

Workington

	Bib numb	Name	Club	Time	Start time	Actual Time
U9 Male						
1	6	Jos Jebb	Helm Hill	00:03:19		00:03:19
2	10	Oscar Frankham	Netherhall	00:03:32		00:03:32
3	1	Matthew Downie	Unattached	00:03:34		00:03:34
4	8	Ed Burns	Unattached	00:03:59		00:03:59
5	2	Samuel Youngman	CFR	00:05:28		00:05:28
U9 Female						
1	34	Niamh Holliday	Unattached	00:04:25		00:04:25
U11 Male						
1	60	Magnus Foxwell	Ambleside	00:07:27		00:07:27
2	69	Luca Roberts	CFR	00:07:34		00:07:34
3	63	Gil Burns	Unattached	00:07:48		00:07:48
4	55	Theo Harper	Seaton	00:08:01		00:08:01
5	51	Seth Abbey	Eden Runners	00:08:06		00:08:06
6	52	Thomas Downie	Unattached	00:09:00		00:09:00
U11 Female						
1	98	Isla Jebb	Helm Hill	00:08:05		00:08:05
2	93	Evie Youngman	CFR	00:08:26		00:08:26
3	99	Annabel Dickinson	Unattached	00:08:30		00:08:30
4	97	Emma Anderson-Bickley	Sedbergh School	00:08:38		00:08:38
5	100	Alice Hardy	Unattached	00:09:04		00:09:04
6	92	Bethany Swabrick	CFR	00:10:02		00:10:02
U13 Male						
1	143	Tom Ashworth	Ambleside	00:08:16		00:08:16
2	133	Daniel Davies	Eden Runners	00:08:23		00:08:23
3	132	Toby Davies	Eden Runners	00:08:24		00:08:24
4	131	Will Brayshaw	Helm Hill	00:08:28		00:08:28
5	153	Harvey Shaw	Kendal	00:08:29		00:08:29
6	150	Toby Acland	Kendal	00:08:35		00:08:35
7	140	Keian McCombie	Eden Runners	00:08:49		00:08:49
8	155	Mason McNichol	Netherhall School	00:09:26		00:09:26
9	139	Johnny Ivison	Netherhall School	00:10:03		00:10:03
10	134	Harrison Fiddler	Netherhall School	00:11:04		00:11:04



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	Bib numb	Name	Club	Time	Start time	Actual Time
U13 Female						
1	169	Penelope Boyle	Leven Valley	00:08:42		00:08:42
2	166	Daisy Woodcock	Seaton	00:08:46		00:08:46
3	163	Lucy Hetherington	Border	00:08:50		00:08:50
4	173	Millie Jebb	Kendal	00:08:54		00:08:54
5	161	Amelia Conway	Seaton	00:09:39		00:09:39
6	185	Suzie McNally	Unattached	00:10:05		00:10:05
7	181	Nyah Brown	Netherhall School	00:10:47		00:10:47
8	180	Jodie Kemp	Netherhall School	00:11:24		00:11:24
9	177	Charleigh Taylor	Netherhall School	00:13:36		00:13:36
10	179	Casey Chambers	Netherhall School	00:13:54		00:13:54
11	189	Layla Hoskins	Netherhall School	00:15:49		00:15:49
U15 Male						
1	202	Oliver Willoughby	Kendal	00:10:40		00:10:40
2	192	Mylo Jewell	CFR	00:10:46		00:10:46
3	207	Ben Nutter	Keswick	00:11:00		00:11:00
4	495	Jack Barker	Sedbergh School	00:11:00		00:11:00
5	198	George Tiffin-Low	Border	00:11:03		00:11:03
6	208	Micah Wightman	Keswick	00:11:06		00:11:06
7	200	Rowan Ashworth	Ambleside	00:11:29		00:11:29
8	498	Bruno Fielding	Sedbergh School	00:11:30		00:11:30
9	193	Kian Motley	Netherhall School	00:11:43		00:11:43
10	209	Ben Wrigley	Seaton	00:11:55		00:11:55
11	197	Daniel Cooper	Keswick	00:12:11		00:12:11
12	499	George Scarr	Sedbergh School	00:13:16		00:13:16
13	210	Roberto Medem Moldenado	Sedbergh School	00:15:01		00:15:01
14	500	Oliver Simpson	Sedbergh School	00:16:03		00:16:03



Workington

	Bib numb	Name	Club	Time	Start time	Actual Time
U15 Female						
1	221	Amara Rose	Eden Runners	00:12:24		00:12:24
2	357	Erin Barry	Keswick	00:12:38		00:12:38
3	359	Rose Gilldaley	Eden Runners	00:12:39		00:12:39
4	223	Grace Wells	Sedbergh School	00:12:56		00:12:56
5	213	Olivia Swarbrick	Copeland	00:13:30		00:13:30
6	215	Ruth Walker	Unattached	00:13:48		00:13:48
7	350	Eva Humpheys	Tri-Lakeland	00:15:07		00:15:07
U17 Male						
1	24	Daniel Richardson	Sedbergh School	00:18:56	00:07:00	00:11:56
2	234	Harry Ewbank	Eden Runners	00:19:43	00:07:00	00:12:43
3	26	Sam Gunning	Sedbergh School	00:19:56	00:07:00	00:12:56
4	23	Joe Degroote	Sedbergh School	00:20:15	00:07:00	00:13:15
5	25	Joe Nolan	Sedbergh School	00:20:27	00:07:00	00:13:27
6	231	Dylan Owens	Seaton	00:20:43	00:07:00	00:13:43
7	241	Oliver Bird	Sedbergh School	00:20:53	00:07:00	00:13:53
8	240	Luke Cosgrove	Sedbergh School	00:22:50	00:07:00	00:15:50
9	249	Lukas Muehlau	Sedbergh School	00:24:12	00:07:00	00:17:12
U17 Female						
1	490	Jemima Berry	Sedbergh School	00:14:11		00:14:11
2	254	Grace Monkhouse	Border	00:14:47		00:14:47
3	487	Issy Barley	Sedbergh School	00:15:49		00:15:49
4	492	Doris Dixon	Sedbergh School	00:15:59		00:15:59
5	491	Beth Cosgrove	Sedbergh School	00:16:04		00:16:04
6	257	Heather Booth	Sedbergh School	00:16:34		00:16:34
7	259	Libby Martin	Sedbergh School	00:17:18		00:17:18
8	488	Millie Gunning	Sedbergh School	00:17:48		00:17:48
9	493	Freya Noble	Sedbergh School	00:17:49		00:17:49
10	482	Georgia Booth	Sedbergh School	00:18:25		00:18:25

Workington

	Bib numb	Name	Club	Time	Start time	Actual Time
Senior Men						
1	424	John Battrick	Keswick	00:32:48	00:07:00	00:25:48
2	448	Billy Cartwright	Matlock Athletic Club	00:32:51	00:07:00	00:25:51
3	385	Sam Stead	Keswick	00:33:18	00:07:00	00:26:18
4	465	Matthew Elkington	Glaxo Hoad Hill Harriers	00:33:32	00:07:00	00:26:32
5	431	Mark Likeman	CFR	00:34:45	00:07:00	00:27:45
6	470	Tristan Windley	Keswick	00:35:13	00:07:00	00:28:13
7	422	Phil Mather	Sedbergh School	00:36:43	00:07:00	00:29:43
8	418	Sam Sancar	Sedbergh School	00:37:24	00:07:00	00:30:24
9	456	Jamie Partridge	Eden Runners	00:38:09	00:07:00	00:31:09
10	466	Ross Landon	Border	00:38:13	00:07:00	00:31:13
11	472	Richard Wells	Sedbergh School	00:38:22	00:07:00	00:31:22
12	382	Scott Morley	Eden Runners	00:38:25	00:07:00	00:31:25
13	407	Jonny Lowe	Border	00:38:31	00:07:00	00:31:31
14	386	Shane Stobbart	CFR	00:39:05	00:07:00	00:32:05
15	471	Harry Page	Sedbergh School	00:39:26	00:07:00	00:32:26
16	375	Stephen Hackley	Derwent	00:39:43	00:07:00	00:32:43
17	374	Thomas Elmer	DH Runners	00:40:08	00:07:00	00:33:08
18	362	Mike Anderson	Derwent	00:40:13	00:07:00	00:33:13
19	451	Kevin Hull	Border	00:40:34	00:07:00	00:33:34
20	462	Robert Daley	Eden Runners	00:40:45	00:07:00	00:33:45
21	443	Freddie Hill	Sedbergh School	00:40:56	00:07:00	00:33:56
22	383	George Royston-Bishop	Derwent	00:40:58	00:07:00	00:33:58
23	399	Matt Charlton	DH Runners	00:41:08	00:07:00	00:34:08
24	384	Howard Seal	Derwent	00:41:23	00:07:00	00:34:23
25	441	Danny Seddon-Roberts	Sedbergh School	00:41:27	00:07:00	00:34:27
26	377	Mike James	Unattached	00:41:37	00:07:00	00:34:37
27	468	Ryan Stoddart	Cumberland	00:42:05	00:07:00	00:35:05
28	404	Alan Homer	Derwent	00:42:21	00:07:00	00:35:21
29	469	Daniel Wilson	Cumberland	00:42:37	00:07:00	00:35:37
30	433	Christopher Mathieson	Derwent	00:42:39	00:07:00	00:35:39
31	412	Jonathan Tombs	Eden Runners	00:43:59	00:07:00	00:36:59
32	372	Anthony Davis	Derwent	00:44:17	00:07:00	00:37:17
33	467	Peter Milligan	Cumberland	00:44:43	00:07:00	00:37:43
34	463	Nicholas Downes	Cumberland	00:48:12	00:07:00	00:41:12



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	Bib numb	Name	Club	Time	Start time	Actual Time
Senior Women						
1	303	Nichola Jackson	Keswick	00:30:02		00:30:02
2	326	Sharon Taylor	Helm Hill	00:30:58		00:30:58
3	293	Fiona Todd	Border	00:33:41		00:33:41
4	321	Annika Stumpf	DH Runners	00:34:05		00:34:05
5	298	Hailey Fletcher	Sedbergh School	00:35:10		00:35:10
6	324	Fiona Bell	Unattached	00:35:36		00:35:36
7	311	Samantha Trevett	Eden Runners	00:35:42		00:35:42
8	271	Emma Nielson	Eden Runners	00:35:54		00:35:54
9	283	Trudy Beetham	Keswick	00:36:08		00:36:08
10	323	Fiona Smith	Border	00:36:48		00:36:48
11	292	Suzanne Smith	Eden Runners	00:37:22		00:37:22
12	328	Emily Barnard	Sedbergh School	00:37:40		00:37:40
13	269	Kathryn Metcalfe	Eden Runners	00:37:48		00:37:48
14	266	Lisa Jackson	Derwent	00:37:49		00:37:49
15	275	Emily Swarbrick	CFR	00:38:11		00:38:11
16	270	Katie Milburn	Eden Runners	00:38:19		00:38:19
17	302	Lynne Hume	Keswick	00:38:28		00:38:28
18	294	Lindsay Walker	Keswick	00:38:44		00:38:44
19	261	Leeann Barber	CFR	00:38:48		00:38:48
20	276	Debbie Walker	Derwent	00:38:55		00:38:55
21	312	Liz Wilson	Unattached	00:39:52		00:39:52
22	329	Beth Dowbiggin	Sedbergh School	00:40:32		00:40:32
23	267	Wren Langford	DH Runners	00:40:36		00:40:36
24	325	Joanne Humphreys	Derwent	00:40:51		00:40:51
25	285	Louise Brown	Keswick	00:40:59		00:40:59
26	277	Claire Warner	Keswick	00:41:35		00:41:35
27	263	Justine Carruthers	Eden Runners	00:41:56		00:41:56
28	278	Angela Watson	Eden Runners	00:42:33		00:42:33
29	274	Kimberly Summers	Derwent	00:48:09		00:48:09
30	268	Jill Libby	Eden Runners	00:49:34		00:49:34



Final Standings

U9 Male

1	Jos Jebb	Helm Hill
2	Matthew Downie	Unattached
3	Oscar Frankham	Netherhall

U9 Female

1	N/a
2	N/a
3	N/a

U11 Male

1	Magnus Foxwell	Ambleside
2	Seth Abbey	Eden Runners
3	Gil Burns	Unattached

U11 Female

1	Isla Jebb	Helm Hill
2	Evie Youngman	CFR
3	Annabel Dickinson	Unattached

U13 Male

1	Daniel Davies	Eden Runners
2	Toby Acland	Kendal
3	Will Brayshaw	Helm Hill

U13 Female

1	Lucy Hetherington	Border
2	Penelope Boyle	Leven Valley
3	Daisy Woodcock	Seaton

U15 Male

1	Oliver Willoughby	Kendal
2	Mylo Jewell	CFR
3	George Tiffin-Low	Border

U15 Female

1	Amara Rose	Eden Runners
2	Olivia Swarbrick	Copeland
3	Ruth Walker	Unattached

U17 Male

1	Kai Hatcher	Border
2	Harry Ewbank	Eden Runners
3	Ashley Todd	Border

U17 Female

1	Libby Martin	Sedbergh School
2	N/a	
3	N/a	



Senior Men

1	Jonathan Cox	Eden Runners
2	Sam Stead	Keswick
3	Tom Humphries	Border
U20	N/a	N/a
V35	Phil Mather	Sedbergh School
V40	Phil Winskill	Keswick
V45	Jules Hatcher	Border
V50	Mike James	Unattached
V60	Mike Anderson	Derwent

Senior Women

1	Nichola Jackson	Keswick
2	Samantha Trevett	Eden Runners
3	Hailey Fletcher	Sedbergh School
U20	Emily Swarbrick	CFR
V35	Lisa Jackson	Derwent
V40	Leeann Barber	CFR
V45	Fiona Todd	Border
V50	Lorna Askew	Helm Hill
V60	Jill Libby	Eden Runners



Teams Overall Standing

	Total	Workington
U9 Male		
U9 Female		
U11 Male		
Eden Runners	43	
U11 Female		
U13 Male		
Eden Runners	32	12
Netherhall School	86	27
U13 Female		
Netherhall School	77	24
U15 Male		
Keswick		20
Sedbergh School		24
U15 Female		
U17 Male		
Sedbergh School	47	8
U17 Female		
Sedbergh School	28	8
Senior Men		
Keswick	37	10
Border	45	42
Eden Runners	110	41
Derwent	161	56
Sedbergh School	176	26
Cumberland		89
Senior Women		
Eden Runners	68	26
Keswick	76	27
Derwent	141	58
Sedbergh School		39