



**Keswick 28 October 2023**

Bib number	Name	Club	Time	Start time	Actual Time
<b>U9 Male</b>					
1	471 Theo Minns	Blackpool Wyre & Fylde AC	00:04:21		00:04:21
2	467 Cameron Boyd	Seaton Athletic Club	00:04:40		00:04:40
3	464 Arthur Prosser George	Cumberland Fell Runners	00:04:46		00:04:46
4	473 Sean Wild-Garcia	Kendal Amateur Athletic Club	00:04:55		00:04:55
5	505 Will Dixon	Unattached	00:04:55		00:04:55
6	452 Judah Basham	Ambleside AC	00:04:57		00:04:57
7	470 Freddie King	Cumberland Fell Runners	00:05:15		00:05:15
8	458 William Hore	Unattached	00:05:18		00:05:18
9	469 Flynn Hampshaw	Ambleside AC	00:05:22		00:05:22
10	459 Oliver Marshall	Ambleside AC	00:05:36		00:05:36
11	468 Freddy Cowen	Seaton Athletic Club	00:05:37		00:05:37
12	466 Harry Trotter	Unattached	00:05:43		00:05:43
13	451 Aedan Barry	Keswick AC	00:05:48		00:05:48
14	456 Jonny Frankham	Cumberland Fell Runners	00:06:02		00:06:02
15	454 Parker Dunlop	Derwent AC Cockermouth	00:06:13		00:06:13
16	472 Matt Wild-Garcia	Unattached	00:06:26		00:06:26
17	460 Archie Neil	Unattached	00:06:47		00:06:47

**Teams**

1	Cumberland Fell Runners	24 pts
2	Ambleside AC	25 pts

**U9 Female**

1	503 Tiegan Wilcock	Ambleside AC	00:05:02		00:05:02
2	476 Romy Barron	Ambleside AC	00:05:07		00:05:07
3	492 Elena Procter	Leven Valley AC	00:08:09		00:08:09
4	486 Edith Buttinger	Keswick AC	00:05:10		00:05:10
5	504 April Mawson	Millom	00:05:24		00:05:24
6	494 Maya Zaboklicka	Barrow & Furness Striders AC	00:05:29		00:05:29
7	485 Olivia Trotter	Carlisle Tri Club	00:05:37		00:05:37
8	483 Chloe Moore	Cumberland Fell Runners	00:05:44		00:05:44
9	491 Tara-raine Hampshaw	Ambleside AC	00:05:55		00:05:55
10	490 Megan Connor	Cumberland Fell Runners	00:06:04		00:06:04
11	493 Mieke Van Schelven	Cumberland Fell Runners	00:06:19		00:06:19
12	484 Cerys Naylor	Keswick AC	00:06:25		00:06:25
13	488 Isla Veitch	Keswick AC	00:06:27		00:06:27

**Teams**

1	Ambleside AC	12 pts
2	Cumberland Fell Runners	29 pts
3	Keswick AC	29 pts



**Keswick 28 October 2023**

Bib number	Name	Club	Time	Start time	Actual Time
<b>U11 Male</b>					
1	405 Thomas Craker	Ambleside AC	00:06:07		00:06:07
2	411 Leo Walsh	Unattached	00:06:15		00:06:15
3	391 Charlie Hodgson	Kendal Amateur Athletic Club	00:06:21		00:06:21
4	501 Kit Evans	Kendal Amateur Athletic Club	00:06:34		00:06:34
5	397 Max Steele	Seaton Athletic Club	00:06:44		00:06:44
6	381 Jude Arragon-Watson	Eden Runners	00:06:49		00:06:49
7	412 Leo Wilson	Unattached	00:06:50		00:06:50
8	394 Nathaniel Leonard	Eden Runners	00:06:52		00:06:52
9	401 Oliver Wrigley	Kendal Amateur Athletic Club	00:06:54		00:06:54
10	399 Jack Thwaite	Cumberland Fell Runners	00:06:55		00:06:55
11	404 Dylan Clarke	Eden Runners	00:07:00		00:07:00
12	382 Lawrie Belshaw	Ambleside AC	00:07:17		00:07:17
13	388 Oscar Frankham	Cumberland Fell Runners	00:07:25		00:07:25
14	383 Ed Burns	Unattached	00:07:39		00:07:39
15	396 Craig Rodham	Unattached	00:07:54		00:07:54
16	407 Finley Gillon	Eden Runners	00:07:57		00:07:57
17	392 Seb Hollows	Dallam Running Club	00:08:04		00:08:04
18	410 Wesley Van Schelven	Cumberland Fell Runners	00:08:52		00:08:52
19	409 Cameron Straughton	Unattached	D.N.F.		D.N.F.

**Teams**

1	Kendal Amateur Athletic Club	16 pts
2	Eden Runners	25 pts
3	Cumberland Fell Runners	41 pts

**U11 Female**

1	426 Mila Barron	Kendal Amateur Athletic Club	00:06:39		00:06:39
2	435 Ivy Marshall	Ambleside AC	00:07:17		00:07:17
3	502 Lola Hodgson	Ambleside AC	00:07:18		00:07:18
4	440 Lucy Wood	Eden Runners	00:07:35		00:07:35
5	442 Ciara McKinnel	Unattached	00:07:58		00:07:58
6	437 India Parker	Eden Runners	00:08:03		00:08:03
7	441 Maia Dacre	Kendal Amateur Athletic Club	00:08:05		00:08:05
8	432 Jessica Ferris	Keswick AC	00:08:14		00:08:14
9	506 Alice Maddams	Cumberland Fell Runners	00:08:32		00:08:32
10	444 Emily Rome	Annan & District AC	00:08:40		00:08:40
11	438 Kate Todhunter	Keswick AC	00:08:57		00:08:57
12	431 Molly Dunlop	Derwent AC Cockermouth	00:09:09		00:09:09
13	439 Megan Veitch	Keswick AC	00:09:19		00:09:19
14	433 Erin Grant	Annan & District AC	D.N.F.		D.N.F.

**Teams**

1	Keswick AC	32 pts
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**Keswick 28 October 2023**

	Bib number	Name	Club	Time	Start time	Actual Time
<b>U13 Male</b>						
	1	335 Noah Cook	Barrow & Furness Striders AC	00:09:24		00:09:24
	2	340 Theo Zaboklicki	Barrow & Furness Striders AC	00:09:27		00:09:27
	3	324 Magnus Foxwell	Ambleside AC	00:09:48		00:09:48
	4	322 Gil Burns	Border Harriers & AC	00:10:15		00:10:15
	5	332 Mason Stubbs	Annan & District AC	00:10:18		00:10:18
	6	325 Liam Fulton	Border Harriers & AC	00:10:25		00:10:25
	7	337 Kyran Harvey	Leven Valley AC	00:10:35		00:10:35
	8	339 Charlie Tulley	Cumberland Fell Runners	00:10:50		00:10:50
	9	321 Seth Abbey	Eden Runners	00:10:51		00:10:51
	10	331 Reuben Prosser George	Cumberland Fell Runners	00:11:20		00:11:20
	11	330 Luca Pagan	Unattached	00:11:38		00:11:38
	12	328 Joey Marshall	Annan & District AC	00:11:42		00:11:42
	13	338 Luke Rome	Annan & District AC	00:12:49		00:12:49
	14	326 Joseph Giddings	Cumberland Fell Runners	00:12:57		00:12:57
	15	333 Harri Tancrel	Kendal Amateur Athletic Club	00:13:51		00:13:51

**Teams**

1	Annan & District AC	30 pts
2	Cumberland Fell Runners	32 pts

**U13 Female**

	1	365 Fay Thomas	Lancaster & Morecambe AC	00:10:30		00:10:30
	2	361 Imogen Moore	Leven Valley AC	00:11:23		00:11:23
	3	368 Alice Hardy	Tri-Lakeland	00:12:05		00:12:05
	4	367 Maisie Booth	Unattached	00:12:12		00:12:12
	5	360 Orla McClelland	Annan & District AC	00:12:33		00:12:33
	6	356 Scarlett Bell	Annan & District AC	00:12:43		00:12:43
	7	358 Freya Hodgson-Jones	Ambleside AC	00:13:30		00:13:30

**Teams**

None



**Keswick 28 October 2023**

	Bib number	Name	Club	Time	Start time	Actual Time
<b>U15 Male</b>						
1	271	Daniel Davies	Eden Runners	00:10:46		00:10:46
2	288	Noah Williamson	North East Project	00:10:47		00:10:47
3	283	Joseph Tinniswood	Border Harriers & AC	00:11:22		00:11:22
4	279	Aston Stubbs	Annan & District AC	00:11:29		00:11:29
5	287	Zeke Sumner	Ambleside AC	00:11:34		00:11:34
6	284	Samuel Turney	Border Harriers & AC	00:11:40		00:11:40
7	273	Toby Davies	Eden Runners	00:11:55		00:11:55
8	280	Joseff Tancred	Kendal Amateur Athletic Club	00:12:34		00:12:34
9	272	Jonny Davies	Eden Runners	00:12:38		00:12:38
10	275	Barnaby Parker	Eden Runners	00:12:44		00:12:44
11	277	Riley Scott	Leven Valley AC	00:12:45		00:12:45
12	276	Oliver Scott	Leven Valley AC	00:13:00		00:13:00
13	274	Luke Davison	Cumberland Fell Runners	00:13:06		00:13:06
14	285	Joseph Cook	Barrow & Furness Striders AC	00:13:17		00:13:17
15	286	Thomas Iveson	Ambleside AC	00:13:37		00:13:37
16	281	Zak Taylor	Tri-Lakeland	00:14:17		00:14:17
17	282	Zach Thomas	Lancaster & Morecambe AC	00:15:22		00:15:22
18	289	Noah Zaboklicki	Barrow & Furness Striders AC	D.N.F.		D.N.F.

**Teams**

1 Eden Runners 17 pts

**U15 Female**

1	298	Daisy Woodcock	Border Harriers & AC	00:11:35		00:11:35
2	292	Zoe Brannon	Keswick AC	00:12:41		00:12:41
3	291	Cara Bradley	Kendal Amateur Athletic Club	00:13:03		00:13:03
4	300	Suzie McNally	Border Harriers & AC	00:13:07		00:13:07
5	297	Isla Pearman	Kendal Amateur Athletic Club	00:13:26		00:13:26
6	304	Lily Salt	Eden Runners	00:13:43		00:13:43
7	294	Tess Evans	Kendal Amateur Athletic Club	00:13:46		00:13:46
8	293	Anna Cunningham	Eden Runners	00:13:52		00:13:52
9	302	Lily Slater	Kendal Amateur Athletic Club	00:14:16		00:14:16
10	303	Bella Tiffin-Lowe	Border Harriers & AC	00:14:20		00:14:20
11	301	Isla Robinson	Eden Runners	00:16:01		00:16:01

**Teams**

1 Border Harriers & AC 15 pts  
 2 Kendal Amateur Athletic Club 15 pts  
 3 Eden Runners 25 pts



**Keswick 28 October 2023**

	Bib number	Name	Club	Time	Start time	Actual Time
<b>U17 Male</b>						
	1	10 Will McNally	Leven Valley AC	00:16:01		00:16:01
	2	12 Adam Varey	Border Harriers & AC	00:16:18		00:16:18
	3	4 Ben Nutter	Border Harriers & AC	00:16:30		00:16:30
	4	13 John Williamson	Leven Valley AC	00:17:02		00:17:02
	5	7 Joshua Todd	Kendal Amateur Athletic Club	00:17:33		00:17:33
	6	5 Oliver Oldham	Leven Valley AC	00:17:40		00:17:40
	7	6 Alfie Todd	Kendal Amateur Athletic Club	00:18:50		00:18:50
	8	9 Daniel Cooper	Keswick AC	00:19:50		00:19:50

**Teams**

1 Leven Valley AC 11 pts

**U17 Female**

	1	21 Rose Gilldaley	Eden Runners	00:18:29		00:18:29
	2	16 Marina Bailey	Leven Valley AC	00:19:18		00:19:18
	3	18 Erin Barry	Keswick AC	00:20:17		00:20:17
	4	25 Ruth Walker	Unattached	00:22:00		00:22:00
	5	27 Isla Birch	Eden Runners	00:22:03		00:22:03
	6	29 Anna Thompson	Border Harriers & AC	00:22:21		00:22:21
	7	26 Vicky Woof	Kendal Amateur Athletic Club	00:23:21		00:23:21
	8	23 Sienna Parker	Eden Runners	00:23:27		00:23:27
	9	19 Rosie Davies	Eden Runners	00:23:44		00:23:44
	10	28 Eva Humphreys	Unattached	00:24:09		00:24:09

**Teams**

1 Eden Runners 14 pts



Keswick 28 October 2023

Bib number	Name	Club	Time	Start time	Actual Time	
<b>Senior Men</b>						
1	99 Tom Humphries	Border Harriers & AC	00:50:53	00:20:00	00:30:53	U23
2	104 Luke Minns	Blackpool Wyre & Fylde AC	00:51:06	00:20:00	00:31:06	S
3	91 Jake Collier	Keswick AC	00:51:19	00:20:00	00:31:19	S
4	93 James Douglas	Border Harriers & Ac	00:51:40	00:20:00	00:31:40	V35
5	115 Kieran Walker	North East Project	00:51:57	00:20:00	00:31:57	S
6	35 Harry Butler	Border Harriers & AC	00:52:21	00:20:00	00:32:21	S
7	75 Jack Robinson	Ambleside AC	00:53:21	00:20:00	00:33:21	S
8	46 Adam Frankham	Netherhall AC	00:53:34	00:20:00	00:33:34	S
9	108 Ben Procter	Helm Hill Runners	00:53:52	00:20:00	00:33:52	V40
10	100 Ross Landon	Border Harriers & AC	00:54:04	00:20:00	00:34:04	S
11	68 Simon Netherway	Keswick AC	00:54:14	00:20:00	00:34:14	V40
12	87 Dave Birch	Keswick AC	00:54:34	00:20:00	00:34:34	V50
13	107 Adam Pearson	Netherhall AC	00:54:36	00:20:00	00:34:36	S
14	101 Russell Maddams	Keswick AC	00:54:42	00:20:00	00:34:42	V50
15	45 Tom Dunlop	Derwent AC Cockermouth	00:55:00	00:20:00	00:35:00	V35
16	37 Tim Campbell	Eden Runners	00:55:16	00:20:00	00:35:16	V50
17	84 Joe Todd	Kendal Amateur Athletic Club	00:55:30	00:20:00	00:35:30	V45
18	97 Kai Hatcher	Border Harriers & AC	00:55:52	00:20:00	00:35:52	U20
19	109 Lee Proctor	Helm Hill Runners	00:56:20	00:20:00	00:36:20	V40
20	41 Robert Daley	Eden Runners	00:57:02	00:20:00	00:37:02	V45
21	113 Jacob Tonkin	Keswick AC	00:57:04	00:20:00	00:37:04	S
22	70 Steven Pagan	Border Harriers & AC	00:57:08	00:20:00	00:37:08	V45
23	102 David McNally	Leven Valley AC	00:57:13	00:20:00	00:37:13	V45
24	73 Ian Renouf	Derwent AC Cockermouth	00:57:20	00:20:00	00:37:20	V35
25	110 Will Sisson	Kendal Amateur Athletic Club	00:57:41	00:20:00	00:37:41	V35
26	59 Chris Lister	Ellenborough AC	00:57:44	00:20:00	00:37:44	V40
27	111 Shane Stobbart	Cumberland AC	00:58:11	00:20:00	00:38:11	V35
28	114 Martin Varey	Border Harriers & AC	00:58:20	00:20:00	00:38:20	V45
29	116 Dylan Wilson	Darlington H & AC	00:58:26	00:20:00	00:38:26	U20
30	44 Andrew Douglas	Eden Runners	00:58:43	00:20:00	00:38:43	V40
31	53 Mike James	Keswick AC	00:58:54	00:20:00	00:38:54	V50
32	81 Justin Tancred	Helm Hill Runners	00:59:08	00:20:00	00:39:08	V45
33	49 Bobby Hagan	Morpeth Harriers & AC	00:59:23	00:20:00	00:39:23	S
34	98 Michael Holliday	DH Runners	00:59:39	00:20:00	00:39:39	V35
35	52 Kev Iveson	DH Runners	00:59:41	00:20:00	00:39:41	V40
36	106 Gerard Mulgrew	Cumberland AC	01:00:06	00:20:00	00:40:06	V50
37	58 Peter Kemp	Ellenborough AC	01:00:15	00:20:00	00:40:15	V45
38	50 David Harper	Derwent AC Cockermouth	01:00:23	00:20:00	00:40:23	V40
39	43 Malcolm Dixon	Unattached	01:00:59	00:20:00	00:40:59	V50
40	38 Gareth Cavanagh	Cumberland AC	01:01:21	00:20:00	00:41:21	S
41	118 Kevin Wilson	Darlington H & AC	01:01:25	00:20:00	00:41:25	V50
42	511 Alan McKee	Cumberland AC	01:01:37	00:20:00	00:41:37	V50
43	96 Liam Flowers	North East Project	01:01:54	00:20:00	00:41:54	S
44	48 Stephen Hackley	Derwent AC Cockermouth	01:02:11	00:20:00	00:42:11	V45
45	83 Simon Thomas	Eden Runners	01:02:29	00:20:00	00:42:29	V40
46	90 Robert Campbell	Helm Hill Runners	01:03:20	00:20:00	00:43:20	V50
47	105 Paul Morris	Keswick AC	01:03:29	00:20:00	00:43:29	V70
48	88 David Bowness	Cumberland AC	01:03:43	00:20:00	00:43:43	V60
49	95 Chris Evans	Ambleside AC	01:03:44	00:20:00	00:43:44	V50
50	103 Gary Milnes	Eden Runners	01:04:20	00:20:00	00:44:20	V60
51	36 Gary Byers	Cumberland AC	01:04:24	00:20:00	00:44:24	V60
52	42 Anthony Davis	Derwent AC Cockermouth	01:04:34	00:20:00	00:44:34	V60
53	77 Michael Sandelands	Cumberland AC	01:04:53	00:20:00	00:44:53	V50
54	33 Garry Bower	Eden Runners	01:05:02	00:20:00	00:45:02	V50
55	507 Andrew Butcher	Keswick AC	01:05:51	00:20:00	00:45:51	V50
56	55 Jamie Jephcott	Eden Runners	01:05:55	00:20:00	00:45:55	V50
57	39 Shaun Cavanagh	Cumberland AC	01:06:17	00:20:00	00:46:17	V50
58	112 Jonathan Tombs	Eden Runners	01:06:49	00:20:00	00:46:49	V50
59	92 Mark Cowperthwaite	Cumberland AC	01:07:26	00:20:00	00:47:26	V50
60	63 John McGibbon	Unattached	01:07:29	00:20:00	00:47:29	V50



**Keswick 28 October 2023**

Bib number	Name	Club	Time	Start time	Actual Time	
61	85 Mark Wilmot	Eden Runners	01:08:32	00:20:00	00:48:32	V50
62	32 Dominic Barry	Esk Valley Fell Club	01:09:36	00:20:00	00:49:36	V50
63	82 Mark Taylor	Unattached	01:09:47	00:20:00	00:49:47	V45
64	57 Andrew Kelly	Cumberland AC	01:10:08	00:20:00	00:50:08	V45
65	508 Larry Horne	Eden Runners	01:11:07	00:20:00	00:51:07	V60
66	94 Nicholas Downes	Cumberland AC	01:11:37	00:20:00	00:51:37	V45
67	69 Malcolm Nicholson	DH Runners	01:12:29	00:20:00	00:52:29	V50

**Teams**

1	Border Harriers & AC		11 pts
2	Keswick AC		26 pts
3	Border Harriers & AC	B	50 pts
4	Helm Hill Runners		60 pts
5	Eden Runners		66 pts
6	Keswick AC	B	66 pts
7	Derwent AC Cockermouth		77 pts
8	Cumberland AC		103 pts
9	DH Runners		136 pts
10	Cumberland AC	B	141 pts
11	Eden Runners	B	149 pts



Keswick 28 October 2023

Bib number	Name	Club	Time	Start time	Actual Time	
<b>Senior Women</b>						
1	233 Katherine Maltby	Border Harriers & AC	00:43:48	00:10:00	00:33:48	V35
2	240 India Pentland	Darlington H & AC	00:43:54	00:10:00	00:33:54	U23
3	198 Emma Neil	Eden Runners	00:47:28	00:10:00	00:37:28	V35
4	206 Catherine Spurden	Keswick AC	00:47:58	00:10:00	00:37:58	V35
5	228 Jodie Gray	Keswick AC	00:49:31	00:10:00	00:39:31	V35
6	241 Sarah Smith	Kendal Amateur Athletic Club	00:49:42	00:10:00	00:39:42	U20
7	214 Trudy Beetham	Keswick AC	00:51:52	00:10:00	00:41:52	V45
8	235 Elizabeth McNally	Leven Valley AC	00:51:59	00:10:00	00:41:59	V50
9	174 Karen Bridge	Eden Runners	00:52:03	00:10:00	00:42:03	V50
10	200 Emma Nielsen	Eden Runners	00:52:09	00:10:00	00:42:09	V50
11	230 Esther Illman	Border Harriers & AC	00:52:36	00:10:00	00:42:36	S
12	224 Sally Braithwaite	Eden Runners	00:53:04	00:10:00	00:43:04	S
13	204 Leanne Scott	Leven Valley AC	00:53:24	00:10:00	00:43:24	V40
14	221 Freya Billinghamurst	Netherhall AC	00:53:40	00:10:00	00:43:40	U23
15	182 Hazel Davies	Keswick AC	00:54:32	00:10:00	00:44:32	V50
16	205 Sophie Sinclair	Derwent AC Cockermouth	00:55:37	00:10:00	00:45:37	S
17	243 Vic Wilson	Cumberland AC	00:55:59	00:10:00	00:45:59	V40
18	211 Debbie Walker	Derwent AC Cockermouth	00:56:32	00:10:00	00:46:32	V45
19	185 Isobel Graham	Derwent AC Cockermouth	00:56:40	00:10:00	00:46:40	V50
20	173 Leeann Barber	Keswick AC	00:56:55	00:10:00	00:46:55	V40
21	190 Tanya Lambert	Eden Runners	00:57:13	00:10:00	00:47:13	V50
22	237 Bethan Murray	Derwent AC Cockermouth	00:57:53	00:10:00	00:47:53	S
23	203 Jo Rodham	Eden Runners	00:58:17	00:10:00	00:48:17	V40
24	179 Debbie Charlton	Keswick AC	00:58:59	00:10:00	00:48:59	V45
25	229 Joanne Humphreys	Derwent AC Cockermouth	00:59:25	00:10:00	00:49:25	V45
26	232 Sarah Lord	DH Runners	00:59:33	00:10:00	00:49:33	V50
27	225 Tammy Connor	Cumberland Fell Runners	01:00:02	00:10:00	00:50:02	V40
28	189 Susan Jackson	Netherhall AC	01:00:18	00:10:00	00:50:18	V45
29	227 Julie Gate	Eden Runners	01:00:42	00:10:00	00:50:42	V50
30	197 Bethan Naylor	Keswick AC	01:00:56	00:10:00	00:50:56	V35
31	208 Alison Thorburn	Eden Runners	01:01:08	00:10:00	00:51:08	V50
32	171 Stella Atherton	Cumberland AC	01:01:40	00:10:00	00:51:40	V50
33	215 Caron White	Cumberland AC	01:02:24	00:10:00	00:52:24	V45
34	177 Nicky Butler	Keswick AC	01:02:48	00:10:00	00:52:48	V60
35	195 Carole Milnes	Eden Runners	01:03:40	00:10:00	00:53:40	V60
36	509 Gill Harding	DH Runners	01:03:48	00:10:00	00:53:48	V60
37	175 Louise Brown	Keswick AC	01:03:58	00:10:00	00:53:58	V50
38	510 Emma Watson	Eden Runners	01:04:16	00:10:00	00:54:16	V45
39	239 Kayleigh Pearson	Netherhall AC	01:05:31	00:10:00	00:55:31	S
40	242 Kimberly Summers	Derwent AC Cockermouth	01:06:00	00:10:00	00:56:00	V40
41	234 Elaine Malyn	Eden Runners	01:06:20	00:10:00	00:56:20	V50
42	181 Jemma Dakers	Netherhall AC	01:07:36	00:10:00	00:57:36	S
43	192 Adele Lyall	Netherhall AC	01:08:09	00:10:00	00:58:09	S
44	222 Katie Bird	Eden Runners	01:08:47	00:10:00	00:58:47	S
45	226 Karen Cowperthwaite	Cumberland AC	01:09:38	00:10:00	00:59:38	V50
46	220 Julie Bell	DH Runners	01:10:29	00:10:00	01:00:29	V40
	212 Angela Watson	Eden Runners	D.N.F.		D.N.F.	V45
	184 Michelle Foxwell	Ambleside AC	D.Q.		D.Q.	V45

Teams

1	Keswick AC	16 pts	
2	Eden Runners	22 pts	
3	Derwent AC Cockermouth	53 pts	
4	Keswick AC	B	66 pts
5	Netherhall AC	81 pts	
6	Cumberland AC	82 pts	
7	DH Runners	108 pts	
8	Cumberland AC	B	141 pts
9	Eden Runners	B	149 pts