



### Workington 03/12/22

	Bib num	Name	Club	Time	Start time	Actual Time
<b>U9 Male</b>						
1	20	Kit Evans	Ambleside AC	00:07:53		00:07:53
2	18	Thomas Tacon	Cumberland Fell Runners	00:08:25		00:08:25
3	8	Oscar King	Cumberland Fell Runners	00:09:03		00:09:03
4	15	William Cairns	Annan & District AC	00:09:15		00:09:15
5	12	Stephen Watson	Ambleside AC	00:09:28		00:09:28
6	7	Freddie King	Cumberland Fell Runners	00:09:28		00:09:28
7	14	Aedan Barry	Keswick AC	00:11:08		00:11:08
8	5	Jonny Frankham	Cumberland Fell Runners	00:11:28		00:11:28
9	13	Austin Ellis	Cumberland Fell Runners	00:11:54		00:11:54

#### Teams

1 Cumberland Fell Runners 11 pts

#### U9 Female

1	37	Charlotte Mathieson	Cumberland Fell Runners	00:08:51		00:08:51
2	36	Lola Hodgson	Ambleside AC	00:09:09		00:09:09
3	34	Jessica Ferris	Keswick AC	00:09:21		00:09:21
4	32	Maia Dacre	Helm Hill Runners	00:10:01		00:10:01
5	42	Romy Barron	Ambleside AC	00:10:25		00:10:25
6	31	Charlotte Cueto	Unattached	00:12:43		00:12:43

#### Teams None

#### U11 Male

1	75	Harri Tancred	Helm Hill Runners	00:07:17		00:07:17
2	64	Magnus Foxwell	Ambleside AC	00:07:20		00:07:20
3	61	Matthew Downie	Seaton Athletic Club	00:07:26		00:07:26
4	62	Thomas Downie	Seaton Athletic Club	00:07:33		00:07:33
5	87	Jos Jebb	Helm Hill Runners	00:07:34		00:07:34
6	89	Jack Thwaite	Cumberland Fell Runners	00:07:46		00:07:46
7	58	Joshua Weild	Annan & District AC	00:08:04		00:08:04
8	74	Cameron Straughton	Unattached	00:08:05		00:08:05
9	82	Rowan Bradley	Ambleside AC	00:08:14		00:08:14
10	60	Jamie Turnbull	Carlisle Aspatria AC	00:08:19		00:08:19
11	77	Lucas Wright	Unattached	00:08:22		00:08:22
12	65	Oscar Frankham	Cumberland Fell Runners	00:08:23		00:08:23
13	76	Robert Watson	Ambleside AC	00:09:36		00:09:36

#### Teams

1 Ambleside AC 24 pts

#### U11 Female

1	100	Mollie Phillips	Annan & District AC	00:07:48		00:07:48
2	102	Mila Barron	Ambleside AC	00:07:50		00:07:50
3	99	Imogen Moore	Leven Valley AC	00:07:56		00:07:56
4	96	Alice Maddams	Keswick AC	00:08:42		00:08:42
5	92	Ava Cubbon	Annan & District AC	00:09:23		00:09:23
6	103	Erin Grant	Annan & District AC	00:09:33		00:09:33
7	57	Edie Wilson	Barrow & Furness Striders AC	00:09:37		00:09:37

#### Teams

1 Annan & District AC 12 pts



**Workington 03/12/22**

	Bib num	Name	Club	Time	Start time	Actual Time
<b>U13 Male</b>						
1	131	Aston Stubbs	Annan & District AC	00:10:04		00:10:04
2	132	Mason Stubbs	Annan & District AC	00:10:06		00:10:06
3	133	Joseff Tancred	Kendal Amateur Athletic Club	00:10:07		00:10:07
4	142	Oliver Scott	Leven Valley AC	00:10:41		00:10:41
5	127	Joe Green	Ambleside AC	00:10:43		00:10:43
6	124	Jamie Cueto	Seaton Athletic Club	00:10:44		00:10:44
7	136	Monty Holmes	Keswick AC	00:10:56		00:10:56
8	143	Riley Scott	Leven Valley AC	00:11:09		00:11:09
9	147	Liam Fulton	Border Harriers & AC	00:11:19		00:11:19
10	149	Harry Beetham	Keswick AC	00:11:24		00:11:24
11	148	Charlie Tulley	Cumberland Fell Runners	00:11:27		00:11:27
12	121	Seth Abbey	Eden Runners	00:11:33		00:11:33
13	128	Ethan Hughes Rudd	Cumberland Fell Runners	00:12:09		00:12:09
14	145	Ramsay Green	Annan & District AC	00:12:36		00:12:36

**Teams**

1 Annan & District AC

17 pts

**U13 Female**

1	168	Cara Bradley	Kendal Amateur Athletic Club	00:11:29		00:11:29
2	163	Anna Cunningham	Eden Runners	00:11:48		00:11:48
3	164	Katelyn Douglas	Glaxo Hoad Hill Harriers	00:12:08		00:12:08
4	173	Alice Hardy	Unattached	00:12:47		00:12:47
5	169	Imogen Cairns	Annan & District AC	00:13:14		00:13:14
6	167	Scarlett Bell	Annan & District AC	00:13:25		00:13:25

**Teams**

None

**U15 Male**

1	197	Mylo Jewell	Cumberland Fell Runners	00:12:44	00:02:00	00:10:44
2	204	John Williamson	Leven Valley AC	00:12:49	00:02:00	00:10:49
3	203	Micah Wightman	Keswick AC	00:12:57	00:02:00	00:10:57
4	194	Daniel Cooper	Keswick AC	00:13:47	00:02:00	00:11:47
5	195	Daniel Davies	Eden Runners	00:13:49	00:02:00	00:11:49
6	208	Zeke Sumner	Ambleside AC	00:13:50	00:02:00	00:11:50
7	196	Toby Davies	Eden Runners	00:14:37	00:02:00	00:12:37

**Teams**

None



**Workington 03/12/22**

	Bib num	Name	Club	Time	Start time	Actual Time
<b>U15 Female</b>						
1	238	Daisy Woodcock	Seaton Athletic Club	00:11:42		00:11:42
2	232	Rose Gilldaley	Eden Runners	00:11:52		00:11:52
3	229	Zoe Brannon	Keswick AC	00:12:07		00:12:07
4	241	Millie Jebb	Kendal Amateur Athletic Club	00:12:11		00:12:11
5	227	Iona Barrowdale-Smith	Leven Valley AC	00:12:50		00:12:50
6	174	Ruby Duxbury	Kendal Amateur Athletic Club	00:12:51		00:12:51
7	243	Lily Salt	Eden Runners	00:13:08		00:13:08
8	239	Erin Barry	Keswick AC	00:13:13		00:13:13

**Teams** None

<b>U17 Male</b>						
1	268	Adam Varey	Border Harriers & AC	00:21:46	00:10:00	00:11:46
2	270	Ben Nutter	Border Harriers & AC	00:22:16	00:10:00	00:12:16
3	262	Joshua Davies	Eden Runners	00:25:19	00:10:00	00:15:19
4	261	Neil Alexander	Annan & District AC	00:28:52	00:10:00	00:18:52

**Teams** None

<b>U17 Female</b>						
1	283	Ruth Walker	Unattached	00:19:21	00:04:00	00:15:21
2	287	Vicky Woof	Kendal Amateur Athletic Club	00:21:06	00:04:00	00:17:06

**Teams** None



Workington 03/12/22

	Bib num	Name	Club	Time	Start time	Actual Time	
<b>Senior Men</b>							
1	407	John Battrick	Keswick AC	00:35:30	00:10:00	00:25:30	S
2	311	Jonathan Cox	Eden Runners	00:36:01	00:10:00	00:26:01	S
3	360	James Douglas	Border Harriers & AC	00:36:09	00:10:00	00:26:09	V35
4	322	Sam Holding	Cumberland Fell Runners	00:37:18	00:10:00	00:27:18	S
5	357	Harry Butler	Border Harriers & AC	00:37:44	00:10:00	00:27:44	S
6	367	Ross Landon	Border Harriers & AC	00:38:10	00:10:00	00:28:10	S
7	330	Russell Maddams	Keswick AC	00:39:03	00:10:00	00:29:03	V45
8	409	Michael Holliday	DH Runners	00:39:51	00:10:00	00:29:51	V35
9	417	Blain Rooney	Border Harriers & AC	00:40:00	00:10:00	00:30:00	S
10	309	Shane Conway	Unattached	00:40:25	00:10:00	00:30:25	V35
11	355	Dougie Moore	Unattached	00:40:44	00:10:00	00:30:44	V50
12	378	Lee Smith	Derwent AC Cockermonth	00:40:59	00:10:00	00:30:59	V45
13	312	Robert Daley	Eden Runners	00:41:25	00:10:00	00:31:25	V45
14	346	Ryan Stoddart	Cumberland AC	00:41:29	00:10:00	00:31:29	V35
15	310	Philip Cooper	Eden Runners	00:41:33	00:10:00	00:31:33	V45
16	368	Mike Mainprize	Derwent AC Cockermonth	00:41:40	00:10:00	00:31:40	V40
17	334	David McCabe	Trawden Athletic Club	00:42:02	00:10:00	00:32:02	V45
18	376	Spencer Riley	Ambleside AC	00:42:31	00:10:00	00:32:31	V45
19	375	Steve Rhodes	Hyde Park Harriers	00:42:33	00:10:00	00:32:33	V50
20	324	Mike James	Keswick AC	00:42:38	00:10:00	00:32:38	V50
21	371	Gerard Mulgrew	Cumberland AC	00:42:59	00:10:00	00:32:59	V50
22	365	Kevin Hull	Border Harriers & AC	00:43:19	00:10:00	00:33:19	V60
23	350	Martin Varey	Border Harriers & AC	00:43:34	00:10:00	00:33:34	V45
24	379	Chris Stephenson	DH Runners	00:43:35	00:10:00	00:33:35	V50
25	308	Matt Charlton	DH Runners	00:43:46	00:10:00	00:33:46	S
26	412	Peter Milligan	Cumberland AC	00:43:49	00:10:00	00:33:49	V35
27	337	Mark Moore	DH Runners	00:43:57	00:10:00	00:33:57	V45
28	406	Mike Anderson	Derwent AC Cockermonth	00:44:04	00:10:00	00:34:04	V60
29	303	Michael Allison	Eden Runners	00:44:07	00:10:00	00:34:07	V60
30	331	Chris Mathieson	Derwent AC Cockermonth	00:44:11	00:10:00	00:34:11	V35
31	414	Mike Robinson	Cumberland AC	00:44:16	00:10:00	00:34:16	V40
32	416	Antony Rega	Unattached	00:44:19	00:10:00	00:34:19	V40
33	320	Stephen Hackley	Derwent AC Cockermonth	00:44:31	00:10:00	00:34:31	V45
34	391	James Jardine	Eden Runners	00:45:19	00:10:00	00:35:19	V40
35	306	David Bowness	Cumberland AC	00:45:42	00:10:00	00:35:42	V60
36	305	Garry Bower	Eden Runners	00:47:09	00:10:00	00:37:09	V50
37	313	Anthony Davis	Derwent AC Cockermonth	00:47:17	00:10:00	00:37:17	V60
38	392	Jamie Jephcott	Eden Runners	00:47:23	00:10:00	00:37:23	V50
39	415	Daniel Wilson	Cumberland AC	00:47:29	00:10:00	00:37:29	V35
40	349	Jonathan Tombs	Eden Runners	00:48:12	00:10:00	00:38:12	V50
41	413	Andrew Norman	Netherhall AC	00:49:06	00:10:00	00:39:06	V35
42	338	Mark Osborne	Eden Runners	00:49:13	00:10:00	00:39:13	V50
43	340	Joseph Ritson	Derwent AC Cockermonth	00:50:57	00:10:00	00:40:57	V60
44	411	Andy Johnson	Netherhall AC	00:51:03	00:10:00	00:41:03	V60
45	410	Craig Houghton	Cumberland Fell Runners	00:51:46	00:10:00	00:41:46	V50
46	325	Andrew Kelly	Cumberland AC	00:52:05	00:10:00	00:42:05	V45
47	327	Stephen Libby	Eden Runners	00:52:59	00:10:00	00:42:59	V60
48	315	Nicholas Downes	Cumberland AC	00:53:42	00:10:00	00:43:42	V45
49	403	Paul Wilson	Eden Runners	00:58:15	00:10:00	00:48:15	V60
50	405	Colin Valentine	Keswick AC	D.N.F	00:10:00	D.N.F	V60



**Workington 03/12/22**

Bib numt	Name	Club	Time	Start time	Actual Time
<b>Teams</b>					
1	Border Harriers & AC		14 pts		
2	Keswick AC		28 pts		
3	Eden Runners		30 pts		
4	Border Harriers & AC B		54 pts		
5	Derwent AC Cockermouth		56 pts		
6	DH Runners		57 pts		
7	Cumberland AC		61 pts		
8	Eden Runners B		99 pts		
9	Derwent AC Cockermouth B		100 pts		
10	Cumberland AC B		105 pts		



Workington 03/12/22

Bib num	Name	Club	Time	Start time	Actual Time
<b>Senior Women</b>					
1	500 Nichola Jackson	Keswick AC	00:34:11	00:04:00	00:30:11 S
2	494 Marie Marshall	Annan & District AC	00:37:19	00:04:00	00:33:19 V40
3	253 Annika Stumpf	DH Runners	00:37:20	00:04:00	00:33:20 S
4	426 Sally Braithwaite	Eden Runners	00:37:36	00:04:00	00:33:36 S
5	251 Lauren Munro-Bennett	Ambleside AC	00:38:35	00:04:00	00:34:35 S
6	448 Emma Nielsen	Eden Runners	00:39:13	00:04:00	00:35:13 V45
7	437 Michelle Foxwell	Ambleside AC	00:39:16	00:04:00	00:35:16 V45
8	423 Trudy Beetham	Keswick AC	00:39:25	00:04:00	00:35:25 V45
9	445 Kathryn Metcalfe	Eden Runners	00:40:33	00:04:00	00:36:33 V45
10	446 Katie Milburn	Eden Runners	00:41:02	00:04:00	00:37:02 V35
11	435 Heather Eccles	Eden Runners	00:41:16	00:04:00	00:37:16 V35
12	254 Melanie Tapodi	Derwent AC Cockermouth	00:41:17	00:04:00	00:37:17 V40
13	429 Suzanne Budgett	Horwich R M I Harriers	00:37:49		00:37:49 V50
14	472 Leanne Scott	Leven Valley AC	00:38:14		00:38:14 V40
15	452 Debbie Walker	Derwent AC Cockermouth	00:42:17	00:04:00	00:38:17 V45
16	255 Helen Thwaite	Cumberland AC	00:38:58		00:38:58 V35
17	433 Caroline Charlton	DH Runners	00:39:05		00:39:05 V35
18	422 Leeann Barber	Keswick AC	00:39:12		00:39:12 V40
19	256 Vic Wilson	Cumberland AC	00:40:49		00:40:49 V35
20	438 Lindsey Frankham	Netherhall AC	00:41:46		00:41:46 S
21	499 Bev Faulder	Cumberland AC	00:43:44		00:43:44 V45
22	487 Wendy Gass	Annan & District AC	00:44:58		00:44:58 V50
23	453 Angela Watson	Eden Runners	00:45:01		00:45:01 V45
24	482 Sally Blackmore	Eden Runners	00:45:12		00:45:12 V60
25	447 Gina Mumford	Eden Runners	00:45:13		00:45:13 V60
26	455 Laura Wylie	Cumberland AC	00:45:32		00:45:32 V35
27	469 Fiona Moore	DH Runners	00:45:34		00:45:34 V45
28	451 Kimberly Summers	Derwent AC Cockermouth	00:46:04		00:46:04 V35
29	440 Jill Libby	Eden Runners	00:47:33		00:47:33 V60
30	498 Anghie Cooley	Derwent AC Cockermouth	00:48:01		00:48:01 V60
31	459 Petrina Cassell	Eden Runners	00:49:20		00:49:20 V60

**Teams**

1	Eden Runners	19 pts
2	Keswick AC	27 pts
3	Eden Runners B	44 pts
4	Derwent AC Cockermouth	55 pts
5	DH Runners	47 pts
6	Cumberland AC	56 pts

	Total	Cockermouth	Penrith	Carlisle	Workington
<b>U9 Male</b>					
1 Cumberland Fell Runners	36	12	12	12	12
2 Ambleside AC	11			11	
3 Cumberland Fell Runners B	10			10	
<b>U9 Female</b>					
None					
<b>U11 Male</b>					
1 Ambleside AC	36		12	12	12
2 Cumberland Fell Runners	33	12	10	11	
3 Eden Runners	22	11	11		
4 Eden Runners B	9		9		
<b>U11 Female</b>					
Annan & District AC	24			12	12
<b>U13 Male</b>					
1 Annan & District AC	24			12	12
2 Leven Valley AC	12		12		
3 Ambleside AC	11		11		
<b>U13 Female</b>					
1 Annan & District AC	12		12		
2 Kendal Amateur Athletic Club	11		11		
<b>U15 Male</b>					
1 Kendal Amateur Athletic Club	24	12	12		
<b>U15 Female</b>					
1 Eden Runners	23	12	11		
2 Leven Valley AC	12		12		
<b>U17 Male</b>					
1 Border Harriers & AC	36	12	12	12	
<b>U17 Female</b>					
None					
<b>Senior Men</b>					
1 Border Harriers & AC	36		12	12	12
2 Eden Runners	31	11	10	8	10
3 Border Harriers & AC B	30		11	10	9
4 Derwent AC Cockermouth	30	12	9	9	8
5 Keswick AC	29	10	8	7	11
6 DH Runners	21	8	6	4	7
7 Derwent AC Cockermouth B	19	9	4	6	4
8 Eden Runners B	17	7	5	5	5
9 Cumberland AC	15	6		3	6
10 Kendal Amateur Athletic Club	11			11	
11 Leven Valley AC	7		7		
12 Cumberland AC B	3				3
13 Annan & District AC	2			2	
<b>Senior Women</b>					
1 Eden Runners	35	12	11	12	11
2 Keswick AC	33	11	10	10	12
3 Eden Runners B	28	9	7	9	10
4 Derwent AC Cockermouth	28	10	9	6	9
5 DH Runners	24		8	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		