

Cumbria Schools' AA Track & Field Championships
Sheepmount Athletics Stadium, Carlisle : Saturday 10th June 2023

Team points

Position	District	Points
1	South Lakes	428
2	Allerdale	220
3	Carlisle	206
4	Eden	150
5	Furness	147
6	Copeland	37

Junior Boys

T8 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	Bib	Name	District	Yr	Sch	Perf		
1	22	Lorton Curnow	Allerdale	9	COC	11.9	CS	Q
2	11	Daniel Cattermole	Carlisle	9	WHS	12.1	CS	Q
3	52	Will Laddell	South Lakes	8	QEK	12.3	CS	q
4	53	George Southey	South Lakes	9	QEK	12.3	CS	q
5	61	Rio York	Furness	9	ULV	12.6		q
6	13	Kacper Frontczak	Carlisle	9	NEW	12.9		

T8 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	Bib	Name	District	Yr	Sch	Perf		
1	51	Kaka Wafula	South Lakes	9	SED	12.2	CS	Q
2	21	Peter Donald	Allerdale	9	WAC	12.2	CS	Q
3	12	Finley Cookson	Carlisle	9	RRM	12.6		q
4	32	Kenzie Radcliffe	Eden	9	UCC	12.8		
5	14	William Ferguson	Carlisle (R)	8	CAL	13.1		
6	23	Charlie Barton	Allerdale	9	NTS	13.2		
7	62	Charlie Walker	Furness	8	ULV	13.4		

T25 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	Bib	Name	District	Yr	Sch	Perf		
1	22	Lorton Curnow	Allerdale	9	COC	11.7	ES	
2	51	Kaka Wafula	South Lakes	9	SED	12.2	CS	
3	52	Will Laddell	South Lakes	8	QEK	12.2	CS	
4	53	George Southey	South Lakes	9	QEK	12.3	CS	
5	12	Finley Cookson	Carlisle	9	RRM	12.3	CS	
6	21	Peter Donald	Allerdale	9	WAC	13.4		
7	61	Rio York	Furness	9	ULV	14.0		
8	11	Daniel Cattermole	Carlisle	9	WHS	14.9		

T13 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	Bib	Name	District	Yr	Sch	Perf		
1	51	Kaka Wafula	South Lakes	9	SED	24.8	CS	Q
2	21	Peter Donald	Allerdale	9	WAC	25.2	CS	Q
3	52	Tyler Ogilvie-Booth	South Lakes	9	KKS	25.7		q
4	53	Casper Hoggarth	South Lakes	9	QKS	26.1		q
5	31	Lennon Watson	Eden	9	KSG	27.8		

T13 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	Bib	Name	District	Yr	Sch	Perf		
1	23	Shay Wilkinson	Allerdale	8	WAC	26.7		Q
2	11	Rowan Bushby	Carlisle	9	TRI	26.8		Q
3	61	A Rawlinson	Furness	9	FAC	27.7		q
4	12	Harvie Aldersey	Carlisle	9	NEW	27.7		q

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T38		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	Bib	Name	District	Yr	Sch	Perf	
1	51	Kaka Wafula	South Lakes	9	SED	25.1	CS
2	52	Tyler Ogilvie-Booth	South Lakes	9	KKS	25.4	
3	21	Peter Donald	Allerdale	9	WAC	25.6	
4	53	Casper Hoggarth	South Lakes	9	QKS	25.7	
5	23	Shay Wilkinson	Allerdale	8	WAC	26.2	
6	11	Rowan Bushby	Carlisle	9	TRI	26.7	
T21		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	Bib	Name	District	Yr	Sch	Perf	
1	51	Michael Caulfield	South Lakes	9	KKS	38.9	CS Q
2	11	Tommy Norris	Carlisle	9	CAL	41.5	Q
3	12	Karol Milewski	Carlisle	9	TRI	43.6	q
4	32	Jacob Eastham	Eden	9	KSG	44.9	q
5	23	Ted Thomson	Allerdale	9	KES	46.8	
T21		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	Bib	Name	District	Yr	Sch	Perf	
1	21	Caleb Comp	Allerdale	9	COC	39.0	CS Q
2	63	Ethan Harvey	Furness	9	ULV	39.1	CS Q
3	52	Archie Spicer	South Lakes	8	QEK	39.7	CS q
4	13	Will Rafferty	Carlisle	9	WHS	42.8	q
5	62	Ruben Morgan	Furness	9	DOW	46.2	
T47		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	Bib	Name	District	Yr	Sch	Perf	
1	63	Ethan Harvey	Furness	9	ULV	37.9	CS CBP
2	51	Michael Caulfield	South Lakes	9	KKS	38.3	CS
3	21	Caleb Comp	Allerdale	9	COC	39.2	CS
4	52	Archie Spicer	South Lakes	8	QEK	40.7	
5	11	Tommy Norris	Carlisle	9	CAL	43.5	
6	12	Karol Milewski	Carlisle	9	TRI	46.2	
T51		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	Bib	Name	District	Yr	Sch	Perf	
1	51	Tom Ashworth	South Lakes	8	LAK	2:11.8	CS
2	21	Joseph Tinniswood	Allerdale	8	NTS	2:14.2	
3	52	Harvey Shaw	South Lakes	-	DAL	2:14.7	
4	31	Jacob Ostle	Eden	8	UCC	2:16.1	
5	61	J Waters	Furness	9	FAC	2:18.8	
6	53	Joseff Tancrel	South Lakes	8	KKS	2:23.6	
7	32	Tolly Evans	Eden	9	APP	2:24.2	
8	22	Max Bateson	Allerdale	9	COC	2:24.8	
9	62	Joe Cook	Furness	8	ULV	2:30.8	
10	13	Mark Stuart	Carlisle	9	NEW	2:35.9	
T23		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	Bib	Name	District	Yr	Sch	Perf	
1	51	Hugo Berry	South Lakes	9	SED	4:26.3	CS
2	52	Ben Brassington	South Lakes	9	QEK	4:27.7	CS
3	53	Will Brayshaw	South Lakes	9	KKS	4:46.0	
4	31	Daniel Davies	Eden	9	UCC	4:46.5	
5	21	Declan Denwood	Allerdale	9	NET	4:51.2	
6	11	Matthew Bell	Carlisle	9	CAL	4:59.7	
7	32	Tolly Evans	Eden	9	APP	5:00.0	
8	23	Sammy Wright	Allerdale	9	COC	5:09.5	
9	62	Calvin Singleton	Furness	9	MIL	5:21.7	
10	53	Will Brayshaw	South Lakes	9	KKS	5:24.8	
11	22	Rocco Wilson	Allerdale	8	WAC	5:30.1	

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T35		JB 80m Hurdles (84.0cm) Final			CC: Jack Leslie (South Lakes) 13.0		
NS 11.7		ES 12.1	CS 12.9	CBP 11.3	CBP: J. Connolly (Carlisle) 2015		
Pos	Bib	Name	District	Yr	Sch	Perf	
1	52	Daniel De Lannoy	South Lakes	9	SED	12.7	CS
2	51	Isaac Donnini	South Lakes	9	QEK	12.8	CS
3	53	Oscar Barron	South Lakes	-	DAL	14.0	
4	11	Matthew Somerville	Carlisle	9	CAL	14.0	
5	12	Logan Stannus	Carlisle	9	RRM	16.6	
6	13	Jonathon Dunlop	Carlisle	9	TRI	16.9	
F29		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	Bib	Name	District	Yr	Sch	Perf	
1	51	Daniel De Lannoy	South Lakes	9	SED	5.22	
2	52	Leon Nguyen	South Lakes	9	QKS	5.00	
3	11	Daniel Cattermole	Carlisle	9	WHS	4.87	
4	21	Lorton Curnow	Allerdale	9	COC	4.86	
5	13	Aaron Rae	Carlisle	9	RRM	4.78	
6	63	Lei Ma	Furness	9	DOW	4.75	
7	33	Hughie White	Eden	8	QEG	4.58	
8	22	Keane Devoy	Allerdale	8	COC	4.47	
9	23	Lewis Rodgers	Allerdale	8	WAC	4.24	
10	14	Sam Stratton	Carlisle (R)	9	CAL	4.14	
F5		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	Bib	Name	District	Yr	Sch	Perf	
1	12	Jay Wannop	Carlisle	9	NEW	1.56	
2	21	Cameron Allison	Allerdale	9	WAC	1.52	
3	52	Archie Spicer	South Lakes	8	QEK	1.50	
4	51	George Parker	South Lakes	9	SED	1.45	
5	13	Jack Xie	Carlisle	9	AFS	1.40	
6	14	Lewis Davies	Carlisle (R)	9	CAL	1.40	
7	22	Tom Ellis	Allerdale	9	NTS	1.40	
8	32	Bays Docwra	Eden	9	QEG	1.35	
F20		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	Bib	Name	District	Yr	Sch	Perf	
1	53	Isaac Donnini	South Lakes	9	QEK	10.94	
2	21	Caleb Comp	Allerdale	9	COC	10.83	
3	11	Arthur Roy Power	Carlisle	9	TRI	10.61	
4	62	Ollie Park	Furness	9	MIL	10.30	
5	52	Oscar Barron	South Lakes	-	DAL	9.95	
6	51	Fraser Dunn	South Lakes	8	KKS	9.95	
7	31	Sam Wright	Eden	9	APP	9.80	
8	12	Sam Lee	Carlisle	9	CAL	9.72	
9	61	William Spence	Furness	9	FAC	9.50	
10	33	Josh Mcfarlane	Eden	8	QEG	9.35	
F26		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	Bib	Name	District	Yr	Sch	Perf	
1	51	Carter McAllister	South Lakes	9	SED	11.08	
2	31	Mohammed Khalaf	Eden	9	UCC	10.35	
3	11	Morgan Kent-Carlisle	Carlisle	9	CAL	9.67	
4	12	Kenny Strickland	Carlisle	9	TRI	9.62	
5	13	Blaise Okoro	Carlisle	9	NEW	9.59	
6	33	Hughie White	Eden	8	QEG	9.54	
7	52	Victor Hinchcliffe	South Lakes	9	KKS	9.37	
8	21	Lucas Smiles	Allerdale	8	NTS	9.33	
9	32	Jack Gibson	Eden	9	UCC	9.29	
10	53	Jake Armistead	South Lakes	9	QKS	9.04	
11	61	Finlay Milby	Furness	9	ULV	8.95	

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F24 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	Bib	Name	District	Yr	Sch	Perf
1	21	Myles Norman	Allerdale	9	NTS	36.69
2	11	Charlie Dodd	Carlisle	9	RRM	30.08
3	51	Jack Barker	South Lakes	9	KKS	29.73
4	32	Josh Hilland	Eden	9	APP	29.66
5	31	Seth Dobinson	Eden	9	UCC	29.13
6	41	Will Cunningham	Copeland	9	BEN	28.82
7	52	Leon Fothergill	South Lakes	9	QKS	27.30
8	12	Freddie Turnbull	Carlisle	9	AFS	25.64
9	61	R Bearnett	Furness	9	FAC	24.20
10	63	Joe Cook	Furness	8	ULV	23.48
11	13	Joe Stott	Carlisle	9	TRI	22.71
12	23	Liam Cooper	Allerdale	8	KES	20.73
13	62	Harry Waddington	Furness	8	DOW	20.02
F12 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	Bib	Name	District	Yr	Sch	Perf
1	22	Alex Beck	Allerdale	9	NTS	28.88
2	32	Kenzie Radcliffe	Eden	9	UCC	25.37
3	61	Jaiden Udegbe	Furness	8	DOW	23.86
4	52	Roan Saunders	South Lakes	9	JRS	21.44
5	12	Harry Whyte-Earl	Carlisle	9	TRI	21.21
6	21	Lucas Smiles	Allerdale	8	NTS	20.09
7	11	Marcel Turczynski	Carlisle	9	NEW	19.62
8	53	Charlie Harrison	South Lakes	9	JRS	18.48
9	62	Joshua Lockwood	Furness	9	ULV	18.23

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Junior Girls

T9		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. Lehrie (Parkview) 1982			
Pos	Bib	Name	District	Yr	Sch	Perf		
1	61	Martha Allington	Furness	9	MIL	13.7		Q
2	31	Martha Sheriffe	Eden	8	UCC	14.0		Q
3	53	Macey Duggan	South Lakes	-	CPR	14.2		q
4	54	Hannah Scarr	South Lakes (R)	9	SED	14.4		q
5	32	Evie Blake	Eden	8	QEG	14.5		
6	62	Jessica Clinton	Furness	8	DOW	14.5		

T9		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. Lehrie (Parkview) 1982			
Pos	Bib	Name	District	Yr	Sch	Perf		
1	51	Vicky Chapman	South Lakes	8	WIN	13.0	CS	Q
2	22	Grace Whitfield	Allerdale	9	WAC	13.4		Q
3	52	Emily White	South Lakes	9	QEK	13.4		q
4	23	Meya Moore	Allerdale	9	NET	14.4		q
5	42	Lila Leadbetter	Copeland	9	BEN	14.7		
6	63	Tara Watkinson	Furness	9	ULV	14.7		
7	12	Alana Percival	Carlisle	9	WHS	15.1		
8	41	Olivia Beattie	Copeland	9	WHO	15.2		

T26		JG 100m Final			CC: Kayleigh Watson (Allerdale) 12.5			
NS 12.4		ES 12.7	CS 13.3	CBP 12.3	CBP: D. Lehrie (Parkview) 1982			
Pos	Bib	Name	District	Yr	Sch	Perf		
1	51	Vicky Chapman	South Lakes	8	WIN	12.8	CS	
2	22	Grace Whitfield	Allerdale	9	WAC	13.4		
3	52	Emily White	South Lakes	9	QEK	13.4		
4	31	Martha Sheriffe	Eden	8	UCC	13.6		
5	61	Martha Allington	Furness	9	MIL	13.8		
6	53	Macey Duggan	South Lakes	-	CPR	13.9		
7	23	Meya Moore	Allerdale	9	NET	14.3		
8	54	Hannah Scarr	South Lakes (R)	9	SED	14.8		

T15		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	Bib	Name	District	Yr	Sch	Perf		
1	63	Grace Hartley	Furness	8	ULV	30.3		Q
2	11	Mia Downie	Carlisle	9	TRI	30.5		Q
3	42	Lila Leadbetter	Copeland	9	BEN	30.7		
4	41	Olivia Beattie	Copeland	9	WHO	31.1		
5	12	Katie Hammond	Carlisle	8	CAL	32.2		
6	13	Beth Johnston	Carlisle	9	WHS	32.9		

T15		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	Bib	Name	District	Yr	Sch	Perf		
1	21	Alyssa Hodgson	Allerdale	9	WAC	27.7		Q
2	22	Sophia Back	Allerdale	9	KES	27.8		Q
3	23	Ella Chambers	Allerdale	8	COC	28.7		q
4	52	Georgina Boden	South Lakes	8	LAK	29.5		q
5	51	McKenzie Hodgson	South Lakes	-	CPR	29.5		

T15		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	Bib	Name	District	Yr	Sch	Perf		
1	61	Martha Allington	Furness	9	MIL	28.6		Q
2	31	Brooke Wilson	Eden	9	QEG	28.7		Q
3	32	Lucy Allinson	Eden	9	APP	30.7		
4	53	Lottie Kenyon	South Lakes	9	QKS	31.3		
5	62	Daisy Wood	Furness	9	MIL	31.5		

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T40		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	Bib	Name	District	Yr	Sch	Perf	
1	21	Alyssa Hodgson	Allerdale	9	WAC	27.8	
2	61	Martha Allington	Furness	9	MIL	28.1	
3	22	Sophia Back	Allerdale	9	KES	28.2	
4	31	Brooke Wilson	Eden	9	QEG	28.2	
5	23	Ella Chambers	Allerdale	8	COC	28.7	
6	52	Georgina Boden	South Lakes	8	LAK	30.0	
7	11	Mia Downie	Carlisle	9	TRI	30.3	
8	63	Grace Hartley	Furness	8	ULV	30.9	
T22		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	Bib	Name	District	Yr	Sch	Perf	
1	63	Mahiya Mohan	Furness	9	DOW	45.0	Q
2	51	Aaliyah Pearson	South Lakes	9	KKS	45.4	Q
3	21	Amelia Conway	Allerdale	9	WAC	47.6	q
4	62	Annie Pritt	Furness	8	MIL	47.9	q
5	23	Alicia Jary	Allerdale	9	COC	48.7	
6	53	Rosie Scott	South Lakes	8	QKS	50.2	
T22		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	Bib	Name	District	Yr	Sch	Perf	
1	22	Sophia Back	Allerdale	9	KES	44.4	Q
2	61	E Doyle	Furness	9	FAC	45.1	Q
3	52	Daniella Braghetti	South Lakes	9	SED	46.9	q
4	11	Chloe Brown	Carlisle	8	NEW	47.5	q
5	13	Maisie O'Mahony	Carlisle	8	CAL	51.2	
T46		JG 300m Final			CC: Amelia Metcalf (Allerdale) 43.4		
NS 41.0		ES 42.0		CS 44.0		CBP 43.4	
CBP: Amelia Metcalf (Allerdale) 2018							
Pos	Bib	Name	District	Yr	Sch	Perf	
1	63	Mahiya Mohan	Furness	9	DOW	43.3	CS
2	22	Sophia Back	Allerdale	9	KES	45.2	
3	61	E Doyle	Furness	9	FAC	46.2	
4	51	Aaliyah Pearson	South Lakes	9	KKS	46.5	
5	11	Chloe Brown	Carlisle	8	NEW	48.2	
6	21	Amelia Conway	Allerdale	9	WAC	50.2	
T43		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	Bib	Name	District	Yr	Sch	Perf	
1	21	Daisy Woodcock	Allerdale	9	COC	2:16.4	ES
2	22	Lucy Knott	Allerdale	9	NTS	2:25.7	CS
3	51	Anna Cobley	South Lakes	8	QEK	2:26.2	CS
4	11	Isabel Milligan	Carlisle	9	WHS	2:31.7	
5	52	Isla Pearman	South Lakes	8	KKS	2:35.2	
6	23	Macee Wiggins	Allerdale	9	NTS	2:37.0	
7	31	Tabitha Paul	Eden	8	KSG	2:42.9	
8	13	Laura Shannon	Carlisle	9	AFS	2:44.1	
9	32	Tilly Stewart	Eden	8	APP	2:46.9	
10	62	Gflorrie Haddow	Furness	8	ULV	3:00.0	

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T12		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	Bib	Name	District	Yr	Sch	Perf	
1	62	Penelope Boyle	Furness	8	ULV	5:01.7	CS
2	63	Lucy Bell	Furness	9	ULV	5:14.6	
3	51	Daisy Fielding	South Lakes	9	SED	5:17.5	
4	21	Erin Barry	Allerdale	9	KES	5:22.6	
5	53	Millie Jebb	South Lakes	9	QKS	5:24.3	
6	52	Cara Bradley	South Lakes	8	KKS	5:29.4	
7	23	Suzie McNally	Allerdale	8	NTS	5:35.5	
8	22	Ellen Stephenson	Allerdale	8	KES	5:39.4	
9	13	Evie Pallister	Carlisle	9	AFS	5:48.7	
10	12	Bella Tiffin	Carlisle	9	CAL	5:49.9	
11	32	Lily Salt	Eden	9	UCC	5:51.7	
12	31	Anna Cunningham	Eden	8	QEG	5:52.9	
13	11	Hope O Connor	Carlisle	9	WHS	6:00.2	
T33		JG 75m Hurdles (76.2cm) Final			CC: Annabelle Taylor (South Lakes) 12.8		
NS 11.5		ES 11.8		CS 12.8		CBP 11.6	
					CBP: A.Budden (Walney) 1984		
Pos	Bib	Name	District	Yr	Sch	Perf	
1	51	Abbie Gibson	South Lakes	9	KKS	14.40	
2	13	Sofia McArdle	Carlisle	9	TRI	15.40	
3	12	Skye Irving	Carlisle	8	CAL	15.70	
4	11	Thalia Kasiera	Carlisle	9	AFS	16.40	
5	53	Lydia Harris	South Lakes	-	DAL	16.40	
F23		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	Bib	Name	District	Yr	Sch	Perf	
1	63	Mahiya Mohan	Furness	9	DOW	4.70	CS
2	32	Evie Blake	Eden	8	QEG	4.55	
3	21	Alicia Jary	Allerdale	9	COC	4.25	
4	31	Tabitha Paul	Eden	8	KSG	4.24	
5	23	Suzie McNally	Allerdale	8	NTS	4.20	
6	61	Esme Doyle	Furness	9	FAC	4.18	
7	51	Georgina Boden	South Lakes	8	LAK	4.12	
8	52	Lucie Inman	South Lakes	8	JRS	4.11	
9	11	Rosa Morton	Carlisle	9	TRI	4.00	
10	13	Neve Miller	Carlisle	9	WHS	3.94	
11	41	Iyla France	Copeland	8	WHO	3.78	
12	12	Tianna Richardson	Carlisle	9	CAL	3.57	
F14		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	Bib	Name	District	Yr	Sch	Perf	
1	51	Vicky Chapman	South Lakes	8	WIN	1.50	CS
2	23	Hanna Johnson	Allerdale	8	KES	1.30	
3	11	Heidi McMillan	Carlisle	9	NEW	1.25	
4	52	Sally Fitzgerald	South Lakes	9	QKS	1.25	
5	61	Bella Pedley	Furness	8	MIL	1.25	
F34		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	Bib	Name	District	Yr	Sch	Perf	
1	62	Scarlett Burrows	Furness	9	ULV	8.88	
2	32	Holly Treece	Eden	9	KSG	8.80	
3	22	Grace Whitfield	Allerdale	9	WAC	7.78	
4	52	Sian Peak	South Lakes	8	QEK	7.28	
5	53	Elisabeth Sissons	South Lakes	8	QEK	6.91	
6	12	Jessica Graham	Carlisle	9	CAL	6.74	
7	11	Lilly Prudham	Carlisle	9	WHS	6.62	
8	51	Sophie Johnson	South Lakes	9	JRS	6.56	
9	41	Mia Smurthwaite	Copeland	9	BEN	6.40	

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F13		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	Bib	Name	District	Yr	Sch	Perf
1	21	Millie McQueen	Allerdale	9	KES	25.61
2	53	Rowan McCann	South Lakes	9	KKS	21.81
3	63	Grace Hartley	Furness	8	ULV	19.27
4	32	Olivia Marston	Eden	8	KSG	19.26
5	62	Rebecca Duckworth	Furness	9	ULV	17.64
6	12	Katie Barber	Carlisle	9	TRI	17.08
7	13	Anna Canning	Carlisle	9	WHS	14.05
F17		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	Bib	Name	District	Yr	Sch	Perf
1	51	Sonia Gatwood	South Lakes	9	SED	27.94
2	32	Holly Treece	Eden	9	KSG	20.71
3	31	Phoebe Jackson	Eden	9	UCC	19.93
4	62	Scarlett Burrows	Furness	9	ULV	16.95
5	53	Jasmine Bottomley	South Lakes	9	QKS	14.85
6	11	Isla Charnock	Carlisle	9	TRI	14.35
7	22	Kaitlyn Doran	Allerdale	8	KES	13.89
8	12	Charlotte Hall	Carlisle	8	AFS	12.29
F2		JG Hammer 3Kg		CC:		
NS 44.00		ES 36.00		CS 30.00		CBP 53.53
				CBP: T. Simpson-Sullivan (Eden) 2015		
Pos	Bib	Name	District	Yr	Sch	Perf
1	21	Millie McQueen	Allerdale	9	KES	35.40
2	11	Holly Ivison	Carlisle	9	TRI	27.52
3	31	Martha Sheriffe	Eden	8	UCC	27.06

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Intermediate Boys

T10		IB 100m Heats, Heat 1			CC: Ryan Wilson (Furness) 11.5			
NS 10.9		ES 11.1	CS 11.7	CBP 10.9	CBP: R. Johnson (Netherhall) 1984			
Pos	Bib	Name	District	Yr	Sch	Perf		
1	52	Harry Hawkins	South Lakes	10	SED	11.9		Q
2	41	Kristian Clayton	Copeland	10	WHO	11.9		Q
3	12	Marcus Kirk	Carlisle	10	RRC	12.3		q
4	14	Ollie Medling	Carlisle (R)	10	WHS	12.3		
5	32	Jonty Hansford	Eden	10	QEG	12.4		
6	33	Dylan Parsons	Eden	10	QEG	12.5		
T10		IB 100m Heats, Heat 2			CC: Ryan Wilson (Furness) 11.5			
NS 10.9		ES 11.1	CS 11.7	CBP 10.9	CBP: R. Johnson (Netherhall) 1984			
Pos	Bib	Name	District	Yr	Sch	Perf		
1	42	Sam Mrengo	Copeland	10	WLA	11.6	CS	Q
2	51	Ash Firth	South Lakes	11	SED	11.7	CS	Q
3	31	Joe Bell	Eden	10	KSG	11.9		q
4	11	Oliver Graham	Carlisle	10	CAL	12.0		q
5	53	Charlie Dineen	South Lakes	10	KKS	12.2		q
6	13	Jamie Hodgson	Carlisle	10	RRM	12.4		
7	22	Jake Anderson	Allerdale	10	KES	12.6		
T27		IB 100m Final			CC: Ryan Wilson (Furness) 11.5			
NS 10.9		ES 11.1	CS 11.7	CBP 10.9	CBP: R. Johnson (Netherhall) 1984			
Pos	Bib	Name	District	Yr	Sch	Perf		
1	51	Ash Firth	South Lakes	11	SED	11.6	CS	
2	42	Sam Mrengo	Copeland	10	WLA	11.6	CS	
3	41	Kristian Clayton	Copeland	10	WHO	11.7	CS	
4	52	Harry Hawkins	South Lakes	10	SED	11.8		
5	31	Joe Bell	Eden	10	KSG	12.0		
6	11	Oliver Graham	Carlisle	10	CAL	12.1		
7	53	Charlie Dineen	South Lakes	10	KKS	12.1		
8	12	Marcus Kirk	Carlisle	10	RRC	12.4		
T14		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	Bib	Name	District	Yr	Sch	Perf		
1	11	Jackson Winrow	Carlisle	10	CAL	24.4		Q
2	51	Charlie Dineen	South Lakes	10	KKS	24.7		Q
3	52	Ben Jewsbury	South Lakes	10	SED	24.9		q
4	53	Jack Marshall	South Lakes	10	SED	25.9		q
5	23	Emilio Perestrelo	Allerdale	10	NET	26.4		
T14		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	Bib	Name	District	Yr	Sch	Perf		
1	42	Sam Mrengo	Copeland	10	WLA	23.8	CS	Q
2	41	Kristian Clayton	Copeland	10	WHO	24.2		Q
3	32	Ewan Gill	Eden	10	QEG	25.4		q
4	12	Dennis Snelgar	Carlisle	10	TRI	25.4		q
5	13	Vitalli Kornatty	Carlisle	10	NEW	26.3		
6	63	Lewis Clee	Furness	10	ULV	26.4		
T39		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	Bib	Name	District	Yr	Sch	Perf		
1	42	Sam Mrengo	Copeland	10	WLA	23.8	CS	
2	11	Jackson Winrow	Carlisle	10	CAL	24.2		
3	41	Kristian Clayton	Copeland	10	WHO	24.6		
4	51	Charlie Dineen	South Lakes	10	KKS	24.7		
5	32	Ewan Gill	Eden	10	QEG	24.9		
6	52	Ben Jewsbury	South Lakes	10	SED	25.2		
7	53	Jack Marshall	South Lakes	10	SED	26.2		

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T50		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	Bib	Name	District	Yr	Sch	Perf	
1	12	Jack Porter	Carlisle	10	RRC	53.5	
2	21	Archie Irving	Allerdale	10	NTS	53.7	
3	51	Chris Kirby	South Lakes	10	SED	54.3	
4	13	Alfie Broatch	Carlisle	10	WHS	55.6	
5	11	Daniel Askew	Carlisle	10	RRM	56.6	
6	13	Alfie Broatch	Carlisle	10	WHS	57.0	
7	31	Will Stott	Eden	10	UCC	59.1	
8	32	Nicholas Richter	Eden	10	KSG	61.3	
T52		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	Bib	Name	District	Yr	Sch	Perf	
1	21	Ben Nutter	Allerdale	11	NTS	2:01.3	CS
2	51	Josh Todd	South Lakes	10	QKS	2:01.6	CS
3	52	Alfie Todd	South Lakes	10	QKS	2:05.1	
4	22	Seb Mason	Allerdale	10	KES	2:08.4	
5	61	Evan Beach	Furness	10	BER	2:18.3	
6	23	Troy Patterson	Allerdale	10	COC	2:21.6	
7	62	Robert Pike	Furness	10	ULV	2:28.5	
8	12	Ben Rook	Carlisle	10	RRM	2:28.8	
9	31	Theo Fennell	Eden	10	KSG	2:29.2	
10	32	Ethan Walker	Eden	10	UCC	2:34.5	
T24		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	Bib	Name	District	Yr	Sch	Perf	
1	52	James Brassington	South Lakes	10	QEK	4:14.5	CS
2	11	Alfie Lamb	Carlisle	11	TRI	4:16.9	CS
3	12	George Tiffin Lowe	Carlisle	10	AFS	4:23.0	
4	51	Alfie Addison	South Lakes	10	KKS	4:28.7	
5	31	Noah Harrison	Eden	10	UCC	4:49.6	
6	63	James Clarke	Furness	10	ULV	4:51.0	
7	13	Thomas Doswell	Carlisle	10	TRI	4:56.3	
8	22	Daniel Cooper	Allerdale	10	KES	5:50.7	
9	14	Tommy Judge	Carlisle (R)	10	RRM	5:13.1	
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	Bib	Name	District	Yr	Sch	Perf	
1	61	Will McNally	Furness	10	BER	9:27.2	CS
2	62	John Williamson	Furness	10	BER	10:06.2	
T36		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	Bib	Name	District	Yr	Sch	Perf	
1	31	Dan Kemp	Eden	10	UCC	19.0	
2	12	Jack Turnbull	Carlisle	10	WHS	20.0	
F15		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	Bib	Name	District	Yr	Sch	Perf	
1	51	Harrison Fletcher	South Lakes	-	DAL	5.80	
2	11	Oliver Graham	Carlisle	10	CAL	5.24	
3	32	Jonty Hansford	Eden	10	QEG	5.20	
4	13	Vitalli Kornatty	Carlisle	10	NEW	5.08	
5	21	Thomas Bailey	Allerdale	10	KES	4.86	
6	12	Jack Porter	Carlisle	10	RRC	4.73	
7	31	Dan Kemp	Eden	10	UCC	4.63	
8	63	Isaac Maclean	Furness	10	ULV	4.51	
9	61	Connor Leith	Furness	10	FAC	3.90	

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F27		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	Bib	Name	District	Yr	Sch	Perf	
1	52	Harrison Fletcher	South Lakes	-	DAL	1.84	CS
2	51	Ash Firth	South Lakes	11	SED	1.77	CS
3	32	Joe Leckie	Eden	11	QEG	1.65	
4	12	Tinotenda Josi	Carlisle	10	NEW	1.65	
5	31	Josh Muirhead	Eden	10	UCC	1.60	
6	22	Ernest Bordenave	Allerdale	10	NTS	1.55	
7	11	Joey Holmes	Carlisle	10	RRC	1.55	
8	14	Jay Kirkpatrick	Carlisle (R)	10	RRC	1.45	
F8		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	Bib	Name	District	Yr	Sch	Perf	
1	21	Archie Irving	Allerdale	10	NTS	11.94	
2	31	Noah Harrison	Eden	10	UCC	11.36	
3	11	Cameron Palmer	Carlisle	10	TRI	11.25	
4	51	Ben Jewsbury	South Lakes	10	SED	10.84	
5	62	Ewan Stamp	Furness	10	ULV	10.28	
6	53	Alfie Keeler	South Lakes	10	QEK	10.12	
F10		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	Bib	Name	District	Yr	Sch	Perf	
1	51	James Moore	South Lakes	10	SED	10.59	
2	21	Ashton Quigley	Allerdale	10	KES	9.37	
3	11	Josh Reibbitt	Carlisle	10	RRC	9.37	
4	22	Josh Doran	Allerdale	10	KES	9.29	
5	32	Matthew Austin	Eden	10	APP	9.23	
6	52	Nico Jones	South Lakes	10	SED	8.99	
7	12	Alex Palmer	Carlisle	10	TRI	8.74	
8	13	Ciaran Hanley	Carlisle	10	RRM	7.92	
F31		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	Bib	Name	District	Yr	Sch	Perf	
1	61	Simon Whiteside	Furness	10	FAC	48.35	CS
2	21	Callum Harrogate	Allerdale	10	COC	40.32	
3	31	Callum Gosney	Eden	10	UCC	34.16	
4	22	Jake Anderson	Allerdale	10	KES	33.94	
5	51	Jamie Taylor	South Lakes	10	SED	32.72	
6	42	Nathan Leder	Copeland	10	WHO	30.23	
7	11	Oliver B	Carlisle	10	CAL	28.16	
8	32	Matty Ostle	Eden	10	QEG	28.14	
9	12	Charlie Wightman	Carlisle	10	WHS	21.38	
10	24	Emilio Perestrelo	Allerdale (R)	10	NET	18.30	
F25		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	Bib	Name	District	Yr	Sch	Perf	
1	21	Ashton Quigley	Allerdale	10	KES	35.17	CS
2	51	Harry Hawkins	South Lakes	10	SED	31.68	
3	22	Josh Doran	Allerdale	10	KES	25.81	
4	52	Chris Kirby	South Lakes	10	SED	23.23	
5	32	Kharya Vermaark	Eden	10	QEG	22.60	
6	11	Max Taylor	Carlisle	10	CAL	22.22	
7	23	Matthew Clozier	Allerdale	10	NTS	20.47	
8	53	Gerard Mina-Tejada	South Lakes	10	KKS	17.57	
F1		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	Bib	Name	District	Yr	Sch	Perf	
1	11	Josh Reibbitt	Carlisle	10	RRC	46.62	CS

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T11		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	Bib	Name	District	Yr	Sch	Perf	
1	51	Izzy Foxton	South Lakes	10	SED	14.2	Q
2	31	Scarlett Byrne	Eden	10	QEG	14.7	Q
3	52	Lileah Gregory	South Lakes	10	SED	14.7	q
4	53	Maya Baker	South Lakes	10	WIN	14.8	q
5	13	Hannah Sisson	Carlisle	10	WHS	15.9	
T11		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	Bib	Name	District	Yr	Sch	Perf	
1	62	Gretta Morton	Furness	10	CHET	13.4	Q
2	41	Katie Kegg	Copeland	10	WHO	14.5	Q
3	22	Teagan Quigley	Allerdale	10	KES	14.9	q
4	23	Mia Hebson-Clayton	Allerdale	10	KES	15.4	q
T28		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	Bib	Name	District	Yr	Sch	Perf	
1	62	Gretta Morton	Furness	10	CHET	13.9	
2	51	Izzy Foxton	South Lakes	10	SED	14.1	
3	41	Katie Kegg	Copeland	10	WHO	14.2	
4	53	Maya Baker	South Lakes	10	WIN	14.5	
5	52	Lileah Gregory	South Lakes	10	SED	14.6	
6	31	Scarlett Byrne	Eden	10	QEG	14.9	
7	22	Teagan Quigley	Allerdale	10	KES	15.2	
8	23	Mia Hebson-Clayton	Allerdale	10	KES	15.5	
T16		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	Bib	Name	District	Yr	Sch	Perf	
1	11	Ella Smith	Carlisle	10	WHS	28.2	Q
2	41	Katie Kegg	Copeland	10	WHO	30.4	Q
3	33	Peri Watson	Eden	10	QEG	30.9	q
4	52	Emelia Stanford	South Lakes	10	SED	31.3	
5	13	Chloe Evans	Carlisle	10	TRI	32.2	
6	61	Evie-Mai Managh	Furness	10	BER	32.2	
T16		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	Bib	Name	District	Yr	Sch	Perf	
1	62	Gretta Morton	Furness	10	CHET	27.8	Q
2	51	Eleanor Brench	South Lakes	10	KKS	28.5	Q
3	32	Lexie Fowles	Eden	10	UCC	29.3	q
4	12	Freya Hodgson	Carlisle	10	CAL	29.4	q
5	53	Freya Coble	South Lakes	10	QEK	30.9	q
T41		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	Bib	Name	District	Yr	Sch	Perf	
1	62	Gretta Morton	Furness	10	CHET	27.8	
2	11	Ella Smith	Carlisle	10	WHS	28.4	
3	51	Eleanor Brench	South Lakes	10	KKS	28.4	
4	32	Lexie Fowles	Eden	10	UCC	29.3	
5	12	Freya Hodgson	Carlisle	10	CAL	29.3	
6	41	Katie Kegg	Copeland	10	WHO	30.6	

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T20		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	Bib	Name	District	Yr	Sch	Perf			
1	33	Anna Thompson	Eden	10	QEG	45.9		Q	
2	21	Emilia Mackman	Allerdale	10	COC	46.1		Q	
3	11	Olivia Robinson	Carlisle	10	WHS	48.7		q	
4	22	Teagan Quigley	Allerdale	10	KES	49.7		q	
5	13	Lily Marskall	Carlisle	10	TRI	51.9		q	
6	61	A Carruthers	Furness	10	FAC	52.0		q	
7	12	Maisie Askew	Carlisle	10	CAL	53.2			
T48		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	Bib	Name	District	Yr	Sch	Perf			
1	33	Anna Thompson	Eden	10	QEG	45.9			
2	21	Emilia Mackman	Allerdale	10	COC	46.1			
3	11	Olivia Robinson	Carlisle	10	WHS	48.7			
4	22	Teagan Quigley	Allerdale	10	KES	49.7			
5	13	Lily Marskall	Carlisle	10	TRI	51.9			
6	61	A Carruthers	Furness	10	FAC	52.0			
7	12	Maisie Askew	Carlisle	10	CAL	53.2			
T42		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	Bib	Name	District	Yr	Sch	Perf			
1	41	Annabel Starkey	Copeland	10	BEN	2:23.0		CS	
2	31	Anna Thompson	Eden	10	QEG	2:26.2			
3	33	Amara Rose	Eden	11	QEG	2:27.1			
4	53	Pippa Elbourne	South Lakes	10	KKS	2:36.3			
5	52	Isabelle Murphy	South Lakes	10	LAK	2:39.3			
6	63	Ellen Douglas	Furness	10	ULV	2:45.3			
7	62	Sophie Leadbetter	Furness	10	BER	2:46.5			
8	12	Abbie Smith	Carlisle	10	CAL	3:05.6			
9	21	Sophie Crawford	Allerdale	10	COC	3:15.6			
T49		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	Bib	Name	District	Yr	Sch	Perf			
1	31	Rose Gildaley	Eden	10	UCC	5:03.9		CS	
2	61	Marina Bailey	Furness	10	ULV	5:05.0			
3	21	Charlotte Hewitson	Allerdale	10	COC	5:28.0			
4	52	Katie Sandham	South Lakes	10	LAK	5:33.0			
5	32	Isla Birch	Eden	10	QEG	5:34.1			
6	22	Ruth Walker	Allerdale	11	COC	5:34.4			
7	62	Iona Barrowdale-Smith	Furness	10	ULV	5:35.4			
8	53	Vicky Woof	South Lakes	11	SET	5:44.8			
9	11	Gwen Mearns	Carlisle	10	WHS	5:51.9			
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	Bib	Name	District	Yr	Sch	Perf			
1	62	Georgia Bell	Furness	11	ULV	10:02.5		NS CBP	
2	31	Rose Gildaley	Eden	10	UCC	10:40.3		CS	
3	61	Honor Morton	Furness	10	CHET	12:20.7			
T34		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	Bib	Name	District	Yr	Sch	Perf			
1	63	Kira Jones	Furness	11	ULV	11.8		ES CBP	
2	52	Elif Sancar	South Lakes	10	SED	13.2			
3	11	Lucy Bell	Carlisle	10	TRI	13.5			
4	51	Hattie Smith	South Lakes	10	SED	14.0			
5	12	Ebony Dickinson	Carlisle	10	CAL	14.2			
6	53	Evie Wrennall	South Lakes	10	QEK	14.2			
7	31	Isabel Christmas	Eden	10	QEG	15.1			
8	13	Abigail Thoburn	Carlisle	10	RRM	15.3			

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F6		IG Long Jump			CC: Clara Davies (Eden) 4.61		
NS 5.50		ES 5.35		CS 4.80		CBP 5.59	
NS 5.50		CBP: Megan Busby (Carlisle) 2017					
Pos	Bib	Name	District	Yr	Sch	Perf	
1	21	Emilia Mackman	Allerdale	10	COC	4.81	CS
2	12	Lydia Bell	Carlisle	10	CAL	4.37	
3	32	Lexie Fowles	Eden	10	UCC	4.30	
4	33	Amara Rose	Eden	11	QEG	4.29	
5	52	Hattie Smith	South Lakes	10	SED	4.18	
6	51	Eleanor Brench	South Lakes	10	KKS	3.96	
7	11	Ella Smith	Carlisle	10	WHS	3.71	
8	63	Theadora Pierce	Furness	10	ULV	3.17	
9	62	Sophia Roy	Furness	10	ULV	3.04	
F21		IG High Jump			CC: Poppy Wilson (South Lakes) 1.51		
NS 1.70		ES 1.64		CS 1.52		CBP 1.71	
NS 1.70		CBP: R. Martin (Caldew) 1995					
Pos	Bib	Name	District	Yr	Sch	Perf	
1	52	Isabelle Murphy	South Lakes	10	LAK	1.48	
2	53	Vicky Woof	South Lakes	11	SET	1.45	
3	21	Olivia Montgomery	Allerdale	10	NET	1.40	
4	31	Peri Watson	Eden	10	QEG	1.40	
5	62	Hannah Thompson	Furness	10	MIL	1.30	
6	13	Isla Wareing	Carlisle	10	WHS	1.25	
7	61	Honor Morton	Furness	10	CHET	1.25	
8	12	Katie Millray	Carlisle	10	RRM	1.05	
F30		IG Triple Jump			CC: Elle Heathcote (South Lakes) 10.27		
NS 11.20		ES 10.90		CS 10.00		CBP 11.02	
NS 11.20		CBP: R. Hogg (St. Bees) 1998					
Pos	Bib	Name	District	Yr	Sch	Perf	
1	11	Lucy Bell	Carlisle	10	TRI	10.13	CS
2	51	Elif Sancar	South Lakes	10	SED	9.83	
3	52	Izzy Foxton	South Lakes	10	SED	9.43	
4	53	Clara Spiby	South Lakes	10	LAK	9.35	
5	12	Charlotte Scott	Carlisle	10	CAL	9.19	
6	61	Charlotte Whyte	Furness	10	MIL	8.97	
7	31	Shannon Storey	Eden	10	UCC	8.93	
F22		IG Shot 3Kg			CC: Millie Pearce (South Lakes) 11.19		
NS 12.70		ES 11.60		CS 10.00		CBP 12.80	
NS 12.70		CBP: T. Simpson-Sullivan (Ullswater) 2016					
Pos	Bib	Name	District	Yr	Sch	Perf	
1	21	Zara Armstrong	Allerdale	10	COC	9.56	
2	63	Theadora Pierce	Furness	10	ULV	8.39	
3	31	Tamsin Melling	Eden	10	QEG	8.24	
4	61	A Carruthers	Furness	10	FAC	7.67	
5	51	Eleanor Hanson	South Lakes	10	SED	7.57	
6	22	Jessica Mitchison	Allerdale	11	WAC	7.45	
7	62	Rhianna Moore	Furness	10	FAC	6.78	
8	52	Evie Wrennall	South Lakes	10	QEK	6.00	
9	53	Ruby Ainsworth	South Lakes	10	LAK	5.92	
F18		IG Javelin 500g			CC: Lily Joyce (Allerdale) 31.45		
NS 41.00		ES 38.00		CS 33.00		CBP 38.45	
NS 41.00		CBP: E Dibble (S. Lakes) 2016					
Pos	Bib	Name	District	Yr	Sch	Perf	
1	21	Zara Armstrong	Allerdale	10	COC	28.11	
2	31	Ainara Cowan	Eden	10	QEG	24.48	
3	23	Abigail Foster	Allerdale	10	COC	19.44	
4	53	Clara Spiby	South Lakes	10	LAK	19.34	
5	51	Olivia Barley	South Lakes	10	SED	18.72	
6	63	Anika Blood	Furness	10	ULV	17.37	
7	13	Evie Rook	Carlisle	10	CAL	16.12	
8	61	Beth Sim	Furness	10	FAC	11.07	

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F33 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	Bib	Name	District	Yr	Sch	Perf
1	22	Grace Harris	Allerdale	10	NTS	24.31
2	51	Eleanor Hanson	South Lakes	10	SED	22.27
3	33	Neve Winder	Eden	11	QEG	14.82
4	31	Ainara Cowan	Eden	10	QEG	14.76
F3 IG Hammer 3Kg			CC: Emily Carruthers (Allerdale) 24.12			
NS 53.00 ES 48.00 CS 38.00 CBP 53.84			CBP: T. Simpson-Sullivan (Ullswater) 2017			
Pos	Bib	Name	District	Yr	Sch	Perf
1	11	Anna Brocklebank	Carlisle	10	WHS	33.73
2	22	Jessica Mitchison	Allerdale	11	WAC	32.26
3	21	Abigail Foster	Allerdale	10	COC	23.96

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Senior Boys

T29 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	Bib	Name	District	Yr	Sch	Perf
1	52	Kannon Apelgren	South Lakes	-	DAL	12.9
2	51	Alex Dumitrascu	South Lakes	12	LAK	13.0
T18 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	Bib	Name	District	Yr	Sch	Perf
1	51	Jack Collett	South Lakes	12	QEK	59.1
T31 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	Bib	Name	District	Yr	Sch	Perf
1	11	James Bowen	Carlisle	13	NEW	2:00.1 CS
2	52	Jack Collett	South Lakes	12	QEK	2:06.9
T44 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	Bib	Name	District	Yr	Sch	Perf
1	51	Dan Dean	South Lakes	12	SED	4:17.9
2	11	Kai Hatcher	Carlisle	12	WHS	4:22.1
3	61	Joe Turner	Furness	12	ULV	4:30.0
4	12	Ashley Todd	Carlisle	13	WHS	4:30.0
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	Bib	Name	District	Yr	Sch	Perf
1	61	Joe Turner	Furness	12	ULV	9:46.1
F16 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	Bib	Name	District	Yr	Sch	Perf
1	11	Harry Bowen	Carlisle	13	NEW	6.08
2	51	Jack Spiby	South Lakes	12	LAK	5.26
3	52	Alex Dumitrascu	South Lakes	12	LAK	4.57
F28 SB High Jump			CC: Max Pearce (South Lakes) 1.90			
NS 2.01 ES 1.95 CS 1.83 CBP 2.04			CBP: A. Edgar (Trinity) 1984			
Pos	Bib	Name	District	Yr	Sch	Perf
1	11	Harry Bowen	Carlisle	13	NEW	1.80
F32 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	Bib	Name	District	Yr	Sch	Perf
1	51	Archie Dayman	South Lakes	12	SED	41.96

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Senior Girls

T30	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	Bib	Name	District	Yr	Sch	Perf
1	51	Jemima Appiah-Metcalf	South Lakes	12	SED	13.3
2	52	Bea Pandy	South Lakes	12	SED	13.7
3	53	Martha Broderick	South Lakes	12	SED	14.4
T37	SG 200m Final			CC:		
NS 25.1	ES 25.8	CS 26.5	CBP 25.0	CBP: S. Robinson (Trinity) 1982		
Pos	Bib	Name	District	Yr	Sch	Perf
1	51	Jemima Appiah-Metcalf	South Lakes	12	SED	27.1
T17	SG 400m Final			CC:		
NS 57.0	ES 58.3	CS 61.0	CBP 57.6	CBP: K. Davies (Q.E.K. Lonsdale) 1979		
Pos	Bib	Name	District	Yr	Sch	Perf
1	52	Hanna Follett	South Lakes	12	SED	66.3
T32	SG 800m Final			CC:		
NS 2:12.0	ES 2:15.0	CS 2:25.0	CBP 2:12.9	CBP: P. McCrea (Morton) 1996		
Pos	Bib	Name	District	Yr	Sch	Perf
1	51	Sarah Smith	South Lakes	12	DAL	2:14.2 ES
2	41	Ebony Blackwell	Copeland	12	BEN	2:22.2 CS
3	52	Sophie Rylance	South Lakes	12	DAL	2:26.6
T45	SG 1500m			CC: Esme Davies (Eden) 4:58.1		
NS 4:36.0	ES 4:42.0	CS 5:00.0	CBP 4:42.2	CBP: N. Tait (Wyndham) 1989		
Pos	Bib	Name	District	Yr	Sch	Perf
1	51	Niamh Barnsley-Ryan	South Lakes	12	DAL	7:08.7
F7	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	Bib	Name	District	Yr	Sch	Perf
1	52	Hanna Follett	South Lakes	12	SED	4.57
2	53	Libby Martin	South Lakes	12	SED	4.28
3	54	Martha Broderick	South Lakes (R)	12	SED	4.15
F19	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	Bib	Name	District	Yr	Sch	Perf
1	52	Libby Martin	South Lakes	12	SED	25.49
2	51	Christina Taboada Cortegoso	South Lakes	12	SED	23.40
F4	SG Hammer 4 Kg			CC:		
NS 47.00	ES 43.00	CS 31.00	CBP 47.39	CBP: K.Barnard (Appleby) 2012		
Pos	Bib	Name	District	Yr	Sch	Perf
1	11	Lucie Martin	Carlisle	12	CCO	34.11 CS