



**Workington 26 October 2024**

Bib number	Name	Club	Time	Start time	Actual Time
<b>U9 Male</b>					
1	33 Quinn Henley Orr	Seaton Athletic Club	00:02:43		00:02:43
2	34 William Hore	Unattached	00:02:48		00:02:48
3	41 George Williams	Cumberland Fell Runners	00:02:49		00:02:49
4	36 Freddie King	Cumberland Fell Runners	00:02:52		00:02:52
5	40 Matt Wild Garcia	Unattached	00:03:06		00:03:06
6	35 Sebastian Kemp	Unattached	00:03:07		00:03:07
7	43 Alasdair McLelland	Carlisle Aspatria AC	00:03:07		00:03:07
8	45 Harry Trotter	Carlisle Tri Club	00:03:08		00:03:08
9	44 Finn Rowley	Unattached	00:03:20		00:03:20
10	32 Parker Dunlop	Derwent AC Cockermonth	00:03:25		00:03:25
11	42 Elijah Clements	Cumberland Fell Runners	00:03:48		00:03:48
12	37 Thomas Mathieson	Cumberland Fell Runners	00:04:13		00:04:13
13	38 Owen Naylor	Keswick AC	00:04:48		00:04:48

**Teams**

1 Cumberland Fell Runners 18 pts

**U9 Female**

1	7 Elena Procter	Leven Valley AC	00:02:50		00:02:50
2	6 Martha Hill	Unattached	00:02:53		00:02:53
3	2 Emily Hopkins	Copeland AC	00:02:56		00:02:56
4	3 Chloe Moore	Cumberland Fell Runners	00:02:57		00:02:57
5	8 Eliza Tinniswood	Unattached	00:03:05		00:03:05
6	4 Hannah Pratt	Unattached	00:03:09		00:03:09
7	1 Anna Fisher	Unattached	00:03:11		00:03:11
8	5 Mieke Van Schelven	Cumberland Fell Runners	00:03:21		00:03:21

**Teams**

None



**Workington 26 October 2024**

Bib number	Name	Club	Time	Start time	Actual Time
<b>U11 Male</b>					
1	117 William Goligher	Howgill Harriers	00:07:08		00:07:08
2	116 Kit Evans	Kendal Amateur Athletic Club	00:07:19		00:07:19
3	108 Max Steele	Seaton Athletic Club	00:07:23		00:07:23
4	111 Sean Wild Garcia	Kendal Amateur Athletic Club	00:07:34		00:07:34
5	99 Elliott Griffiths	Eden Runners	00:07:40		00:07:40
6	109 Thomas Tacon	Cumberland Fell Runners	00:07:44		00:07:44
7	112 Toby Coward	Barrow & Furness Striders AC	00:07:51		00:07:51
8	119 Harrison Reid	Unattached	00:07:56		00:07:56
9	91 Euan Anderson	Seaton Athletic Club	00:08:09		00:08:09
10	106 Arthur Prosser George	Cumberland Fell Runners	00:08:16		00:08:16
11	105 Ruaridh Phillips	Annan & District AC	00:08:28		00:08:28
12	98 Rory Firmin	Keswick AC	00:08:38		00:08:38
13	96 Will Dixon	Unattached	00:08:40		00:08:40
14	114 William Cairns	Annan & District AC	00:08:52		00:08:52
15	100 Thomas Hodgson	Copeland AC	00:08:57		00:08:57
16	115 Hamish Donohoe	Unattached	00:09:11		00:09:11
17	94 Freddy Cowen	Seaton Athletic Club	00:09:23		00:09:23
18	110 Wesley Van Schelven	Cumberland Fell Runners	00:09:24		00:09:24
19	118 Arlo Meacock	Barrow & Furness Striders AC	00:09:25		00:09:25
20	102 Oscar King	Cumberland Fell Runners	00:09:28		00:09:28
21	103 Oliver Marshall	Ambleside AC	00:09:46		00:09:46
22	120 Alexander West	Unattached	00:11:00		00:11:00
23	121 Eli Ambrose	Keswick AC	00:11:34		00:11:34

**Teams**

1 Seaton Athletic Club	29 pts
2 Cumberland Fell Runners	34 pts

**U11 Female**

1	70 Lola Hodgson	Ambleside AC	00:07:58		00:07:58
2	73 Charlotte Mathieson	Cumberland Fell Runners	00:08:11		00:08:11
3	65 Maia Dacre	Kendal Amateur Athletic Club	00:08:18		00:08:18
4	61 Romy Barron	Kendal Amateur Athletic Club	00:08:24		00:08:24
5	84 Poppy Carlton	Unattached	00:08:42		00:08:42
6	79 Madeleine Whelan	Copeland AC	00:09:02		00:09:02
7	86 Olivia Trotter	Carlisle Tri Club	00:09:03		00:09:03
8	66 Jessica Ferris	Cumberland Fell Runners	00:09:07		00:09:07
9	82 Ivy Allinson	Eden Runners	00:09:14		00:09:14
10	63 Charley Cummings	Millom Striders	00:09:16		00:09:16
11	62 Phoebe Coulthard	Eden Runners	00:09:19		00:09:19
12	74 April Mawson	Millom Striders	00:09:33		00:09:33
13	71 Jacy-Kate Jewitt	Barrow & Furness Striders AC	00:09:39		00:09:39
14	78 Erin Thompson	Copeland AC	00:09:53		00:09:53
15	83 Chloe Bouffler	Leven Valley AC	00:10:16		00:10:16
16	76 Cerys Naylor	Keswick AC	00:10:18		00:10:18
17	85 Robyn Strydom	Leven Valley AC	00:10:29		00:10:29

**Teams**

None



Workington

26 October 2024

Bib number	Name	Club	Time	Start time	Actual Time
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**Workington 26 October 2024**

Bib number	Name	Club	Time	Start time	Actual Time
<b>U13 Male</b>					
1	153 Noah Cook	Barrow & Furness Striders AC	00:09:02		00:09:02
2	170 Magnus Foxwell	Ambleside AC	00:09:42		00:09:42
3	161 Charlie Hodgson	Kendal Amateur Athletic Club	00:09:54		00:09:54
4	166 Jack Thwaite	Cumberland Fell Runners	00:10:24		00:10:24
5	151 Hunter Barrett	Seaton Athletic Club	00:10:43		00:10:43
6	171 Leo French	Eden Runners	00:10:51		00:10:51
7	165 Reuben Prosser George	Cumberland Fell Runners	00:11:11		00:11:11
8	156 Harrison Cripps	Seaton Athletic Club	00:11:14		00:11:14
9	154 Harrison Cowen	Seaton Athletic Club	00:11:52		00:11:52
10	167 Jamie Turnbull	Carlisle Aspatria AC	00:12:04		00:12:04
11	157 Joe Donnelly	Seaton Athletic Club	00:12:06		00:12:06
12	172 Dylan Meacock	Barrow & Furness Striders AC	00:12:10		00:12:10
13	162 Remy Hutton	Seaton Athletic Club	00:12:15		00:12:15

**Teams**

1 Seaton Athletic Club 22 pts

**U13 Female**

1	131 Mila Barron	Kendal Amateur Athletic Club	00:10:08		00:10:08
2	139 Fay Thomas	Lancaster & Morecambe AC	00:10:28		00:10:28
3	136 Imogen Moore	Leven Valley AC	00:10:38		00:10:38
4	133 Lottie Donohoe	Eden Runners	00:10:44		00:10:44
5	140 Maisie Booth	Cumberland Fell Runners	00:12:02		00:12:02
6	138 Tara-Kayleigh Purkiss	Copeland AC	00:12:11		00:12:11
7	137 Mollie Phillips	Annan & District AC	00:12:25		00:12:25
8	132 Lola Christie	Copeland AC	00:12:46		00:12:46
9	141 Madisyn Strydom	Leven Valley AC	00:12:55		00:12:55

**Teams**

None



**Workington 26 October 2024**

Bib number	Name	Club	Time	Start time	Actual Time
<b>U15 Male</b>					
1	217 Noah Williamson	North East Project	00:10:45		00:10:45
2	215 Joseph Tinniswood	Border Harriers & AC	00:10:50		00:10:50
3	204 Luke Davison	Cumberland Fell Runners	00:10:56		00:10:56
4	206 Joe Green	Ambleside AC	00:11:07		00:11:07
5	201 Seth Abbey	Eden Runners	00:11:36		00:11:36
6	210 Riley Scott	Leven Valley AC	00:11:37		00:11:37
7	205 Liam Fulton	Border Harriers & AC	00:11:43		00:11:43
8	207 Ethan Hughes Rudd	Cumberland Fell Runners	00:11:46		00:11:46
9	208 Thomas Iveson	Ambleside AC	00:11:47		00:11:47
10	211 Oliver Scott	Leven Valley AC	00:11:48		00:11:48
11	220 Barnaby Parker	Eden Runners	00:12:23		00:12:23
12	214 Zach Thomas	Lancaster & Morecambe AC	00:12:41		00:12:41

**Teams**

None

**U15 Female**

1	184 Alice Hardy	Cumberland Fell Runners	00:13:00		00:13:00
2	183 Anna Cunningham	Eden Runners	00:13:23		00:13:23
3	185 Matilda Kemp	Border Harriers & AC	00:13:39		00:13:39
4	189 Tilly Stewart	Unattached	00:14:37		00:14:37
5	190 Bethany Swarbrick	Millom Striders	00:15:08		00:15:08
6	193 Imogen Cairns	Annan & District AC	00:15:35		00:15:35
7	191 Eve Walker	Unattached	00:17:31		00:17:31

**Teams**

None



**Workington 26 October 2024**

Bib number	Name	Club	Time	Start time	Actual Time
<b>U17 Male</b>					
1	255 Daniel Davies	Eden Runners	00:11:30		00:11:30
2	251 Alfie Addison	Kendal Amateur Athletic Club	00:11:30		00:11:30
3	252 Will Brayshaw	Kendal Amateur Athletic Club	00:12:04		00:12:04
4	258 Micah Wightman	Keswick AC	00:12:26		00:12:26
5	253 Daniel Cooper	Keswick AC	00:12:30		00:12:30
6	254 Toby Davies	Eden Runners	00:12:35		00:12:35
7	260 Samuel Turney	Border Harriers & AC	00:12:45		00:12:45
8	256 Keian McCombie	Unattached	00:12:47		00:12:47

**Teams**

None

**U17 Female**

1	236 Daisy Woodcock	Border Harriers & AC	00:13:19		00:13:19
2	237 Zoe Brannon	Keswick AC	00:14:14		00:14:14
3	235 Honor Morton	Leven Valley AC	00:16:39		00:16:39

**Teams**

None



Workington 26 October 2024

Bib number	Name	Club	Time	Start time	Actual Time
<b>Senior Men</b>					
1	382 John Battrick	Keswick AC	00:36:50	00:10:00	00:26:50 S
2	388 Jonathan Cox	Eden Runners	00:37:36	00:10:00	00:27:36 S
3	393 Tom Dunlop	Derwent AC Cockermouth	00:38:56	00:10:00	00:28:56 V35
4	444 Ben Procter	Leven Valley AC	00:39:01	00:10:00	00:29:01 V40
5	432 Adam Pearson	Netherhall AC	00:39:50	00:10:00	00:29:50 S
6	395 Bobby Hagan	Morpeth Harriers & AC	00:40:26	00:10:00	00:30:26 S
7	430 Phil Winskill	Keswick AC	00:40:32	00:10:00	00:30:32 V45
8	394 Ryan Galea	Tri-Lakeland	00:42:25	00:10:00	00:32:25 S
9	412 Craig McGlasson	DH Runners	00:42:45	00:10:00	00:32:45 V45
10	435 Danny Bouffler	Leven Valley AC	00:42:55	00:10:00	00:32:55 V40
11	426 Martin Varey	Border Harriers & AC	00:43:01	00:10:00	00:33:01 V50
12	443 Ryan Moody	Ellenborough AC	00:43:54	00:10:00	00:33:54 S
13	400 Kev Iveson	DH Runners	00:44:08	00:10:00	00:34:08 V45
14	422 Howard Seal	Cumberland Fell Runners	00:44:18	00:10:00	00:34:18 V50
15	396 David Harper	Derwent AC Cockermouth	00:44:34	00:10:00	00:34:34 V45
16	410 Chris Mathieson	Derwent AC Cockermouth	00:45:10	00:10:00	00:35:10 V40
17	391 Paul Dixon	Keswick AC	00:45:17	00:10:00	00:35:17 V40
18	431 Richard Clarke	Northern Fells Running Club	00:45:18	00:10:00	00:35:18 V50
19	416 Mark Moore	DH Runners	00:45:30	00:10:00	00:35:30 V45
20	442 Ian McDougall	Cumberland AC	00:45:31	00:10:00	00:35:31 V60
21	415 Christopher Moore	Leven Valley AC	00:45:56	00:10:00	00:35:56 V40
22	429 Russell Willett	Eden Runners	00:45:59	00:10:00	00:35:59 V45
23	446 George Royston-Bishop	Derwent AC Cockermouth	00:46:21	00:10:00	00:36:21 V40
24	449 Daniel Wilson	Cumberland AC	00:46:25	00:10:00	00:36:25 V40
25	433 Rob Bell	DH Runners	00:46:27	00:10:00	00:36:27 S
26	447 Billy Stobbart	Cumberland AC	00:46:46	00:10:00	00:36:46 V45
27	402 Jamie Jephcott	Eden Runners	00:47:01	00:10:00	00:37:01 V50
28	417 Paul Morris	Keswick AC	00:47:03	00:10:00	00:37:03 V70
29	390 Anthony Davis	Derwent AC Cockermouth	00:47:27	00:10:00	00:37:27 V60
30	436 David Bowness	Cumberland AC	00:47:50	00:10:00	00:37:50 V60
31	450 Ian Wilson	Cumberland AC	00:47:57	00:10:00	00:37:57 V40
32	421 Paul Revell	Unattached	00:48:31	00:10:00	00:38:31 V60
33	437 Michael Cowin	Unattached	00:48:43	00:10:00	00:38:43 V40
34	425 Peter Telford	Cumberland AC	00:49:11	00:10:00	00:39:11 V50
35	392 Paul Dobson	Northern Fells Running Club	00:51:03	00:10:00	00:41:03 V60
36	438 Mark Cowperthwaite	Cumberland AC	00:51:46	00:10:00	00:41:46 V50
37	439 Peter Fell	DH Runners	00:53:17	00:10:00	00:43:17 V50
38	441 Andrew Kelly	Cumberland AC	00:58:37	00:10:00	00:48:37 V45

**Teams**

1	Keswick AC	25 pts
2	Derwent AC Cockermouth	34 pts
3	Leven Valley AC	35 pts
4	DH Runners	41 pts
5	Eden Runners	51 pts
6	Cumberland AC	70 pts
7	Cumberland AC	95 pts

B



Workington 26 October 2024

Bib number	Name	Club	Time	Start time	Actual Time	
<b>Senior Women</b>						
1	309 Abigail Woolaston	Keswick AC	00:36:54	00:05:00	00:31:54	U23
2	330 Lucy Stobbart	Cumberland AC	00:39:14	00:05:00	00:34:14	V35
3	331 Fiona Todd	Border Harriers & AC	00:39:42	00:05:00	00:34:42	V50
4	314 Trudy Beetham	Keswick AC	00:40:21	00:05:00	00:35:21	V45
5	274 Chloe Barron	Ambleside AC	00:40:49	00:05:00	00:35:49	S
6	323 Michelle Foxwell	Ambleside AC	00:41:04	00:05:00	00:36:04	V45
7	329 Leanne Scott	Leven Valley AC	00:41:24	00:05:00	00:36:24	V40
8	326 Rachel Jeff	Cumberland AC	00:41:32	00:05:00	00:36:32	V45
9	300 Claire Russell	Cumberland Fell Runners	00:42:02	00:05:00	00:37:02	V50
10	302 Ruth Walker	Border Harriers & AC	00:42:25	00:05:00	00:37:25	U20
11	284 Hazel Davies	Keswick AC	00:42:30	00:05:00	00:37:30	V50
12	313 Lorna Askew	Helm Hill Runners	00:42:33	00:05:00	00:37:33	V50
13	306 Caron White	Cumberland AC	00:42:51	00:05:00	00:37:51	V50
14	287 Isobel Graham	Derwent AC Cocker mouth	00:43:42	00:05:00	00:38:42	V60
15	327 Grace Rowley	Keswick AC	00:44:15	00:05:00	00:39:15	V40
16	293 Katie Milburn	Eden Runners	00:44:49	00:05:00	00:39:49	V40
17	273 Leeann Barber	Cumberland Fell Runners	00:45:20	00:05:00	00:40:20	V40
18	304 Debbie Walker	Derwent AC Cocker mouth	00:45:34	00:05:00	00:40:34	V45
19	325 Joanne Humphreys	Derwent AC Cocker mouth	00:46:08	00:05:00	00:41:08	V45
20	319 Debbie Charlton	Keswick AC	00:46:22	00:05:00	00:41:22	V45
21	320 Sian Dempster	Cumberland AC	00:46:24	00:05:00	00:41:24	V40
22	303 Lindsay Walker	Keswick AC	00:47:04	00:05:00	00:42:04	V45
23	318 Louise Brown	Keswick AC	00:47:19	00:05:00	00:42:19	V50
24	279 Abi Catt	Eden Runners	00:47:42	00:05:00	00:42:42	S
25	328 Hilary Royston-Bishop	Derwent AC Cocker mouth	00:48:33	00:05:00	00:43:33	V35
26	322 Gillian Fletcher	Cumberland AC	00:49:39	00:05:00	00:44:39	V50
27	271 Stella Atherton	Cumberland AC	00:49:48	00:05:00	00:44:48	V50
28	301 Michelle Tones	Keswick AC	00:50:03	00:05:00	00:45:03	V50
29	280 Sarah Chaudhri	Derwent AC Cocker mouth	00:51:09	00:05:00	00:46:09	V60
30	295 Gina Mumford	Eden Runners	00:51:22	00:05:00	00:46:22	V60
31	298 Tracey Owen	Cumberland Ac	00:52:10	00:05:00	00:47:10	V45
32	277 Wendy Cannon	Eden Runners	00:53:23	00:05:00	00:48:23	V50
33	310 Laura Wylie	Cumberland AC	00:53:33	00:05:00	00:48:33	V35
34	305 Angela Watson	Eden Runners	00:53:34	00:05:00	00:48:34	V45
35	288 Gill Harding	DH Runners	00:54:04	00:05:00	00:49:04	V60
36	291 Jill Libby	Eden Runners	00:54:09	00:05:00	00:49:09	V60
37	315 Julie Bell	DH Runners	00:55:45	00:05:00	00:50:45	V40
38	321 Julie Fell	DH Runners	00:55:46	00:05:00	00:50:46	V45
39	324 Lily Higgins	Ambleside AC	D.N.F.		D.N.F.	S

**Teams**

1	Keswick AC		16 pts
2	Cumberland AC		23 pts
3	Derwent AC Cocker mouth		51 pts
4	Eden Runners		70 pts
5	Cumberland AC	B	74 pts
6	Eden Runners	B	102 pts
7	DH Runners		110 pts



Teams		Cockermouth	Workington	Highest 3
<b>U9 Male</b>		None	None	N/a
1	Keswick AC	12		12
2	Cumberland Fell Runners		12	12
<b>U9 Female</b>		None	None	
<b>U11 Male</b>				
1	Seaton Athletic Club	11	12	23
2	Eden Runners	12		12
3	Cumberland Fell Runners		11	11
<b>U11 Female</b>			None	
1	Keswick AC	12		12
2	Cumberland Fell Runners	11		11
3	Annan & District AC	10		10
<b>U13 Male</b>				
1	Seaton Athletic Club	12	12	24
2	Annan & District AC	11		11
<b>U13 Female</b>		None	None	
<b>U15 Male</b>			None	
1	Border Harriers & AC	12		12
2	Leven Valley AC	11		11
<b>U15 Female</b>			None	
1	Border Harriers & AC	12		12
<b>U17 Male</b>		None	None	
<b>U17 Female</b>		None	None	