

Carlisle 12/11/22

	Bib numt	Name	Club	Time	Start time	Actual Time
U9 Male						
1	20	Kit Evans	Ambleside AC	00:03:51		00:03:51
2	21	Max Steele	Seaton Athletic Club	00:03:56		00:03:56
3	2	Ed Burns	Unattached	00:04:02		00:04:02
4	18	Thomas Tacon	Cumberland Fell Runners	00:04:03		00:04:03
5	15	William Cairns	Annan & District AC	00:04:07		00:04:07
6	10	Arthur Prosser George	Cumberland Fell Runners	00:04:09		00:04:09
7	12	Stephen Watson	Ambleside AC	00:04:21		00:04:21
8	8	Oscar King	Cumberland Fell Runners	00:04:23		00:04:23
9	16	Finley Gillon	Eden Runners	00:04:30		00:04:30
10	14	Aedan Barry	Keswick AC	00:04:50		00:04:50
11	7	Freddie King	Cumberland Fell Runners	00:04:53		00:04:53
12	9	Oliver Marshall	Ambleside AC	00:05:11		00:05:11
13	3	Parker Dunlop	Unattached	00:05:13		00:05:13
14	4	Jack Ferris	Unattached	00:05:21		00:05:21
15	5	Jonny Frankham	Cumberland Fell Runners	00:05:45		00:05:45
16	13	Austin Ellis	Cumberland Fell Runners	00:05:53		00:05:53

Teams

1	Cumberland Fell Runners	18 pts
2	Ambleside AC	20 pts
3	Cumberland Fell Runners B	42 pts

U9 Female

1	36	Lola Hodgson	Ambleside AC	00:04:06		00:04:06
2	44	Penelope Davidson	Carlisle Aspatria AC	00:04:12		00:04:12
3	40	Lucy Wood	Eden Runners	00:04:15		00:04:15
4	32	Maia Dacre	Helm Hill Runners	00:04:28		00:04:28
5	37	Charlotte Mathieson	Cumberland Fell Runners	00:04:32		00:04:32
6	34	Jessica Ferris	Keswick AC	00:04:33		00:04:33
7	43	Isabella Scanlon	Barrow & Furness Striders AC	00:04:36		00:04:36
8	39	Alana McMinnis	Blackpool Wyre & Fylde AC	00:04:41		00:04:41
9	45	Ava Hird	Carlisle Aspatria AC	00:04:45		00:04:45
10	42	Romy Barron	Ambleside AC	00:04:51		00:04:51
11	33	Molly Dunlop	Unattached	00:05:29		00:05:29

Teams None

Carlisle 12/11/22

	Bib numt	Name	Club	Time	Start time	Actual Time
U11 Male						
1	75	Harri Tancrel	Helm Hill Runners	00:05:25		00:05:25
2	64	Magnus Foxwell	Ambleside AC	00:05:28		00:05:28
3	69	Dallas MacHell	Ambleside AC	00:05:50		00:05:50
4	71	Ewan Mitchell	Border Harriers & AC	00:05:59		00:05:59
5	89	Jack Thwaite	Cumberland Fell Runners	00:06:15		00:06:15
6	67	Nathaniel Leonard	Eden Runners	00:06:18		00:06:18
7	74	Cameron Straughton	Unattached	00:06:19		00:06:19
8	66	Charlie Hodgson	Helm Hill Runners	00:06:20		00:06:20
9	58	Joshua Weild	Annan & District AC	00:06:27		00:06:27
10	86	Theo Harper	Seaton Athletic Club	00:06:35		00:06:35
11	73	Reuben Prosser George	Cumberland Fell Runners	00:06:41		00:06:41
12	60	Jamie Turnbull	Carlisle Aspatria AC	00:06:42		00:06:42
13	65	Oscar Frankham	Cumberland Fell Runners	00:06:44		00:06:44
14	79	Jack Farrell	Kendal Amateur Athletic Club	00:06:45		00:06:45
15	70	Joey Marshall	Annan & District AC	00:06:48		00:06:48
16	63	Mark Evans	Eden Runners	00:06:57		00:06:57
17	76	Robert Watson	Ambleside AC	00:07:15		00:07:15
18	78	Samuel Youngman	Cumberland Fell Runners	00:10:19		00:10:19

Teams

1	Ambleside AC	22 pts
2	Cumberland Fell Runners	29 pts

U11 Female

1	99	Imogen Moore	Leven Valley AC	00:06:07		00:06:07
2	101	Fay Thomas	Lancaster & Morecambe AC	00:06:13		00:06:13
3	100	Mollie Phillips	Annan & District AC	00:06:16		00:06:16
4	102	Mila Barron	Ambleside AC	00:06:24		00:06:24
5	98	Lily-rose McMinnis	Blackpool Wyre & Fylde AC	00:06:37		00:06:37
6	105	Izzy Leigh	Helm Hill Runners	00:06:56		00:06:56
7	108	Lily Wilson	Unattached	00:06:58		00:06:58
8	96	Alice Maddams	Keswick AC	00:07:10		00:07:10
9	103	Erin Grant	Annan & District AC	00:07:16		00:07:16
10	97	Ivy Marshall	Ambleside AC	00:07:19		00:07:19
11	92	Ava Cubbon	Annan & District AC	00:07:24		00:07:24
12	107	Eve Little	Unattached	00:07:55		00:07:55
13	106	Ella Catagay	Unattached	00:10:57		00:10:57

Teams

1	Annan & District AC	23 pts
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Carlisle 12/11/22

	Bib numt	Name	Club	Time	Start time	Actual Time
U13 Male						
1	137	Tom Ashworth	Ambleside AC	00:08:20		00:08:20
2	131	Aston Stubbs	Annan & District AC	00:08:25		00:08:25
3	143	Riley Scott	Leven Valley AC	00:08:30		00:08:30
4	132	Mason Stubbs	Annan & District AC	00:08:46		00:08:46
5	127	Joe Green	Ambleside AC	00:08:57		00:08:57
6	142	Oliver Scott	Leven Valley AC	00:09:00		00:09:00
7	124	Jamie Cueto	Seaton Athletic Club	00:09:12		00:09:12
8	136	Monty Holmes	Keswick AC	00:09:23		00:09:23
9	121	Seth Abbey	Eden Runners	00:09:40		00:09:40
10	135	Joe Farrell	Kendal Amateur Athletic Club	00:09:52		00:09:52
11	128	Ethan Hughes Rudd	Cumberland Fell Runners	00:10:04		00:10:04
12	122	Laurence Barratt	Unattached	00:10:16		00:10:16
13	145	Ramsay Green	Annan & District AC	00:10:53		00:10:53
14	144	Zach Thomas	Lancaster & Morecambe AC	00:11:54		00:11:54

Teams

1 Annan & District AC 19 pts

U13 Female

1	166	Evie Youngman	Cumberland Fell Runners	00:10:10		00:10:10
2	173	Alice Hardy	Unattached	00:10:21		00:10:21
3	169	Imogen Cairns	Annan & District AC	00:10:30		00:10:30
4	172	Isabelle Wrigley	Kendal Amateur Athletic Club	00:10:40		00:10:40
5	167	Scarlett Bell	Annan & District AC	00:11:26		00:11:26
6	162	Lily Bleasdale	Annan & District AC	D.N.F		D.N.F

Teams

None

U15 Male

1	200	George Tiffin-Lowe	Border Harriers & AC	00:11:36	00:02:00	00:09:36
2	202	Joshua Todd	Kendal Amateur Athletic Club	00:12:01	00:02:00	00:10:01
3	203	Micah Wightman	Keswick AC	00:12:13	00:02:00	00:10:13
4	201	Alfie Todd	Kendal Amateur Athletic Club	00:12:23	00:02:00	00:10:23
5	195	Daniel Davies	Eden Runners	00:12:31	00:02:00	00:10:31
6	208	Zeke Sumner	Ambleside AC	00:13:03	00:02:00	00:11:03
7	196	Toby Davies	Eden Runners	00:13:26	00:02:00	00:11:26

Teams

None

Carlisle 12/11/22

	Bib numt	Name	Club	Time	Start time	Actual Time
U15 Female						
1	238	Daisy Woodcock	Seaton Athletic Club	00:10:53		00:10:53
2	232	Rose Gilldaley	Eden Runners	00:11:06		00:11:06
3	239	Erin Barry	Keswick AC	00:11:21		00:11:21
4	248	Isabelle Milligan	Border Harriers & AC	00:11:57		00:11:57
5	246	Holly Jenner	Kendal Amateur Athletic Club	00:12:04		00:12:04
6	242	Emily MacPherson-Littler	Kendal Amateur Athletic Club	00:12:09		00:12:09
7	233	Mahiya Mohan	Barrow & Furness Striders AC	00:12:11		00:12:11
8	243	Lily Salt	Eden Runners	00:12:29		00:12:29
9	230	Rosie Davies	Eden Runners	00:12:36		00:12:36
10	237	Bella Tiffin-Lowe	Border Harriers & AC	00:13:29		00:13:29
11	235	Sienna Parker	Eden Runners	00:13:50		00:13:50
12	247	Emilia MacKman	Border Harriers & AC	00:15:54		00:15:54
13	248	Isabelle Milligan	Border Harriers & AC	D.N.F		D.N.F

Teams

1	Eden Runners	19 pts
2	Border Harriers & AC	26 pts

U17 Male

1	268	Adam Varey	Border Harriers & AC	00:16:15		00:16:15
2	267	Alfie Lamb	Border Harriers & AC	00:16:25		00:16:25
3	270	Ben Nutter	Border Harriers & AC	00:16:29		00:16:29
4	266	Max Hazlehurst	Leven Valley AC	00:16:50		00:16:50
5	265	Kai Hatcher	Border Harriers & AC	00:17:27		00:17:27
6	269	Rowan Ashworth	Ambleside AC	00:18:20		00:18:20
7	262	Joshua Davies	Eden Runners	00:21:27		00:21:27
8	261	Neil Alexander	Annan & District AC	00:26:29		00:26:29

Teams

1	Border Harriers & AC	6 pts
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U17 Female

1	286	Sarah Smith	Kendal Amateur Athletic Club	00:18:39		00:18:39
2	281	Ebony Blackwell	Border Harriers & AC	00:19:59		00:19:59
3	283	Ruth Walker	Unattached	00:22:01		00:22:01
4	287	Vicky Woof	Kendal Amateur Athletic Club	00:23:18		00:23:18

Teams

None

Carlisle 12/11/22

	Bib numt	Name	Club	Time	Start time	Actual Time
Senior Men						
1	311	Jonathan Cox	Eden Runners	00:37:54	00:11:00	00:26:54 S
2	390	Tom Humphries	Border Harriers & AC	00:38:05	00:11:00	00:27:05 S
3	398	Alasdair Russell	Kendal Amateur Athletic Club	00:38:19	00:11:00	00:27:19 V35
4	363	Julian Hatcher	Border Harriers & AC	00:38:50	00:11:00	00:27:50 V45
5	357	Harry Butler	Border Harriers & AC	00:39:50	00:11:00	00:28:50 S
6	330	Russell Maddams	Keswick AC	00:40:23	00:11:00	00:29:23 V45
7	367	Ross Landon	Border Harriers & AC	00:40:27	00:11:00	00:29:27 S
8	316	Tom Dunlop	Derwent AC Cockermouth	00:40:50	00:11:00	00:29:50 V35
9	319	Ryan Galea	Netherhall AC	00:41:07	00:11:00	00:30:07 S
10	348	Joe Todd	Kendal Amateur Athletic Club	00:41:19	00:11:00	00:30:19 V45
11	401	Stefanos Stephanou	Derwent AC Cockermouth	00:41:25	00:11:00	00:30:25 S
12	382	Ashley Todd	Border Harriers & AC	00:41:34	00:11:00	00:30:34 S
13	377	Will Sisson	Kendal Amateur Athletic Club	00:41:42	00:11:00	00:30:42 V35
14	328	Jonny Lowe	Border Harriers & AC	00:41:47	00:11:00	00:30:47 V45
15	352	Ian Renouf	Derwent AC Cockermouth	00:42:12	00:11:00	00:31:12 V35
16	399	Rick Shepley	Border Harriers & AC	00:42:13	00:11:00	00:31:13 V40
17	309	Shane Conway	Unattached	00:42:26	00:11:00	00:31:26 V35
18	312	Robert Daley	Eden Runners	00:42:41	00:11:00	00:31:41 V45
19	388	Andrew Douglas	Eden Runners	00:42:46	00:11:00	00:31:46 V40
20	378	Lee Smith	Derwent AC Cockermouth	00:42:50	00:11:00	00:31:50 V45
21	329	Paul Lowery	Border Harriers & AC	00:42:57	00:11:00	00:31:57 S
22	380	Shane Stobbart	Cumberland AC	00:43:02	00:11:00	00:32:02 V35
23	355	Dougie Moore	Unattached	00:43:30	00:11:00	00:32:30 V50
24	333	Mark McBride	Derwent AC Cockermouth	00:43:49	00:11:00	00:32:49 V45
25	397	Stephen Pearce	Eden Runners	00:43:55	00:11:00	00:32:55 V40
26	387	Malcolm Crosbie	Carlisle Tri Club	00:44:03	00:11:00	00:33:03 V40
27	368	Mike Mainprize	Derwent AC Cockermouth	00:44:14	00:11:00	00:33:14 V40
28	376	Spencer Riley	Ambleside AC	00:44:51	00:11:00	00:33:51 V45
29	324	Mike James	Keswick AC	00:44:58	00:11:00	00:33:58 V50
30	343	Darryl Saunders	Keswick AC	00:45:14	00:11:00	00:34:14 S
31	350	Martin Varey	Border Harriers & AC	00:45:42	00:11:00	00:34:42 V45
32	337	Mark Moore	DH Runners	00:45:46	00:11:00	00:34:46 V45
33	303	Michael Allison	Eden Runners	00:46:02	00:11:00	00:35:02 V60
34	308	Matt Charlton	DH Runners	00:46:12	00:11:00	00:35:12 S
35	341	George Royston-Bishop	Derwent AC Cockermouth	00:46:18	00:11:00	00:35:18 V40
36	331	Chris Mathieson	Derwent AC Cockermouth	00:47:12	00:11:00	00:36:12 V35
37	391	James Jardine	Eden Runners	00:47:24	00:11:00	00:36:24 V40
38	358	Calum Campbell	Eden Runners	00:47:41	00:11:00	00:36:41 V50
39	306	David Bowness	Cumberland AC	00:47:45	00:11:00	00:36:45 V60
40	336	John Messenger	DH Runners	00:48:04	00:11:00	00:37:04 V45
41	384	Stuart Bell	Annan & District AC	00:48:40	00:11:00	00:37:40 S
42	313	Anthony Davis	Derwent AC Cockermouth	00:49:07	00:11:00	00:38:07 V60
43	395	Gareth Melvin	Border Harriers & AC	00:49:23	00:11:00	00:38:23 V40
44	321	Ian Hewitt	Eden Runners	00:49:33	00:11:00	00:38:33 V40
45	353	Daniel Crooks	Derwent AC Cockermouth	00:49:40	00:11:00	00:38:40 V40
46	305	Garry Bower	Eden Runners	00:50:04	00:11:00	00:39:04 V50
47	389	Alex Heron	Eden Runners	00:50:27	00:11:00	00:39:27 V60
48	340	Joseph Ritson	Derwent AC Cockermouth	00:51:21	00:11:00	00:40:21 V60
49	400	Raymond Sisson	Eden Runners	00:52:18	00:11:00	00:41:18 V60
50	404	Ed Woodman	Annan & District AC	00:52:47	00:11:00	00:41:47 V60

Carlisle 12/11/22

	Bib numt	Name	Club	Time	Start time	Actual Time
51	402	Nicky Strong	Eden Runners	00:53:03	00:11:00	00:42:03 V35
52	394	Chris Little	Unattached	00:53:25	00:11:00	00:42:25 V40
53	392	Jamie Jephcott	Eden Runners	00:54:50	00:11:00	00:43:50 V50
54	405	Colin Valentine	Keswick AC	00:55:52	00:11:00	00:44:52 V60
55	327	Stephen Libby	Eden Runners	00:56:17	00:11:00	00:45:17 V60
56	325	Andrew Kelly	Cumberland AC	00:56:31	00:11:00	00:45:31 V45
57	386	Alan Creighton	Annan & District AC	00:57:03	00:11:00	00:46:03 V60
58	403	Paul Wilson	Eden Runners	00:58:04	00:11:00	00:47:04 V60
59	396	Malcolm Nicholson	DH Runners	01:01:05	00:11:00	00:50:05 V50

Teams

1	Border Harriers & AC	11 pts
2	Kendal Amateur Athletic Club	26 pts
3	Border Harriers & AC B	33 pts
4	Derwent AC Cockermouth	34 pts
5	Eden Runners	38 pts
6	Keswick AC	65 pts
7	Derwent AC Cockermouth B	71 pts
8	Eden Runners B	95 pts
9	DH Runners	106 pts
10	Cumberland AC	117 pts
11	Annan & District AC	148 pts

Carlisle 12/11/22

	Bib numt	Name	Club	Time	Start time	Actual Time
Senior Women						
1	441	Katie Lord	Ambleside AC	00:40:15	00:07:00	00:33:15 S
2	494	Marie Marshall	Annan & District AC	00:41:15	00:07:00	00:34:15 V40
3	426	Sally Braithwaite	Eden Runners	00:41:18	00:07:00	00:34:18 S
4	496	Fiona Smith	Border Harriers & AC	00:41:28	00:07:00	00:34:28 V50
5	448	Emma Nielsen	Eden Runners	00:42:14	00:07:00	00:35:14 V45
6	497	Fiona Todd	Border Harriers & AC	00:42:43	00:07:00	00:35:43 V45
7	423	Trudy Beetham	Keswick AC	00:42:51	00:07:00	00:35:51 V45
8	421	Samantha Ayers	Keswick AC	00:43:05	00:07:00	00:36:05 V50
9	437	Michelle Foxwell	Ambleside AC	00:43:15	00:07:00	00:36:15 V45
10	428	Karen Bridge	Eden Runners	00:43:25	00:07:00	00:36:25 V50
11	491	Esther Illman	Border Harriers & AC	00:44:05	00:07:00	00:37:05 S
12	461	Emma Cutting	DH Runners	00:44:06	00:07:00	00:37:06 S
13	458	Lorna Askew	Helm Hill Runners	00:44:27	00:07:00	00:37:27 V50
14	445	Kathryn Metcalfe	Eden Runners	00:44:43	00:07:00	00:37:43 V45
15	435	Heather Eccles	Eden Runners	00:44:53	00:07:00	00:37:53 V35
16	449	Sophie Sinclair	Derwent AC Cockermouth	00:44:57	00:07:00	00:37:57 S
17	439	Lisa Jackson	Eden Runners	00:45:00	00:07:00	00:38:00 V35
18	429	Suzanne Budgett	Horwich R M I Harriers	00:41:52	00:03:00	00:38:52 V50
19	446	Katie Milburn	Eden Runners	00:46:09	00:07:00	00:39:09 V35
20	452	Debbie Walker	Derwent AC Cockermouth	00:46:37	00:07:00	00:39:37 V45
21	484	Nicola Carruthers	Unattached	00:42:48	00:03:00	00:39:48 V40
22	422	Leeann Barber	Keswick AC	00:42:52	00:03:00	00:39:52 V40
23	425	Hannah Bradshaw	Tri-Lakeland	00:42:55	00:03:00	00:39:55 S
24	490	Rosie Holliday	DH Runners	00:43:12	00:03:00	00:40:12 V35
25	492	Annabelle Innerdale	Eden Runners	00:43:34	00:03:00	00:40:34 V50
26	468	Carolyn Millican	Border Harriers & AC	00:44:00	00:03:00	00:41:00 V40
27	472	Leanne Scott	Leven Valley AC	00:44:11	00:03:00	00:41:11 V40
28	433	Caroline Charlton	DH Runners	00:44:36	00:03:00	00:41:36 V35
29	465	Sarah Lord	DH Runners	00:44:38	00:03:00	00:41:38 V50
30	489	Sophie Heron	Eden Runners	00:45:35	00:03:00	00:42:35 S
31	488	Rowane Glendinning	Annan & District AC	00:45:57	00:03:00	00:42:57 S
32	438	Lindsey Frankham	Netherhall AC	00:46:31	00:03:00	00:43:31 S
33	487	Wendy Gass	Annan & District AC	00:47:15	00:03:00	00:44:15 V50
34	456	Dianne Priestley	Kendal Amateur Athletic Club	00:48:03	00:03:00	00:45:03 V70
35	436	Amy Elliott	Eden Runners	00:48:21	00:03:00	00:45:21 V35
36	469	Fiona Moore	DH Runners	00:48:35	00:03:00	00:45:35 V45
37	447	Gina Mumford	Eden Runners	00:49:12	00:03:00	00:46:12 V60
38	486	Kerrie Fiddler	DH Runners	00:49:48	00:03:00	00:46:48 V50
39	482	Sally Blackmore	Eden Runners	00:50:16	00:03:00	00:47:16 V60
40	451	Kimberly Summers	Derwent AC Cockermouth	00:50:34	00:03:00	00:47:34 V35
41	485	Lynsey Dawson	DH Runners	00:50:58	00:03:00	00:47:58 V35
42	483	Linda Cameron	Annan & District AC	00:51:01	00:03:00	00:48:01 V50
43	453	Angela Watson	Eden Runners	00:51:18	00:03:00	00:48:18 V45
44	440	Jill Libby	Eden Runners	00:51:29	00:03:00	00:48:29 V60
45	434	Rebecca Dunlop	Derwent AC Cockermouth	00:52:15	00:03:00	00:49:15 V35
46	462	Lindsay Graham	DH Runners	00:53:01	00:03:00	00:50:01 V40
47	459	Petrina Cassell	Eden Runners	00:55:12	00:03:00	00:52:12 V60
48	493	Abigail Jardine	Eden Runners	00:56:04	00:03:00	00:53:04 V40

Carlisle 12/11/22

Bib numt	Name	Club	Time	Start time	Actual Time
Teams					
1	Eden Runners		18 pts		
2	Border Harriers & AC		21 pts		
3	Keswick AC		37 pts		
4	Eden Runners B		46 pts		
5	DH Runners		64 pts		
6	Annan & District AC		66 pts		
7	Derwent AC Cockermouth		76 pts		
8	DH Runners B		103 pts		

	Total	Cockermouth	Penrith	Carlisle
U9 Male				
1 Cumberland Fell Runners	36	12	12	12
2 Ambleside AC	11			11
3 Cumberland Fell Runners B	10			10
U9 Female				
None				
U11 Male				
1 Cumberland Fell Runners	33	12	10	11
2 Ambleside AC	24		12	12
3 Eden Runners	22	11	11	
4 Eden Runners B	9		9	
U11 Female				
Annan & District AC	12			12
U13 Male				
1 Leven Valley AC	12		12	
1 Annan & District AC	12			12
3 Ambleside AC	11		11	
U13 Female				
1 Annan & District AC	12		12	
2 Kendal Amateur Athletic Club	11		11	
U15 Male				
1 Kendal Amateur Athletic Club	24	12	12	
U15 Female				
1 Eden Runners	23	12	11	
2 Leven Valley AC	12		12	
U17 Male				
1 Border Harriers & AC	36	12	12	12
U17 Female				
None				

		Total	Cockermouth	Penrith	Carlisle
Senior Men					
1	Derwent AC Cockermouth	30	12	9	9
2	Eden Runners	29	11	10	8
3	Keswick AC	25	10	8	7
4	Derwent AC Cockermouth	B 19	9	4	6
5	DH Runners	18	8	6	4
6	Eden Runners	B 17	7	5	5
7	Border Harriers & AC	24		12	12
8	Border Harriers & AC	B 21		11	10
9	Cumberland AC	9	6		3
10	Kendal Amateur Athletic Club	11			11
11	Leven Valley AC	7		7	
12	Annan & District AC	2			2
Senior Women					
1	Eden Runners	35	12	11	12
2	Keswick AC	31	11	10	10
3	Derwent AC Cockermouth	25	10	9	6
4	Eden Runners	B 25	9	7	9
5	DH Runners	16		8	8
6	DH Runners	B 10		5	5
7	Ambleside AC	12		12	
8	Border Harriers & AC	11			11
9	Annan & District AC	7			7
10	Leven Valley AC	6		6	