

Keswick

	Bib num	Name	Club	Time	Start time	Actual Time
U9 Male						
1	7	Ben Mulvany	Helm Hill	00:05:23		00:05:23
2	6	Jos Jebb	Helm Hill	00:05:31		00:05:31
3	1	Matthew Downie	Unattached	00:05:34		00:05:34
4	10	Oscar Frankham	Netherhall	00:05:38		00:05:38
5	9	Kit Evans	Ambleside	00:05:45		00:05:45
6	13	Ivan Waight	Ambleside	00:05:51		00:05:51
7	11	James McAleese	Ambleside	00:06:02		00:06:02
8	12	Craig Rodham	Unattached	00:06:03		00:06:03
9	8	Ed Burns	Unattached	00:06:04		00:06:04
10	14	Stephen Watson	Ambleside	00:06:07		00:06:07
11	3	Jake Nicholson	Unattached	00:06:17		00:06:17
12	2	Samuel Youngman	CFR	00:07:51		00:07:51
U9 Female						
1	32	Jessica Ferris	Unattached	00:06:10		00:06:10
2	31	Molly Dunlop	Unattached	00:07:23		00:07:23
U11 Male						
1	60	Magnus Foxwell	Ambleside	00:06:05		00:06:05
2	65	Joseph Green	Ambleside	00:06:08		00:06:08
3	59	Harry Beetham	Unattached	00:06:11		00:06:11
4	63	Gil Burns	Unattached	00:06:13		00:06:13
5	51	Seth Abbey	Eden Runners	00:06:22		00:06:22
6	57	Eddie Slack	Eden Runners	00:06:28		00:06:28
7	62	Rowan Bradley	Ambleside	00:06:40		00:06:40
8	55	Theo Harper	Seaton	00:06:53		00:06:53
9	64	Gus Campbell	Howgill Harriers	00:07:05		00:07:05
10	56	Luke Hetherington	Eden Runners	00:07:06		00:07:06
11	53	Mark Evans	Eden Runners	00:07:16		00:07:16
12	67	Robert Watson	Ambleside	00:07:36		00:07:36
13	52	Thomas Downie	Unattached	00:07:44		00:07:44
14	66	Joss Tyson	Ambleside	00:08:30		00:08:30
U11 Female						
1	98	Isla Jebb	Helm Hill	00:06:46		00:06:46
2	99	Annabel Dickinson	Unattached	00:06:49		00:06:49
3	100	Alice Hardy	Unattached	00:06:56		00:06:56
4	93	Evie Youngman	CFR	00:07:17		00:07:17
5	97	Emma Anderson-Bickl	Sedbergh School	00:07:22		00:07:22
6	102	Isabel Sumner	Ambleside	00:07:48		00:07:48
7	92	Bethany Swabrick	CFR	00:07:54		00:07:54
8	101	Tess Reedy	Ambleside	00:08:00		00:08:00
9	94	Freya Hodgson-Jones	Ambleside	00:08:18		00:08:18

Keswick

	Bib num	Name	Club	Time	Start time	Actual Time
U13 Male						
1	152	Ptolemy Evans	Eden Runners	00:08:29		00:08:29
2	133	Daniel Davies	Eden Runners	00:08:31		00:08:31
3	153	Harvey Shaw	Kendal	00:08:33		00:08:33
4	150	Toby Acland	Kendal	00:08:47		00:08:47
5	130	Joseph Tinniswood	Keswick	00:08:48		00:08:48
6	146	Evan Mulvany	Helm Hill	00:08:49		00:08:49
7	149	Cooper Wadsworth	Helm Hill	00:08:59		00:08:59
8	160	Zeke Sumner	Ambleside	00:08:59		00:08:59
9	154	Declan Denwood	Netherhall School	00:09:05		00:09:05
10	140	Keian McCombie	Eden Runners	00:09:13		00:09:13
11	158	Riley Scott	Leven Valley	00:09:23		00:09:23
12	155	Mason McNichol	Netherhall School	00:09:25		00:09:25
13	137	Callum Hoyles	Netherhall School	00:09:40		00:09:40
14	132	Toby Davies	Eden Runners	00:09:40		00:09:40
15	157	Demitri Kyriacou	Leven Valley	00:09:44		00:09:44
16	159	Oliver Scott	Leven Valley	00:09:54		00:09:54
17	139	Johnny Ivison	Netherhall School	00:10:31		00:10:31
18	134	Harrison Fiddler	Netherhall School	00:11:16		00:11:16
19	156	Thomas Iveson	Unattached	00:11:41		00:11:41
U13 Female						
1	166	Daisy Woodcock	Seaton	00:08:56		00:08:56
2	169	Penelope Boyle	Leven Valley	00:08:57		00:08:57
3	165	Lily Salt	Eden Runners	00:09:42		00:09:42
4	183	Cara Bradley	Ambleside	00:09:43		00:09:43
5	161	Amelia Conway	Seaton	00:09:44		00:09:44
6	185	Suzie McNally	Unattached	00:09:46		00:09:46
7	186	Rosie Scott	Ambleside	00:10:44		00:10:44
8	175	Sofia McArdle	Carlisle Aspatria	00:11:22		00:11:22
9	180	Jodie Kemp	Netherhall School	00:11:51		00:11:51
10	181	Nyah Brown	Netherhall School	00:11:55		00:11:55
11	177	Charleigh Taylor	Netherhall School	00:12:45		00:12:45
12	179	Casey Chambers	Netherhall School	00:13:57		00:13:57
13	178	Willow Richardson	Netherhall School	00:14:21		00:14:21
14	167	Neve Pearson	Unattached	00:14:28		00:14:28
15	168	Kweeva Wylie	Unattached	00:14:28		00:14:28

Keswick

	Bib num	Name	Club	Time	Start time	Actual Time
U15 Male						
1	206	Alfie Lamb	Border	01:40:06		01:40:06
2	198	George Tiffin-Low	Border	00:10:06		00:10:06
3	199	Noah Wadsworth	Helm Hill	00:10:17		00:10:17
4	192	Mylo Jewell	CFR	00:10:23		00:10:23
5	196	Joshua Todd	Kendal	00:10:30		00:10:30
6	207	Ben Nutter	Keswick	00:10:38		00:10:38
7	208	Micah Wightman	Keswick	00:10:43		00:10:43
8	195	Alfie Todd	Kendal	00:11:03		00:11:03
9	193	Kian Motley	Netherhall School	00:11:04		00:11:04
10	209	Ben Wrigley	Seaton	00:11:25		00:11:25
11	197	Daniel Cooper	Keswick	00:11:47		00:11:47
12	210	Roberto Medem Mold	Sedbergh School	00:12:14		00:12:14
13	205	George Campbell	Howgill Harriers	00:12:34		00:12:34
14	204	Joe Hoyles	Netherhall School	00:14:16		00:14:16
U15 Female						
1	224	Olivia Barley	Sedbergh School	00:11:53		00:11:53
2	360	Katie Sandham	Ambleside	00:12:08		00:12:08
3	354	Scarlett Harrison	Sedbergh School	00:12:15		00:12:15
4	227	Jemima Hearld	Sedbergh School	00:12:35		00:12:35
5	357	Erin Barry	Keswick	00:12:41		00:12:41
6	214	Kate Thomson	Nithsdale AC	00:12:43		00:12:43
7	223	Grace Wells	Sedbergh School	00:12:44		00:12:44
8	359	Rose Gilldaley	Eden Runners	00:12:50		00:12:50
9	225	Tink Longworth	Sedbergh School	00:12:53		00:12:53
10	213	Olivia Swarbrick	Copeland	00:12:57		00:12:57
11	228	Elif Sancar	Sedbergh School	00:13:05		00:13:05
12	351	Louison Lemarchand	Sedbergh School	00:13:35		00:13:35
13	352	Liv Milburn	Sedbergh School	00:13:43		00:13:43
14	356	Danielle Wilson	Netherhall School	00:13:58		00:13:58
15	215	Ruth Walker	Unattached	00:13:59		00:13:59
16	353	Kaia Felipe-Scargill	Sedbergh School	00:14:04		00:14:04
17	216	Amelie Thorburn	Eden Runners	00:14:17		00:14:17
18	230	Lileah Gregory	Sedbergh School	00:14:33		00:14:33

Keswick

	Bib num	Name	Club	Time	Start time	Actual Time
U17 Male						
1	233	Charlie Allmond	Ambleside	00:20:19	00:06:00	00:14:19
2	235	Kai Hatcher	Border	00:21:07	00:06:00	00:15:07
3	234	Harry Ewbank	Eden Runners	00:21:50	00:06:00	00:15:50
4	236	Ashley Todd	Border	00:22:58	00:06:00	00:16:58
5	232	Alasdair Thomson	Nithsdale AC	00:23:06	00:06:00	00:17:06
6	231	Dylan Owens	Seaton	00:23:24	00:06:00	00:17:24
7	241	Oliver Bird	Sedbergh School	00:23:41	00:06:00	00:17:41
8	242	Jan-Frederik Theyman	Sedbergh School	00:23:55	00:06:00	00:17:55
9	238	Harry Cunningham	Sedbergh School	00:24:00	00:06:00	00:18:00
10	245	Ben Starling	Sedbergh School	00:24:01	00:06:00	00:18:01
11	240	Luke Cosgrove	Sedbergh School	00:24:26	00:06:00	00:18:26
12	243	Theo Smalley	Sedbergh School	00:24:32	00:06:00	00:18:32
13	239	Alexander Legge	Sedbergh School	00:26:04	00:06:00	00:20:04
14	244	Toby Welch	Sedbergh School	00:26:30	00:06:00	00:20:30
U17 Female						
1	255	Sophie Rylance	Ambleside	00:18:35		00:18:35
2	257	Heather Booth	Sedbergh School	00:20:29		00:20:29
3	481	Katie Haslam	Unattached	00:20:50		00:20:50
4	259	Libby Martin	Sedbergh School	00:21:33		00:21:33
5	258	Sophia Charlton	Sedbergh School	00:22:31		00:22:31

Keswick

	Bib num	Name	Club	Time	Start time	Actual Time
Senior Men						
1	424	John Battrick	Keswick	00:33:26	00:06:00	00:27:26
2	389	Jonathan Cox	Eden Runners	00:33:30	00:06:00	00:27:30
3	385	Sam Stead	Keswick	00:34:08	00:06:00	00:28:08
4	434	Aaron McGrady	Victoria Park Harriers & Tower Hamlets AC	00:34:24	00:06:00	00:28:24
5	390	Tom Humphries	Border	00:34:31	00:06:00	00:28:31
6	431	Mark Likeman	CFR	00:35:09	00:06:00	00:29:09
7	438	Robin Regan	Border	00:35:34	00:06:00	00:29:34
8	430	Steve Hebblethwaite	Keswick	00:35:51	00:06:00	00:29:51
9	409	Jules Hatcher	Border	00:36:06	00:06:00	00:30:06
10	398	Blain Rooney	Border	00:36:16	00:06:00	00:30:16
11	429	Tom Dunlop	Derwent	00:37:41	00:06:00	00:31:41
12	379	Daniel Jones	Eden Runners	00:37:54	00:06:00	00:31:54
13	388	Phil Winskill	Keswick	00:38:12	00:06:00	00:32:12
14	410	Spencer Riley	Ambleside	00:38:19	00:06:00	00:32:19
15	422	Phil Mather	Sedbergh School	00:38:41	00:06:00	00:32:41
16	407	Jonny Lowe	Border	00:38:48	00:06:00	00:32:48
17	439	Will Sisson	Kendal	00:38:57	00:06:00	00:32:57
18	374	Thomas Elmer	DH Runners	00:39:07	00:06:00	00:33:07
19	418	Sam Sancar	Sedbergh School	00:39:09	00:06:00	00:33:09
20	440	Matt Towers	Unattached	00:39:12	00:06:00	00:33:12
21	386	Shane Stobbart	CFR	00:39:20	00:06:00	00:33:20
22	382	Scott Morley	Eden Runners	00:39:34	00:06:00	00:33:34
23	364	Lawrence Basham	Keswick	00:39:39	00:06:00	00:33:39
24	375	Stephen Hackley	Derwent	00:40:03	00:06:00	00:34:03
25	370	William Cox	Netherhall	00:40:05	00:06:00	00:34:05
26	377	Mike James	Unattached	00:40:07	00:06:00	00:34:07
27	384	Howard Seal	Derwent	00:40:17	00:06:00	00:34:17
28	392	Michael Walters	Eden Runners	00:40:35	00:06:00	00:34:35
29	391	Wayne Croasdell	Eden Runners	00:40:37	00:06:00	00:34:37
30	362	Mike Anderson	Derwent	00:41:04	00:06:00	00:35:04
31	365	John Beetham	Keswick	00:41:17	00:06:00	00:35:17
32	417	Michael Allison	Eden Runners	00:41:20	00:06:00	00:35:20
33	399	Matt Charlton	DH Runners	00:41:52	00:06:00	00:35:52
34	383	George Royston-Bisho	Derwent	00:41:55	00:06:00	00:35:55
35	393	Ross Bell	Eden Runners	00:42:09	00:06:00	00:36:09
36	432	Brett Malloy	Derwent	00:43:21	00:06:00	00:37:21
37	404	Alan Homer	Derwent	00:43:47	00:06:00	00:37:47
38	368	David Bowness	CFR	00:43:52	00:06:00	00:37:52
39	427	Oli Burns	Unattached	00:43:54	00:06:00	00:37:54
40	433	Christopher Mathiesor	Derwent	00:43:55	00:06:00	00:37:55
41	412	Jonathan Tombs	Eden Runners	00:43:57	00:06:00	00:37:57
42	372	Anthony Davis	Derwent	00:45:40	00:06:00	00:39:40
43	425	Glyn Blakey	Keswick	00:45:56	00:06:00	00:39:56
44	420	Wilf Pybus	Sedbergh School	00:46:32	00:06:00	00:40:32
45	411	Nigel Braithwaite	Eden Runners	00:46:43	00:06:00	00:40:43
46	426	Richard Briscoe	Clayton-le-Moors Harriers	00:46:59	00:06:00	00:40:59
47	397	Dave Kirby	DH Runners	00:47:09	00:06:00	00:41:09
48	367	Garry Bower	Eden Runners	00:47:12	00:06:00	00:41:12
49	416	Stephen Libby	North York Moors Ac	00:47:55	00:06:00	00:41:55
50	423	Andrew Raven	Sedbergh School	00:49:28	00:06:00	00:43:28
51	419	Tom Hare	Sedbergh School	00:49:53	00:06:00	00:43:53

Keswick

	Bib num	Name	Club	Time	Start time	Actual Time
Senior Women						
1	303	Nichola Jackson	Keswick	00:32:09		00:32:09
2	304	Sophie Likeman	CFR	00:33:24		00:33:24
3	313	Emma Neil	Unattached	00:34:23		00:34:23
4	293	Fiona Todd	Border	00:34:38		00:34:38
5	283	Trudy Beetham	Keswick	00:38:03		00:38:03
6	311	Samantha Trevett	Eden Runners	00:38:17		00:38:17
7	308	Rose Singleton	Northern Fells	00:38:21		00:38:21
8	309	Hannah Somani	Victoria Park Harriers & Tower Hamlets AC	00:38:30		00:38:30
9	305	Teresa Medley	Border	00:38:55		00:38:55
10	288	Michelle Foxwell	Ambleside	00:39:08		00:39:08
11	306	Carolyn Millican	Border	00:39:10		00:39:10
12	266	Lisa Jackson	Derwent	00:39:47		00:39:47
13	269	Kathryn Metcalfe	Eden Runners	00:40:16		00:40:16
14	282	Lorna Askew	Helm Hill	00:40:18		00:40:18
15	270	Katie Milburn	Eden Runners	00:40:42		00:40:42
16	275	Emily Swarbrick	CFR	00:40:44		00:40:44
17	276	Debbie Walker	Derwent	00:40:48		00:40:48
18	302	Lynne Hume	Keswick	00:41:14		00:41:14
19	294	Lindsay Walker	Keswick	00:41:31		00:41:31
20	284	Sally Braithwaite	Eden Runners	00:41:34		00:41:34
21	261	Leeann Barber	CFR	00:41:43		00:41:43
22	267	Wren Langford	DH Runners	00:42:20		00:42:20
23	298	Hailey Fletcher	Sedbergh School	00:42:28		00:42:28
24	312	Liz Wilson	Unattached	00:42:29		00:42:29
25	286	Debbie Charlton	Keswick	00:42:48		00:42:48
26	307	Helen Nicholson	Eden Runners	00:42:51		00:42:51
27	285	Louise Brown	Keswick	00:43:15		00:43:15
28	310	Alice Stearn	Unattached	00:43:20		00:43:20
29	299	Mary Bragg	Eden Runners	00:43:33		00:43:33
30	278	Angela Watson	Eden Runners	00:43:53		00:43:53
31	263	Justine Carruthers	Eden Runners	00:45:03		00:45:03
32	274	Kimberly Summers	Derwent	00:47:49		00:47:49
33	301	Lindsay Graham	DH Runners	00:49:07		00:49:07
34	296	Annie Harris	Sedbergh School	00:50:03		00:50:03
35	268	Jill Libby	Eden Runners	00:50:23		00:50:23

	Total	Keswick
U9 Male		
Ambleside	18	18
U9 Female		
U11 Male		
Ambleside	10	10
Eden Runners	43	21
U11 Female		
Ambleside	23	23
U13 Male		
Eden Runners	22	13
Netherhall School	98	34
U13 Female		
Netherhall School	30	30
U15 Male		
Keswick	24	24
U15 Female		
Sedbergh School	8	8
U17 Male		
Sedbergh School	24	24
U17 Female		
Sedbergh School	11	11

Senior Men

Keswick	43	12
Border	32	21
Eden Runners	111	36
Derwent	172	62
CFR	99	65
Sedbergh School	78	78
DH Runners	98	98

Senior Women

Border	24	24
Keswick	49	24
Eden Runners	76	34
CFR	39	39
Derwent	144	61



Teams Overall Standing

	Total	Cockermouth	Penrith	Keswick	Workington	Carlisle
U9 Male						
U9 Female						
U11 Male						
Eden Runners	43	9	13	21		
U11 Female						
U13 Male						
Netherhall School	98	25	39	34		
U13 Female						
U15 Male						
U15 Female						
U17 Male						
U17 Female						
Senior Men						
Keswick	43	16	15	12		
Eden Runners	111	42	33	36		
Derwent	172	43	67	62		
Senior Women						
Eden Runners	76	19	23	34		
Derwent	144	29	54	61		