



Penrith 29/10/22

	Bib No	Name	Club	Time	Start time	Actual Time
U9 Male						
	1	17 William Goligher	Howgill Harriers	00:03:25		00:03:25
	2	20 Kit Evans	Ambleside AC	00:03:38		00:03:38
	3	6 Adam Horn	Eden Runners	00:03:39		00:03:39
	4	19 Dylan Clarke	Unattached	00:03:45		00:03:45
	5	2 Ed Burns	Unattached	00:03:52		00:03:52
	6	15 William Cairns	Annan & District AC	00:04:12		00:04:12
	7	16 Finley Gillon	Eden Runners	00:04:13		00:04:13
	8	8 Oscar King	Cumberland Fell Runners	00:04:14		00:04:14
	9	7 Freddie King	Cumberland Fell Runners	00:04:34		00:04:34
	10	14 Aedan Barry	Keswick AC	00:04:51		00:04:51
	11	3 Parker Dunlop	Unattached	00:05:03		00:05:03
	12	4 Jack Ferris	Unattached	00:05:27		00:05:27
	13	5 Jonny Frankham	Cumberland Fell Runners	00:05:29		00:05:29
	14	13 Austin Ellis	Cumberland Fell Runners	00:05:54		00:05:54
	15	11 Sullivan Vickers	Cumberland Fell Runners	00:06:14		00:06:14

Teams

1 Cumberland Fell Runners 30 pts

U9 Female

	1	44 Penelope Davidson	Carlisle Aspatria AC	00:04:01		00:04:01
	2	36 Lola Hodgson	Ambleside AC	00:04:06		00:04:06
	3	43 Isabella Scanlon	Barrow & Furness Striders AC	00:04:08		00:04:08
	4	34 Jessica Ferris	Keswick AC	00:04:09		00:04:09
	5	32 Maia Dacre	Helm Hill Runners	00:04:30		00:04:30
	6	39 Alana McMinnis	Blackpool Wyre & Fylde AC	00:04:33		00:04:33
	7	33 Molly Dunlop	Unattached	00:05:03		00:05:03
	8	41 Imogen Darcy	Unattached	00:05:36		00:05:36

Teams

None



Penrith 29/10/22

Bib No	Name	Club	Time	Start time	Actual Time
U11 Male					
1	64 Magnus Foxwell	Ambleside AC	00:07:09		00:07:09
2	69 Dallas MacHell	Ambleside AC	00:07:21		00:07:21
3	71 Ewan Mitchell	Border Harriers & AC	00:07:29		00:07:29
4	66 Charlie Hodgson	Helm Hill Runners	00:07:36		00:07:36
5	87 Jos Jebb	Helm Hill Runners	00:07:43		00:07:43
6	67 Nathaniel Leonard	Eden Runners	00:07:45		00:07:45
7	59 Arthur Smith	Ambleside AC	00:07:47		00:07:47
8	79 Jack Farrell	Kendal Amateur Athletic Club	00:07:50		00:07:50
9	89 Jack Thwaite	Cumberland Fell Runners	00:07:51		00:07:51
10	90 Oliver Wrigley	Kendal Amateur Athletic Club	00:07:53		00:07:53
11	85 Jenson Graham	Unattached	00:08:25		00:08:25
12	84 Leo French	Eden Runners	00:08:36		00:08:36
13	65 Oscar Frankham	Cumberland Fell Runners	00:08:40		00:08:40
14	88 Brandon Raeburn	Eden Runners	00:08:50		00:08:50
15	83 Drew Cunningham	Eden Runners	00:08:53		00:08:53
16	82 Rowan Bradley	Ambleside AC	00:08:54		00:08:54
17	68 Bobby Liddle	Eden Runners	00:08:59		00:08:59
18	60 Jamie Turnbull	Carlisle Aspatria AC	00:09:00		00:09:00
19	78 Samuel Youngman	Cumberland Fell Runners	00:09:00		00:09:00
20	70 Joey Marshall	Annan & District AC	00:09:02		00:09:02
21	63 Mark Evans	Eden Runners	00:09:19		00:09:19

Teams

1	Ambleside AC	10 pts
2	Eden Runners	32 pts
3	Cumberland Fell Runners	41 pts
4	Eden Runners B	53 pts

U11 Female

1	99 Imogen Moore	Leven Valley AC	00:07:37		00:07:37
2	101 Fay Thomas	Lancaster & Morecambe AC	00:07:45		00:07:45
3	102 Mila Barron	Ambleside AC	00:08:15		00:08:15
4	98 Lily-rose McMinnis	Blackpool Wyre & Fylde AC	00:08:44		00:08:44
5	96 Alice Maddams	Keswick AC	00:08:45		00:08:45
6	105 Izzy Leigh	Helm Hill Runners	00:08:46		00:08:46
7	100 Mollie Phillips	Annan & District AC	00:09:06		00:09:06
8	94 Freya Hodgson-Jones	Ambleside AC	00:09:13		00:09:13
9	103 Erin Grant	Annan & District AC	00:09:22		00:09:22
10	104 India Parker	Unattached	00:09:34		00:09:34

Teams None



Penrith 29/10/22

	Bib No	Name	Club	Time	Start time	Actual Time
U13 Male						
1	137	Tom Ashworth	Ambleside AC	00:08:50		00:08:50
2	131	Aston Stubbs	Annan & District AC	00:09:07		00:09:07
3	139	Evan Mulvany	Helm Hill Runners	00:09:11		00:09:11
4	143	Riley Scott	Leven Valley AC	00:09:22		00:09:22
5	127	Joe Green	Ambleside AC	00:09:28		00:09:28
6	140	Sam Oldham	Leven Valley AC	00:09:32		00:09:32
7	142	Oliver Scott	Leven Valley AC	00:09:41		00:09:41
8	123	Gil Burns	Border Harriers & AC	00:09:49		00:09:49
9	124	Jamie Cueto	Seaton Athletic Club	00:10:00		00:10:00
10	132	Mason Stubbs	Annan & District AC	00:10:08		00:10:08
11	136	Monty Holmes	Keswick AC	00:10:13		00:10:13
12	129	Barnaby Parker	Eden Runners	00:10:13		00:10:13
13	138	Demitri Kyriacou	Leven Valley AC	00:10:24		00:10:24
14	122	Laurence Barratt	Unattached	00:11:23		00:11:23
15	134	F.D.	Ambleside AC	00:12:01		00:12:01
16	141	Dylan Raeburn	Eden Runners	00:12:19		00:12:19
17	144	Zach Thomas	Lancaster & Morecambe AC	00:12:42		00:12:42

Teams

1	Leven Valley AC	17 pts
2	Ambleside AC	21 pts

U13 Female

1	171	Isla Jebb	Kendal Amateur Athletic Club	00:09:57		00:09:57
2	168	Cara Bradley	Kendal Amateur Athletic Club	00:10:12		00:10:12
3	163	Anna Cunningham	Eden Runners	00:10:29		00:10:29
4	166	Evie Youngman	Cumberland Fell Runners	00:10:53		00:10:53
5	164	Katelyn Douglas	Glaxo Hoad Hill Harriers	00:11:41		00:11:41
6	170	Grace Goligher	Howgill Harriers	00:11:52		00:11:52
7	172	Isabelle Wrigley	Kendal Amateur Athletic Club	00:12:05		00:12:05
8	169	Imogen Cairns	Annan & District AC	00:12:50		00:12:50
9	167	Scarlett Bell	Annan & District AC	00:12:58		00:12:58
10	162	Lily Bleasdale	Annan & District AC	00:13:04		00:13:04

Teams

1	Kendal Amateur Athletic Club	10 pts
2	Annan & District AC	27 pts

U15 Male

1	192	Alfie Addison	Kendal Amateur Athletic Club	00:12:13	00:02:00	00:10:13
2	200	George Tiffin-Lowe	Border Harriers & AC	00:12:30	00:02:00	00:10:30
3	207	Oliver Oldham	Leven Valley AC	00:12:39	00:02:00	00:10:39
4	204	John Williamson	Leven Valley AC	00:12:43	00:02:00	00:10:43
5	202	Joshua Todd	Kendal Amateur Athletic Club	00:12:57	00:02:00	00:10:57
6	201	Alfie Todd	Kendal Amateur Athletic Club	00:13:24	00:02:00	00:11:24
7	193	Will Brayshaw	Kendal Amateur Athletic Club	00:13:27	00:02:00	00:11:27
8	205	Matthew Bell	Unattached	00:13:31	00:02:00	00:11:31
9	191	Toby Acland	Kendal Amateur Athletic Club	00:13:46	00:02:00	00:11:46
10	208	Zeke Sumner	Ambleside AC	00:14:07	00:02:00	00:12:07
11	206	Ged McCabe	Trawden Athletic Club	00:15:04	00:02:00	00:13:04

Teams

1	Kendal Amateur Athletic Club	12 pts
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Penrith 29/10/22

Bib No	Name	Club	Time	Start time	Actual Time
U15 Female					
1	240 Lucy Bell	Leven Valley AC	00:11:56		00:11:56
2	226 Marina Bailey	Leven Valley AC	00:11:56		00:11:56
3	241 Millie Jebb	Kendal Amateur Athletic Club	00:12:09		00:12:09
4	238 Daisy Woodcock	Seaton Athletic Club	00:12:16		00:12:16
5	232 Rose Gilldaley	Eden Runners	00:12:17		00:12:17
6	229 Zoe Brannon	Keswick AC	00:12:22		00:12:22
7	239 Erin Barry	Keswick AC	00:12:37		00:12:37
8	228 Isla Birch	Eden Runners	00:12:57		00:12:57
9	227 Iona Barrowdale-Smith	Leven Valley AC	00:13:01		00:13:01
10	242 Emily MacPherson-Littler	Kendal Amateur Athletic Club	00:13:37		00:13:37
11	231 Ellen Douglas	Leven Valley AC	00:13:42		00:13:42
12	243 Lily Salt	Eden Runners	00:13:43		00:13:43
13	230 Rosie Davies	Eden Runners	00:13:51		00:13:51
14	233 Mahiya Mohan	Barrow & Furness Striders AC	00:13:57		00:13:57
15	236 Anna Thompson	Border Harriers & AC	00:14:00		00:14:00
16	235 Sienna Parker	Eden Runners	00:15:09		00:15:09
17	244 Amelie Thorburn	Eden Runners	00:15:52		00:15:52

Teams

1	Leven Valley AC	12 pts
2	Eden Runners	25 pts

U17 Male

1	267 Alfie Lamb	Border Harriers & AC	00:24:08	00:09:30	00:14:38
2	265 Kai Hatcher	Border Harriers & AC	00:24:21	00:09:30	00:14:51
3	266 Max Hazlehurst	Leven Valley AC	00:24:33	00:09:30	00:15:03
4	270 Ben Nutter	Border Harriers & AC	00:24:40	00:09:30	00:15:10
5	264 Archie Harding	Eden Runners	00:25:19	00:09:30	00:15:49
6	269 Rowan Ashworth	Ambleside AC	00:25:24	00:09:30	00:15:54
7	263 Ned Hale	Eden Runners	00:25:25	00:09:30	00:15:55
8	261 Neil Alexander	Annan & District AC	00:33:29	00:09:30	00:23:59

Teams

1	Border Harriers & AC	7 pts
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U17 Female

1	284 Georgia Bell	Leven Valley AC	00:21:29	00:05:00	00:16:29
2	286 Sarah Smith	Kendal Amateur Athletic Club	00:22:12	00:05:00	00:17:12
3	281 Ebony Blackwell	Border Harriers & AC	00:22:44	00:05:00	00:17:44
4	285 Sophie Rylance	Ambleside AC	00:23:30	00:05:00	00:18:30
5	283 Ruth Walker	Unattached	00:24:29	00:05:00	00:19:29
6	287 Vicky Woof	Kendal Amateur Athletic Club	00:25:46	00:05:00	00:20:46

Teams None



Penrith 29/10/22

Bib No	Name	Club	Time	Start time	Actual Time
Senior Men					
1	311 Jonathan Cox	Eden Runners	00:37:26	00:09:30	00:27:56 S
2	360 James Douglas	Border Harriers & Ac	00:37:34	00:09:30	00:28:04 V35
3	363 Julian Hatcher	Border Harriers & AC	00:39:17	00:09:30	00:29:47 V45
4	361 Paul Graham	Netherhall AC	00:40:36	00:09:30	00:31:06 V45
5	357 Harry Butler	Border Harriers & AC	00:40:56	00:09:30	00:31:26 S
6	330 Russell Maddams	Keswick AC	00:41:03	00:09:30	00:31:33 V45
7	316 Tom Dunlop	Derwent AC Cockermouth	00:41:09	00:09:30	00:31:39 V35
8	367 Ross Landon	Border Harriers & AC	00:41:17	00:09:30	00:31:47 S
9	383 Andy Ward	Wigan Phoenix	00:41:17	00:09:30	00:31:47 V45
10	348 Joe Todd	Kendal Amateur Athletic Club	00:41:30	00:09:30	00:32:00 V45
11	319 Ryan Galea	Netherhall AC	00:41:37	00:09:30	00:32:07 S
12	382 Ashley Todd	Border Harriers & AC	00:41:48	00:09:30	00:32:18 S
13	377 Will Sisson	Kendal Amateur Athletic Club	00:42:19	00:09:30	00:32:49 V35
14	328 Jonny Lowe	Border Harriers & AC	00:42:39	00:09:30	00:33:09 V45
15	309 Shane Conway	Unattached	00:42:40	00:09:30	00:33:10 V35
16	378 Lee Smith	Derwent AC Cockermouth	00:43:24	00:09:30	00:33:54 V45
17	355 Dougie Moore	Unattached	00:43:40	00:09:30	00:34:10 V50
18	312 Robert Daley	Eden Runners	00:43:51	00:09:30	00:34:21 V45
19	380 Shane Stobbart	Cumberland AC	00:44:02	00:09:30	00:34:32 V35
20	356 John Bell	Leven Valley AC	00:44:03	00:09:30	00:34:33 S
21	368 Mike Mainprize	Derwent AC Cockermouth	00:44:08	00:09:30	00:34:38 V40
22	304 James Bailey	Leven Valley AC	00:44:21	00:09:30	00:34:51 V50
23	310 Philip Cooper	Eden Runners	00:44:26	00:09:30	00:34:56 V45
24	324 Mike James	Keswick AC	00:44:34	00:09:30	00:35:04 V50
25	373 Ben Oldham	Leven Valley AC	00:46:39	00:11:20	00:35:19 V45
26	362 James Grinbergs	Eden Runners	00:45:03	00:09:30	00:35:33 V45
27	379 Chris Stephenson	DH Runners	00:45:32	00:09:30	00:36:02 V50
28	375 Steve Rhodes	Hyde Park Harriers	00:45:36	00:09:30	00:36:06 V50
29	334 David McCabe	Trawden Athletic Club	00:45:38	00:09:30	00:36:08 V45
30	308 Matt Charlton	DH Runners	00:46:02	00:09:30	00:36:32 S
31	365 Kevin Hull	Border Harriers & AC	00:46:10	00:09:30	00:36:40 V60
32	337 Mark Moore	DH Runners	00:46:18	00:09:30	00:36:48 V45
33	303 Michael Allison	Eden Runners	00:46:21	00:09:30	00:36:51 V60
34	341 George Royston-Bishop	Derwent AC Cockermouth	00:47:11	00:09:30	00:37:41 V40
35	343 Darryl Saunders	Keswick AC	00:47:15	00:09:30	00:37:45 S
36	358 Calum Campbell	Eden Runners	00:47:59	00:09:30	00:38:29 V50
37	372 John Oakey	Eden Runners	00:48:28	00:09:30	00:38:58 V50
38	369 Adam McGinley	DH Runners	00:48:40	00:09:30	00:39:10 V40
39	366 Nick Hume	Blackpool Wyre & Fylde Ac	00:48:56	00:09:30	00:39:26 V60
40	313 Anthony Davis	Derwent AC Cockermouth	00:49:13	00:09:30	00:39:43 V60
41	336 John Messenger	DH Runners	00:49:19	00:09:30	00:39:49 V45
42	305 Garry Bower	Eden Runners	00:49:39	00:09:30	00:40:09 V50
43	381 David Thompson	Border Harriers & AC	00:50:19	00:09:30	00:40:49 V50
44	321 Ian Hewitt	Eden Runners	00:50:22	00:09:30	00:40:52 V40
45	359 Gareth Cavanagh	Cumberland AC	00:50:24	00:09:30	00:40:54 S
46	374 Gareth Presch	Border Harriers & AC	00:51:21	00:09:30	00:41:51 V40
47	340 Joseph Ritson	Derwent AC Cockermouth	00:51:53	00:09:30	00:42:23 V60
48	353 Daniel Crooks	Derwent AC Cockermouth	00:52:13	00:09:30	00:42:43 V40
49	370 Gary Milnes	Eden Runners	00:52:44	00:09:30	00:43:14 V60
50	327 Stephen Libby	Eden Runners	00:55:28	00:09:30	00:45:58 V60



Penrith 29/10/22

Bib No	Name	Club	Time	Start time	Actual Time
Teams					
1	Border Harriers & AC		10 pts		
2	Border Harriers & AC B		34 pts		
3	Eden Runners		42 pts		
4	Derwent AC Cockermouth		44 pts		
5	Keswick AC		65 pts		
6	Leven Valley AC		67 pts		
7	DH Runners		89 pts		
8	Eden Runners B		93 pts		
9	Derwent AC Cockermouth B		121 pts		



Penrith 29/10/22

Bib No	Name	Club	Time	Start time	Actual Time
Senior Women					
1	441 Katie Lord	Ambleside AC	00:40:04	00:05:00	00:35:04 S
2	463 Lily Higgins	Ambleside AC	00:41:13	00:05:00	00:36:13 S
3	426 Sally Braithwaite	Eden Runners	00:41:39	00:05:00	00:36:39 S
4	448 Emma Nielsen	Eden Runners	00:42:07	00:05:00	00:37:07 V45
5	461 Emma Cutting	DH Runners	00:37:47		00:37:47 S
6	423 Trudy Beetham	Keswick AC	00:42:54	00:05:00	00:37:54 V45
7	460 Charlotte Corrigan	Hyndburn AC	00:43:35	00:05:00	00:38:35 S
8	437 Michelle Foxwell	Ambleside AC	00:43:50	00:05:00	00:38:50 V45
9	428 Karen Bridge	Eden Runners	00:43:54	00:05:00	00:38:54 V50
10	421 Samantha Ayers	Keswick AC	00:43:57	00:05:00	00:38:57 V50
11	471 Claire Russell	Cumberland Fell Runners	00:44:25	00:05:00	00:39:25 V45
12	458 Lorna Askew	Helm Hill Runners	00:44:31	00:05:00	00:39:31 V50
13	466 Elizabeth McNally	Leven Valley AC	00:39:37		00:39:37 V50
14	454 Elizabeth Watson	Derwent AC Cockermouth	00:45:04	00:05:00	00:40:04 V40
15	435 Heather Eccles	Eden Runners	00:45:14	00:05:00	00:40:14 V35
16	446 Katie Milburn	Eden Runners	00:45:19	00:05:00	00:40:19 V35
17	464 Caroline Holden	Helm Hill Runners	00:45:23	00:05:00	00:40:23 V50
18	452 Debbie Walker	Derwent AC Cockermouth	00:45:33	00:05:00	00:40:33 V45
19	449 Sophie Sinclair	Derwent AC Cockermouth	00:45:54	00:05:00	00:40:54 S
20	479 Rebecca Wren	DH Runners	00:41:18		00:41:18 S
21	439 Lisa Jackson	Eden Runners	00:46:31	00:05:00	00:41:31 V35
22	467 Teresa Medley	Border Harriers & AC	00:46:47	00:05:00	00:41:47 V50
23	472 Leanne Scott	Leven Valley AC	00:47:12	00:05:00	00:42:12 V40
24	422 Leeann Barber	Keswick AC	00:43:00		00:43:00 V40
25	425 Hannah Bradshaw	Tri-Lakeland	00:48:06	00:05:00	00:43:06 S
26	468 Carolyn Millican	Border Harriers & AC	00:43:14		00:43:14 V40
27	477 Bryony Towers	Netherhall AC	00:44:08		00:44:08 S
28	433 Caroline Charlton	DH Runners	00:44:11		00:44:11 V35
29	465 Sarah Lord	DH Runners	00:44:14		00:44:14 V50
30	438 Lindsey Frankham	Netherhall AC	00:45:11		00:45:11 S
31	478 Helen Tyson	Eden Runners	00:45:28		00:45:28 V40
32	457 Beverley Armstrong	DH Runners	00:45:34		00:45:34 V45
33	474 Julie Story	Dh Runners	00:47:00		00:47:00 V50
34	453 Angela Watson	Eden Runners	00:47:38		00:47:38 V45
35	476 Alison Thorburn	Eden Runners	00:48:17		00:48:17 V50
36	469 Fiona Moore	DH Runners	00:49:34		00:49:34 V45
37	436 Amy Elliott	Eden Runners	00:50:12		00:50:12 V35
38	470 Colleen Oldham	Leven Valley AC	00:55:12	00:05:00	00:50:12 V40
39	440 Jill Libby	Eden Runners	00:50:16		00:50:16 V60
40	434 Rebecca Dunlop	Derwent AC Cockermouth	00:50:34		00:50:34 V35
41	480 Sarah Wright	Eden Runners	00:50:42		00:50:42 V45
42	459 Petrina Cassell	Eden Runners	00:51:57		00:51:57 V60
43	481 Julie Reeves	Eden Runners	00:52:08		00:52:08 V50
44	462 Lindsay Graham	DH Runners	00:55:11		00:55:11 V40

Teams

1	Ambleside AC	11 pts
2	Eden Runners	16 pts
3	Keswick AC	40 pts
4	Border Harriers & AC	48 pts
5	Derwent AC Cockermouth	51 pts
6	DH Runners	53 pts
7	Eden Runners B	62 pts
8	Leven Valley AC	74 pts
9	DH Runners B	94 pts