

Cumbria Schools AA Track & Field Championships
Copeland Athletics Stadium, Whitehaven : Saturday 8th June 2019

Team points

Position	District	Points
1	South Lakes	543
2	Allerdale	222
3	Carlisle	194
4	Eden	178.5
5	Furness	109
6	Copeland	66

Junior Boys

T9	JB 100m Heats, Heat 1	CC: Joe Southwell (Allerdale) 11.6
NS 11.4	ES 11.7 CS 12.3 CBP 11.3	CBP: F. Tucker (St. Bernards) 1984

Pos	Name	District	Yr	Sch	Perf		
1	James Bell	Carlisle	8	TRI	12.1	CS	Q
2	James Roberts	South Lakes	9	KKS	12.4		Q
3	Ash Monroe	South Lakes	9	SED	12.5		q
4	Edward Wright	Eden	9	UCC	13.0		
5	Jack Burns	Allerdale	8	WAC	13.6		
6	Ryan Maxwell	Carlisle	9	TRI	13.6		

T9	JB 100m Heats, Heat 2	CC: Joe Southwell (Allerdale) 11.6
NS 11.4	ES 11.7 CS 12.3 CBP 11.3	CBP: F. Tucker (St. Bernards) 1984

Pos	Name	District	Yr	Sch	Perf		
1	Gabriel Erzah	South Lakes	9	DAL	12.1	CS	Q
2	Ethan Seeds	Copeland	9	WHO	12.3	CS	Q
3	Aaron Hoad-Williams	Allerdale	8	COC	12.4		q
4	Jacob Paul	Eden	9	QEG	12.6		q
5	Leo Furesi	Carlisle	9	RRM	12.9		q
6	Louis Jones	Furness	9	ULV	13.0		
7	Rio Zichem	Allerdale	8	NET	14.2		

T27	JB 100m Final	CC: Joe Southwell (Allerdale) 11.6
NS 11.4	ES 11.7 CS 12.3 CBP 11.3	CBP: F. Tucker (St. Bernards) 1984

Pos	Name	District	Yr	Sch	Perf		
1	James Bell	Carlisle	8	TRI	12.0	CS	
2	Gabriel Erzah	South Lakes	9	DAL	12.4		
3	James Roberts	South Lakes	9	KKS	12.4		
4	Ethan Seeds	Copeland	9	WHO	12.5		
5	Jacob Paul	Eden	9	QEG	12.6		
6	Ash Monroe	South Lakes	9	SED	12.7		
7	Aaron Hoad-Williams	Allerdale	8	COC	13.0		

T16	JB 200m Heats, Heat 1	CC: DJ Taylor (Carlisle) 25.0
NS 23.3	ES 23.8 CS 25.3 CBP 22.9	CBP: R. Johnson (Netherhall) 1982

Pos	Name	District	Yr	Sch	Perf		
1	Guy O Connell	Carlisle	9	WHS	25.7		Q
2	Orran Brownell	South Lakes	9	QKS	26.6		Q
3	Lucas Farren	Furness	8	BER	26.8		q
4	Sam Rowell	Copeland	9	WLA	27.3		
5	Ashton Briscoe	Allerdale	8	WAC	27.6		
6	Thomas Hind	Allerdale	8	COC	28.3		

T16	JB 200m Heats, Heat 2	CC: DJ Taylor (Carlisle) 25.0
NS 23.3	ES 23.8 CS 25.3 CBP 22.9	CBP: R. Johnson (Netherhall) 1982

Pos	Name	District	Yr	Sch	Perf		
1	Gabriel Erzah	South Lakes	9	DAL	25.3	CS	Q
2	Robbie Tiffen	Carlisle	9	AFS	26.1		Q
3	Jake Hayhurst	Eden	9	QEG	26.7		q
4	Rob Coward	Eden	9	UCC	27.2		
5	James Paisley	Allerdale	9	NTS	28.2		
6	Raife Garnett	Furness	9	DOW	28.9		

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T43 JB 200m Final		CC: DJ Taylor (Carlisle) 25.0				
NS 23.3 ES 23.8 CS 25.3 CBP 22.9		CBP: R. Johnson (Netherhall) 1982				
Pos	Name	District	Yr	Sch	Perf	
1	Gabriel Erzah	South Lakes	9	DAL	25.6	
2	Guy O Connell	Carlisle	9	WHS	25.8	
3	Orran Brownell	South Lakes	9	QKS	26.9	
4	Jake Hayhurst	Eden	9	QEG	27.0	
5	Lucas Farren	Furness	8	BER	27.2	
T23 JB 300m Heats, Heat 1		CC: James Young (Allerdale) 38.8				
NS 36.8 ES 37.8 CS 40.0 CBP 38.1		CBP: M. Brown (Caldew) 2013				
Pos	Name	District	Yr	Sch	Perf	
1	Max Armitage	South Lakes	9	SED	39.7	CS Q
2	James Donnison	Carlisle	9	WHS	43.3	Q
3	Luke Green	Allerdale	9	COC	43.4	q
4	Mark Mason	Eden	9	UCC	44.8	
5	Benn Sherrington	Carlisle	8	NEW	45.8	
T23 JB 300m Heats, Heat 2		CC: James Young (Allerdale) 38.8				
NS 36.8 ES 37.8 CS 40.0 CBP 38.1		CBP: M. Brown (Caldew) 2013				
Pos	Name	District	Yr	Sch	Perf	
1	Daniel Knott	Furness	8	DOW	42.9	Q
2	Henry Livesey	South Lakes	9	SED	42.9	Q
3	Adam Baxter	Allerdale	9	COC	43.3	q
4	Josh Hope	Carlisle	9	AFS	44.3	
5	Kyle Atkinson	Eden	9	UCC	45.5	
T52 JB 300m Final		CC: James Young (Allerdale) 38.8				
NS 36.8 ES 37.8 CS 40.0 CBP 38.1		CBP: M. Brown (Caldew) 2013				
Pos	Name	District	Yr	Sch	Perf	
1	Max Armitage	South Lakes	9	SED	41.2	
2	Henry Livesey	South Lakes	9	SED	42.6	
3	Daniel Knott	Furness	8	DOW	42.8	
4	James Donnison	Carlisle	9	WHS	43.0	
5	Adam Baxter	Allerdale	9	COC	43.2	
T56 JB 800m Final		CC: James Young (Allerdale) 2:03.8				
NS 2:02.0 ES 2:04.0 CS 2:13.0 CBP 2:03.1		CBP: S. Robinson (Newman) 1992				
Pos	Name	District	Yr	Sch	Perf	
1	Finlay Starkie	Copeland	9	BEN	2:11.3	CS
2	Dylan Edwards	South Lakes	9	QEK	2:11.7	CS
3	Lewis Burdon	Allerdale	9	KES	2:14.1	
4	Dylan Owens	Allerdale	9	COC	2:15.4	
5	Chris Sisson	Carlisle	9	WHS	2:15.6	
6	Baxter Oliver	South Lakes	9	LAK	2:17.0	
7	Jack Collett	South Lakes	9	QEK	2:17.9	
8	Theo Coates	Allerdale	9	KES	2:19.5	
9	Adam Russell	Eden	9	UCC	2:26.7	
10	Louis Smith	Furness	9	ULV	2:30.7	
11	Kai Hatcher	Carlisle	8	AFS	2:34.8	
T25 JB 1500m		CC: Fraser Sproul (South Lakes) 4:26.8				
NS 4:13.0 ES 4:20.0 CS 4:36.0 CBP 4:14.2		CBP: G. Melvin (William Howard) 1995				
Pos	Name	District	Yr	Sch	Perf	
1	James Bowen	South Lakes	9	LAK	4:38.4	
2	Thomas Renwick	Eden	8	QEG	4:42.8	
3	Danny Welch	Eden	8	QEG	4:43.5	
4	Seth Howell	South Lakes	9	KKS	4:44.5	
5	Hector Westmoreland-Nicholson	South Lakes	9	WIN	4:48.6	
6	Thomas Brailsford	Allerdale	9	KES	4:51.6	
7	Ashley Todd	Carlisle	9	WHS	4:58.5	
8	James Dixon	Carlisle	9	AFS	5:04.7	
9	Greg Barnard McKenzie	Furness	8	BER	5:06.6	
10	Harry Ewbank	Allerdale	8	KES	5:09.0	
11	Jack Pae	Copeland	9	WLA	5:09.1	
12	Finlay Walker	Allerdale	8	COC	5:12.3	

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T37 JB 80m Hurdles (84.0cm) Final		CC: Jack Leslie (South Lakes) 13.0			
NS 11.6 ES 12.0 CS 12.9 CBP 11.3		CBP: J. Connolly (Carlise) 2015			
Pos	Name	District	Yr	Sch	Perf
1	Roman Lukiyanov	South Lakes	9	SED	13.9
2	Gabriel Armitsead	Furness	9	ULV	14.2
3	Freddie Wallace	South Lakes	9	QEK	15.2
4	Joey Blowers	Furness	8	DOW	17.2
T59 JB 4 x 100m Relay		CC: (Carlisle) 48.9			
NS 45.6 ES 47.5 CS 49.4 CBP 48.2		CBP: (Allerdale) 198:			
Pos	Name	District	Perf		
1	James Bell - Leo Furesi Guy O Connell - Robbie Tiffen	Carlisle	50.5		
2	Max Armitage - James Roberts Gabriel Erzah - Ash Monroe	South Lakes	50.9		
F34 JB Long Jump		CC: Logan Shaw (South Lakes) 4.89			
NS 5.95 ES 5.80 CS 5.45 CBP 5.92		CBP: Ben Burridge (Slakes) 2016			
Pos	Name	District	Yr	Sch	Perf
1	Ethan Seeds	Copeland	9	WHO	5.22
2	Jake Hayhurst	Eden	9	QEG	5.06
3	Kyle Atkinson	Eden	9	UCC	4.93
4	James Roberts	South Lakes	9	KKS	4.89
5	Lucas Farren	Furness	8	BER	4.81
6	Ashley Haughan	Allerdale	9	NTS	4.73
7	Luke Green	Allerdale	9	COC	4.64
8	Ellis Cannan	Allerdale	9	WAC	4.54
9	Wilf Webster	Carlisle	9	AFS	4.14
F7 JB High Jump		CC: Joe Southwell (Allerdale) 1.63			
NS 1.78 ES 1.72 CS 1.60 CBP 1.90		CBP: R. Byers (Cockermouth) 2005			
Pos	Name	District	Yr	Sch	Perf
1	Riley Thwaites	Allerdale	9	NTS	1.50
2	Harry Bowen	South Lakes	9	LAK	1.47
3	Ashley Akpan	Carlisle	9	NEW	1.47
4	Freddie Wallace	South Lakes	9	QEK	1.44
5	James Bowen	South Lakes	9	LAK	1.44
6	Daniel Knott	Furness	8	DOW	1.41
7	Connor Evans	Eden	9	KSG	1.36
8	Liam Lightfoot	Carlisle	8	TRI	1.36
	Sam Burrell	Eden	9	KSG	NM
F23 JB Triple Jump		CC: Oliver Spencer (South Lakes) 11.25			
NS 12.40 ES 12.00 CS 11.45 CBP 12.37		CBP: B. Richie (Derwent) 1975, E. Baines (QEGS Penrith) 2011			
Pos	Name	District	Yr	Sch	Perf
1	Gabriel Armitsead	Furness	9	ULV	10.38
2	Isaac Robinson	Eden	9	KSG	9.55
3	Charlie Hill	South Lakes	9	KKS	9.35
4	Joe Braithwaite	Eden	9	UCC	9.31
5	Wiktor Dako	Carlisle	9	RRM	9.08
6	Joey Blowers	Furness	8	DOW	8.66
7	Sam Follett	South Lakes	9	SED	8.52
8	Finlay Morgan	Allerdale	8	NTS	8.16
F31 JB Shot 4Kg		CC: Oscar Doran (Allerdale) 11.32			
NS 13.30 ES 12.30 CS 11.20 CBP 13.52		CBP: K. Corrigan (Lime House) 2000			
Pos	Name	District	Yr	Sch	Perf
1	Luke Dawson	Carlisle	9	RRM	11.18
2	Sam Kirkman	Eden	9	UCC	10.89
3	Jonny Hanson	South Lakes	9	SED	10.47
4	Harvey Gordon	Allerdale	9	NTS	10.13
5	Jacob Paul	Eden	9	QEG	9.52
6	Ryan Maxwell	Carlisle	9	WHO	9.41
7	Ben Lawson	South Lakes	9	QEK	9.18
8	Jordan Armstrong	Carlisle	9	CAL	8.77
9	Fintan Hedley	Allerdale	8	KES	8.54
10	Charlie McComb	Allerdale	8	WAC	8.37

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F28	JB Javelin 600 g	CC: James McGregor (Eden) 38.78				
NS 47.00	ES 44.00 CS 39.00 CBP 44.55	CBP: L. Doran (Morton) 1999				
Pos	Name	District	Yr	Sch	Perf	
1	Daniel Woodcock	Allerdale	9	COC	33.79	
2	Dylan Robinson	Copeland	9	BEN	29.26	
3	Oliver Stephenson	South Lakes	9	KKS	28.03	
4	Oliver Rafferty	Carlisle	9	WHS	25.74	
5	Harry Bowen	South Lakes	9	LAK	24.97	
6	Col Dinnick	Carlisle	9	Tri	23.65	
7	Harris Thompson	Allerdale	9	KES	23.06	
8	Ed Wilson	South Lakes	9	QEK	20.94	
F14	JB Discus 1.25 Kg	CC: Dylan Oakley (Eden) 31.41				
NS 38.00	ES 35.00 CS 30.50 CBP 43.94	CBP: C. Orr (Trinity) 1997				
Pos	Name	District	Yr	Sch	Perf	
1	Ben Lawson	South Lakes	9	QEK	30.69	CS
2	Issac Sparks	Carlisle	9	WHO	23.27	
3	Aaron Holliday	Copeland	9	BEN	22.65	
4	Miles Cooke	South Lakes	9	SED	22.16	
5	Okan Akdeniz	Eden	9	QEG	21.61	
6	Luke Pae	Copeland	9	WLA	21.14	
7	Sam Kirkman	Eden	9	UCC	20.52	
8	Aleks Gorecki	Carlisle	8	NEW	20.06	
9	Col Dinnock	Carlisle	9	TRI	18.61	
10	Joseph Barnes	Furness	9	DOW	17.15	
11	Theo Coates	Allerdale	9	KES	16.26	
F1	JB Hammer 4 Kg	CC: Damon King (Carlisle) 41.86				
NS 45.00	ES 38.00 CS 31.00 CBP 48.22	CBP: D. Little (Appleby) 1995				
Pos	Name	District	Yr	Sch	Perf	
1	Aaron Holliday	Copeland	9	BEN	41.12	ES

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Junior Girls

T10 JG 100m Heats, Heat 1				CC: Kayleigh Watson (Allerdale) 12.5			
NS 12.4 ES 12.7 CS 13.3 CBP 12.3				CBP: D. Lehie (Parkview) 1982			
Pos	Name	District	Yr	Sch	Perf		
1	Rosie Lawler	Allerdale	8	COC	13.2	CS	Q
2	Isla Aitken	South Lakes	9	QKS	13.3	CS	Q
3	Isabelle Jackson	Eden	8	APP	13.6		q
4	Katie Mattocks	Allerdale	9	COC	14.2		q
5	Rhiannon Shepherd	Furness	-	-	14.7		q
T10 JG 100m Heats, Heat 2				CC: Kayleigh Watson (Allerdale) 12.5			
NS 12.4 ES 12.7 CS 13.3 CBP 12.3				CBP: D. Lehie (Parkview) 1982			
Pos	Name	District	Yr	Sch	Perf		
1	Annabel Wilson	South Lakes	9	LAK	13.2	CS	Q
2	Jess Hall	Eden	9	UCC	13.6		Q
3	Africa McFadden	Allerdale	8	KES	14.0		q
4	Lucy Urey	Carlisle	8	CAL	14.8		
5	Mia Clarke	Furness	-	BER	14.9		
6	Ella Stalker	Carlisle	9	NEW	14.9		
T28 JG 100m Final				CC: Kayleigh Watson (Allerdale) 12.5			
NS 12.4 ES 12.7 CS 13.3 CBP 12.3				CBP: D. Lehie (Parkview) 1982			
Pos	Name	District	Yr	Sch	Perf		
1	Rosie Lawler	Allerdale	8	COC	13.2	CS	
2	Annabel Wilson	South Lakes	9	LAK	13.3	CS	
3	Isla Aitken	South Lakes	9	QKS	13.3	CS	
4	Isabelle Jackson	Eden	8	APP	13.5		
5	Katie Mattocks	Allerdale	9	COC	14.1		
6	Africa McFadden	Allerdale	8	KES	14.2		
7	Jess Hall	Eden	9	UCC	14.4		
8	Rhiannon Shepherd	Furness	-	-	14.8		
T18 JG 200m Heats, Heat 1				CC: Samira Lomax (South Lakes) 27.2			
NS 25.5 ES 26.2 CS 27.6 CBP 25.7				CBP: S. White (Southfield) 1989			
Pos	Name	District	Yr	Sch	Perf		
1	Hannah Follet	South Lakes	9	SED	29.0		Q
2	Alice Kemp	Allerdale	8	COC	29.8		q
3	Emily Jones	Copeland	8	WLA	32.0		
T18 JG 200m Heats, Heat 2				CC: Samira Lomax (South Lakes) 27.2			
NS 25.5 ES 26.2 CS 27.6 CBP 25.7				CBP: S. White (Southfield) 1989			
Pos	Name	District	Yr	Sch	Perf		
1	Isabelle Jackson	Eden	8	APP	28.9		Q
2	Hannah Tchibanda	South Lakes	9	QKS	29.0		q
3	Jasmine Brown	Furness	9	DOW	30.2		
4	Katia Smith	Allerdale	8	COC	31.4		
5	Megan Darby	Furness	8	DOW	32.3		
6	Emily Bell	Allerdale	8	KES	33.9		
T18 JG 200m Heats, Heat 3				CC: Samira Lomax (South Lakes) 27.2			
NS 25.5 ES 26.2 CS 27.6 CBP 25.7				CBP: S. White (Southfield) 1989			
Pos	Name	District	Yr	Sch	Perf		
1	Rebecca O'Donovan	Furness	9	ULV	28.6		Q
2	Jess Hall	Eden	9	UCC	29.5		q
3	Isabel Sanderson	Eden	9	UCC	30.2		
4	Millie Ashford	Copeland	9	WHO	31.0		
5	Imogen Always	Carlisle	8	CAL	31.7		
T45 JG 200m Final				CC: Samira Lomax (South Lakes) 27.2			
NS 25.5 ES 26.2 CS 27.6 CBP 25.7				CBP: S. White (Southfield) 1989			
Pos	Name	District	Yr	Sch	Perf		
1	Rebecca O'Donovan	Furness	9	ULV	28.5		
2	Hannah Follet	South Lakes	9	SED	28.6		
3	Isabelle Jackson	Eden	8	APP	29.0		
4	Hannah Tchibanda	South Lakes	9	QKS	29.9		
5	Alice Kemp	Allerdale	8	COC	30.7		

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T24 JG 300m Heats, Heat 1		CC: Amelia Metcalf (Allerdale) 43.4				
NS 41.0 ES 42.0 CS 44.0 CBP 43.4		CBP: Amelia Metcalf (Allerdale) 2018				
Pos	Name	District	Yr	Sch	Perf	
1	Ella Turner	South Lakes	9	SED	46.7	Q
2	Maddi Hutton	South Lakes	9	DAL	47.2	Q
3	Grace Monkhouse	Eden	8	QEG	48.3	q
4	Aimee Gilbertson	Carlisle	8	CAL	53.0	
T24 JG 300m Heats, Heat 2		CC: Amelia Metcalf (Allerdale) 43.4				
NS 41.0 ES 42.0 CS 44.0 CBP 43.4		CBP: Amelia Metcalf (Allerdale) 2018				
Pos	Name	District	Yr	Sch	Perf	
1	Abigail Iredale	Allerdale	9	NTS	45.6	Q
2	Freya Noble	South Lakes	9	SED	47.9	Q
3	Rose Dunning	Carlisle	8	WHS	51.0	q
T51		CC: Amelia Metcalf (Allerdale) 43.4				
NS 41.0 ES 42.0 CS 44.0 CBP 43.4		CBP: Amelia Metcalf (Allerdale) 2018				
Pos	Name	District	Yr	Sch	Perf	
1	Abigail Iredale	Allerdale	9	NTS	45.3	CBP
2	Ella Turner	South Lakes	9	SED	46.5	
3	Grace Monkhouse	Eden	8	QEG	47.0	
4	Freya Noble	South Lakes	9	SED	48.5	
5	Rose Dunning	Carlisle	8	WHS	50.6	
T48 JG 800m Final		CC: Ava Taporel (South Lakes) 2:16.4				
NS 2:15.0 ES 2:19.0 CS 2:29.0 CBP 2:11.1		CBP: Olivia Mason (KES) 2016				
Pos	Name	District	Yr	Sch	Perf	
1	Eve Riley	Copeland	9	BEN	2:21.2	CS
2	Ebony Blackwell	Copeland	8	BEN	2:23.1	CS
3	Maddi Hutton	South Lakes	9	DAL	2:24.2	CS
4	Clara Sampson	South Lakes	9	KKS	2:24.4	CS
5	Laura Brown	Furness	9	ULV	2:33.0	
6	Alex Holmes	Carlisle	9	RRC	2:35.6	
7	Freya Leather	Eden	9	UCC	2:46.4	
8	Elise Tallon	South Lakes	9	QKS	2:50.2	
9	Hollie Bousfield	Eden	9	APP	2:51.8	
10	Tyga Steel	Furness	8	DOW	2:52.2	
11	Emily Heron-Southward	Allerdale	8	COC	2:53.5	
12	Blythe Jackson	Carlisle	8	CAL	2:54.1	
13	Beth Robinson	Allerdale	8	COC	2:55.4	
14	Isabelle Jacobs	Allerdale	8	KES	2:59.8	
T13 JG 1500m		CC: Lizzie Pawson (Allerdale) 4:57.3				
NS 4:40.0 ES 4:48.0 CS 5:10.0 CBP 4:38.3		CBP: A.Hetherington (Nelson Thom.) 2010				
Pos	Name	District	Yr	Sch	Perf	
1	Olesia Winder	Furness	9	ULV	5:02.0	CS
2	Sarah Smith	South Lakes	8	KKS	5:03.8	CS
3	Jessica Bailey	Furness	8	ULV	5:06.4	CS
4	Melissa Macintosh	Carlisle	9	AFS	5:22.0	
5	Pippa Darlington	South Lakes	9	QEK	5:26.2	
6	Eliza Nicholson	Allerdale	9	COC	5:38.2	
7	Gemma O'Dowd	Eden	9	QEG	5:40.2	
8	Norma Jane Power	Carlisle	9	TRI	5:42.1	
9	Hollie Bousfield	Eden	9	APP	5:47.7	
10	Beth Cosgrove	South Lakes	9	SED	5:55.0	
11	Daisy Rennie	Allerdale	8	COC	6:16.0	
12	Hannah Farrer	Copeland	8	WLA	6:17.0	
T15 JG 75m Hurdles (76.2cm) Heats, Heat 1		CC: Annabelle Taylor (South Lakes) 12.8				
NS 11.4 ES 11.7 CS 12.8 CBP 11.6		CBP: A.Budden (Walney) 1984				
Pos	Name	District	Yr	Sch	Perf	
1	Cleo Hanafin	South Lakes	9	QEK	13.0	Q
2	Jessica Walker	Allerdale	8	COC	16.0	Q
3	Martha Ord	Eden	9	QEG	16.1	q
4	Faye Dobie	Allerdale	8	COC	16.7	q
5	Grace Weaver	Furness	8	ULV	17.3	

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T15 JG 75m Hurdles (76.2cm) Heats, Heat 2 CC: Annabelle Taylor (South Lakes) 12.8							
NS 11.4 ES 11.7 CS 12.8 CBP 11.6				CBP: A.Budden (Walney) 1984			
Pos	Name	District	Yr	Sch	Perf		
1	Katie Irving	Allerdale	8	NTS	12.6	CS	Q
2	Bo Madden	South Lakes	9	SED	12.9		Q
3	Bethany Saunders	South Lakes	9	WIN	13.9		q
4	Laura Thornley	Furness	9	ULV	14.8		q
5	Niamh Campbell	Carlisle	8	RRC	17.7		
T35 JG 75m Hurdles (76.2cm) Final CC: Annabelle Taylor (South Lakes) 12.8							
NS 11.4 ES 11.7 CS 12.8 CBP 11.6				CBP: A.Budden (Walney) 1984			
Pos	Name	District	Yr	Sch	Perf		
1	Cleo Hanafin	South Lakes	9	QEK	12.30	CS	
2	Katie Irving	Allerdale	8	NTS	12.50	CS	
3	Bo Madden	South Lakes	9	SED	12.80	CS	
4	Bethany Saunders	South Lakes	9	WIN	13.20		
5	Jessica Walker	Allerdale	8	COC	13.20		
6	Martha Ord	Eden	9	QEG	15.40		
7	Faye Dobie	Allerdale	8	COC			
T58 JG 4 x 100m Relay CC: (Allerdale) 53.4							
NS 50.0 ES 52.0 CS 53.4 CBP 51.4				CBP: (South Lakes) 1			
Pos	Name	District	Perf				
1	Bo Madden - Annabel Wilson Isla Aitken - Ella Turner	South Lakes	55.8				
2	Africa McFadden - Rosie Lawler Katie Irving - Alice Kemp	Allerdale	56.6				
3	Jess Foster - Lucy Urey Ella Stalker - Imogen Always	Carlisle	65.5				
F27 JG Long Jump CC: Melissa Bills (Carlisle) 4.54							
NS 5.25 ES 5.15 CS 4.65 CBP 5.33				CBP: M. Busby (Carlise) 2015			
Pos	Name	District	Yr	Sch	Perf		
1	Rebecca O'Donovan	Furness	8	ULV	4.73	CS	
2	Bo Madden	South Lakes	9	SED	4.47		
3	Annabel Wilson	South Lakes	9	LAK	4.23		
4	Amelia Mardel	Furness	9	CHET	4.10		
5	Meredith Kerr	Carlisle	9	CAL	4.02		
6	Hannah Potter	Eden	9	QEG	3.93		
7	Sophie Hetherington	Allerdale	9	NTS	3.82		
8	Zara Sandelands	Allerdale	8	KES	3.77		
9	Gillian Wells	Furness	9	ULV	3.59		
10	Millie Mitchell	Allerdale	8	NTS	2.90		
F17 JG High Jump CC: Sam Hodgson (Allerdale) 1.46							
NS 1.65 ES 1.59 CS 1.45 CBP 1.70				CBP: Beau Studholme (QEG) 2016			
Pos	Name	District	Yr	Sch	Perf		
1	Hannah Tchibanda	South Lakes	9	QKS	1.40		
2	Nicole Latour	Carlisle	8	TRI	1.40		
3	Amelie Brockbank	South Lakes	9	DAL	1.40		
4	Erin Potter	Eden	9	UCC	1.37		
5	Katie Irving	Allerdale	8	NTS	1.37		
6	Holly Brown	Eden	-	-	1.37		
7	Melanie Martin	Eden	9	APP	1.31		
8	Millie-Mae Thompson	Allerdale	8	NTS	1.31		
9	Oriana Young	Carlisle	9	CAL	1.26		
	Grace Weaver	Furness	8	ULV	NM		
F40 JG Shot 3Kg CC: Megan Eastham (Eden) 9.09							
NS 11.20 ES 10.60 CS 9.25 CBP 10.02				CBP: T. Simpson-Sullivan (Ullswater) 2015			
Pos	Name	District	Yr	Sch	Perf		
1	Kenza Bindloss	Eden	9	UCC	8.09		
2	Lucy Martin	Carlisle	8	CAL	7.84		
3	Kaitlin Watters	Allerdale	9	NTS	7.46		
4	Rhianna Harrison	South Lakes	9	QKS	7.13		
5	Holly Skear	Carlisle	8	AFS	7.04		
6	Jodie Ismay	Allerdale	9	NET	6.92		
7	Evie Little	Carlisle	8	WHS	6.87		
8	Mia Clarke	Furness	9	BER	6.58		
9	Ellie Martos	Allerdale	9	NTS	6.46		

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F15 JG Javelin 500g		CC: Abigail Wright (Allerdale) 28.96				
NS 36.00 ES 34.00 CS 27.50 CBP 33.41		CBP: R. Gallagher (Allerdale) 2015				
Pos	Name	District	Yr	Sch	Perf	
1	Clara Sampson	South Lakes	9	KKS	30.35	CS
2	Rosie Lawler	Allerdale	8	COC	23.38	
3	Caitlin Davidson	Eden	9	UCC	21.37	
4	Nelly Lywood	Allerdale	9	KES	17.64	
5	Megan Ward	Carlisle	8	RRM	16.44	
6	Grace Hodgkinson	Carlisle	9	TRI	16.12	
7	Isabelle Jacobs	Allerdale	8	KES	15.48	
8	Amy Jones	Furness	8	DOW	15.09	
F20 JG Discus 1 Kg		CC: Maya Schofield (South Lakes) 20.41				
NS 30.00 ES 27.00 CS 23.00 CBP 30.82		CBP: G. Nevans (Ullswater) 1987				
Pos	Name	District	Yr	Sch	Perf	
1	Sarah Knaggs	Furness	9	ULV	22.75	
2	Kenza Bindloss	Eden	9	UCC	19.90	
3	Pola Kozub	Allerdale	9	KES	19.03	
4	Anna Penman	Allerdale	9	NET	18.03	
5	Molly Brench	South Lakes	9	KKS	17.97	
6	Freya Noble	South Lakes	9	SED	17.20	
7	Isla Sabouni	Carlisle	9	AFS	16.32	
8	Catherine Crichton	Copeland	8	WLA	16.17	
9	Erin Potter	Eden	9	UCC	16.04	
10	Lucy Swarbrick	Furness	8	ULV	15.02	
11	Emma Kenyon	Carlisle	9	WHS	14.20	
12	Shannon McGurk	Allerdale	8	NTS	13.95	
F4 JG Hammer 3Kg		CC: 0				
NS 44.00 ES 36.00 CS 30.00 CBP 53.53		CBP: T. Simpson-Sullivan (Eden) 2015				
Pos	Name	District	Yr	Sch	Perf	
1	Maria Graham	Carlisle	-	-	18.85	

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Intermediate Boys

T11 IB 100m Heats, Heat 1		CC: Ryan Wilson (Furness) 11.5					
NS 11.0 ES 11.2 CS 11.7 CBP 10.9		CBP: R. Johnson (Netherhall) 1984					
Pos	Name	District	Yr	Sch	Perf		
1	Ryan Wilson	Furness	11	BER	11.7	CS	Q
2	Lucas Romano	Eden	11	APP	11.8		Q
3	DJ Taylor	Carlisle	10	WHS	11.8		q
4	Robi Carcu	Eden	10	UCC	12.3		q
T11 IB 100m Heats, Heat 2		CC: Ryan Wilson (Furness) 11.5					
NS 11.0 ES 11.2 CS 11.7 CBP 10.9		CBP: R. Johnson (Netherhall) 1984					
Pos	Name	District	Yr	Sch	Perf		
1	Joe Southwell	Allerdale	10	NTS	11.4	CS	Q
2	Charlie Churchouse	South Lakes	11	SED	11.8		Q
3	James Mcgregor	Eden	10	UCC	12.2		q
4	Fin Williams	South Lakes	10	SED	12.7		q
5	James Potter	Allerdale	10	KES	12.9		
T29 IB 100m Final		CC: Ryan Wilson (Furness) 11.5					
NS 11.0 ES 11.2 CS 11.7 CBP 10.9		CBP: R. Johnson (Netherhall) 1984					
Pos	Name	District	Yr	Sch	Perf		
1	Joe Southwell	Allerdale	10	NTS	11.3	CS	
2	Ryan Wilson	Furness	11	BER	11.5	CS	
3	DJ Taylor	Carlisle	10	WHS	11.8		
4	Lucas Romano	Eden	11	APP	12.0		
5	Charlie Churchouse	South Lakes	11	SED	12.1		
T17 IB 200m Heats, Heat 1		CC: James Barlow (South Lakes) 23.1					
NS 22.2 ES 22.7 CS 24.0 CBP 22.2		CBP: S. Brough (Solway) 2010					
Pos	Name	District	Yr	Sch	Perf		
1	Ryan Wilson	Furness	11	BER	23.5	CS	Q
2	Lucas Romano	Eden	11	APP	23.7	CS	Q
3	Charlie Churchouse	South Lakes	11	SED	25.2		q
4	Seb Todhunter	Carlisle	10	CAL	26.2		
5	James Potter	Allerdale	10	KES	32.1		
T17 IB 200m Heats, Heat 2		CC: James Barlow (South Lakes) 23.1					
NS 22.2 ES 22.7 CS 24.0 CBP 22.2		CBP: S. Brough (Solway) 2010					
Pos	Name	District	Yr	Sch	Perf		
1	Ben Glencross	Carlisle	11	TRI	24.6		Q
2	Oliver Spencer	South Lakes	10	SED	25.1		Q
3	Isaac Hartley	South Lakes	11	WIN	25.9		q
4	Luke Colston	Eden	10	UCC	26.4		
T44 IB 200m Final		CC: James Barlow (South Lakes) 23.1					
NS 22.2 ES 22.7 CS 24.0 CBP 22.2		CBP: S. Brough (Solway) 2010					
Pos	Name	District	Yr	Sch	Perf		
1	Ryan Wilson	Furness	11	BER	24.0	CS	
2	Lucas Romano	Eden	11	APP	24.2		
3	Ben Glencross	Carlisle	11	TRI	24.7		
4	Charlie Churchouse	South Lakes	11	SED	24.8		
5	Oliver Spencer	South Lakes	10	SED	24.8		
T55 IB 400m Final		CC: Sam Almond (Eden) 53.2					
NS 49.5 ES 51.1 CS 53.4 CBP 50.8		CBP: O. Lithgow (Southfield) 2010					
Pos	Name	District	Yr	Sch	Perf		
1	Logan Shaw	South Lakes	10	KKS	56.0		
2	Josh Padgett	Eden	10	UCC	56.2		
3	Max Preston	South Lakes	10	SED	59.8		
4	Josh Hudson	Eden	10	APP	61.3		
5	Luke Doran	Allerdale	10	COC	66.6		
T57 IB 800m Final		CC: Sam Almond (Eden) 2:11.7					
NS 1:55.0 ES 1:57.0 CS 2:05.0 CBP 1:56.6		CBP: M. Coulthard (Dowdales) 1998					
Pos	Name	District	Yr	Sch	Perf		
1	Ollie Sanders	South Lakes	10	QKS	2:06.0		
2	Oliver Saxon	Eden	10	UCC	2:08.2		
3	Tommy Calvert	South Lakes	10	SED	2:13.5		
4	Nathan Ormandy	Furness	10	BER	2:15.4		
5	Louis Rayner	South Lakes	10	SED	2:32.0		
6	Leon Ackerley	Allerdale	10	NET	2:33.2		
7	Matt Howe	Carlisle	10	NEW	2:36.8		

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T26 IB 1500m				CC: Rob Askew (South Lakes) 4:30.9			
NS 4:03.0 ES 4:06.0 CS 4:20.0 CBP 4:05.7				CBP: T Farrell (A.Friars) 2007, P. Lewis (Parkview) 1984			
Pos	Name	District	Yr	Sch	Perf		
1	Fraser Sproul	South Lakes	10	SED	4:23.7		
2	Jacob Smith	South Lakes	10	KKS	4:27.0		
3	George Sidaway	Carlisle	10	WHS	4:28.7		
4	Ben Smith	South Lakes	10	QKS	4:35.3		
5	Michael McKie	Carlisle	11	TRI	4:43.5		
6	Owen Wiggett	Carlisle	10	RRM	4:51.2		
7	Taylor Clark	Eden	10	UCC	4:56.7		
8	Oliver Heron-Southward	Allerdale	10	COC	5:05.9		
9	Daniel Casson	Allerdale	10	COC	5:07.2		
10	Oliver Wheatley	Allerdale	10	COC	5:07.9		
T5 IB 3000m				CC: Connor O'Hara (Furness) 10:26.5			
NS 8:50.0 ES 8:56.0 CS 9:30.0 CBP 8:48.9				CBP: P. Taylor (St. Benedict's) 1982			
Pos	Name	District	Yr	Sch	Perf		
1	Sam McSherry	South Lakes	11	CPR	9:59.2		
2	Noah Kidd	South Lakes	11	CPR	10:03.1		
T39 IB 100m Hurdles (91.4cm) Final				CC: Adam Willis (Carlisle) 14.2			
NS 13.5 ES 14.0 CS 15.0 CBP 14.2				CBP: Corbin Hamilton(AFS) 2016 / Adam Willis (Carlisle) 2018			
Pos	Name	District	Yr	Sch	Perf		
1	Ed Taylor	South Lakes	10	SED	16.1		
2	Alfie Cogger	South Lakes	11	WIN	17.5		
T61 IB 4 x 100m Relay				CC: (Carlisle) 48.3			
NS 43.6 ES 45.0 CS 46.6 CBP 45.9				CBP: (Allerdale) 1977			
Pos	Name	District	Perf				
1	Sunny Balogun - Charlie Churchouse Sam Poulett - Oliver Spencer	South Lakes	49.8				
F18 IB Long Jump				CC: Bruno Flores-Bortoluz (South Lakes) 6.04			
NS 6.80 ES 6.40 CS 6.00 CBP 6.58				CBP: Joe Connelly (Carlisle) 2017			
Pos	Name	District	Yr	Sch	Perf		
1	Joe Southwell	Allerdale	10	NTS	5.87		
2	Logan Shaw	South Lakes	10	KKS	5.70		
3	Harry Chambers	Eden	11	QEG	5.65		
4	Josh Padgett	Eden	10	UCC	5.32		
5	George Edgar	Eden	10	-	5.02		
6	Joe Worthington	South Lakes	10	KKS	4.95		
7	Marc Haughan	Carlisle	10	RRC	4.15		
F32 IB High Jump				CC: Ben Lancaster (South Lakes) 1.68			
NS 1.96 ES 1.90 CS 1.75 CBP 1.95				CBP: D. Warren (Walney) 1996			
Pos	Name	District	Yr	Sch	Perf		
1	Isaac Hartley	South Lakes	11	WIN	1.60		
2	Leo Weicker	South Lakes	10	SED	1.60		
3	Callum Frith	Carlisle	10	NEW	1.54		
4	Robi Carcu	Eden	10	UCC	1.51		
	Ben Gibson	South Lakes	10	QKS	NM		
F10 IB Triple Jump				CC: Adam Willis (Carlisle) 11.98			
NS 13.70 ES 13.20 CS 12.50 CBP 13.55				CBP: E Baines (QEGS Penrith) 2013			
Pos	Name	District	Yr	Sch	Perf		
1	Harry Chambers	Eden	11	QEG	12.12		
2	Tommy Calvert	South Lakes	10	SED	11.28		
3	DJ Taylor	Carlisle	10	WHS	11.15		
4	Oliver Spencer	South Lakes	10	SED	10.97		
5	Criag Parkin	Eden	11	APP	10.76		
6	Luke Doran	Allerdale	10	COC	10.44		
7	Josh Hudson	Eden	10	APP	9.90		
8	Alex Blessington	South Lakes	10	DAL	9.86		
F12 IB Shot 5Kg				CC: Joe Lancaster (Furness) 14.05			
NS 14.20 ES 13.20 CS 11.90 CBP 14.30				CBP: N. Morris (Sedbergh) 2009			
Pos	Name	District	Yr	Sch	Perf		
1	Jack Ellam	South Lakes	10	SED	12.19		CS
2	Joe Crawford	Allerdale	10	KES	11.29		
3	Fin Williams	South Lakes	10	SED	10.51		
4	Cameron Sinclair	South Lakes	10	SED	8.50		

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F36	IB Javelin 700 g	CC: Kian Martin (Carlisle) 45.63				
NS 54.00	ES 52.00 CS 45.00 CBP 58.00	CBP: L. Doran (Morton) 2001				
Pos	Name	District	Yr	Sch	Perf	
1	Kian Martin	Carlisle	11	CAL	49.00	CS
2	Tom Wood	Carlisle	10	AFS	39.47	
3	Zak Leathers	Allerdale	10	NTS	33.48	
4	Joe Crawford	Allerdale	10	KES	32.52	
5	Bryce Livingston	Furness	10	DOW	32.20	
6	James Mcgregor	Eden	10	UCC	31.20	
7	Heath Allanson	Furness	10	DOW	29.51	
8	Rocco Okesene	Allerdale	10	NTS	29.13	
9	Toby Wilson	Furness	10	BER	26.38	
10	Tom Keist	South Lakes	10	DAL	15.58	
F29	IB Discus 1.5 Kg	CC: Joe Lancaster (Furness) 42.09				
NS 44.00	ES 41.00 CS 34.00 CBP 43.94	CBP: C. Orr (Trinity) 1999				
Pos	Name	District	Yr	Sch	Perf	
1	Harry Miles	Eden	11	QEG	38.31	CS
2	Angus Knight	South Lakes	10	DAL	25.21	
3	Toby Wilson	Furness	10	BER	25.07	
4	Luke Colston	Eden	10	UCC	23.38	
5	Josh White	Allerdale	10	WAC	21.17	
6	Jack Ellam	South Lakes	10	SED	20.36	
7	Heath Allanson	Furness	10	DOW	19.72	
8	Max Preston	South Lakes	10	SED	17.46	
F2	IB Hammer 5 Kg	CC: Harry Miles (Eden) 33.74				
NS 56.00	ES 50.00 CS 37.00 CBP 60.22	CBP: N. Miller (William Howard) 2009				
Pos	Name	District	Yr	Sch	Perf	
1	Harry Miles	Eden	11	QEG	37.43	CS
2	Luke Thompson	Carlisle	10	WHS	29.42	

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Intermediate Girls

T12 IG 100m Heats, Heat 1		CC: Lucy Eagling (Carlisle) 13.3				
NS 12.2	ES 12.5	CS 13.0	CBP 12.0	CBP: S. Pattinson (Caldew) 1982		
Pos	Name	District	Yr	Sch	Perf	
1	Lisa Barlow	South Lakes	10	CPR	13.7	Q
2	Emily Jackson	Eden	11	APP	14.1	Q
3	Maya Schofield	South Lakes	10	DAL	14.2	q
4	Anna Billington	Eden	10	QEG	14.8	
5	Helena Segar	Allerdale	10	COC	15.5	
6	Chloe Shields	Furness	10	DOW	15.7	
T12 IG 100m Heats, Heat 2		CC: Lucy Eagling (Carlisle) 13.3				
NS 12.2	ES 12.5	CS 13.0	CBP 12.0	CBP: S. Pattinson (Caldew) 1982		
Pos	Name	District	Yr	Sch	Perf	
1	Nia Foster	Allerdale	10	COC	13.2	Q
2	Samira Lomax	South Lakes	10	SED	13.4	Q
3	Sophie Milburn	Carlisle	10	TRI	13.6	q
4	Mina McKinstry	Furness	10	BER	13.8	q
5	Molly Scrivens	Eden	10	UCC	14.2	q
6	Sophie Ferguson	Allerdale	10	NTS	14.2	
T30 IG 100m Final		CC: Lucy Eagling (Carlisle) 13.3				
NS 12.2	ES 12.5	CS 13.0	CBP 12.0	CBP: S. Pattinson (Caldew) 1982		
Pos	Name	District	Yr	Sch	Perf	
1	Nia Foster	Allerdale	10	COC	13.1	
2	Lisa Barlow	South Lakes	10	CPR	13.2	
3	Samira Lomax	South Lakes	10	SED	13.3	
4	Sophie Milburn	Carlisle	10	TRI	13.8	
5	Mina McKinstry	Furness	10	BER	14.0	
6	Maya Schofield	South Lakes	10	DAL	14.6	
7	Emily Jackson	Eden	11	APP	14.8	
T19 IG 200m Heats, Heat 1		CC: Mollie Ketterick (Carlisle) 25.4				
NS 25.1	ES 25.8	CS 27.0	CBP 25.2	CBP: D. Carrick (Trinity) 1984, A. Thompson (Dallam) 1990		
Pos	Name	District	Yr	Sch	Perf	
1	Mollie Ketterick	Carlisle	11	WHS	27.3	Q
2	Brodie Taylor	South Lakes	10	SED	27.8	Q
3	Amelie Marshall	Eden	10	QEG	28.3	q
4	Anastasia Stone	Carlisle	10	AFS	30.0	
5	Jenny Thompson	South Lakes	10	DAL	30.4	
T19 IG 200m Heats, Heat 2		CC: Mollie Ketterick (Carlisle) 25.4				
NS 25.1	ES 25.8	CS 27.0	CBP 25.2	CBP: D. Carrick (Trinity) 1984, A. Thompson (Dallam) 1990		
Pos	Name	District	Yr	Sch	Perf	
1	Lisa Barlow	South Lakes	10	CPR	28.2	Q
2	Hannah Rome	Carlisle	10	WHS	28.3	Q
3	Mia Simpson-Sullivan	Eden	11	UCC	29.7	q
4	Emily Jackson	Eden	11	APP	31.4	
T46 IG 200m Final		CC: Mollie Ketterick (Carlisle) 25.4				
NS 25.1	ES 25.8	CS 27.0	CBP 25.2	CBP: D. Carrick (Trinity) 1984, A. Thompson (Dallam) 1990		
Pos	Name	District	Yr	Sch	Perf	
1	Mollie Ketterick	Carlisle	11	WHS	27.3	
2	Brodie Taylor	South Lakes	10	SED	27.8	
3	Lisa Barlow	South Lakes	10	CPR	28.0	
4	Amelie Marshall	Eden	10	QEG	28.2	
5	Hannah Rome	Carlisle	10	WHS	28.3	
6	Mia Simpson-Sullivan	Eden	11	UCC	30.3	
T22 IG 300m Heats, Heat 1		CC: Annie Bell (Allerdale) 40.9				
NS 40.1	ES 41.0	CS 44.8	CBP 40.9	CBP: Annie Bell (Allerdale) 2018		
Pos	Name	District	Yr	Sch	Perf	
1	Annie Bell	Allerdale	11	NTS	43.2	CS Q
2	Amelia Metcalf	Allerdale	10	COC	46.7	Q
3	Sian Walton	Eden	10	UCC	48.4	
4	Jess Hutchinson	South Lakes	10	QEK	50.0	

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T22 IG 300m Heats, Heat 2		CC: Annie Bell (Allerdale) 40.9					
NS 40.1 ES 41.0 CS 44.8 CBP 40.9		CBP: Annie Bell (Allerdale) 2018					
Pos	Name	District	Yr	Sch	Perf		
1	Natasha Cookson	South Lakes	11	SED	42.9	CS	Q
2	Amy Carr	Allerdale	10	NTS	44.1	CS	Q
3	Melissa Bills	Carlisle	10	WHS	45.2		q
4	Gabby Morris	South Lakes	10	SED	48.0		q
5	Emma Holmes	Eden	10	APP	48.1		
T53 IG 300m Final		CC: Annie Bell (Allerdale) 40.9					
NS 40.1 ES 41.0 CS 44.8 CBP 40.9		CBP: Annie Bell (Allerdale) 2018					
Pos	Name	District	Yr	Sch	Perf		
1	Natasha Cookson	South Lakes	11	SED	42.3	CS	
2	Annie Bell	Allerdale	11	NTS	42.7	CS	
3	Amy Carr	Allerdale	10	NTS	45.1		
4	Melissa Bills	Carlisle	10	WHS	46.4		
5	Amelia Metcalf	Allerdale	10	COC	48.8		
6	Jess Hutchinson	South Lakes	10	QEK	50.7		
T47 IG 800m Final		CC: Olivia Mason (Allerdale) 2:12.5					
NS 2:13.0 ES 2:16.0 CS 2:25.0 CBP 2:11.9		CBP: T. McCullough (Newlands) 1982					
Pos	Name	District	Yr	Sch	Perf		
1	Anna Mason	Allerdale	10	KES	2:15.8	ES	
2	Georgia Heath	South Lakes	10	QKS	2:18.1	CS	
3	Jemma Adams	Copeland	11	WLA	2:28.5		
4	Alice Sands	South Lakes	10	QEK	2:34.8		
5	Ruby Eden	Eden	10	UCC	2:44.1		
6	Beth Dowbiggin	South Lakes	10	SED	2:44.7		
7	Sophie Milburn	Carlisle	10	TRI	2:45.2		
8	Alice Little	Carlisle	10	WHS	2:56.1		
9	Isobel Colley	Allerdale	10	COC	3:06.3		
T54 IG 1500m		CC: Molly Wren (Allerdale) 5:25.7					
NS 4:39.0 ES 4:45.0 CS 5:04.0 CBP 4:29.0		CBP: L. Parker (Cartmel Priory) 1979					
Pos	Name	District	Yr	Sch	Perf		
1	Amelie Marshall	Eden	10	QEG	4:59.7	CS	
2	Lizzie Pawson	Allerdale	10	COC	5:02.6	CS	
3	Emily Wightman	Allerdale	10	KES	5:09.8		
4	Lilian Lewis	South Lakes	10	WIN	5:11.2		
5	Ella Beardwood	South Lakes	11	QKS	5:50.1		
6	Berri Brown	Carlisle	10	AFS	6:03.7		
T7 IG 3000m		CC: Rosie Woodhams (South Lakes) 10:19.7					
NS 10:10.0 ES 10:20.0 CS 10:50.0 CBP 10:16.2		CBP: L.Park (Netherall) 2007					
Pos	Name	District	Yr	Sch	Perf		
1	Anna Taylor	Allerdale	10	COC	12:20.7		
2	Katie Russell	Allerdale	10	COC	13:51.9		
T36 IG 80m Hurdles (76.2cm) Final		CC: Poppy Wilson (South Lakes) 13.3					
NS 11.6 ES 12.0 CS 13.0 CBP 11.9		CBP: A. Rutter (Trinity) 1996					
Pos	Name	District	Yr	Sch	Perf		
1	Annabelle Taylor	South Lakes	10	LAK	12.5	CS	
2	Shannon Thompson	Allerdale	10	COC	13.2		
3	Mia Simpson-Sullivan	Eden	11	UCC	13.8		
4	Bella Tarbotton	South Lakes	10	SED	14.4		
5	Dorina Horvath	Carlisle	10	TRI	14.9		
6	Lucy Oliver	Eden	10	UCC	15.3		
7	Helena Segar	Allerdale	10	COC	18.5		
T60 IG 4 x 100m Relay		CC: (South Lakes) 53.3					
NS 50.0 ES 52.0 CS 53.4 CBP 48.0		CBP: (S. Lakes) 2015					
Pos	Name	District	Perf				
1	Sophie Milburn - Mollie Kettrick Hannah Rome - Anastasia Stone	Carlisle	53.4	CS			
2	Lisa Barlow - Samira Lomax Brodie Taylor - Natasha Cookson	South Lakes	54.0				
3	Kayleigh Watson - Nia Foster Annie Bell - Amy Carr	Allerdale					

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F8 IG Long Jump		CC: Clara Davies (Eden) 4.61				
NS 5.50 ES 5.35 CS 4.80 CBP 5.59		CBP: Megan Busby (Carlisle) 2017				
Pos	Name	District	Yr	Sch	Perf	
1	Natasha Cookson	South Lakes	11	SED	5.03	CS
2	Annabelle Taylor	South Lakes	10	LAK	4.86	CS
3	Bethan Parr	Copeland	10	BEN	4.85	CS
4	Nia Foster	Allerdale	10	COC	4.78	
5	Melissa Bills	Carlisle	10	WHS	4.59	
6	Sophie Ferguson	Allerdale	10	NTS	4.05	
7	Izzy Flanagan	South Lakes	10	SED	3.97	
8	Molly Scrivens	Eden	10	UCC	3.87	
9	Charlotte Gardiner	Eden	10	UCC	3.43	
F24 IG High Jump		CC: Poppy Wilson (South Lakes) 1.51				
NS 1.70 ES 1.64 CS 1.52 CBP 1.71		CBP: R. Martin (Caldew) 1995				
Pos	Name	District	Yr	Sch	Perf	
1	Shannon Thompson	Allerdale	10	COC	1.39	
2	Sam Hodgson	Allerdale	10	NTS	1.39	
3=	Charlotte Newby	Eden	-	QEP	1.31	
3=	Ellie Miller	Eden	10	UCC	1.31	
3=	Emma Holmes	Eden	10	APP	1.31	
F35 IG Triple Jump		CC: Elle Heathcote (South Lakes) 10.27				
NS 11.20 ES 10.90 CS 10.00 CBP 11.02		CBP: R. Hogg (St. Bees) 1998				
Pos	Name	District	Yr	Sch	Perf	
1	Brooke Steel	Allerdale	10	NTS	9.30	
2	Hannah Willison	South Lakes	10	QEK	9.26	
3	Ruby Eden	Eden	10	UCC	9.25	
4	Sammi-Jo Norman-Baty	Carlisle	10	RRC	8.77	
5	Dorina Horvath	Carlisle	10	TRI	8.73	
6	Lucy Oliver	Eden	10	UCC	8.28	
7	Poppy Garnett	South Lakes	10	DAL	8.26	
8	Hannah Rome	Carlisle	10	WHS	8.22	
9	Ruby Fleming	South Lakes	10	DAL	7.88	
F25 IG Shot 3Kg		CC: Millie Pearce (South Lakes) 11.19				
NS 12.70 ES 11.60 CS 10.00 CBP 12.80		CBP: T. Simpson-Sullivan (Ullswater) 2016				
Pos	Name	District	Yr	Sch	Perf	
1	Kate Armstrong	Allerdale	10	COC	9.60	
2	Megan Eastham	Eden	10	UCC	8.96	
3	Abigail Wright	Allerdale	10	KES	8.64	
4	Mina McKinstry	Furness	10	BER	8.48	
5	Megan Wareing	South Lakes	10	DAL	8.10	
6	Amy Fisher	Eden	10	APP	7.70	
7	Ruth Atkinson	Carlisle	10	AFS	7.12	
8	Sarah Dodd	Allerdale	10	NTS	7.09	
9	Susanna Corrie	South Lakes	10	QKS	6.85	
F21 IG Javelin 500g		CC: Lily Joyce (Allerdale) 31.45				
NS 41.00 ES 38.00 CS 33.00 CBP 38.45		CBP: E Dibble (S. Lakes) 2016				
Pos	Name	District	Yr	Sch	Perf	
1	Ella Seymour	South Lakes	11	SED	32.84	
2	Bethan Parr	Copeland	10	BEN	26.75	
3	Beth Dowbiggin	South Lakes	10	SED	23.95	
4	Elizabeth Jackson	Eden	10	UCC	18.18	
5	Maria Graham	Carlisle	10	AFS	16.35	
6	Amy Metcalfe	South Lakes	10	DAL	15.85	
7	Katie Hill	Allerdale	10	COC	15.10	
	Gina Seward	Allerdale	10	COC	nt	
F38 IG Discus 1 Kg		CC: Ella Beach (Furness) 22.27				
NS 37.00 ES 33.00 CS 27.00 CBP 35.32		CBP: P. Rawsthorne (Cartmel Priory) 1975				
Pos	Name	District	Yr	Sch	Perf	
1	Abigail Wright	Allerdale	10	KES	27.87	CS
2	Amelia Metcalf	Allerdale	10	COC	18.10	
3	Bella Tarbotton	South Lakes	10	SED	17.38	
4	Maya Schofield	South Lakes	10	DAL	16.58	
5	Elysia O'Neil	Eden	10	UCC	15.35	
6	Caitlin Butler	Carlisle	10	CAL	15.02	

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Senior Boys

T31	SB 100m Final	CC: Jordan Cragg (South Lakes) 11.4
NS 10.8	ES 11.0 CS 11.5 CBP 10.5	CBP: M. Pattinson (Qu. Katherine) 1982
Pos	Name	District Yr Sch Perf
1	James Barlow	Furness 12 ULV 11.3 CS
2		South Lakes - - 11.3 CS
3	Louie Doran	Allerdale 13 KES 11.5 CS
4	Seb Wilman	South Lakes 12 SED 11.5 CS
T42	SB 200m Final	CC: Joe Connely (Carlisle) 22.6
NS 21.9	ES 22.2 CS 23.3 CBP 21.5	CBP: M. Pattinson (Qu. Katherine) 1982
Pos	Name	District Yr Sch Perf
1	Oscar Tye	South Lakes 12 SED 22.7 CS
2	James Barlow	Furness 12 ULV 23.2 CS
3	Michel Carrillo	South Lakes 12 WIN 23.6
4	Hetor Wilson	South Lakes 12 SED 25.1
T20	SB 400m Final	CC: Reece Stalker (Copeland) 51.5
NS 48.8	ES 49.5 CS 52.5 CBP 49.4	CBP: S. McKeever (Ulverston Victoria) 1992
Pos	Name	District Yr Sch Perf
1	Oliver Dustin	Allerdale 13 KES 49.6 CS
2	Tom Hodge	South Lakes 13 SED 53.7
3	Fraser Jones	South Lakes 12 SED 54.9
4	Brad King	Allerdale 13 NET 56.5
T33	SB 800m Final	CC: Oliver Dustin (Allerdale) 2:05.6
NS 1:52.0	ES 1:54.0 CS 2:02.0 CBP 1:53.3	CBP: C. McGeorge (Austin Friars) 1980
Pos	Name	District Yr Sch Perf
1	George Rigal	South Lakes 12 SED 2:05.0
2		Allerdale - - 2:11.1
T49	SB 1500m	CC: Joe Dugdale (Copeland) 4:15.5
NS 3:55.0	ES 3:58.0 CS 4:15.0 CBP 3:53.0	CBP: C. Mulvaney (Kirkbie Kendal) 1999
Pos	Name	District Yr Sch Perf
1	Reuben Copley	South Lakes 13 SED 4:12.4 CS
2	Josh Liddle	Carlisle 13 AFS 4:21.0
3	Mitchell Liddle	Carlisle 12 TRI 4:42.7
T6	SB 3000m	CC: Joe Dugdale (Copeland) 8:59.7
NS 8:33.0	ES 8:36.0 CS 9:20.0 CBP 8:40.3	CBP: I. Robinson (Q.E.Kirkby Lonsdale) 1986
Pos	Name	District Yr Sch Perf
1	Connor O'Hara	Furness 12 ULV 10:18.8
T40	SB 110m Hurdles (99.1cm) Final	CC:
NS 14.6	ES 15.3 CS 16.2 CBP 14.8	CBP: J. Fleary (Trinity) 2003
Pos	Name	District Yr Sch Perf
1	Seb Wilman	South Lakes 12 SED 18.1
T1	SB 400m Hurdles (91.4cm) Final	CC: Max Pearce (South Lakes) 61.0
NS 55.0	ES 57.2 CS 59.5 CBP 58.2	CBP: L. Rudd (St. Bees) 1994
Pos	Name	District Yr Sch Perf
1	Matthew Mitchell	South Lakes 13 SED 66.3
T63	SB 4 x 100m Relay	CC: Jordan Cragg - Duncan Lyall (South Lakes) 0.0
NS 43.5	ES 44.5 CS 45.3 CBP 44.3	CBP: (Allerdale) 197:
Pos	Name	District Perf
1	Seb Wilman - Ben Burridge Michel Carrillo - Max Pearce	South Lakes 47.5
F19	SB Long Jump	CC: Duncan Lyall (South Lakes) 5.70
NS 6.80	ES 6.70 CS 6.25 CBP 7.10	CBP: S. Clark (Morton) 1997
Pos	Name	District Yr Sch Perf
1	Ben Burridge	South Lakes 13 SED 6.03
2	Hector Wilson	South Lakes 12 SED 5.95
F11	SB Triple Jump	CC: 0
NS 14.20	ES 13.70 CS 12.85 CBP 14.32	CBP: E. Baines (QEGS Penrith) 2014
Pos	Name	District Yr Sch Perf
1	Matthew Mitchell	South Lakes 13 SED 10.62

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F13	SB Shot 6Kg	CC: J. Moore (Copeland) 12.91			
NS 13.70	ES 12.80	CS 11.50	CBP 13.84	CBP: M. Quigley (St. Benedict's) 1993	
Pos	Name	District	Yr	Sch	Perf
1	Joe Connelly	Carlisle	13	AFS	13.41 ES
2	Joseph Moore	Copeland	13	BEN	12.11 CS
3	Nick Cerca	South Lakes	12	QEK	10.11
4	Archie Dalzell	South Lakes	12	WIN	9.90
5	Lawrence Mason	South Lakes	12	SED	9.54
F37	SB Javelin 800 g	CC: Michelle Brighetti (South Lakes) 44.40			
NS 56.00	ES 52.00	CS 46.00	CBP 57.62	CBP: L. Doran (Morton) 2003	
Pos	Name	District	Yr	Sch	Perf
1	Harry Brown	South Lakes	12	SED	46.57 CS
F30	SB Discus 1.75 Kg	CC: Linas Zilinskas (South Lakes) 25.99			
NS 46.00	ES 40.00	CS 34.00	CBP 45.84	CBP: M. Quigley (St. Benedict's) 1993	
Pos	Name	District	Yr	Sch	Perf
1	Joe Connelly	Carlisle	13	AFS	35.43 CS
2	Nick Cerca	South Lakes	12	QEK	27.20
3	Lawrence Mason	South Lakes	12	SED	22.41
F3	SB Hammer 6 Kg	CC: J. Moore (Copeland) 35.77			
NS 58.00	ES 52.00	CS 39.00	CBP 62.44	CBP: N. Miller (William Howard) 2010	
Pos	Name	District	Yr	Sch	Perf
1	Joseph Moore	Copeland	13	BEN	35.31

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Senior Girls

T32	SG 100m Final	CC: L.Parr (Copeland) 13.3			
NS 12.1	ES 12.4	CS 13.0	CBP 12.1	CBP: S. Robinson (Trinity) 1982	
Pos	Name	District	Yr	Sch	Perf
1	Rachel Carr	Carlisle	-	Car Coll	13.2
T41	SG 200m Final	CC: 0			
NS 25.1	ES 25.8	CS 26.5	CBP 25.0	CBP: S. Robinson (Trinity) 1982	
Pos	Name	District	Yr	Sch	Perf
1	Elle Heathcote	South Lakes	12	SED	26.4 CS
T34	SG 800m Final	CC: 0			
NS 2:12.0	ES 2:15.0	CS 2:25.0	CBP 2:12.9	CBP: P. McCrea (Morton) 1996	
Pos	Name	District	Yr	Sch	Perf
1	Olivia Mason	Allerdale	12	KES	2:12.8 ES CBP
T8	SG 3000m	CC: Esme Davies (Eden) 10:27.6			
NS 10:06.0	ES 10:16.0	CS 10:48.0	CBP 9:48.5	CBP: L. Kelly (Barrow 6th) 1998	
Pos	Name	District	Yr	Sch	Perf
1	Rosie Woodhams	South Lakes	12	DAL	11:04.9
T38	SG 100m Hurdles (84.0cm) Final	CC:			
NS 14.6	ES 15.2	CS 16.5	CBP 14.6	CBP: D. Fawkes (Barrow) 2003	
Pos	Name	District	Yr	Sch	Perf
1	Millie Chadwick	Furness	12	FCO	18.6
2	Laura Dayson	South Lakes	12	SED	18.8
3	Emily Dignan	South Lakes	12	SED	19.8
T2	SG 400m Hurdles (76.2cm) Final	CC:			
NS 64.0	ES 66.0	CS 69.5	CBP 67.6	CBP: L Smith (Ulverston) 2004	
Pos	Name	District	Yr	Sch	Perf
1	Alex Duckitt	South Lakes	12	SED	66.9 CS CBP
T62	SG 4 x 100m Relay	CC: 0			
NS 49.0	ES 50.0	CS 52.0	CBP 52.7	CBP: (South Lakeland)	
Pos	Name	District	Perf		
1	Emily Dignan - Elle Heathcote Alex Duckitt - Steph Driscoll	South Lakes	53.6		
F9	SG Long Jump	CC: Megan Busby (Carlisle) 5.13			
NS 5.60	ES 5.40	CS 4.85	CBP 5.92	CBP: R. Hogg (St. Bees) 2000	
Pos	Name	District	Yr	Sch	Perf
1	Megan Busby	Carlisle	13	CAL	5.39 CS
2	Elle Heathcote	South Lakes	12	SED	5.06 CS
3	Millie Chadwick	Furness	12	FCO	4.80
F26	SG Shot 4Kg	CC: Abbie Thompson (Carlisle) 8.47			
NS 11.40	ES 10.50	CS 8.85	CBP 11.10	CBP: E.Stott (Cockermouth) 2008	
Pos	Name	District	Yr	Sch	Perf
1	Abi Thompson	Carlisle	13	WHS	8.08
2	Emily Dignan	South Lakes	12	SED	7.41
F22	SG Javelin 600 g	CC: Rachel Gallagher (Allerdale) 32.82			
NS 40.00	ES 37.00	CS 32.00	CBP 57.62	CBP: N Wilson (Nelson Tomlinson) 2013	
Pos	Name	District	Yr	Sch	Perf
1	Laura Dayson	South Lakes	12	SED	24.70
F39	SG Discus 1 Kg	CC: Abbie Thompson (Carlisle) 35.01			
NS 39.00	ES 36.00	CS 29.00	CBP 37.84	CBP: M. Crossman (Barrow 6th) 1990	
Pos	Name	District	Yr	Sch	Perf
1	Abi Thompson	Carlisle	13	WHS	34.64 CS
F6	SG Hammer 4 Kg	CC: 0			
NS 47.00	ES 43.00	CS 31.00	CBP 47.39	CBP: K.Barnard (Appleby) 2012	
Pos	Name	District	Yr	Sch	Perf
1	Tara Simpson-Sullivan	Eden	13	UCC	55.07 NS CBP