



Workington 04 November 2023

	Bib number	Name	Club	Time	Start time	Actual Time
U9 Male						
	1	473 Sean Wild-Garcia	Kendal Amateur Athletic Club	00:03:19		00:03:19
	2	464 Arthur Prosser George	Cumberland Fell Runners	00:03:21		00:03:21
	3	505 Will Dixon	Unattached	00:03:29		00:03:29
	4	463 Ruaridh Phillips	Annan & District AC	00:03:32		00:03:32
	5	462 Max Nixon	Carlisle Tri Club	00:03:37		00:03:37
	6	458 William Hore	Unattached	00:03:37		00:03:37
	7	468 Freddy Cowen	Seaton Athletic Club	00:03:48		00:03:48
	8	466 Harry Trotter	Unattached	00:03:57		00:03:57
	9	451 Aedan Barry	Keswick AC	00:04:00		00:04:00
	10	459 Oliver Marshall	Ambleside AC	00:04:02		00:04:02
	11	454 Parker Dunlop	Derwent AC Cockermouth	00:04:26		00:04:26
	12	472 Matt Wild-Garcia	Unattached	00:04:35		00:04:35
	13	461 Dexter Nixon	Unattached	00:04:42		00:04:42
	14	460 Archie Neil	Unattached	00:05:13		00:05:13

Teams

None

U9 Female

	1	481 Charlotte Mathieson	Cumberland Fell Runners	00:03:22		00:03:22
	2	512 Teigan Wilcock	Ambleside AC	00:03:26		00:03:26
	3	494 Maya Zaboklicka	Barrow & Furness Striders AC	00:03:34		00:03:34
	4	476 Romy Barron	Ambleside AC	00:03:38		00:03:38
	5	515 Edith Buttinger	Keswick AC	00:03:44		00:03:44
	6	483 Chloe Moore	Cumberland Fell Runners	00:03:46		00:03:46
	7	485 Olivia Trotter	Carlisle Tri Club	00:03:49		00:03:49
	8	504 April Mawson	Millom	00:03:56		00:03:56
	9	495 Nieve Stephenson	Ambleside AC	00:03:58		00:03:58

Teams

1 Ambleside AC

15 pts



Workington 04 November 2023

	Bib number	Name	Club	Time	Start time	Actual Time
U11 Male						
1	391	Charlie Hodgson	Kendal Amateur Athletic Club	00:07:08		00:07:08
2	501	Kit Evans	Kendal Amateur Athletic Club	00:07:18		00:07:18
3	385	Matthew Downie	Seaton Athletic Club	00:07:20		00:07:20
4	399	Jack Thwaite	Cumberland Fell Runners	00:07:24		00:07:24
5	397	Max Steele	Seaton Athletic Club	00:07:25		00:07:25
6	403	Thomas Tacon	Cumberland Fell Runners	00:07:35		00:07:35
7	412	Leo Wilson	Unattached	00:07:44		00:07:44
8	416	Joshua Weild	Annan & District AC	00:07:53		00:07:53
9	382	Lawrie Belshaw	Ambleside AC	00:07:55		00:07:55
10	381	Jude Arragon-Watson	Eden Runners	00:07:58		00:07:58
11	390	Alistair Henley Orr	Seaton Athletic Club	00:08:14		00:08:14
12	383	Ed Burns	Unattached	00:08:15		00:08:15
13	415	Oisin O'Mahony	Cumberland Fell Runners	00:08:38		00:08:38
14	414	Ivor McGrath	Unattached	00:09:53		00:09:53
15	402	Samuel Youngman	Cumberland Fell Runners	00:10:38		00:10:38

Teams

1	Seaton Athletic Club	19 pts
2	Cumberland Fell Runners	23 pts

U11 Female

1	426	Mila Barron	Kendal Amateur Athletic Club	00:07:26		00:07:26
2	435	Ivy Marshall	Ambleside AC	00:08:05		00:08:05
3	429	Ava Cubbon	Annan & District AC	00:08:59		00:08:59
4	441	Maia Dacre	Kendal Amateur Athletic Club	00:09:03		00:09:03
5	433	Erin Grant	Annan & District AC	00:09:10		00:09:10
6	436	Charlotte Moore	Unattached	00:09:11		00:09:11
7	506	Alice Maddams	Cumberland Fell Runners	00:09:19		00:09:19
8	432	Jessica Ferris	Keswick AC	00:09:21		00:09:21
9	427	Grace Bell	Annan & District AC	00:09:39		00:09:39
10	444	Emily Rome	Annan & District AC	00:09:39		00:09:39
11	431	Molly Dunlop	Derwent AC Cockermouth	00:10:37		00:10:37

Teams

1	Annan & District AC	17 pts
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Workington 04 November 2023

	Bib number	Name	Club	Time	Start time	Actual Time
U13 Male						
	1	340 Theo Zaboklicki	Barrow & Furness Striders AC	00:10:01		00:10:01
	2	324 Magnus Foxwell	Ambleside AC	00:01:29		00:01:29
	3	325 Liam Fulton	Border Harriers & AC	00:10:38		00:10:38
	4	322 Gil Burns	Border Harriers & AC	00:10:44		00:10:44
	5	339 Charlie Tulley	Cumberland Fell Runners	00:10:59		00:10:59
	6	331 Reuben Prosser George	Cumberland Fell Runners	00:11:25		00:11:25
	7	327 Ethan Hughes Rudd	Cumberland Fell Runners	00:11:27		00:11:27
	8	328 Joey Marshall	Annan & District AC	00:12:39		00:12:39
	9	341 Harris McGrath	Unattached	00:12:40		00:12:40
	10	338 Luke Rome	Annan & District AC	00:13:22		00:13:22

Teams

1 Cumberland Fell Runners 18 pts

U13 Female

	1	361 Imogen Moore	Leven Valley AC	00:11:43		00:11:43
	2	357 Katelyn Douglas	Leven Valley AC	00:11:45		00:11:45
	3	366 Evie Youngman	Cumberland Fell Runners	00:11:55		00:11:55
	4	368 Alice Hardy	Cumberland Fell Runners	00:12:34		00:12:34
	5	362 Mollie Phillips	Annan & District AC	00:12:38		00:12:38
	6	367 Maisie Booth	Unattached	00:13:03		00:13:03
	7	360 Orla McClelland	Annan & District AC	00:13:04		00:13:04
	7	356 Scarlett Bell	Annan & District AC	00:13:42		00:13:42

Teams

1 Annan & District AC 19 pts



Workington 04 November 2023

	Bib number	Name	Club	Time	Start time	Actual Time
U15 Male						
	1	271 Daniel Davies	Eden Runners	00:10:39		00:10:39
	2	288 Noah Williamson	North East Project	00:10:41		00:10:41
	3	283 Joseph Tinniswood	Border Harriers & AC	00:10:42		00:10:42
	4	284 Samuel Turney	Border Harriers & AC	00:10:53		00:10:53
	5	287 Zeke Sumner	Ambleside AC	00:10:54		00:10:54
	6	279 Aston Stubbs	Annan & District AC	00:11:01		00:11:01
	7	273 Toby Davies	Eden Runners	00:11:20		00:11:20
	8	277 Riley Scott	Leven Valley AC	00:12:00		00:12:00
	9	276 Oliver Scott	Leven Valley AC	00:12:16		00:12:16
	10	286 Thomas Iveson	Ambleside AC	00:12:25		00:12:25
	11	274 Luke Davison	Cumberland Fell Runners	00:12:26		00:12:26
	12	513 Zak Taylor	Tri-Lakeland	00:12:51		00:12:51

Teams

None

U15 Female

	1	292 Zoe Brannon	Keswick AC	00:12:22		00:12:22
	2	291 Cara Bradley	Kendal Amateur Athletic Club	00:12:38		00:12:38
	3	304 Lily Salt	Eden Runners	00:13:11		00:13:11
	4	293 Anna Cunningham	Eden Runners	00:13:26		00:13:26
	5	305 Mahiya Mohan	Barrow & Furness Striders AC	00:14:10		00:14:10

Teams

None



Workington 04 November 2023

	Bib number	Name	Club	Time	Start time	Actual Time
U17 Male						
	1	4 Ben Nutter	Border Harriers & AC	00:11:35		00:11:35
	2	2 Max Hazlehurst	Leven Valley AC	00:12:06		00:12:06
	3	15 Alfie Lamb	Border Harriers & AC	00:12:07		00:12:07
	4	3 Mylo Jewell	Cumberland Fell Runners	00:12:43		00:12:43
	5	8 Micah Wightman	Keswick AC	00:12:53		00:12:53
	6	514 Daniel Cooper	Keswick AC	00:13:52		00:13:52

Teams
None

U17 Female						
	1	18 Erin Barry	Keswick AC	00:14:36		00:14:36
	2	25 Ruth Walker	Unattached	00:15:34		00:15:34
	3	17 Iona Barrowdale-Smith	Leven Valley AC	00:15:43		00:15:43
	4	28 Eva Humphreys	Unattached	00:17:19		00:17:19

Teams
None



Workington 04 November 2023

Bib number	Name	Club	Time	Start time	Actual Time
Senior Men					
1	91 Jake Collier	Keswick AC	00:45:54	00:19:00	00:26:54 S
2	35 Harry Butler	Border Harriers & AC	00:46:14	00:19:00	00:27:14 S
3	75 Jack Robinson	Ambleside AC	00:46:43	00:19:00	00:27:43 S
4	126 David Rich	Border Harriers & AC	00:47:00	00:19:00	00:28:00 S
5	79 Chris Steele	Unattached	00:47:18	00:19:00	00:28:18 V40
6	100 Ross Landon	Border Harriers & AC	00:47:39	00:19:00	00:28:39 S
7	45 Tom Dunlop	Derwent AC Cockermouth	00:48:09	00:19:00	00:29:09 V35
8	101 Russell Maddams	Keswick AC	00:48:12	00:19:00	00:29:12 V50
9	31 Michael Barron	Ambleside AC	00:48:30	00:19:00	00:29:30 S
10	80 Stefanos Stephanou	Derwent AC Cockermouth	00:48:51	00:19:00	00:29:51 S
11	124 Richard McGrath	Ellenborough AC	00:49:21	00:19:00	00:30:21 V45
12	67 Christopher Neil	Unattached	00:50:04	00:19:00	00:31:04 V40
13	37 Tim Campbell	Eden Runners	00:50:12	00:19:00	00:31:12 V50
14	59 Chris Lister	Ellenborough AC	00:50:19	00:19:00	00:31:19 V40
15	73 Ian Renouf	Derwent AC Cockermouth	00:50:34	00:19:00	00:31:34 V35
16	129 James Taylor	Annan & District AC	00:51:03	00:19:00	00:32:03 V35
17	111 Shane Stobbart	Cumberland AC	00:51:34	00:19:00	00:32:34 V35
18	53 Mike James	Keswick AC	00:51:35	00:19:00	00:32:35 V50
19	44 Andrew Douglas	Eden Runners	00:51:41	00:19:00	00:32:41 V40
20	49 Bobby Hagan	Morpeth Harriers & AC	00:52:00	00:19:00	00:33:00 S
21	52 Kev Iveson	DH Runners	00:52:07	00:19:00	00:33:07 V40
22	58 Peter Kemp	Ellenborough AC	00:52:13	00:19:00	00:33:13 V45
23	38 Gareth Cavanagh	Cumberland AC	00:52:18	00:19:00	00:33:18 S
24	62 David McCabe	Trawden Athletic Club	00:52:20	00:19:00	00:33:20 V45
25	43 Malcolm Dixon	DH Runners	00:52:51	00:19:00	00:33:51 V50
26	76 George Royston-Bishop	Derwent AC Cockermouth	00:53:57	00:19:00	00:34:57 V40
27	119 Steven Brannon	Keswick AC	00:53:58	00:19:00	00:34:58 V50
28	48 Stephen Hackley	Derwent AC Cockermouth	00:54:09	00:19:00	00:35:09 V45
29	83 Simon Thomas	Eden Runners	00:54:33	00:19:00	00:35:33 V40
30	61 Chris Mathieson	Derwent AC Cockermouth	00:54:44	00:19:00	00:35:44 V35
31	123 Alan Homer	Derwent AC Cockermouth	00:54:58	00:19:00	00:35:58 V40
32	121 Philip Cueto	Derwent AC Cockermouth	00:55:06	00:19:00	00:36:06 V45
33	74 Paul Revell	Unattached	00:55:15	00:19:00	00:36:15 V60
34	130 Ian Wilson	Cumberland AC	00:55:24	00:19:00	00:36:24 V40
35	128 Billy Stobbart	Cumberland Fell Runners	00:55:40	00:19:00	00:36:40 V40
36	122 Nathan Holt	Cumberland AC	00:56:03	00:19:00	00:37:03 U20
37	88 David Bowness	Cumberland AC	00:56:11	00:19:00	00:37:11 V60
38	54 James Jardine	Eden Runners	00:56:14	00:19:00	00:37:14 V40
39	42 Anthony Davis	Derwent AC Cockermouth	00:56:16	00:19:00	00:37:16 V60
40	105 Paul Morris	Keswick AC	00:56:23	00:19:00	00:37:23 V70
41	36 Gary Byers	Cumberland AC	00:56:43	00:19:00	00:37:43 V60
42	125 Lewis Nixon	Unattached	00:56:55	00:19:00	00:37:55 S
43	112 Jonathan Tombs	Eden Runners	00:58:44	00:19:00	00:39:44 V50
44	127 Richard Smith	Unattached	00:59:19	00:19:00	00:40:19 V50
45	131 Ryan Stoddard	Cumberland AC	00:59:26	00:19:00	00:40:26 V40
46	63 John McGibbon	Cumberland AC	00:59:31	00:19:00	00:40:31 V50
47	507 Andrew Butcher	Keswick AC	00:59:49	00:19:00	00:40:49 V50
48	32 Dominic Barry	Esk Valley Fell Club	01:01:39	00:19:00	00:42:39 V50
49	57 Andrew Kelly	Cumberland AC	01:02:08	00:19:00	00:43:08 V45
50	94 Nicholas Downes	Cumberland AC	01:02:45	00:19:00	00:43:45 V45
51	69 Malcolm Nicholson	DH Runners	01:04:27	00:19:00	00:45:27 V50
52	120 David Clark	Cumberland AC	D.N.F		D.N.F V40

Teams

1	Border Harriers & AC	12 pts
2	Keswick AC	27 pts
3	Derwent AC Cockermouth	32 pts
4	Ellenborough AC	47 pts
5	Eden Runners	61 pts
6	Cumberland AC	74 pts
7	Derwent AC Cockermouth	B 84 pts
8	DH Runners	97 pts
9	Cumberland AC	B 114 pts
10	Keswick AC	B 114 pts



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Bib number	Name	Club	Time	Start time	Actual Time
Senior Women					
1	233 Katherine Maltby	Border Harriers & AC	00:39:02	00:09:00	00:30:02 V35
2	248 Amy Kelland	Border Harriers & AC	00:40:43	00:09:00	00:31:43 S
3	198 Emma Neil	Eden Runners	00:41:52	00:09:00	00:32:52 V35
4	184 Michelle Foxwell	Ambleside AC	00:44:15	00:09:00	00:35:15 V45
5	224 Sally Braithwaite	Eden Runners	00:44:24	00:09:00	00:35:24 S
6	249 Abigail Routledge	Eden Runners	00:44:25	00:09:00	00:35:25 S
7	200 Emma Nielsen	Eden Runners	00:44:50	00:09:00	00:35:50 V50
8	251 Suzanne Smith	Eden Runners	00:45:38	00:09:00	00:36:38 V50
9	204 Leanne Scott	Leven Valley AC	00:46:58	00:09:00	00:37:58 V40
10	516 Kathryn Metcalfe	Eden Runners	00:47:09	00:09:00	00:38:09 V45
11	253 Vicki Trotter	Unattached	00:47:38	00:09:00	00:38:38 V35
12	211 Debbie Walker	Derwent AC Cockermouth	00:48:06	00:09:00	00:39:06 V45
13	185 Isobel Graham	Derwent AC Cockermouth	00:48:08	00:09:00	00:39:08 V50
14	176 Suzanne Budgett	Horwich R M I Harriers	00:48:27	00:09:00	00:39:27 V60
15	245 Elisabeth Clifford	Southampton Athletic Club	00:48:28	00:09:00	00:39:28 S
16	194 Katie Milburn	Eden Runners	00:48:44	00:09:00	00:39:44 V40
17	237 Bethan Murray	Derwent AC Cockermouth	00:48:50	00:09:00	00:39:50 S
18	252 Lindsay Walker	Keswick AC	00:49:15	00:09:00	00:40:15 V40
19	190 Tanya Lambert	Eden Runners	00:50:26	00:09:00	00:41:26 V50
20	232 Sarah Lord	DH Runners	00:50:47	00:09:00	00:41:47 V50
21	246 Bev Faulder	Cumberland AC	00:51:07	00:09:00	00:42:07 V45
22	210 Helen Tyson	Eden Runners	00:51:40	00:09:00	00:42:40 V40
23	171 Stella Atherton	Cumberland AC	00:52:02	00:09:00	00:43:02 V50
24	189 Susan Jackson	Netherhall AC	00:52:21	00:09:00	00:43:21 V45
25	175 Louise Brown	Keswick AC	00:53:11	00:09:00	00:44:11 V50
26	215 Caron White	Cumberland AC	00:53:16	00:09:00	00:44:16 V45
27	509 Gill Harding	DH Runners	00:54:30	00:09:00	00:45:30 V60
28	247 Gillian Fletcher	Cumberland AC	00:54:41	00:09:00	00:45:41 V50
29	244 Sarah Chaudhri	Cumberland AC	00:54:57	00:09:00	00:45:57 V60
30	195 Carole Milnes	Eden Runners	00:55:30	00:09:00	00:46:30 V60
31	242 Kimberly Summers	Derwent AC Cockermouth	00:55:45	00:09:00	00:46:45 V40
32	196 Fiona Moore	DH Runners	00:55:56	00:09:00	00:46:56 V45
33	222 Katie Bird	Eden Runners	00:56:32	00:09:00	00:47:32 S
34	217 Laura Wylie	Cumberland AC	00:56:42	00:09:00	00:47:42 V35
35	192 Adele Llyall	Netherhall AC	00:56:44	00:09:00	00:47:44 S
36	226 Karen Cowperthwaite	Cumberland AC	00:57:34	00:09:00	00:48:34 V50
37	250 Laura Smith	Unattached	00:57:35	00:09:00	00:48:35 V40

Teams

1	Eden Runners		14 pts
2	Eden Runners	B	25 pts
3	Derwent AC Cockermouth		42 pts
4	Cumberland AC		70 pts
5	DH Runners		79 pts
6	Cumberland AC	B	91 pts