



Carlisle

09 December 2023

Bib

number Name

Club

Time

Start time

Actual Time

U9 Male

1	452 Judah Basham	Ambleside AC	00:04:47		00:04:47
2	463 Ruaridh Phillips	Annan & District AC	00:05:01		00:05:01
3	462 Max Nixon	Carlisle Tri Club	00:05:11		00:05:11
4	468 Freddy Cowen	Seaton Athletic Club	00:05:24		00:05:24
5	474 Seth Eastwood	Unattached	00:05:26		00:05:26
6	466 Harry Trotter	Unattached	00:05:30		00:05:30
7	460 Archie Neil	Unattached	00:07:22		00:07:22

Teams

None

U9 Female

1	481 Charlotte Mathieson	Cumberland Fell Runners	00:05:02		00:05:02
2	512 Teigan Wilcock	Ambleside AC	00:05:06		00:05:06
3	476 Romy Barron	Ambleside AC	00:05:16		00:05:16
4	485 Olivia Trotter	Carlisle Tri Club	00:05:25		00:05:25
5	494 Maya Zaboklicka	Barrow & Furness Striders AC	00:05:27		00:05:27

Teams

None



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U11 Male

1	411 Leo Walsh	Unattached	00:08:16		00:08:16
2	385 Matthew Downie	Seaton Athletic Club	00:08:44		00:08:44
3	381 Jude Arragon-Watson	Eden Runners	00:08:47		00:08:47
4	412 Leo Wilson	Unattached	00:09:04		00:09:04
5	397 Max Steele	Seaton Athletic Club	00:09:07		00:09:07
6	399 Jack Thwaite	Cumberland Fell Runners	00:09:09		00:09:09
7	394 Nathaniel Leonard	Eden Runners	00:09:21		00:09:21
8	404 Dylan Clarke	Eden Runners	00:09:45		00:09:45
9	382 Lawrie Belshaw	Ambleside AC	00:09:49		00:09:49
10	407 Finley Gillon	Eden Runners	00:10:43		00:10:43

Teams

1 Eden Runners

18 pts

U11 Female

1	442 Ciara McKinnel	Unattached	00:09:50		00:09:50
2	447 Henrietta Paul	Border Harriers & AC	00:10:06		00:10:06
3	434 Lola Hodgson	Ambleside AC	00:10:16		00:10:16
4	445 Gabriella Forrest	Annan & District AC	00:10:49		00:10:49
5	429 Ava Cubbon	Annan & District AC	00:10:51		00:10:51
6	440 Lucy Wood	Eden Runners	00:10:51		00:10:51
7	436 Charlotte Moore	Unattached	00:10:56		00:10:56
8	444 Emily Rome	Annan & District AC	00:11:09		00:11:09
9	433 Erin Grant	Annan & District AC	00:11:14		00:11:14

Teams

None

1 Annan & District AC

17 pts



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U13 Male

1	335 Noah Cook	Barrow & Furness Striders AC	00:09:59		00:09:59
2	340 Theo Zaboklicki	Barrow & Furness Striders AC	00:10:03		00:10:03
3	324 Magnus Foxwell	Ambleside AC	00:10:24		00:10:24
4	336 Joseph Green	Ambleside AC	00:10:42		00:10:42
5	339 Charlie Tulley	Cumberland Fell Runners	00:10:48		00:10:48
6	342 Thomas Downie	Seaton Athletic Club	00:10:50		00:10:50
7	325 Liam Fulton	Border Harriers & AC	00:10:52		00:10:52
8	332 Mason Stubbs	Annan & District AC	00:10:56		00:10:56
9	327 Ethan Hughes Rudd	Cumberland Fell Runners	00:11:48		00:11:48
10	328 Joey Marshall	Annan & District AC	00:12:23		00:12:23
11	344 Jamie Turnbull	Carlisle Aspatria AC	00:12:23		00:12:23
12	329 Ewan Mitchell	Border Harriers & AC	00:12:33		00:12:33
13	338 Luke Rome	Annan & District AC	00:13:49		00:13:49

Teams

1 Annan & District AC 31 pts

U13 Female

1	365 Fay Thomas	Lancaster & Morecambe AC	00:11:41		00:11:41
2	361 Imogen Moore	Leven Valley AC	00:12:17		00:12:17
3	368 Alice Hardy	Cumberland Fell Runners	00:12:28		00:12:28
4	360 Orla McClelland	Annan & District AC	00:12:38		00:12:38
5	362 Mollie Phillips	Annan & District AC	00:13:19		00:13:19
6	364 Evie Stewart	Annan & District AC	00:13:47		00:13:47
7	356 Scarlett Bell	Annan & District AC	00:14:16		00:14:16

Teams

1 Annan & District AC 15 pts



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Club

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U15 Male

1	283 Joseph Tinniswood	Border Harriers & AC	00:14:17		00:14:17
2	284 Samuel Turney	Border Harriers & AC	00:14:24		00:14:24
3	279 Aston Stubbs	Annan & District AC	00:15:17		00:15:17
4	272 Jonny Davies	Eden Runners	00:15:27		00:15:27
5	281 Zak Taylor	Tri-Lakeland	00:15:42		00:15:42
6	277 Riley Scott	Leven Valley AC	00:15:45		00:15:45
7	285 Joseph Cook	Barrow & Furness Striders AC	00:15:48		00:15:48
8	276 Oliver Scott	Leven Valley AC	00:15:52		00:15:52
9	275 Barnaby Parker	Eden Runners	00:16:12		00:16:12
10	286 Thomas Iveson	Ambleside AC	00:16:22		00:16:22

Teams

None

U15 Female

1	298 Daisy Woodcock	Border Harriers & AC	00:14:33		00:14:33
2	292 Zoe Brannon	Keswick AC	00:15:53		00:15:53
3	296 Isabelle Milligan	Border Harriers & AC	00:15:56		00:15:56
4	291 Cara Bradley	Kendal Amateur Athletic Club	00:16:35		00:16:35
5	293 Anna Cunningham	Eden Runners	00:16:49		00:16:49
6	300 Suzie McNally	Border Harriers & AC	00:16:59		00:16:59
7	303 Bella Tiffin-Lowe	Border Harriers & AC	00:17:37		00:17:37

Teams

1 Border Harriers & AC

10 pts



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Bib

number Name

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Time

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U17 Male

1	15 Alfie Lamb	Border Harriers & AC	00:19:21		00:19:21
2	4 Ben Nutter	Border Harriers & AC	00:20:00		00:20:00
3	8 Micah Wightman	Keswick AC	00:20:16		00:20:16

Teams

None

U17 Female

1	21 Rose Gilldaley	Eden Runners	00:21:48		00:21:48
2	25 Ruth Walker	Unattached	00:25:19		00:25:19
3	19 Rosie Davies	Eden Runners	00:26:09		00:26:09
4	22 Honor Morton	Leven Valley AC	00:27:03		00:27:03
5	23 Sienna Parker	Eden Runners	00:28:55		00:28:55

Teams

1 Eden Runners

9 pts



Carlisle

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Bib number	Name	Club	Time	Start time	Actual Time
Senior Men					
1	137 Scott Nutter	Border Harriers & AC	00:56:28	00:20:00	00:36:28
2	99 Tom Humphries	Border Harriers & AC	00:57:11	00:20:00	00:37:11
3	133 Julian Hatcher	Border Harriers & AC	00:58:42	00:20:00	00:38:42
4	35 Harry Butler	Border Harriers & AC	00:59:11	00:20:00	00:39:11
5	79 Chris Steele	Unattached	00:59:30	00:20:00	00:39:30
6	75 Jack Robinson	Ambleside AC	00:59:51	00:20:00	00:39:51
7	46 Adam Frankham	Netherhall AC	01:00:11	00:20:00	00:40:11
8	100 Ross Landon	Border Harriers & AC	01:00:50	00:20:00	00:40:50
9	68 Simon Netherway	Keswick AC	01:02:29	00:20:00	00:42:29
10	67 Christopher Neil	Unattached	01:04:29	00:20:00	00:44:29
11	97 Kai Hatcher	Border Harriers & AC	01:04:51	00:20:00	00:44:51
12	134 Jonny Lowe	Border Harriers & AC	01:05:10	00:20:00	00:45:10
13	60 Joseph Masters	Derwent AC Cockermouth	01:06:09	00:20:00	00:46:09
14	53 Mike James	Keswick AC	01:06:28	00:20:00	00:46:28
15	58 Peter Kemp	Ellenborough AC	01:07:55	00:20:00	00:47:55
16	50 David Harper	Derwent AC Cockermouth	01:09:52	00:20:00	00:49:52
17	43 Malcolm Dixon	DH Runners	01:09:56	00:20:00	00:49:56
18	76 George Royston-Bishop	Derwent AC Cockermouth	01:10:44	00:20:00	00:50:44
19	511 Alan McKee	Cumberland AC	01:11:19	00:20:00	00:51:19
20	66 Mark Moore	DH Runners	01:11:40	00:20:00	00:51:40
21	88 David Bowness	Cumberland AC	01:11:59	00:20:00	00:51:59
22	42 Anthony Davis	Derwent AC Cockermouth	01:13:08	00:20:00	00:53:08
23	112 Jonathan Tombs	Eden Runners	01:14:58	00:20:00	00:54:58
24	33 Garry Bower	Eden Runners	01:15:41	00:20:00	00:55:41
25	55 Jamie Jephcott	Eden Runners	01:20:00	00:20:00	01:00:00
26	72 David Peacock	Eden Runners	01:22:23	00:20:00	01:02:23
27	51 Craig Houghton	Cumberland Fell Runners	01:23:08	00:20:00	01:03:08
28	69 Malcolm Nicholson	DH Runners	01:27:43	00:20:00	01:07:43
29	132 Nigel Braithwaite	Eden Runners	D.N.F		D.N.F

Teams

1	Border Harriers & AC		6 pts
2	Border Harriers & AC	B	23 pts
3	Derwent AC Cockermouth		47 pts
4	DH Runners		65 pts
5	Eden Runners		72 pts



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Bib		Name	Club	Time	Start time	Actual Time
number						
Senior Women						
1	248	Amy Kelland	Border Harriers & AC	00:54:18	00:10:00	00:44:18
2	198	Emma Neil	Eden Runners	00:57:20	00:10:00	00:47:20
3	200	Emma Nielsen	Eden Runners	01:00:34	00:10:00	00:50:34
4	184	Michelle Foxwell	Ambleside AC	01:00:59	00:10:00	00:50:59
5	174	Karen Bridge	Eden Runners	01:01:20	00:10:00	00:51:20
6	251	Suzanne Smith	Eden Runners	01:01:25	00:10:00	00:51:25
7	259	Lily Higgins	Ambleside AC	01:02:05	00:10:00	00:52:05
8	204	Leanne Scott	Leven Valley AC	01:02:52	00:10:00	00:52:52
9	224	Sally Braithwaite	Eden Runners	01:03:10	00:10:00	00:53:10
10	253	Vicki Trotter	Unattached	01:03:33	00:10:00	00:53:33
11	516	Kathryn Metcalfe	Eden Runners	01:04:12	00:10:00	00:54:12
12	254	Chloe Barron	Ambleside AC	01:04:45	00:10:00	00:54:45
13	211	Debbie Walker	Derwent AC Cockermonth	01:06:46	00:10:00	00:56:46
14	185	Isobel Graham	Derwent AC Cockermonth	01:06:57	00:10:00	00:56:57
15	179	Debbie Charlton	Keswick AC	01:12:30	00:10:00	01:02:30
16	232	Sarah Lord	DH Runners	01:12:37	00:10:00	01:02:37
17	175	Louise Brown	Keswick AC	01:15:02	00:10:00	01:05:02
18	191	Jill Libby	Eden Runners	01:16:11	00:10:00	01:06:11
19	189	Susan Jackson	Netherhall AC	01:17:54	00:10:00	01:07:54
20	509	Gill Harding	DH Runners	01:19:38	00:10:00	01:09:38
21	258	Lindsay Graham	DH Runners	01:22:58	00:10:00	01:12:58
22	173	Leeann Barber	Keswick AC	D.N.F		D.N.F
23	178	Wendy Cannon	Eden Runners	D.N.F		D.N.F
24	208	Alison Thorburn	Eden Runners	D.N.F		D.N.F

Teams

1	Eden Runners		10 pts
2	Ambleside AC		23 pts
3	Eden Runners	B	55 pts
4	DH Runners		57 pts