

Keswick 17/12/22

	Bib num	Name	Club	Time	Start time	Actual Time
U9 Male						
1	20	Kit Evans	Ambleside AC	00:04:28		00:04:28
2	18	Thomas Tacon	Cumberland Fell Runners	00:04:49		00:04:49
3	23	James McAleese	Ambleside AC	00:04:59		00:04:59
4	15	William Cairns	Annan & District AC	00:05:05		00:05:05
5	10	Arthur Prosser George	Cumberland Fell Runners	00:05:13		00:05:13
6	8	Oscar King	Cumberland Fell Runners	00:05:14		00:05:14
7	16	Finley Gillon	Eden Runners	00:05:26		00:05:26
8	7	Freddie King	Cumberland Fell Runners	00:05:31		00:05:31
9	12	Stephen Watson	Ambleside AC	00:05:46		00:05:46
10	14	Aedan Barry	Keswick AC	00:05:52		00:05:52
11	3	Parker Dunlop	Unattached	00:06:26		00:06:26
12	5	Jonny Frankham	Cumberland Fell Runners	00:06:38		00:06:38

Teams

1	Cumberland Fell Runners	13 pts
2	Ambleside AC	13 pts

U9 Female

1	36	Lola Hodgson	Ambleside AC	00:05:02		00:05:02
2	37	Charlotte Mathieson	Cumberland Fell Runners	00:05:15		00:05:15
3	40	Lucy Wood	Eden Runners	00:05:16		00:05:16
4	34	Jessica Ferris	Keswick AC	00:05:20		00:05:20
5	32	Maia Dacre	Helm Hill Runners	00:05:40		00:05:40
6	42	Romy Barron	Ambleside AC	00:05:42		00:05:42
7	39	Alana McMinnis	Blackpool Wyre & Fylde AC	00:05:48		00:05:48
8	48	Teigan Wilcock	Ambleside AC	00:05:54		00:05:54
9	46	Megan Connor	Cumberland Fell Runners	00:05:55		00:05:55
10	47	Mila Lefton	Ambleside AC	00:05:56		00:05:56
11	31	Charlotte Cueto	Unattached	00:05:56		00:05:56
12	33	Molly Dunlop	Unattached	00:06:31		00:06:31
13	41	Imogen Darcy	Unattached	00:07:06		00:07:06

Teams

1	Ambleside AC	15 pts
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U11 Male

1	75	Harri Tancred	Helm Hill Runners	00:06:44		00:06:44
2	64	Magnus Foxwell	Ambleside AC	00:06:49		00:06:49
3	87	Jos Jebb	Helm Hill Runners	00:06:58		00:06:58
4	61	Matthew Downie	Seaton Athletic Club	00:07:01		00:07:01
5	62	Thomas Downie	Seaton Athletic Club	00:07:13		00:07:13
6	71	Ewan Mitchell	Border Harriers & AC	00:07:15		00:07:15
7	89	Jack Thwaite	Cumberland Fell Runners	00:07:31		00:07:31
8	58	Joshua Weild	Annan & District AC	00:07:39		00:07:39
9	67	Nathaniel Leonard	Eden Runners	00:07:40		00:07:40
10	65	Oscar Frankham	Cumberland Fell Runners	00:07:42		00:07:42
11	56	Joe Maguire	Lancaster & Morecambe AC	00:07:49		00:07:49
12	59	Arthur Smith	Ambleside AC	00:07:54		00:07:54
13	63	Mark Evans	Eden Runners	00:08:06		00:08:06
14	70	Joey Marshall	Annan & District AC	00:08:13		00:08:13
15	73	Reuben Prosser Georg	Cumberland Fell Runners	00:08:21		00:08:21
16	76	Robert Watson	Ambleside AC	00:08:48		00:08:48
17	78	Samuel Youngman	Cumberland Fell Runners	00:11:47		00:11:47

Teams



Keswick 17/12/22

Bib num	Name	Club	Time	Start time	Actual Time
1	Ambleside AC		30	pts	
2	Cumberland Fell Runners		32	pts	

Keswick 17/12/22

	Bib num	Name	Club	Time	Start time	Actual Time
U11 Female						
1	101	Fay Thomas	Lancaster & Morecambe AC	00:07:17		00:07:17
2	99	Imogen Moore	Leven Valley AC	00:07:32		00:07:32
3	102	Mila Barron	Ambleside AC	00:07:37		00:07:37
4	100	Mollie Phillips	Annan & District AC	00:07:40		00:07:40
5	98	Lily-rose McMinnis	Blackpool Wyre & Fylde AC	00:07:43		00:07:43
6	96	Alice Maddams	Keswick AC	00:08:36		00:08:36
7	94	Freya Hodgson-Jones	Ambleside AC	00:09:30		00:09:30

Teams None

U13 Male

1	137	Tom Ashworth	Ambleside AC	00:09:50		00:09:50
2	146	Joseph Tinniswood	Border Harriers & AC	00:10:03		00:10:03
3	133	Joseff Tancrel	Kendal Amateur Athletic Club	00:10:10		00:10:10
4	131	Aston Stubbs	Annan & District AC	00:10:15		00:10:15
5	127	Joe Green	Ambleside AC	00:10:18		00:10:18
6	132	Mason Stubbs	Annan & District AC	00:10:32		00:10:32
7	142	Oliver Scott	Leven Valley AC	00:10:33		00:10:33
8	143	Riley Scott	Leven Valley AC	00:10:36		00:10:36
9	123	Gil Burns	Border Harriers & AC	00:10:39		00:10:39
10	136	Monty Holmes	Keswick AC	00:10:43		00:10:43
11	129	Barnaby Parker	Eden Runners	00:11:24		00:11:24
12	124	Jamie Cueto	Seaton Athletic Club	00:11:36		00:11:36
13	128	Ethan Hughes Rudd	Cumberland Fell Runners	00:12:17		00:12:17
14	145	Ramsay Green	Annan & District AC	00:12:34		00:12:34
15	134	F.D.	Ambleside AC	00:12:42		00:12:42
16	122	Laurence Barratt	Unattached	00:12:44		00:12:44
17	144	Zach Thomas	Lancaster & Morecambe AC	00:13:33		00:13:33

Teams

1	Ambleside AC	24 pts
2	Annan & District AC	27 pts

U13 Female

1	1	Penelope Boyle	Leven Valley AC	00:09:59		00:09:59
2	171	Isla Jebb	Kendal Amateur Athletic Club	00:10:52		00:10:52
3	175	Isla Pearman	Kendal Amateur Athletic Club	00:11:09		00:11:09
4	168	Cara Bradley	Kendal Amateur Athletic Club	00:11:15		00:11:15
5	166	Evie Youngman	Cumberland Fell Runners	00:11:55		00:11:55
6	163	Anna Cunningham	Eden Runners	00:12:24		00:12:24
7	169	Imogen Cairns	Annan & District AC	00:12:47		00:12:47
8	173	Alice Hardy	Unattached	00:12:58		00:12:58
9	167	Scarlett Bell	Annan & District AC	00:13:23		00:13:23
10	164	Katelyn Douglas	Glaxo Hoad Hill Harriers	00:13:47		00:13:47

Teams

1	Kendal Amateur Athletic Club	9 pts
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Keswick 17/12/22

	Bib num	Name	Club	Time	Start time	Actual Time
U15 Male						
1	192	Alfie Addison	Kendal Amateur Athletic Club	00:11:45		00:11:45
2	197	Mylo Jewell	Cumberland Fell Runners	00:11:51		00:11:51
3	200	George Tiffin-Lowe	Border Harriers & AC	00:11:52		00:11:52
4	203	Micah Wightman	Keswick AC	00:12:03		00:12:03
5	201	Alfie Todd	Kendal Amateur Athletic Club	00:12:40		00:12:40
6	204	John Williamson	Leven Valley AC	00:12:54		00:12:54
7	194	Daniel Cooper	Keswick AC	00:12:59		00:12:59
8	195	Daniel Davies	Eden Runners	00:13:23		00:13:23
9	196	Toby Davies	Eden Runners	00:14:40		00:14:40
10	202	Joshua Todd	Kendal Amateur Athletic Club	D.N.F.		D.N.F.

Teams None

U15 Female

1	238	Daisy Woodcock	Seaton Athletic Club	00:13:06		00:13:06
2	232	Rose Gildale	Eden Runners	00:13:22		00:13:22
3	241	Millie Jebb	Kendal Amateur Athletic Club	00:13:40		00:13:40
4	226	Marina Bailey	Leven Valley AC	00:13:49		00:13:49
5	239	Erin Barry	Keswick AC	00:14:04		00:14:04
6	227	Iona Barrowdale-Smith	Leven Valley AC	00:14:44		00:14:44
7	248	Isabelle Milligan	Border Harriers & AC	00:14:45		00:14:45
8	233	Mahiya Mohan	Barrow & Furness Striders AC	00:15:12		00:15:12
9	243	Lily Salt	Eden Runners	00:15:14		00:15:14
10	228	Isla Birch	Eden Runners	00:15:18		00:15:18
11	231	Ellen Douglas	Leven Valley AC	00:15:19		00:15:19
12	230	Rosie Davies	Eden Runners	00:15:43		00:15:43
13	242	Emily MacPherson-Litt	Kendal Amateur Athletic Club	00:15:43		00:15:43
14	236	Anna Thompson	Border Harriers & AC	00:15:53		00:15:53
15	235	Sienna Parker	Eden Runners	00:16:14		00:16:14
16	244	Amelie Thorburn	Eden Runners	00:16:32		00:16:32
17	225	Isla Robinson	Eden Runners	D.N.F.		D.N.F.

Teams

1	Eden Runners	24 pts
2	Leven Valley AC	24 pts
3	Eden Runners B	46 pts

U17 Male

1	269	Rowan Ashworth	Ambleside AC	00:17:16		00:17:16
2	270	Ben Nutter	Border Harriers & AC	00:18:25		00:18:25
3	266	Max Hazlehurst	Leven Valley AC	00:18:38		00:18:38
4	262	Joshua Davies	Eden Runners	00:19:39		00:19:39
5	261	Neil Alexander	Annan & District AC	D.Q.		D.Q.

Teams None

U17 Female

1	281	Ebony Blackwell	Border Harriers & AC	00:17:47		00:17:47
2	283	Ruth Walker	Unattached	00:24:00		00:24:00

Teams None

Keswick 17/12/22

	Bib num	Name	Club	Time	Start time	Actual Time
Senior Men						
1	407	John Battrick	Keswick AC	00:32:55	00:08:00	00:24:55 S
2	420	James Salt	Border Harriers & AC	00:33:14	00:08:00	00:25:14 S
3	360	James Douglas	Border Harriers & AC	00:33:23	00:08:00	00:25:23 V35
4	364	Adrian Holliday	Border Harriers & AC	00:33:34	00:08:00	00:25:34 V35
5	390	Tom Humphries	Border Harriers & AC	00:33:38	00:08:00	00:25:38 S
6	296	Steve Hebblethwaite	Keswick AC	00:34:05	00:08:00	00:26:05 V35
7	295	Josh Hartley	Glaxo Hoad Hill Harriers	00:34:32	00:08:00	00:26:32 S
8	298	Nathan Postill	Border Harriers & AC	00:34:48	00:08:00	00:26:48 S
9	419	Jacob Smith	Kendal Amateur Athletic Club	00:35:10	00:08:00	00:27:10 U20
10	294	Daniel Dalton	Coventry Godiva Harriers	00:35:51	00:08:00	00:27:51 S
11	367	Ross Landon	Border Harriers & AC	00:36:00	00:08:00	00:28:00 S
12	330	Russell Maddams	Keswick AC	00:36:10	00:08:00	00:28:10 V45
13	316	Tom Dunlop	Derwent AC Cockermouth	00:36:19	00:08:00	00:28:19 V35
14	418	James Bowen	Kendal Amateur Athletic Club	00:36:28	00:08:00	00:28:28 U20
15	382	Ashley Todd	Border Harriers & AC	00:36:53	00:08:00	00:28:53 U20
16	348	Joe Todd	Kendal Amateur Athletic Club	00:36:55	00:08:00	00:28:55 V45
17	279	James Rafferty	Keswick AC	00:37:01	00:08:00	00:29:01 S
18	377	Will Sisson	Kendal Amateur Athletic Club	00:37:04	00:08:00	00:29:04 V35
19	309	Shane Conway	Unattached	00:37:05	00:08:00	00:29:05 V35
20	328	Jonny Lowe	Border Harriers & AC	00:37:10	00:08:00	00:29:10 V45
21	291	David Brigham	Keswick AC	00:37:24	00:08:00	00:29:24 V35
22	399	Rick Shepley	Border Harriers & AC	00:37:39	00:08:00	00:29:39 V40
23	378	Lee Smith	Derwent AC Cockermouth	00:38:25	00:08:00	00:30:25 V45
24	310	Philip Cooper	Eden Runners	00:38:39	00:08:00	00:30:39 V45
25	346	Ryan Stoddart	Cumberland AC	00:39:43	00:08:00	00:31:43 V35
26	293	James Conlon	Cumberland Fell Runners	00:39:54	00:08:00	00:31:54 S
27	308	Matt Charlton	DH Runners	00:39:55	00:08:00	00:31:55 S
28	375	Steve Rhodes	Hyde Park Harriers	00:40:06	00:08:00	00:32:06 V50
29	414	Mike Robinson	Cumberland AC	00:40:26	00:08:00	00:32:26 V40
30	303	Michael Allison	Eden Runners	00:40:39	00:08:00	00:32:39 V60
31	331	Chris Mathieson	Derwent AC Cockermouth	00:40:53	00:08:00	00:32:53 V35
32	379	Chris Stephenson	DH Runners	00:40:56	00:08:00	00:32:56 V50
33	371	Gerard Mulgrew	Cumberland AC	00:41:02	00:08:00	00:33:02 V50
34	289	Mike Innerdale	Eden Runners	00:42:04	00:08:00	00:34:04 V50
35	415	Daniel Wilson	Cumberland AC	00:42:14	00:08:00	00:34:14 V35
36	358	Calum Campbell	Eden Runners	00:42:53	00:08:00	00:34:53 V50
37	391	James Jardine	Eden Runners	00:43:07	00:08:00	00:35:07 V40
38	392	Jamie Jephcott	Eden Runners	00:44:07	00:08:00	00:36:07 V50
39	313	Anthony Davis	Derwent AC Cockermouth	00:44:13	00:08:00	00:36:13 V60
40	349	Jonathan Tombs	Eden Runners	00:44:15	00:08:00	00:36:15 V50
41	305	Garry Bower	Eden Runners	00:45:36	00:08:00	00:37:36 V50
42	338	Mark Osborne	Eden Runners	00:46:55	00:08:00	00:38:55 V50
43	340	Joseph Ritson	Derwent AC Cockermouth	00:47:46	00:08:00	00:39:46 V60
44	400	Raymond Sisson	Eden Runners	00:47:52	00:08:00	00:39:52 V60
45	410	Craig Houghton	Cumberland Fell Runners	00:48:20	00:08:00	00:40:20 V50
46	297	Ralph Liddell	Eden Runners	00:48:28	00:08:00	00:40:28 V70
47	315	Nicholas Downes	Cumberland AC	00:52:09	00:08:00	00:44:09 V45
48	386	Alan Creighton	Annan & District AC	00:52:52	00:08:00	00:44:52 V60
49	396	Malcolm Nicholson	DH Runners	00:56:50	00:08:00	00:48:50 V50
50	327	Stephen Libby	Eden Runners	D.N.F		D.N.F V60

Teams

1	Border Harriers & AC	12 pts
2	Keswick AC	22 pts
3	Border Harriers & AC B	27 pts
4	Kendal Amateur Athletic Club	42 pts



Keswick 17/12/22

Bib num	Name	Club	Time	Start time	Actual Time
5	Eden Runners		91	pts	
6	Derwent AC	Cockermouth	70	pts	
7	Cumberland AC		90	pts	
8	Eden Runners B		114	pts	
9	DH Runners		111	pts	

Keswick 17/12/22

	Bib num	Name	Club	Time	Start time	Actual Time
Senior Women						
1	250	Sophie Likeman	Cumberland Fell Runners	00:34:45	00:04:00	00:30:45 S
2	441	Katie Lord	Ambleside AC	00:35:17	00:04:00	00:31:17 S
3	259	Lauren Graham	Border Harriers & AC	00:35:53	00:04:00	00:31:53 S
4	426	Sally Braithwaite	Eden Runners	00:36:08	00:04:00	00:32:08 S
5	494	Marie Marshall	Annan & District AC	00:36:16	00:04:00	00:32:16 V40
6	496	Fiona Smith	Border Harriers & AC	00:36:36	00:04:00	00:32:36 V50
7	421	Samantha Ayers	Keswick AC	00:37:38	00:04:00	00:33:38 V50
8	423	Trudy Beetham	Keswick AC	00:37:44	00:04:00	00:33:44 V45
9	253	Annika Stumpf	DH Runners	00:37:46	00:04:00	00:33:46 S
10	437	Michelle Foxwell	Ambleside AC	00:37:54	00:04:00	00:33:54 V45
11	448	Emma Nielsen	Eden Runners	00:38:23	00:04:00	00:34:23 V45
12	445	Kathryn Metcalfe	Eden Runners	00:38:30	00:04:00	00:34:30 V45
13	249	Alex Holmes	Border Harriers & AC	00:38:37	00:04:00	00:34:37 U20
14	446	Katie Milburn	Eden Runners	00:39:16	00:04:00	00:35:16 V35
15	449	Sophie Sinclair	Derwent AC Cockermouth	00:40:22	00:04:00	00:36:22 S
16	472	Leanne Scott	Leven Valley AC	00:40:44	00:04:00	00:36:44 V40
17	492	Annabelle Innerdale	Eden Runners	00:40:49	00:04:00	00:36:49 V50
18	433	Caroline Charlton	DH Runners	00:40:51	00:04:00	00:36:51 V35
19	429	Suzanne Budgett	Horwich R M I Harriers	00:41:04	00:04:00	00:37:04 V50
20	424	Christel Bertrand	Eden Runners	00:41:06	00:04:00	00:37:06 V50
21	490	Rosie Holliday	DH Runners	00:41:31	00:04:00	00:37:31 V35
22	422	Leeann Barber	Keswick AC	00:42:27	00:04:00	00:38:27 V40
23	468	Carolyn Millican	Border Harriers & AC	00:43:10	00:04:00	00:39:10 V40
24	260	Lynsey Hanlon	Unattached	00:44:23	00:04:00	00:40:23 V40
25	465	Sarah Lord	DH Runners	00:44:32	00:04:00	00:40:32 V50
26	453	Angela Watson	Eden Runners	00:46:07	00:04:00	00:42:07 V45
27	476	Alison Thorburn	Eden Runners	00:46:26	00:04:00	00:42:26 V50
28	482	Sally Blackmore	Eden Runners	00:47:01	00:04:00	00:43:01 V60
29	447	Gina Mumford	Eden Runners	00:47:34	00:04:00	00:43:34 V60
30	451	Kimberly Summers	Derwent AC Cockermouth	00:51:05	00:04:00	00:47:05 V35
31	443	Fiona McKean	Eden Runners	00:57:06	00:04:00	00:53:06 V50

Teams

1	Border Harriers & AC	25 pts
2	Eden Runners	30 pts
3	Keswick AC	40 pts
4	DH Runners	51 pts
5	Eden Runners B	54 pts

Final Standings

U9 Male

1	Kit Evans	Ambleside AC
2	Thomas Tacon	Cumberland Fell Runners
3	Ed Burns	Unattached

U9 Female

1	Lola Hodgson	Ambleside AC
2	Charlotte Mathieson	Cumberland Fell Runners
3	Jessica Ferris	Keswick AC

U11 Male

1	Harri Tancred	Helm Hill Runners
2	Magnus Foxwell	Ambleside AC
3	Ewan Mitchell	Border Harriers & AC

U11 Female

1	Imogen Moore	Leven Valley AC
2	Fay Thomas	Lancaster & Morecambe AC
3	Mollie Phillips	Annan & District AC

U13 Male

1	Tom Ashworth	Ambleside AC
2	Aston Stubbs	Annan & District AC
3	Mason Stubbs	Annan & District AC

U13 Female

1	Evie Youngman	Cumberland Fell Runners
2	Cara Bradley	Kendal Amateur Athletic Club
3	Katelyn Douglas	Glaxo Hoad Hill Harriers

U15 Male

1	Alfie Addison	Kendal Amateur Athletic Club
2	George Tiffin-Lowe	Border Harriers & AC
3	Mylo Jewell	Cumberland Fell Runners

U15 Female

1	Daisy Woodcock	Seaton Athletic Club
2	Rose Gilldaley	Eden Runners
3	Marina Bailey	Leven Valley AC

U17 Male

1	Adam Varey	Border Harriers & AC
2	Alfie Lamb	Border Harriers & AC
3	Ben Nutter	Border Harriers & AC

U17 Female

1	Ebony Blackwell	Border Harriers & AC
2	Ruth Walker	Unattached
3	Vicky Woof	Kendal Amateur Athletic Club



Senior Men

1	Jonathan Cox	Eden Runners
2	Harry Butler	Border Harriers & AC
3	Russell Maddams	Keswick AC
U20	Ashley Todd	Border Harriers & AC
V35	Tom Dunlop	Derwent AC Cockermouth
V40	Mike Mainprize	Derwent AC Cockermouth
V45	Joe Todd	Kendal Amateur Athletic Club
V50	Dougie Moore	Unattached
V60	Michael Allison	Eden Runners

Senior Women

1	Katie Lord	Ambleside AC
2	Sally Braithwaite	Eden Runners
3	Marie Marshall	Annan & District AC
U20	N/a	N/a
V35	Katie Milburn	Eden Runners
V40	Leanne Scott	Leven Valley AC
V45	Emma Nielsen	Eden Runners
V50	Samantha Ayers	Keswick AC
V60	Gina Mumford	Eden Runners

		Total	Cockermouth	Penrith	Carlisle	Workington	Keswick
U9 Male							
1	Cumberland Fell Runners	36	12	12	12	12	12
2	Ambleside AC	N/c	11		11		11
3	Cumberland Fell Runners B	N/c	10		10		
U9 Female							
	Ambleside AC	N/c	12				12
U11 Male							
1	Ambleside AC	36		12	12	12	12
2	Cumberland Fell Runners	34	12	10	11		11
3	Eden Runners	N/c	22	11			
4	Eden Runners B	N/c	9	9			
U11 Female							
	Annan & District AC	N/c	24		12	12	
U13 Male							
1	Annan & District AC	35			12	12	11
2	Ambleside AC	N/c	23	11			12
3	Leven Valley AC	N/c	12	12			
U13 Female							
1	Kendal Amateur Athletic Club	N/c	23	11			12
2	Annan & District AC	N/c	12	12			
U15 Male							
1	Kendal Amateur Athletic Club	36	12	12			12
U15 Female							
1	Eden Runners	35	12	11			12
2	Leven Valley AC	N/c	23	12			11
U17 Male							
1	Border Harriers & AC	36	12	12	12		
U17 Female							
	None						
Senior Men							
1	Border Harriers & AC	36		12	12	12	12
2	Keswick AC	32	10	8	7	11	11
3	Eden Runners	31	11	10	8	10	8
4	Border Harriers & AC&" "&"B"	31		11	10	9	10
5	Derwent AC Cockermouth	30	12	9	9	8	7
6	DH Runners	21	8	6	4	7	4
7	Derwent AC Cockermouth B	19	9	4	6	4	0
8	Cumberland AC	18	6		3	6	6
9	Eden Runners B	17	7	5	5	5	5
10	Kendal Amateur Athletic Club	N/c	11		11		9
11	Leven Valley AC	N/c	7	7			
12	Cumberland AC B	N/c	3			3	
13	Annan & District AC	N/c	2		2		
Senior Women							
1	Eden Runners	36	12	11	12	12	11
2	Keswick AC	32	11	10	10	11	10
3	Eden Runners B	28	9	7	9	10	8
4	Derwent AC Cockermouth	28	10	9	6	9	9
5	DH Runners	25		8	8	8	9
6	Border Harriers & AC	N/c	23		11		12
7	DH Runners B	N/c	10	5	5		
8	Ambleside AC	N/c	12	12			
9	Annan & District AC	N/c	7		7		
10	Cumberland AC	N/c	7			7	
11	Leven Valley AC	N/c	6	6			