joe Todd	Kendal	00:37:33	00:06:00	00:31:33
12	369	Phil Cooper	Eden Runners	00:38:07	00:06:00	00:32:07
13	401	Ian Renouf	Derwent	00:38:14	00:06:00	00:32:14
14	361	Graham Airey	Keswick	00:38:38	00:06:00	00:32:38
15	407	Jonny Lowe	Border	00:38:39	00:06:00	00:32:39
16	415	Chris Knowles	Ellenborough	00:38:55	00:06:00	00:32:55
17	377	Mike James	Unattached	00:39:06	00:06:00	00:33:06
18	370	William Cox	Netherhall	00:39:36	00:06:00	00:33:36
19	392	Michael Walters	Eden Runners	00:40:04	00:06:00	00:34:04
20	391	Wayne Croasdell	Eden Runners	00:40:34	00:06:00	00:34:34
21	414	Sean Uttley	Unattached	00:40:42	00:06:00	00:34:42
22	408	Michael Osborne	Unattached	00:40:44	00:06:00	00:34:44
23	399	Matt Charlton	DH Runners	00:40:55	00:06:00	00:34:55
24	417	Michael Allison	Eden Runners	00:40:59	00:06:00	00:34:59
25	394	David Bowes	Eden Runners	00:41:04	00:06:00	00:35:04
26	384	Howard Seal	Derwent	00:41:19	00:06:00	00:35:19
27	405	Greg Simpson	Eden Runners	00:41:27	00:06:00	00:35:27
28	383	George Royston-Bishop	Derwent	00:41:48	00:06:00	00:35:48
29	395	Dominic Davis	Eden Runners	00:43:53	00:06:00	00:37:53
30	411	Nigel Braithwaite	Eden Runners	00:43:57	00:06:00	00:37:57
31	404	Alan Homer	Derwent	00:44:10	00:06:00	00:38:10
32	396	Thomas Taggart	Eden Runners	00:44:33	00:06:00	00:38:33
33	372	Anthony Davis	Derwent	00:45:02	00:06:00	00:39:02
34	412	Jonathan Tombs	Eden Runners	00:46:05	00:06:00	00:40:05
35	378	David Johnson	Eden Runners	00:48:29	00:08:00	00:40:29
36	416	Stephen Libby	Eden Runners	00:46:34	00:06:00	00:40:34
37	397	Dave Kirby	DH Runners	00:46:37	00:06:00	00:40:37



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	Bib num	Name	Club	Time	Start time	Actual Time
Senior Women						
1	287	Antonia Fan	Ambleside	00:32:10		00:32:10
2	293	Fiona Todd	Border	00:34:58		00:34:58
3	289	Ruth Hetherington	Eden Runners	00:36:22		00:36:22
4	265	Kirsty Hewitson	Keswick	00:36:36		00:36:36
5	271	Emma Nielson	Eden Runners	00:36:54		00:36:54
6	283	Trudy Beetham	Keswick	00:37:41		00:37:41
7	288	Michelle Foxwell	Ambleside	00:37:56		00:37:56
8	292	Suzanne Smith	Eden Runners	00:38:11		00:38:11
9	275	Emily Swarbrick	Copeland	00:39:26		00:39:26
10	284	Sally Braithwaite	Eden Runners	00:39:50		00:39:50
11	269	Kathryn Metcalfe	Eden Runners	00:39:51		00:39:51
12	282	Lorna Askew	Helm Hill	00:40:21		00:40:21
13	276	Debbie Walker	Derwent	00:40:30		00:40:30
14	270	Katie Milburn	Eden Runners	00:41:34		00:41:34
15	285	Louise Brown	Keswick	00:41:37		00:41:37
16	286	Debbie Charlton	Keswick	00:42:05		00:42:05
17	261	Leeann Barber	CFR	00:42:08		00:42:08
18	281	Elizabeth Adams	Derwent	00:42:36		00:42:36
19	262	Nicky Butler	Keswick	00:43:27		00:43:27
20	278	Angela Watson	Eden Runners	00:43:28		00:43:28
21	263	Justine Carruthers	Eden Runners	00:43:47		00:43:47
22	277	Claire Warner	Keswick	00:48:08	00:01:00	00:47:08
23	274	Kimberly Summers	Derwent	00:48:42		00:48:42
24	268	Jill Libby	Eden Runners	00:51:41	00:02:00	00:49:41

U9 Male

U9 Female

U11 Male

Eden Runners

U11 Female

U13 Male

Eden Runners
Helm Hill
Netherhall School

U13 Female

Eden Runners

U15 Male

Kendal

U15 Female

U17 Male

U17 Female

Senior Men

Keswick
Border
Eden Runners
CFR
Derwent

Senior Women

Eden Runners
Keswick
Derwent