



**Cockermouth 07 October 2023**

Bib number	Name	Club	Time	Start time	Actual Time
<b>U9 Male</b>					
1	464 Arthur Prosser George	Cumberland Fell Runners	00:03:01		00:03:01
2	452 Judah Basham	Ambleside AC	00:03:08		00:03:08
3	457 Quinn Henley Orr	Seaton Athletic Club	00:03:10		00:03:10
4	453 Will Dixon	Unattached	00:03:11		00:03:11
5	458 William Hore	Unattached	00:03:24		00:03:24
6	463 Ruaridh Phillips	Annan & District AC	00:03:25		00:03:25
7	462 Max Nixon	Carlisle Tri Club	00:03:28		00:03:28
8	451 Aedan Barry	Keswick AC	00:03:40		00:03:40
9	459 Oliver Marshall	Ambleside AC	00:03:45		00:03:45
10	456 Jonny Frankham	Cumberland Fell Runners	00:03:47		00:03:47
11	466 Harry Trotter	Unattached	00:03:48		00:03:48
12	461 Dexter Nixon	Unattached	00:04:15		00:04:15
13	460 Archie Neil	Unattached	00:04:25		00:04:25

**Teams**

None

**U9 Female**

1	481 Charlotte Mathieson	Cumberland Fell Runners	00:03:12		00:03:12
2	487 Teigan Wilcock	Ambleside AC	00:03:15		00:03:15
3	476 Romy Barron	Ambleside AC	00:03:19		00:03:19
4	482 April Mawson	Millom Striders	00:03:22		00:03:22
5	485 Olivia Trotter	Carlisle Tri Club	00:03:31		00:03:31
6	483 Chloe Moore	Cumberland Fell Runners	00:03:37		00:03:37
7	480 Gabriella Johns	Unattached	00:03:39		00:03:39
8	479 Anna Giddings	Cumberland Fell Runners	00:03:53		00:03:53
9	489 Esme Webley	Unattached	00:03:54		00:03:54
10	484 Cerys Naylor	Keswick AC	00:04:15		00:04:15
11	488 Isla Veitch	Keswick AC	00:04:16		00:04:16
12	477 Joy Basham	Ambleside AC	00:04:48		00:04:48

**Teams**

1	Cumberland Fell Runners	15 pts
2	Ambleside AC	17 pts



**Cockermouth 07 October 2023**

Bib number	Name	Club	Time	Start time	Actual Time
<b>U11 Male</b>					
1	393 Jos Jebb	Kendal Amateur Athletic Club	00:05:48		00:05:48
2	386 Kit Evans	Kendal Amateur Athletic Club	00:05:56		00:05:56
3	385 Matthew Downie	Seaton Athletic Club	00:05:59		00:05:59
4	397 Max Steele	Seaton Athletic Club	00:06:03		00:06:03
5	387 Jack Farrell	Kendal Amateur Athletic Club	00:06:11		00:06:11
6	381 Jude Arragon-Watson	Eden Runners	00:06:17		00:06:17
7	394 Nathaniel Leonard	Eden Runners	00:06:19		00:06:19
8	399 Jack Thwaite	Cumberland Fell Runners	00:06:20		00:06:20
9	403 Thomas Tacon	Cumberland Fell Runners	00:06:25		00:06:25
10	388 Oscar Frankham	Cumberland Fell Runners	00:06:39		00:06:39
11	390 Alistair Henley Orr	Seaton Athletic Club	00:06:50		00:06:50
12	389 Lewis Hebdige	Eden Runners	00:06:52		00:06:52
13	384 Joe Donnelly	Seaton Athletic Club	00:07:16		00:07:16
14	392 Seb Hollows	Dallam Running Club	00:07:24		00:07:24
15	398 Ewan Taylor	Cumberland Fell Runners	00:08:36		00:08:36
16	402 Samuel Youngman	Cumberland Fell Runners	00:09:39		00:09:39
17	396 Craig Rodham	Unattached	00:10:21		00:10:21

**Teams**

1	Kendal Amateur Athletic Club	8 pts
2	Seaton Athletic Club	18 pts
3	Eden Runners	25 pts
4	Cumberland Fell Runners	27 pts

**U11 Female**

1	426 Mila Barron	Kendal Amateur Athletic Club	00:05:58		00:05:58
2	434 Lola Hodgson	Ambleside AC	00:06:35		00:06:35
3	435 Ivy Marshall	Ambleside AC	00:06:45		00:06:45
4	427 Grace Bell	Annan & District AC	00:07:01		00:07:01
5	436 Charlotte Moore	Unattached	00:07:05		00:07:05
6	438 Kate Todhunter	Keswick AC	00:07:07		00:07:07
7	433 Erin Grant	Annan & District AC	00:07:08		00:07:08
8	432 Jessica Ferris	Keswick AC	00:07:37		00:07:37
9	429 Ava Cubbon	Annan & District AC	00:07:56		00:07:56
10	439 Megan Veitch	Keswick AC	00:08:45		00:08:45

**Teams**

1	Annan & District AC	20 pts
2	Keswick AC	24 pts



**Cockermouth 07 October 2023**

Bib number	Name	Club	Time	Start time	Actual Time
<b>U13 Male</b>					
1	324 Magnus Foxwell	Ambleside AC	00:07:51		00:07:51
2	332 Mason Stubbs	Annan & District AC	00:08:01		00:08:01
3	333 Harri Tancred	Kendal Amateur Athletic Club	00:08:12		00:08:12
4	325 Liam Fulton	Border Harriers & AC	00:08:30		00:08:30
5	331 Reuben Prosser George	Cumberland Fell Runners	00:08:54		00:08:54
6	329 Ewan Mitchell	Border Harriers & AC	00:08:56		00:08:56
7	327 Ethan Hughes Rudd	Cumberland Fell Runners	00:08:57		00:08:57
8	328 Joey Marshall	Annan & District AC	00:09:38		00:09:38
9	334 Calum Taylor	Cumberland Fell Runners	00:09:52		00:09:52
10	326 Joseph Giddings	Cumberland Fell Runners	00:10:52		00:10:52

**Teams**

1 Cumberland Fell Runners 21 pts

**U13 Female**

1	359 Isla Jebb	Kendal Amateur Athletic Club	00:08:24		00:08:24
2	365 Fay Thomas	Lancaster & Morecambe AC	00:08:29		00:08:29
3	363 Emmy Ranner	Kendal Amateur Athletic Club	00:08:52		00:08:52
4	361 Imogen Moore	Leven Valley AC	00:09:08		00:09:08
5	357 Katelyn Douglas	Leven Valley AC	00:09:12		00:09:12
6	366 Evie Youngman	Cumberland Fell Runners	00:09:18		00:09:18
7	362 Mollie Phillips	Annan & District AC	00:09:53		00:09:53
7	364 Evie Stewart	Annan & District AC	00:09:58		00:09:58
9	360 Orla McClelland	Annan & District AC	00:10:06		00:10:06
10	356 Scarlett Bell	Annan & District AC	00:10:43		00:10:43
11	358 Freya Hodgson-Jones	Ambleside AC	00:10:46		00:10:46

**Teams**

1 Annan & District AC 23 pts



**Cockermouth 07 October 2023**

Bib number	Name	Club	Time	Start time	Actual Time
<b>U15 Male</b>					
1	271 Daniel Davies	Eden Runners	00:10:04		00:10:04
2	283 Joseph Tinniswood	Border Harriers & AC	00:10:12		00:10:12
3	279 Aston Stubbs	Annan & District AC	00:10:31		00:10:31
4	284 Samuel Turney	Border Harriers & AC	00:10:44		00:10:44
5	274 Luke Davison	Cumberland Fell Runners	00:10:57		00:10:57
6	280 Joseff Tancrel	Kendal Amateur Athletic Club	00:10:59		00:10:59
7	277 Riley Scott	Leven Valley AC	00:11:32		00:11:32
8	276 Oliver Scott	Leven Valley AC	00:11:42		00:11:42
9	281 Zak Taylor	Tri-Lakeland	00:11:59		00:11:59
10	275 Barnaby Parker	Eden Runners	00:12:03		00:12:03
11	282 Zach Thomas	Lancaster & Morecambe AC	00:14:06		00:14:06

**Teams**

None

**U15 Female**

1	298 Daisy Woodcock	Border Harriers & AC	00:11:04		00:11:04
2	295 Millie Jebb	Kendal Amateur Athletic Club	00:11:46		00:11:46
3	297 Isla Pearman	Kendal Amateur Athletic Club	00:12:30		00:12:30
4	292 Zoe Brannon	Keswick AC	00:12:40		00:12:40
5	296 Isabelle Milligan	Border Harriers & AC	00:12:42		00:12:42
6	293 Anna Cunningham	Eden Runners	00:13:02		00:13:02
7	294 Tess Evans	Kendal Amateur Athletic Club	00:13:42		00:13:42

**Teams**

1 Kendal Amateur Athletic Club

12 pts



**Cockermouth 07 October 2023**

Bib number	Name	Club	Time	Start time	Actual Time
<b>U17 Male</b>					
1	1 Alfie Addison	Kendal Amateur Athletic Club	00:14:33		00:14:33
2	2 Max Hazlehurst	Leven Valley AC	00:14:40		00:14:40
3	4 Ben Nutter	Border Harriers & AC	00:15:11		00:15:11
4	7 Joshua Todd	Kendal Amateur Athletic Club	00:15:40		00:15:40
5	8 Micah Wightman	Keswick AC	00:15:44		00:15:44
6	5 Oliver Oldham	Leven Valley AC	00:16:17		00:16:17
7	6 Alfie Todd	Kendal Amateur Athletic Club	D.N.F		D.N.F

**Teams**

None

**U17 Female**

1	21 Rose Gildaley	Eden Runners	00:16:57		00:16:57
2	16 Marina Bailey	Leven Valley AC	00:17:29		00:17:29
3	24 Amara Rose	Eden Runners	00:17:56		00:17:56
4	18 Erin Barry	Keswick AC	00:19:02		00:19:02
5	20 Ellen Douglas	Leven Valley AC	00:19:06		00:19:06
6	17 Iona Barrowdale-Smith	Leven Valley AC	00:19:34		00:19:34
7	26 Vicky Woof	Kendal Amateur Athletic Club	00:20:19		00:20:19
8	25 Ruth Walker	Unattached	00:20:44		00:20:44
9	22 Honor Morton	Leven Valley AC	00:20:58		00:20:58

**Teams**

1 Leven Valley AC 13 pts



**Cockermouth 07 October 2023**

Bib number	Name	Club	Time	Start time	Actual Time
<b>Senior Men</b>					
1	79 Chris Steele	Netherhall AC	00:50:46	00:20:00	00:30:46 V40
2	75 Jack Robinson	Ambleside AC	00:51:11	00:20:00	00:31:11 S
3	46 Adam Frankham	Netherhall AC	00:51:45	00:20:00	00:31:45 S
4	68 Simon Netherway	Keswick AC	00:52:50	00:20:00	00:32:50 V40
5	45 Tom Dunlop	Derwent AC Cockermouth	00:53:03	00:20:00	00:33:03 V35
6	31 Michael Barron	Ambleside AC	00:53:05	00:20:00	00:33:05 S
7	84 Joe Todd	Kendal Amateur Athletic Club	00:53:30	00:20:00	00:33:30 V45
8	60 Joseph Masters	Derwent AC Cockermouth	00:54:38	00:20:00	00:34:38 S
9	67 Christopher Neil	Unattached	00:55:31	00:20:00	00:35:31 V40
10	41 Robert Daley	Eden Runners	00:55:34	00:20:00	00:35:34 V45
11	73 Ian Renouf	Derwent AC Cockermouth	00:55:41	00:20:00	00:35:41 V35
12	70 Steven Pagan	Border Harriers & AC	00:55:57	00:20:00	00:35:57 V45
13	53 Mike James	Keswick AC	00:56:21	00:20:00	00:36:21 V50
14	59 Chris Lister	Ellenborough AC	00:56:22	00:20:00	00:36:22 V40
15	44 Andrew Douglas	Eden Runners	00:56:51	00:20:00	00:36:51 V40
16	49 Bobby Hagan	Morpeth Harriers & AC	00:57:01	00:20:00	00:37:01 S
17	38 Gareth Cavanagh	Cumberland AC	00:57:10	00:20:00	00:37:10 S
18	58 Peter Kemp	Ellenborough AC	00:57:25	00:20:00	00:37:25 V45
19	52 Kev Iveson	DH Runners	00:57:31	00:20:00	00:37:31 V40
20	62 David McCabe	Trawden Athletic Club	00:57:37	00:20:00	00:37:37 V45
21	43 Malcolm Dixon	Unattached	00:57:44	00:20:00	00:37:44 V50
22	81 Justin Tancred	Helm Hill Runners	00:57:50	00:20:00	00:37:50 V45
23	47 Daniel Grisedale	Unattached	00:58:03	00:20:00	00:38:03 S
24	40 Matt Charlton	DH Runners	00:59:02	00:20:00	00:39:02 V35
25	50 David Harper	Derwent AC Cockermouth	00:59:17	00:20:00	00:39:17 V40
26	76 George Royston-Bishop	Derwent AC Cockermouth	00:59:41	00:20:00	00:39:41 V40
27	48 Stephen Hackley	Derwent AC Cockermouth	01:00:09	00:20:00	00:40:09 V45
28	66 Mark Moore	DH Runners	01:00:42	00:20:00	00:40:42 V45
29	86 Ian Mcdougall	Cumberland AC	01:00:46	00:20:00	00:40:46 V50
30	65 Alan McKee	Cumberland AC	01:01:00	00:20:00	00:41:00 V50
31	74 Paul Revell	Unattached	01:01:08	00:20:00	00:41:08 V60
32	83 Simon Thomas	Eden Runners	01:01:14	00:20:00	00:41:14 V40
33	61 Chris Mathieson	Derwent AC Cockermouth	01:01:44	00:20:00	00:41:44 V35
34	64 Mark McGlincy	Bingley Harriers & AC	01:01:50	00:20:00	00:41:50 V50
35	55 Jamie Jephcott	Eden Runners	01:02:04	00:20:00	00:42:04 V50
36	56 David Johnson	Eden Runners	01:02:27	00:20:00	00:42:27 V60
37	42 Anthony Davis	Derwent AC Cockermouth	01:02:45	00:20:00	00:42:45 V60
38	77 Michael Sandelands	Cumberland AC	01:02:57	00:20:00	00:42:57 V50
39	36 Gary Byers	Cumberland AC	01:03:04	00:20:00	00:43:04 V60
40	33 Garry Bower	Eden Runners	01:04:24	00:20:00	00:44:24 V50
41	34 Andrew Butcher	Keswick AC	01:04:42	00:20:00	00:44:42 V50
42	51 Craig Houghton	Cumberland Fell Runners	01:06:19	00:20:00	00:46:19 V50
43	72 David Peacock	Eden Runners	01:06:34	00:20:00	00:46:34 V60
44	85 Mark Wilmot	Eden Runners	01:07:19	00:20:00	00:47:19 V50
45	32 Dominic Barry	Esk Valley Fell Club	01:07:28	00:20:00	00:47:28 V50
46	82 Mark Taylor	Unattached	01:07:58	00:20:00	00:47:58 V45
47	57 Andrew Kelly	Cumberland AC	01:09:39	00:20:00	00:49:39 V45

**Teams** 1 Derwent AC Cockermouth

24 pts



Cockermouth 07 October 2023

Bib number	Name	Club	Time	Start time	Actual Time
2	Eden Runners		57 pts		
3	Keswick AC		58 pts		
4	DH Runners		71 pts		
5	Cumberland AC		76 pts		
6	Derwent AC Cockermouth	B	78 pts		
7	Eden Runners	B	111 pts		
8	Cumberland AC	B	124 pts		



**Cockermouth 07 October 2023**

Bib number	Name	Club	Time	Start time	Actual Time
<b>Senior Women</b>					
1	207 Sharon Taylor	Helm Hill Runners	00:45:42	00:11:00	00:34:42 V40
2	198 Emma Neil	Eden Runners	00:47:24	00:11:00	00:36:24 V35
3	206 Catherine Spurden	Keswick AC	00:47:39	00:11:00	00:36:39 V35
4	184 Michelle Foxwell	Ambleside AC	00:50:31	00:11:00	00:39:31 V45
5	174 Karen Bridge	Eden Runners	00:51:47	00:11:00	00:40:47 V50
6	200 Emma Nielsen	Eden Runners	00:51:49	00:11:00	00:40:49 V50
7	172 Samantha Ayers	Keswick AC	00:52:22	00:11:00	00:41:22 V50
8	180 Hannah Cole	Keswick AC	00:52:51	00:11:00	00:41:51 V40
9	182 Hazel Davies	Keswick AC	00:53:39	00:11:00	00:42:39 V50
10	204 Leanne Scott	Leven Valley AC	00:54:22	00:11:00	00:43:22 V40
11	193 Kathryn Metcalfe	Eden Runners	00:54:49	00:11:00	00:43:49 V45
12	205 Sophie Sinclair	Derwent AC Cockermouth	00:55:12	00:11:00	00:44:12 S
13	176 Suzanne Budgett	Horwich R M I Harriers	00:55:26	00:11:00	00:44:26 V60
14	190 Tanya Lambert	Eden Runners	00:55:45	00:11:00	00:44:45 V50
15	185 Isobel Graham	Derwent AC Cockermouth	00:56:14	00:11:00	00:45:14 V50
16	183 Celia Dring	Keswick AC	00:56:23	00:11:00	00:45:23 V45
17	194 Katie Milburn	Eden Runners	00:56:40	00:11:00	00:45:40 V40
18	173 Leeann Barber	Keswick AC	00:56:55	00:11:00	00:45:55 V40
19	202 Rowan Ranner	Helm Hill Runners	00:57:57	00:11:00	00:46:57 V45
20	179 Debbie Charlton	Keswick AC	00:58:21	00:11:00	00:47:21 V45
21	187 Sophie Heron	Eden Runners	00:58:42	00:11:00	00:47:42 V35
22	210 Helen Tyson	Eden Runners	00:59:36	00:11:00	00:48:36 V40
23	199 Helen Nicholson	Eden Runners	01:00:01	00:11:00	00:49:01 V45
24	197 Bethan Naylor	Keswick AC	01:00:16	00:11:00	00:49:16 V35
25	201 Colleen Oldham	Leven Valley AC	01:00:44	00:11:00	00:49:44 V40
26	177 Nicky Butler	Keswick AC	01:00:49	00:11:00	00:49:49 V60
27	219 Kate Stacey	Unattached	01:00:51	00:11:00	00:49:51 V50
28	189 Susan Jackson	Netherhall AC	01:00:55	00:11:00	00:49:55 V45
29	203 Jo Rodham	Eden Runners	01:01:06	00:11:00	00:50:06 V40
30	208 Alison Thorburn	Eden Runners	01:01:43	00:11:00	00:50:43 V50
31	215 Caron White	Cumberland AC	01:01:45	00:11:00	00:50:45 V45
32	195 Carole Milnes	Eden Runners	01:02:20	00:11:00	00:51:20 V60
33	175 Louise Brown	Keswick AC	01:02:42	00:11:00	00:51:42 V50
34	171 Stella Atherton	Cumberland AC	01:03:06	00:11:00	00:52:06 V50
35	213 Emma Watson	Eden Runners	01:03:46	00:11:00	00:52:46 V45
36	218 Gill Harding	DH Runners	01:04:08	00:11:00	00:53:08 V60
37	196 Fiona Moore	DH Runners	01:04:34	00:11:00	00:53:34 V45
38	191 Jill Libby	Eden Runners	01:05:29	00:11:00	00:54:29 V60
39	178 Wendy Cannon	Eden Runners	01:05:35	00:11:00	00:54:35 V50
40	212 Angela Watson	Eden Runners	01:05:36	00:11:00	00:54:36 V45
41	217 Laura Wylie	Cumberland AC	01:06:18	00:11:00	00:55:18 V35
42	181 Jemma Dakers	Netherhall AC	01:10:31	00:11:00	00:59:31 S
43	192 Adele Lyall	Netherhall AC	01:10:32	00:11:00	00:59:32 S
44	216 Sarah Wright	Eden Runners	01:14:21	00:11:00	01:03:21 V45

**Teams**

Eden Runners	13 pts
Keswick AC	18 pts
Keswick AC	43 pts
<b>B</b>	





Cockermouth 07 October 2023

Bib number	Name	Club	Time	Start time	Actual Time
	Eden Runners	B	65 pts		
	Cumberland AC		106 pts		
	Netherhall AC		113 pts		