

# Cumbria Track and Field Championships

## Saturday 13<sup>th</sup> May 2006 at the Sheepmount Stadium Carlisle

### Results

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#### Masters Men

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##### 100 Metres

1<sup>st</sup> Ken Gibson                      Barrow & Furness S                      14.1s

##### 1500 Metres

1<sup>st</sup> John Earl                                      Border Harriers & AC                      5m.25.5s

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#### Senior Men

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##### 100 Metres

1<sup>st</sup> Tim Ward                                      Border Harriers & AC                      11.1s  
2<sup>nd</sup> Jordan Fleary                                  Woodford G                                  11.4s  
3<sup>rd</sup> James Wright                                  Sale HM                                      11.8s  
4<sup>th</sup> Shane King                                      Bolton UH                                      12.0s  
5<sup>th</sup> Stewart Watson                                  Seaton AC                                      12.3s

##### 200 Metres

1<sup>st</sup> Tim Ward                                      Border Harriers & AC                      22.6s  
2<sup>nd</sup> Shane King                                      Bolton UH                                      23.4s  
3<sup>rd</sup> William Byers                                  Seaton AC                                      23.5s  
4<sup>th</sup> Stewart Watson                                  Seaton AC                                      24.9s

##### 400 Metres

1<sup>st</sup> Craig Sowerby                                  Seaton AC                                      50.5s  
2<sup>nd</sup> Tim Ward                                      Border Harriers & AC                      51.8s

##### 800 Metres

1<sup>st</sup> Nick Bradley                                      Border Harriers & AC                      1m.57.1s  
2<sup>nd</sup> Steven Fox                                      Seaton AC                                      1m.59.4s  
3<sup>rd</sup> William Nicholson                                  Border Harriers & AC                      2m.00.0s  
4<sup>th</sup> David Hook                                      Barrow & Furness S                      2m.12.6s  
5<sup>th</sup> Christopher Thomas                                  Barrow & Furness S                      2m.14.1s  
6<sup>th</sup> Dean Miller                                      Barrow & Furness S                      2m.24.7s

##### 1500 Metres

1<sup>st</sup> Alasdair Russell                                  Kendal AAC                                      4m.05.8s  
2<sup>nd</sup> Graeme Mason                                  Border Harriers & AC                      4m.08.0s  
3<sup>rd</sup> Richard Mace                                      City of Sheffield                              4m.09.7s  
4<sup>th</sup> Graham Millican                                  Border Harriers & AC                      4m.11.8s  
5<sup>th</sup> Jeff Cunningham                                  Barrow & Furness S                      4m.17.6s  
6<sup>th</sup> Peter Savage                                      Barrow & Furness S                      4m.33.7s  
7<sup>th</sup> David Hook                                      Barrow & Furness S                      4m.35.4s  
8<sup>th</sup> Jed Bartlett                                      Barrow & Furness S                      4m.37.1s  
9<sup>th</sup> Philip Lee                                      Kendal AAC                                      4m.54.0s

**5000 Metres**

1 <sup>st</sup> Danny Parkinson	Kendal AC	15m.43.1s
2 <sup>nd</sup> Kieran Alderson	Kendal AAC	17m.01.7s

**3000 Metres Steeplechase**

1 <sup>st</sup> Danny Parkinson	Kendal AAC	10m.20.1s
2 <sup>nd</sup> Andrew Drummond	Border Harriers & AC	12m.10.5s
3 <sup>rd</sup> Ian Pipes	Border Harriers & AC	12m.24.0s

**High Jump**

1 <sup>st</sup> James Wright	Sale HM	1.75m
2 <sup>nd</sup> Martin Coulthard	Carlisle Aspatria	1.75m

**Long Jump**

1 <sup>st</sup> James Wright	Sale HM	6.72m
2 <sup>nd</sup> Jamie Benzie	Border Harriers & AC	6.48m

**Triple Jump**

1 <sup>st</sup> Jamie Benzie	Border Harriers & AC	12.31m
2 <sup>nd</sup> Martin Coulthard	Carlisle Aspatria	12.05m

**Javelin**

1 <sup>st</sup> Lee Doran	Enfield	67.81m
2 <sup>nd</sup> Karl Wilson	Border Harriers & AC	47.87m
3 <sup>rd</sup> Martin Coulthard	Carlisle Aspatria	40.76m
4 <sup>th</sup> Jonathan Harmse	Carlisle Aspatria	37.46m

**Discus**

1 <sup>st</sup> Alessandro Morganella	Border Harriers & AC	44.59m
2 <sup>nd</sup> Paul Simpson	Seaton AC	34.75m

**Shot**

1 <sup>st</sup> Paul Simpson	Seaton AC	11.23m
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**Hammer**

1 <sup>st</sup> David Little	Border Harriers & AC	54.06m
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**Senior Women**

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**100 Metres**

1 <sup>st</sup> Danielle Fawkes	Barrow & Furness S	12.9s
2 <sup>nd</sup> Maria Morganella	Border Harriers & AC	12.9s
3 <sup>rd</sup> Louise Aiston	Border Harriers & AC	13.3s
4 <sup>th</sup> Michelle Warwick	Seaton AC	13.6s
5 <sup>th</sup> Angela Kelly (Vet)	Seaton AC	14.3s

**200 Metres**

1 <sup>st</sup> Danielle Fawkes	Barrow & Furness S	25.8s
2 <sup>nd</sup> Maria Morganella	Border harriers & AC	25.9s
3 <sup>rd</sup> Louise Aiston	Border Harriers & AC	26.9s
4 <sup>th</sup> Angela Kelly (Vet)	Seaton AC	29.9s

**400 Metres**

1 <sup>st</sup> Louise Aiston	Border Harriers & AC	63.3s
2 <sup>nd</sup> Alison Brown	Northern Veterans	65.8s

**1500 Metres**

1 <sup>st</sup> Charlotte Blackburn	Copeland AC	6m.00.1s
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**100 Metres Hurdles**

1 <sup>st</sup> Claire Huck	Kendal AAC	17.1s
2 <sup>nd</sup> Katie Huck	Kendal AAC	18.8s

**400 Metres Hurdles**

1 <sup>st</sup> Leanne Wade	Unattached	72.9s
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**Pole Vault**

1 <sup>st</sup> Sharon Beattie	Border Harriers & AC	2.10m
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**High Jump**

1 <sup>st</sup> Katie Claire Huck	Kendal AAC	1.60m
2 <sup>nd</sup> Danielle Haynes	Leeds Carnegie	1.60m
3 <sup>rd</sup> Angela Martin	Seaton AC	1.55m
4 <sup>th</sup> Katie Huck	Kendal AAC	1.55m

**Long Jump**

1 <sup>st</sup> Katie Huck	Kendal AAC	5.14m
2 <sup>nd</sup> Danielle Haynes	Leeds Carnegie	5.08m
3 <sup>rd</sup> Claire Huck	Kendal AAC	4.97m

**Javelin**

1 <sup>st</sup> Katie Huck	Kendal AAC	34.05m
2 <sup>nd</sup> Danielle Haynes	Leeds Carnegie	30.97m
3 <sup>rd</sup> Kimberley Pearson	Barrow & Furness S	30.91m
4 <sup>th</sup> Claire Huck	Kendal AAC	30.53m
5 <sup>th</sup> Leanne Wade	Unattached	29.11m

**Discus**

1 <sup>st</sup> Danielle Thomas	Barrow & Furness S	33.57m
2 <sup>nd</sup> Kimberley Pearson	Barrow & Furness S	22.95m
3 <sup>rd</sup> Bethan Lishman	Wigan H	18.91m

**Shot**

1 <sup>st</sup> Danielle Thomas	Barrow & Furness S	10.09m
2 <sup>nd</sup> Claire Huck	Kendal AAC	9.63m
3 <sup>rd</sup> Katie Huck	Kendal AAC	9.57m

**Hammer**

1 <sup>st</sup> Bethan Lishman	Wigan H	41.07m
2 <sup>nd</sup> Rebekah Rudkin	Border Harriers & AC	39.03m

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## Junior Men

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### 100 Metres Hurdles

1 <sup>st</sup> James Spencer	Sale Harriers M	15.6s
2 <sup>nd</sup> Stuart Watson	Seaton AC	16.9s

### Shot

1 <sup>st</sup> Stewart Watson	Seaton AC	10.93m
2 <sup>nd</sup> Jonathan Harmse	Carlisle Aspatria	9.20m

### Discus

1 <sup>st</sup> James Wright	Sale HM	26.70m
2 <sup>nd</sup> Jonathan Harmse	Carlisle Aspatria	21.01m

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## Under 17 Men

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### 100 Metres

1 <sup>st</sup> Bradlie Houldsworth	Barrow & Furness S	12.1s
2 <sup>nd</sup> Ryan Low	Barrow & Furness S	12.3s

### 200 Metres

1 <sup>st</sup> Bradlie Houldsworth	Barrow & Furness S	24.6s
2 <sup>nd</sup> Steven Cunningham	Barrow & Furness S	26.1s
3 <sup>rd</sup> James Rourke	Workington Zebras	27.1s
4 <sup>th</sup> Rorin Poyser	Carlisle Aspatria	28.0s

### 400 Metres

1 <sup>st</sup> William Nicholson	Border Harriers & AC	53.4s
2 <sup>nd</sup> Oliver Cartwright	Border Harriers & AC	54.9s
3 <sup>rd</sup> Ryan Low	Barrow & Furness S	54.8s
4 <sup>th</sup> David Mutton	Unattched	58.4s
5 <sup>th</sup> James Rourke	Workington Zebras	59.2s
6 <sup>th</sup> Rorin Poyser	Carlisle Aspatria	60.4s

### 800 Metres

1 <sup>st</sup> Oliver Cartwright	Border Harriers & AC	2m.05.8s
2 <sup>nd</sup> David Mutton	Barrow & Furness S	2m.10.5s
3 <sup>rd</sup> Jonathan Earl	Border Harriers & AC	2m.12.4s

### 1500 Metres

1 <sup>st</sup> Tom Farrell	Border Harriers & AC	4m.13.6s
2 <sup>nd</sup> Peter Huck	Barrow & Furness S	4m.21.3s
3 <sup>rd</sup> Tom Nicholson	Border Harriers & AC	4m.50.4s
4 <sup>th</sup> Peter Jones	Kendal AAC	4m.51.7s

### 3000 Metres

1 <sup>st</sup> Michael Kenyon	Eden Runners	10m.31.9s
2 <sup>nd</sup> Stuart Aris	Eden Runners	10m.47.8s

**100 Metres Hurdles**

1 <sup>st</sup> Samuel Etherington	Unattached	14.4s
2 <sup>nd</sup> Nathan William	Border Harriers & AC	15.4s
3 <sup>rd</sup> Andrew Smith	Carlisle Aspatria	15.7s

**400 Metres Hurdles**

1 <sup>st</sup> Samuel Hetherington	Unattached	61.5s
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**High Jump**

1 <sup>st</sup> Richard Byers	Seaton AC	1.90m
2 <sup>nd</sup> Nathan Williams	Border Harriers & AC	1.80m
3 <sup>rd</sup> Stuart Aris	Eden Runners	1.20m

**Long Jump**

1 <sup>st</sup> Michael Kenyon	Eden Runners	6.32m
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**Javelin**

1 <sup>st</sup> Samuel Etherington	Unattached	40.97m
2 <sup>nd</sup> Ian Burrow	Kendal AAC	39.80m
3 <sup>rd</sup> Nathan Williams	Border Harriers & AC	37.91m
4 <sup>th</sup> Steven Cunningham	Barrow & Furness S	32.41m
5 <sup>th</sup> Peter Huck	Barrow & Furness S	29.48m

**Discus**

1 <sup>st</sup> Steven Cunningham	Barrow & Furness S	34.60m
2 <sup>nd</sup> Jonathan Wilson	Seaton AC	28.05m
3 <sup>rd</sup> Benjamin Pett	Kendal AAC	27.25m

**Shot**

1 <sup>st</sup> Benjamin Pett	Kendal AAC	12.45m
2 <sup>nd</sup> Jonathan Wilson	Seaton AC	12.42m

**Hammer**

1 <sup>st</sup> Robert Slack	Border Harriers & AC	25.36m
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**Under 17 Women**

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**100 Metres**

1 <sup>st</sup> Jade Lawson	Barrow & Furness S	13.6s
2 <sup>nd</sup> Laura Wilcock	Seaton AC	13.6s
3 <sup>rd</sup> Lois While	Barrow & Furness S	13.7s
4 <sup>th</sup> Emma Park	Border Harriers & AC	14.2s
5 <sup>th</sup> Megan Carroll	Border Harriers & AC	14.6s
6 <sup>th</sup> Rebecca Seddon	Copeland AC	14.9s
7 <sup>th</sup> Anna Whitemore	Eden Runners	15.8s

**200 Metres**

1 <sup>st</sup> Kerry Hunton	Seaton AC	27.9s
2 <sup>nd</sup> Laura Wilcock	Seaton AC	28.0s
3 <sup>rd</sup> Bethany Pearson	Barrow & Furness S	28.6s
4 <sup>th</sup> Lois While	Barrow & Furness S	29.3s
5 <sup>th</sup> Hannah Mitchell	Kendal AAC	29.4s
6 <sup>th</sup> Melanie Andrews	Eden Runners	31.9s

**300 Metres**

1 <sup>st</sup> Kerry Hunton	Seaton AC	43.4S
2 <sup>nd</sup> Gemma Crowther	Border Harriers & AC	45.5S

**800 Metres**

1 <sup>st</sup> Gemma Crowther	Border Harriers & AC	2m.30.4s
2 <sup>nd</sup> Melanie Andrews	Eden Runners	2m.47.5s

**1500 Metres – Final**

1 <sup>st</sup> Charlotte Arter	Border Harriers & AC	5m.03.9s
2 <sup>nd</sup> Elise Butler	Windermere SA School	5m.42.7s
3 <sup>rd</sup> Mae Smith	Eden Runners	5m.49.3s
4 <sup>th</sup> 86 Holly Marshall	Eden Runners	5m.59.1s

**80 Metres Hurdles**

1 <sup>st</sup> Katie Jenkinson	Unattached	12.5s
2 <sup>nd</sup> Bethany Pearson	Barrow & Furness S	14.3s
3 <sup>rd</sup> Emma Park	Border Harriers & AC	15.7s

**300 Metres Hurdles**

1 <sup>st</sup> Hannah Fairhurst	Border Harriers & AC	49.5s
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**High Jump**

1 <sup>st</sup> Katie Jenkinson	Windermere SA School	1.55m
2 <sup>nd</sup> Sophie Dixon	Seaton AC	1.50m
3 <sup>rd</sup> Bethan Pearson	Eden Runners	1.45m

**Long Jump**

1 <sup>st</sup> Katie Jenkinson	Unattached	5.01m
2 <sup>nd</sup> Kerry Hunton	Seaton AC	4.80m
3 <sup>rd</sup> Sophie Dixon	Seaton AC	4.57m
4 <sup>th</sup> Bethan Allerton	Eden Runners	4.37m
5 <sup>th</sup> Anna Whitmore	Eden Runners	4.14m
6 <sup>th</sup> Rebecca Seddon	Copeland AC	3.97m
7 <sup>th</sup> Holly Marshall	Eden Runners	3.85m

**Javelin**

1 <sup>st</sup> Rachael Fleary	Carlisle Aspatria	34.05m
2 <sup>nd</sup> Judith Burrow	Kendal AAC	20.50m

**Discus**

1 <sup>st</sup> Bethan Ellerton	Eden Runners	20.66m
2 <sup>nd</sup> Jade Lawson	Barrow & Furness S	17.18m
3 <sup>rd</sup> Anna Whitmore	Eden Runners	15.16m
4 <sup>th</sup> Claire Gibson	Eden Runners	13.44m

**Shot**

1 <sup>st</sup> Rachael Fleary	Carlisle Aspatria	9.80m
2 <sup>nd</sup> Lois While	Barrow & Furness S	6.59m
3 <sup>rd</sup> Judith Burrow	Kendal AAC	6.60m
5 <sup>th</sup> Claire Gibson	Eden Runners	4.45m

**Hammer**

1 <sup>st</sup> Vicky Lill	Unattached	22.22m
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## Under 15 Boys

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### 100 Metres

1 <sup>st</sup> Matthew Lishman	Kendal AAC	13.4s
2 <sup>nd</sup> Max Obale	Kendal AAC	13.4s
3 <sup>rd</sup> Jake Barnes	Carlisle Aspatria	15.1s
4 <sup>th</sup> Joe Aris	Eden Runners	14.1s
5 <sup>th</sup> Samuel Barnes	Barrow & Furness S	15.1s
6 <sup>th</sup> Christian Parkinson	Kendal AAC	15.3s

### 200 Metres

1 <sup>st</sup> Matthew Lishman	Kendal AAC	27.1s
2 <sup>nd</sup> Max Obale	Kendal AAC	27.7s
3 <sup>rd</sup> Christian Parkinson	Kendal AAC	30.6s
4 <sup>th</sup> James Mandle	Eden Runners	31.6s
5 <sup>th</sup> Alex Tibbitts	Unattached	31.8s

### 400 Metres

1 <sup>st</sup> James Bowness	Seaton AC	57.3s
2 <sup>nd</sup> Mark Crawley	Border Harriers & AC	57.6s
3 <sup>rd</sup> Richard Beck	Copeland AC	63.4s
4 <sup>th</sup> Alex Tibbitts	Unattached	73.5s

### 800 Metres

1 <sup>st</sup> James Bowness	Seaton AC	2m.13.4s
2 <sup>nd</sup> Richard Beck	Copeland AC	2m.23.6s
3 <sup>rd</sup> Joe Aris	Eden Runners	2m.28.4s
4 <sup>th</sup> Samuel Barnes	Barrow & Furness S	2m.33.8s
5 <sup>th</sup> Simon Walker	Eden Runners	2m.42.6s
6 <sup>th</sup> 153 James Mandle	Eden Runners	2m.45.3s

### 1500 Metres

1 <sup>st</sup> Stephen Wilson	Barrow & Furness S	4m.41.7s
2 <sup>nd</sup> Aaron Screen	Kendal AAC	5m.05.7s
3 <sup>rd</sup> Christopher Simpson	Seaton AC	5m.44.6s

### 3000 Metres

1 <sup>st</sup> Harry Earl	Border Harriers & AC	10m.51.4s
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### 80 Metres Hurdles

1 <sup>st</sup> Christopher Deboise	Carlisle Aspatria	13.7s
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### High Jump

1 <sup>st</sup> Joe Aris	Eden Runners	1.50m
2 <sup>nd</sup> Christopher Deboise	Carlisle Aspatria	1.45m
3 <sup>rd</sup> Jake Barnes	Carlisle Aspatria	1.40m

### Long Jump

1 <sup>st</sup> Matthew Lishman	Kendal AAC	4.57m
2 <sup>nd</sup> Paul Bennett	Seaton AC	4.29m
3 <sup>rd</sup> Simon Walker	Eden Runners	3.94m
4 <sup>th</sup> Aaron Screen	Kendal AAC	3.86m
5 <sup>th</sup> James Mandle	Eden Runners	3.64m

**Javelin**

1 <sup>st</sup> Christopher Deboise	Carlisle Aspatria	35.57m
2 <sup>nd</sup> Jake Barnes	Carlisle Aspatria	31.98m
3 <sup>rd</sup> Aidan Tomlinson	Seaton AC	14.01m

**Shot**

1 <sup>st</sup> Paul Bennett	Seaton AC	6.55m
2 <sup>nd</sup> Adam Tomlinson	Seaton AC	4.73m

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**Under 15 Girls**

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**100 Metres Final**

1 <sup>st</sup> Rachael Taylor	Copeland AC	13.9s
2 <sup>nd</sup> Ameer Jefferson	Seaton AC	13.9s
3 <sup>rd</sup> Rebekah Miller	Ellenborough AC	14.2s
4 <sup>th</sup> Georgia McDowell	Barrow  & Furness S	14.2s
5 <sup>th</sup> Emily Cole	Kendal AAC	14.6s
6 <sup>th</sup> Lara Turner	Barrow & Furness S	15.1s
7 <sup>th</sup> Jessica Barnes	Barrow & Furness S	15.3s

**200 Metres**

1 <sup>st</sup> Anna Mulgrew	Ellenborough AC	28.9s
2 <sup>nd</sup> Georgina McDowell	Barrow & Furness S	29.0s
3 <sup>rd</sup> Rebekah Miller	Ellenborough	29.2s
4 <sup>th</sup> Rachel Taylor	Unattached	29.6s
5 <sup>th</sup> Ameer Jefferson	Seaton	30.4s
6 <sup>th</sup> Chloe Dixon	Carlisle Aspatria	30.6s
7 <sup>th</sup> Lyndsey Miller	Seaton AC	30.7s
8 <sup>th</sup> Emily Cole	Kendal AAC	32.4s

**800 Metres**

1 <sup>st</sup> Victoria Johnston	Eden Runners	2m.30.6s
2 <sup>nd</sup> Lyndsay Millar	Seaton AC	2m.35.6s
3 <sup>rd</sup> Pippa Wood	Border Harriers & AC	2m.41.3s
4 <sup>th</sup> Caitlin Ripley	Eden Runners	2m.57.2s

**1500 Metres**

1 <sup>st</sup> Lara Turner	Barrow & Furness S	5m.33.5s
2 <sup>nd</sup> Abbey Rogers	Windermere SA School	5m.46.5s
3 <sup>rd</sup> Abbey Foy	Seaton AC	5m.48.3s
4 <sup>th</sup> Jessica Barnes	Barrow & Furness S	6m.00.1s

**High Jump**

1 <sup>st</sup> Hannah While	Barrow & Furness S	1.36m
2 <sup>nd</sup> Lara Turner	Barrow & Furness S	1.20m

**Javelin**

1 <sup>st</sup> Shauni Waite	Carlisle Aspatria	24.14m
2 <sup>nd</sup> Sophie Dixon	Barrow & Furness S	21.02m
3 <sup>rd</sup> Abbey Rogers	Windermere SA School	20.22m
4 <sup>th</sup> Rachel Taylor	Unattached	18.24m
5 <sup>th</sup> Chloe Dixon	Barrow & Furness S	11.65m
6 <sup>th</sup> Maxine Ellerton	Eden Runners	11.58m



**Discus**

1 <sup>st</sup> Sophie Pearson	Barrow & Furness S	17.30m
2 <sup>nd</sup> Shauni Waite	Carlisle Aspatria	15.29m
3 <sup>rd</sup> Helen Peacock	Eden Runners	15.10m
4 <sup>th</sup> Hannah While	Barrow & Furness S	14.96m

**Shot**

1 <sup>st</sup> Rebekah Miller	Ellenborough AC	7.93m
2 <sup>nd</sup> Sophie Pearson	Barrow & Furness S	7.46m
3 <sup>rd</sup> Becky Hall	Eden Runners	7.16m
4 <sup>th</sup> Shauni Waite	Carlisle Aspatria	6.71m
5 <sup>th</sup> Victoria Ducie	Barrow & Furness S	4.95m

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**Under 13 Boys**

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**80 Metres - Final**

1 <sup>st</sup> Ryan Thompson	Carlisle Aspatria	11.0s
2 <sup>nd</sup> Cameron Maclagan	Eden Runners	11.7s
3 <sup>rd</sup> Oliver Lithgow	Seaton AC	11.9s
4 <sup>th</sup> Dean Robinson	Border Harriers & AC	11.9s
5 <sup>th</sup> Chris Snaith	Barrow & Furness S	12.2s
6 <sup>th</sup> Joshua Baty	Border Harriers & AC	12.3s
7 <sup>th</sup> Sam Cummings	Ellenborough AC	12.3s
8 <sup>th</sup> Jason Fletcher	Seaton AC	12.9s

**150 Metres**

1 <sup>st</sup> Ryan Thompson	Carlisle Aspatria	20.4s
2 <sup>nd</sup> Oliver Lithgow	Seaton AC	22.0s
3 <sup>rd</sup> Ben Wheeler	Barrow & Furness S	22.5s
4 <sup>th</sup> Dean Robinson	Border Harriers & AC	22.5s
5 <sup>th</sup> Chris Snaith	Barrow & Furness S	22.9s
6 <sup>th</sup> Joshua Baty	Border Harriers & AC	23.2s
7 <sup>th</sup> Sam Cummings	Ellenborough AC	23.6s
8 <sup>th</sup> Richard Cossins	Eden Runners	23.9s

**800 Metres**

1 <sup>st</sup> Richard Cossins	Eden Runners	2m.37.2s
2 <sup>nd</sup> Connor Jarman	Workington Zebras	2m.41.0s
3 <sup>rd</sup> Nathan Thompson	Seaton AC	2m.45.8s
4 <sup>th</sup> Luke Scott	Workington Zebras	2m.47.0s
5 <sup>th</sup> Sam Cummings	Ellenborough AC	2m.47.3s
6 <sup>th</sup> Luke Irving	Barrow & Furness S	2m.54.8s
7 <sup>th</sup> Aidan Mcgleegan	Eden Runners	3m.00.7s
8 <sup>th</sup> Kyle Gudgeon	Barrow & Furness S	3m.08.7s

**1500 Metres**

1 <sup>st</sup> Michael Hoyle	Kendal AAC	5m.13.4s
2 <sup>nd</sup> Ben Wheeler	Barrow & Furness S	5m.23.7s
3 <sup>rd</sup> Nathan Thompson	Seaton AC	5m.35.5s
4 <sup>th</sup> Luke Ingham	Kendal AAC	5m.37.3s
5 <sup>th</sup> Sam Storey	Barrow & Furness S	5m.39.1s
6 <sup>th</sup> James Whitfield	Carlisle Aspatria	6m.02.1s

**80 Metres Hurdles**

1 <sup>st</sup> Ryan Thompson	Carlisle Aspatria	14.3s
2 <sup>nd</sup> Dean Robinson	Border Harriers & AC	16.6s

**High Jump**

1 <sup>st</sup> Luke Scott	Workington Zebras	1.15m
2 <sup>nd</sup> Luke Ellis	Seaton AC	1.15m
3 <sup>rd</sup> = Connor Jarman	Workington Zebras	1.10m
3 <sup>rd</sup> = Jason Fletcher	Seaton AC	1.10m

**Long Jump**

Oliver Lithgow	Seaton AC	4.19m
2 <sup>nd</sup> Cameron Mclagan	Eden Runners	4.10m
3 <sup>rd</sup> Luke Irving	Barrow & Furness S	3.89m
4 <sup>th</sup> Chris Snaith	Barrow & Furness S	3.87m
5 <sup>th</sup> Joshua Baty	Border Harriers & AC	3.66m
6 <sup>th</sup> Richard Cossins	Eden Runners	3.64m
7 <sup>th</sup> Declan Carson	Border Harriers & AC	3.57m
8 <sup>th</sup> George Burne	Eden Runners	3.40m
9 <sup>th</sup> Kyle Gudgeon	Barrow & Furness S	3.20m

**Discus**

1 <sup>st</sup> David Foster	Seaton AC	12.28m
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**Javelin**

1 <sup>st</sup> David Foster	Seaton AC	26.32m
2 <sup>nd</sup> Aida Mcgleenan	Eden Runners	22.13m
3 <sup>rd</sup> Cameron Maclagan	Eden Runners	18.49m
4 <sup>th</sup> Jason Fletcher	Seaton AC	15.81m
5 <sup>th</sup> James Whitfield	Carlisle Aspatria	14.76m

**Shot**

1 <sup>st</sup> Luke Ellis	Seaton AC	6.52m
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**Under 13 Girls****80 metres – Final**

1 <sup>st</sup> Carmel Friel	Workington Zebras	11.9s
2 <sup>nd</sup> Bethany Wise	Ellenborough AC	11.9s
3 <sup>rd</sup> Chelsie Browbank	Carlisle Aspatria	12.2s
4 <sup>th</sup> Sara Yahia-Mohammed	Border Harriers & AC	12.2s
5 <sup>th</sup> Leonie Graham	Eden Runners	13.1s
6 <sup>th</sup> Kelly Carruthers	Eden Runners	13.1s
7 <sup>th</sup> Mari Cole	Kendal AAC	13.2s
8 <sup>th</sup> Kytthe Dearden	Copeland AC	13.2s

**150 Metres**

1 <sup>st</sup> Bethany Wise	Ellenborough AC	22.5s
2 <sup>nd</sup> Chelsie Browbank	Carlisle Aspatria	22.9s
3 <sup>rd</sup> SaraYahia-Mohammed	Border Harriers & AC	23.9s
4 <sup>th</sup> Gemma Glen	Eden Runners	24.9s
5 <sup>th</sup> Leah Shearer	Border Harriers	24.9s
6 <sup>th</sup> Kytthe Dearden	Copeland	24.9s
7 <sup>th</sup> Mari Cole	Kendal AAC	25.0s

8 <sup>th</sup> Amy Wilkinson	Barrow & Furness S	26.2s
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### 800 Metres

1 <sup>st</sup> Carmen Friel	Workington Zebras	2m.44.3s
2 <sup>nd</sup> Kirsty Norwood	Border Harriers & AC	2m.52.4s
3 <sup>rd</sup> Jodi Hebson	Eden Runners	2m.57.9s
4 <sup>th</sup> Leah Shearer	Border Harriers & AC	2m.58.2s
5 <sup>th</sup> Olivia Miller	Barrow & Furness S	3m.00.1s
6 <sup>th</sup> Kytne Dearden	Copeland AC	3m.03.2s
7 <sup>th</sup> Alice Barnes	Barrow & Furness S	3m.09.6s
8 <sup>th</sup> Jennifer Huck	Barrow & Furness S	3m.16.6s
9 <sup>th</sup> Henrietta Leslie	Eden Runners	4m.15.0s

### 1500 Metres

1 <sup>st</sup> Kim Little	Barrow & Furness S	5m.55.3s
2 <sup>nd</sup> Catherine Kenyon	Eden Runners	6m.04.8s
3 <sup>rd</sup> Matilda Lowther	Eden Runners	6m.16.2s

### 70 Metres Hurdles

1 <sup>st</sup> Rachael Farthing	Windermere SA School	13.2s
2 <sup>nd</sup> Holly Nelson	Windermere SA School	14.1s
3 <sup>rd</sup> Georgina Harris	Eden Runners	14.7s
4 <sup>th</sup> Chelsie Browbank	Carlisle Aspatria	14.9s

### High Jump

1 <sup>st</sup> Holly Nelson	Windermere SA School	1.33m
2 <sup>nd</sup> Kelly Carruthers	Eden Runners	1.25m
3 <sup>rd</sup> = Kirsty Norwood	Border Harriers & AC	1.25m
3 <sup>rd</sup> = Rachael Farthing	Windermere SA School	1.25m
5 <sup>th</sup> Bethany Wise	Ellenborough AC	1.15m
6 <sup>th</sup> Leonie Graham	Ellenborough	1.10m

### Long Jump

1 <sup>st</sup> Holly Nelson	Windermere SA School	3.79m
2 <sup>nd</sup> Sara Yahia-Mohammed	Border Harriers & AC	3.67m
3 <sup>rd</sup> Georgina Harris	Eden Runners	3.61m
4 <sup>th</sup> Kelly Carruthers	Eden Runners	3.59m
5 <sup>th</sup> Rachael Farthing	Windermere SA School	3.56m
6 <sup>th</sup> Carmen Friel	Workington Zebras	3.55m
7 <sup>th</sup> Jodi Hebson	Eden Runners	3.48m
8 <sup>th</sup> Mari Cole	Kendal AAC	3.43m
9 <sup>th</sup> Kirsty Norwood	Kendal AAC	3.28m
10 <sup>th</sup> Leonie Graham	Ellenborough AC	3.07m
11 <sup>th</sup> Amy Wilkinson	Barrow & Furness S	3.03m
12 <sup>th</sup> Jennifer Huck	Barrow & Furness S	2.95m
13 <sup>th</sup> Katherine Kenyon	Eden Runners	2.83m
14 <sup>th</sup> Alice Barnes	Barrow & Furness S	2.66m
15 <sup>th</sup> Olivia Miller	Barrow & Furness S	2.56m

### Shot

1 <sup>st</sup> Hannah Turner	Barrow & Furness S	5.68m
2 <sup>nd</sup> Kim Little	Barrow & Furness S	5.33m
3 <sup>rd</sup> Amy Wilkinson	Barrow & Furness S	3.89m

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## Under 11 Boys

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### 60 Metres – Final

1 <sup>st</sup> Emmanuel Obale	Kendal AAC	9.6s
2 <sup>nd</sup> Matthew Wall	Barrow & Furness S	9.7s
3 <sup>rd</sup> Sam Dudson	Eden Runners	9.8s
4 <sup>th</sup> James Norwood	Border Harriers & AC	9.8s
5 <sup>th</sup> Alexander Watts	Eden Runners	10.1s
6 <sup>th</sup> George Dearden	Copeland AC	10.2s
7 <sup>th</sup> Ross Campbell	Barrow & Furness S	10.2s
8 <sup>th</sup> Ryan Clegg	Unattached	10.6s

### 600 Metres Final

1 <sup>st</sup> Sam Dudson	Eden Runners	2m.01.1s
2 <sup>nd</sup> Ross Campbell	Barrow & Furness S	2m.03.6s
3 <sup>rd</sup> Emmanuel Obale	Kendal AAC	2m.09.3s
4 <sup>th</sup> Jake Shearer	Border Harriers & AC	2m.10.1s
5 <sup>th</sup> Joseph Buckley	Border Harriers & AC	2m.11.3s
6 <sup>th</sup> Matthew Wall	Barrow & Furness S	2m.11.9s
7 <sup>th</sup> Kyle Hanson	Barrow & Furness S	2m.20.3s
8 <sup>th</sup> Alexander Watts	Eden Runners	2m.20.7s
9 <sup>th</sup> Ryna Clegg	Unattached	2m.27.9s
10 <sup>th</sup> William Towson	Eden Runners	2m.28.7s
11 <sup>th</sup> Robbie Hebson	Eden Runners	2m.28.8s
12. Laurie Tallis	Eden Runners	2m.37.7s

### Long Jump

1 <sup>st</sup> Ryan Clegg	Unattached	3.44m
2 <sup>nd</sup> Sam Dudson	Eden Runners	3.17m
3 <sup>rd</sup> James Norwood	Border Harriers & AC	3.14m
4 <sup>th</sup> Robbie Hebson	Eden Runners	3.09m
5 <sup>th</sup> Matthew Wall	Barrow & Furness S	3.06m
6 <sup>th</sup> Ross Campbell	Barrow & Furness S	2.94m
7 <sup>th</sup> George Dearden	Copeland	2.93m
8 <sup>th</sup> Kyle Hanson	Barrow & Furness S	2.64m
9 <sup>th</sup> Niall Gudgeon	Eden Runners	2.36m
10 <sup>th</sup> Alexander Watts	Barrow & Furness S	2.34m
11 <sup>th</sup> Zacharia Martin	Unattached	2.10m

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## Under 11 Girls

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### 60 Metres – Final

1 <sup>st</sup> Taya Dixon Carlisle	Aspatria	9.4s
2 <sup>nd</sup> Abbie Hetherington	Carlisle Aspatria	9.5s
3 <sup>rd</sup> Taylor Rushforth	Workington Zebras	9.6s
4 <sup>th</sup> Emily Cummings	Copeland AC	9.9s
5 <sup>th</sup> Tiffany Charnley	Barrow & Furness S	10.0s

6 <sup>th</sup> Naomi Wadsworth	Barrow & Furness S	10.0s
7 <sup>th</sup> Tania Wilson	Ellenborough AC	10.2s
8 <sup>th</sup> Megan Poole	Barrow & Furness S	10.6s

### 600 Metres

1 <sup>st</sup> Taylor Rushforth	Workington Zebras	2m.00.2s
2 <sup>nd</sup> Abbie Hetherington	Carlisle Aspatria	2m.01.8s
3 <sup>rd</sup> Tiffany Charnley	Barrow & Furness S	2m.02.9s
4 <sup>th</sup> Taya Dixon	Carlisle Aspatria	2m.05.9s
5 <sup>th</sup> Tania Wilson	Ellenborough AC	2m.08.9s
6 <sup>th</sup> Chloe Atkinson	Carlisle Aspatria	2m.14.8s
7 <sup>th</sup> Ishbel Lowther	Eden Runners	2m.20.4s
8 <sup>th</sup> Millie Horder	Eden Runners	2m.20.5s
9 <sup>th</sup> Megan Wise	Ellenborough AC	2m.20.7s
10 <sup>th</sup> Naomi Wadsworth	Barrow & Furness S	2m.21.5s
11 <sup>th</sup> Emily Langhorn	Barrow & Furness S	2m.22.4s
12 <sup>th</sup> Jade Screen	Kendal AAC	2m.29.0s
13 <sup>th</sup> Georgina Birley	Eden Runners	2m.30.1s
14 <sup>th</sup> Megan Poole	Barrow & Furness S	2m.30.9s
15 <sup>th</sup> Hannah Stanway	Barrow & Furness S	2m.33.0s
16 <sup>th</sup> Olivia Leslie	Eden Runners	2m.34.0s
17 <sup>th</sup> Rachel King	Ellenborough AC	2m.34.4s
18 <sup>th</sup> Katy Aris	Eden Runners	2m.35.3s
19 <sup>th</sup> Kayleigh Gudgeon	Barrow & Furness S	2m.42.9s
20 <sup>th</sup> Lucia Huitson	Barrow & Furness S	3m.05.8s

### Long Jump

1 <sup>st</sup> Abbie Hetherington	Carlisle Aspatria	3.25m
2 <sup>nd</sup> Emily Cummings	Copeland AC	3.20m
3 <sup>rd</sup> Emily Gilmore	Copeland AC	3.20m
4 <sup>th</sup> Taya Dixon	Carlisle Aspatria	3.14m
5 <sup>th</sup> Naomi Wadsworth	Barrow & Furness S	3.09m
6 <sup>th</sup> Linzi Donaldson	Copeland AC	2.90m
7 <sup>th</sup> Beth Bennett	Seaton AC	2.89m
8 <sup>th</sup> Tiffany Charnley	Barrow & Furness S	2.86m
9 <sup>th</sup> Taylor Rushforth	Workington Zebras	2.78m
10 <sup>th</sup> Olivia Leslie	Eden Runners	2.72m
11 <sup>th</sup> Megan Poole	Barrow & Furness	2.56m
12 <sup>th</sup> Kayleigh Gudgeon	Barrow & Furness S	2.51m
13 <sup>th</sup> Katy Aris	Eden Runners	2.50m
14 <sup>th</sup> Megan Wise	Ellenborough AC	2.45m
15 <sup>th</sup> Emma-Jane Peacock	Eden Runners	2.39m
16 <sup>th</sup> Georgia Birley	Eden Runners	2.39m
17 <sup>th</sup> Lucia Huitson	Barrow & Furness S	2.19m
18 <sup>th</sup> Rachael King	Ellenborough AC	2.14m
19 <sup>th</sup> Hannah Stanway	Barrow & Furness S	2.02m
20 <sup>th</sup> Emily Langhorn	Barrow & Furness S	1.96m