|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | | | | | | | | | | | | | | | | | | | | | | |
| **70 U11M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 10.2 | [Callum Howe](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=858383) |  | U11 | M | 11 |  | Seaton | 9.9 | 9.9 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329184) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 10.4 | [Seb Mason](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=861200) | **PB** | U11 | M | 10 |  | Border | 10.4 | 10.4 | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329185) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 10.5 | Myles Farren |  | U11 | M |  |  | B&FS |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329186) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 11.4 | [Jonas Rowell](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=790315) |  | U11 | M | 11 |  | Seaton | 11.0 | 11.0 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 11.5 | Oliver Walker |  | U11 | M |  |  | Seaton |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 11.7 | [Kier Starkie](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=792027) | **PB** | U11 | M | 11 |  | Copeland | 11.7 | 11.7 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 | 11.8 | [Charlie Walker](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=858010) |  | U11 | M | 11 |  | Annan | 11.0 | 11.0 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8 | 11.9 | [Leylon Roberts](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=893988) |  | U11 | M | 10 |  | Seaton | 10.8 | 10.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **70 U11W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 10.9 | [Courtney Barbour](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=775843) |  | U11 | W | 11 |  | Annan | 10.1 | 10.1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 11.2 | Aimee Broomby |  | U11 | W |  |  | C/Asp |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 11.5 | Jessica Forster |  | U11 | W |  |  | Annan&Dist |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 11.6 | [Jessica Price](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=893880) | **PB** | U11 | W | 11 |  | Seaton | 11.6 | 11.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 11.9 | [Georgia Bell](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=788726) |  | U11 | W | 11 |  | Barrow & Furness | 11.6 | 11.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 11.9 | [Zoe Stewart](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=775698) |  | U11 | W | 11 |  | Seaton | 11.6 | 11.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **70 U11W h1** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 10.9 | [Courtney Barbour](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=775843) |  | U11 | W | 11 |  | Annan | 10.1 | 10.1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 11.3 | Aimee Broomby |  | U11 | W |  |  | C/Asp |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 11.6 | Jessica Forster |  | U11 | W |  |  | Annan&Dist |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 11.7 | [Zoe Stewart](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=775698) |  | U11 | W | 11 |  | Seaton | 11.6 | 11.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 12.0 | [Olivia Swarbrick](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=876312) |  | U11 | W | 11 |  | Copeland | 11.9 | 11.9 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 12.8 | [Annabel Starkie](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=875964) | **PB** | U11 | W | 10 |  | Copeland | 12.8 | 12.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 | 13.6 | [Ava Greeson](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=867611) | **PB** | U11 | W | 10 |  | Copeland | 13.6 | 13.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **70 U11W h2** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 11.7 | [Jessica Price](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=893880) |  | U11 | W | 11 |  | Seaton | 11.6 | 11.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 11.8 | Scarlett Jardine |  | U11 | W |  |  | C/Asp |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 11.8 | [Georgia Bell](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=788726) |  | U11 | W | 11 |  | Barrow & Furness | 11.6 | 11.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 12.1 | [Ellie-May Callander](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=778302) |  | U11 | W | 11 |  | Copeland | 11.5 | 11.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 12.2 | [Felicity Ancell](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=797118) |  | U11 | W | 10 |  | Copeland | 11.3 | 11.3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 12.6 | [Zara Armstrong](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=862022) |  | U11 | W | 10 |  | Copeland | 11.5 | 11.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 | 12.9 | [Chelsea Callander](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=857605) |  | U11 | W | 10 |  | Copeland | 12.7 | 12.7 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | | | | | | | | | | | | | | | | | | | | | | | |
| **75 U13M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 10.6 | [James Bell](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=862586) | **PB** | U13 | M | 1 |  | Carlisle Aspatria | 10.6 | 10.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 10.7 | [Ethan Seeds](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=657117) |  | U13 | M | 2 |  | Seaton | 10.6 | 10.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 11.0 | [Robbie Byers](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=764272) |  | U13 | M | 2 |  | Annan | 10.2 | 10.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 11.0 | [Lucas Seal](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=875090) |  | U13 | M | 1 |  | Barrow & Furness | 10.9 | 10.9 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 11.4 | [Alexander Rhodes](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=742374) |  | U13 | M | 2 | [Brian Thompson](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=11046) | Copeland/Cumberland Fell Runners | 10.6 | 10.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 11.5 | [Alex Waugh](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=714155) |  | U13 | M | 1 |  | Annan/Stewartry | 10.8 | 10.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **75 U13M h1** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 10.9 | [Ethan Seeds](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=657117) |  | U13 | M | 2 |  | Seaton | 10.6 | 10.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 10.9 | [Robbie Byers](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=764272) |  | U13 | M | 2 |  | Annan | 10.2 | 10.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 11.4 | [Alex Waugh](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=714155) |  | U13 | M | 1 |  | Annan/Stewartry | 10.8 | 10.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 12.7 | Craig Birkett |  | U13 | M |  |  | Seaton |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 13.9 | [Kyan Willis](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=683082) |  | U13 | M | 2 |  | Copeland | 13.1 | 13.1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **75 U13M h2** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 10.9 | James Bell |  | U13 | M |  |  | C/Asp |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 11.6 | [Jake Mitchell](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=657684) |  | U13 | M | 2 |  | Annan | 10.8 | 10.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 11.6 | [Lucas Farren](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=764199) |  | U13 | M | 1 |  | Barrow & Furness | 11.1 | 11.1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 12.1 | [Daniel Woodcock](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=886013) |  | U13 | M | 2 |  | Seaton | 11.4 | 11.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 13.1 | [Matthew Casson](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=802665) |  | U13 | M | 2 |  | Copeland | 12.1 | 12.1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **75 U13M h3** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 11.1 | [Lucas Seal](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=875090) |  | U13 | M | 1 |  | Barrow & Furness | 10.9 | 10.9 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 11.3 | [Alexander Rhodes](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=742374) |  | U13 | M | 2 | [Brian Thompson](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=11046) | Copeland/Cumberland Fell Runners | 10.6 | 10.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 11.6 | [Luke Dawson](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=728845) |  | U13 | M | 2 |  | Carlisle Aspatria | 11.3 | 11.3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 11.6 | [Ethan Seeds](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=657117) |  | U13 | M | 2 |  | Seaton | 10.6 | 10.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 13.1 | [Sam Rowell](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=829019) |  | U13 | M | 2 |  | Seaton | 11.1 | 11.1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 13.4 | [Elliot Hodgson](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=859885) |  | U13 | M | 2 |  | Copeland | 12.3 | 12.3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 | 13.5 | [Jake Kirkpatrick](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=790703) |  | U13 | M | 1 |  | Annan | 12.5 | 12.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **75 U13W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 10.8 | [Beth Jolly](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=661282) |  | U13 | W | 1 | [Terry Hughes](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=196887) | Seaton | 10.1 | 10.1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 10.8 | [Rosie Blue Sky Lawler](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=614969) |  | U13 | W | 1 |  | Copeland | 10.1 | 10.1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 10.8 | [Isabel Sunley](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=784972) |  | U13 | W | 2 |  | Seaton | 10.4 | 10.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 10.8 | [Faith Griffiths](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=776827) |  | U13 | W | 2 |  | Annan | 10.4 | 10.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 11.4 | [Rebecca O'Donovan](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=685648) |  | U13 | W | 2 |  | Barrow & Furness | 10.8 | 10.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 11.4 | [Rona Sandford](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=749224) | **PB** | U13 | W | 2 |  | Annan | 11.4 | 11.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **75 U13W h1** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 11.1 | [Faith Griffiths](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=776827) |  | U13 | W | 2 |  | Annan | 10.4 | 10.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 11.3 | [Isabel Sunley](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=784972) |  | U13 | W | 2 |  | Seaton | 10.4 | 10.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 12.2 | Tilly Gray |  | U13 | W |  |  | C/Asp |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 12.4 | Katie Irving |  | U13 | W |  |  | C/Asp |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 13.6 | [Catherine Crighton](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=864897) | **PB** | U13 | W | 1 |  | Copeland | 13.6 | 13.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **75 U13W h2** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 11.0 | [Beth Jolly](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=661282) |  | U13 | W | 1 | [Terry Hughes](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=196887) | Seaton | 10.1 | 10.1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 11.6 | [Rebecca O'Donovan](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=685648) |  | U13 | W | 2 |  | Barrow & Furness | 10.8 | 10.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 11.9 | [Megan Crelling](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=604238) |  | U13 | W | 2 |  | Seaton | 11.2 | 11.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 12.6 | [Hannah Oakley](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=872781) | **PB** | U13 | W | 1 |  | Copeland | 12.6 | 12.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 13.0 | Evie Little |  | U13 | W |  |  | C/Asp |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **75 U13W h3** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 10.7 | [Rosie Blue Sky Lawler](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=614969) |  | U13 | W | 1 |  | Copeland | 10.1 | 10.1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 11.5 | [Rona Sandford](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=749224) | **PB** | U13 | W | 2 |  | Annan | 11.4 | 11.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 11.8 | [Katey Quayle](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=657124) |  | U13 | W | 2 |  | Seaton | 11.1 | 11.1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 12.1 | [Natasha Crowe](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=762997) | **PB** | U13 | W | 1 |  | Barrow & Furness | 12.1 | 12.1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 12.3 | Lucie Broomby |  | U13 | W |  |  | C/Asp |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | | | | | | | | | | | | | | | | | | | | | | | |
| **100 U20M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 11.9 | [Reece Stalker](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=377744) |  | U20 | M | 1 |  | Seaton | 11.5 | 11.3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 12.6 | [Holden Studholme](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=750277) |  | U20 | M | 1 | [Terry Hughes](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=196887) | Seaton | 11.8 | 11.7 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **100 U17M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 12.1 | [Louie Doran](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=298415) |  | U17 | M | 2 |  | Seaton | 11.6 | 11.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 13.1 | Lewis Atkinson |  | U17 | M |  |  | Seaton |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **100 U15M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 12.1 | [Finlay Waugh](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=443660) |  | U15 | M | 2 | [Michael Love](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=195851) | Annan/Stewartry | 11.5 | 11.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 13.7 | [Joseph Crawford](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=557114) |  | U15 | M | 1 |  | Seaton | 13.2 | 13.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **100 U17W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 13.6 | [Millie Chadwick](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=628229) |  | U17 | W | 1 |  | Barrow & Furness | 13.1 | 13.1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 13.7 | Rachel Carr |  | U17 | W |  |  | C/Asp |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 13.9 | [Lauren Parr](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=395938) |  | U17 | W | 2 |  | Seaton | 13.6 | 12.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 14.3 | [Nicole Byers](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=775788) |  | U17 | W | 1 |  | Annan | 13.7 | 13.7 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 16.2 | [Niamh Flynn](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=794528) | **SB** | U17 | W | 2 |  | Copeland | 16.2 | 15.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **100 U15W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 13.5 | [Kayleigh Watson](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=521982) |  | U15 | W | 1 | [Terry Hughes](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=196887) | Seaton | 12.5 | 12.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 14.1 | [Bethan Parr](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=562408) | **PB** | U15 | W | 1 |  | Seaton | 14.1 | 14.1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 14.2 | Amy Carr |  | U15 | W |  |  | C/Asp |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 14.4 | [Hannah Garrett](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=641443) |  | U15 | W | 2 |  | Annan | 13.5 | 13.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 14.5 | [Shannon Thompson](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=458226) |  | U15 | W | 1 |  | Seaton | 14.0 | 14.0 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **100 U15W h1** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 13.9 | [Kayleigh Watson](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=521982) |  | U15 | W | 1 | [Terry Hughes](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=196887) | Seaton | 12.5 | 12.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 14.4 | Amy Carr |  | U15 | W |  |  | C/Asp |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 14.5 | [Hannah Garrett](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=641443) |  | U15 | W | 2 |  | Annan | 13.5 | 13.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 14.9 | [Millie Riddle](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=795991) |  | U15 | W | 2 |  | Seaton | 14.1 | 14.1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 15.5 | [Elizabeth Rhodes](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=742376) | **SB** | U15 | W | 2 |  | Copeland | 15.5 | 14.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **100 U15W h2** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 14.3 | [Bethan Parr](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=562408) |  | U15 | W | 1 |  | Seaton | 14.1 | 14.1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 14.6 | [Shannon Thompson](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=458226) |  | U15 | W | 1 |  | Seaton | 14.0 | 14.0 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 14.7 | [Amy Lovidge](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=719436) |  | U15 | W | 2 |  | Barrow & Furness | 14.1 | 13.9 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 14.9 | Brooke Steel |  | U15 | W |  |  | C/Asp |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | | | | | | | | | | | | | | | | | | | | | | | |
| **150 U13M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 20.6 | [Finlay Starkie](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=735508) |  | U13 | M | 2 |  | Copeland | 20.2 | 20.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 21.4 | [James Bell](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=862586) | **PB** | U13 | M | 1 |  | Carlisle Aspatria | 21.4 | 21.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 22.5 | [Alex Waugh](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=714155) |  | U13 | M | 1 |  | Annan/Stewartry | 21.9 | 21.9 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 22.8 | [Oliver Metcalf](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=738867) |  | U13 | M | 1 |  | Seaton | 21.9 | 21.9 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 23.2 | [Sam Rowell](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=829019) |  | U13 | M | 2 |  | Seaton | 22.4 | 22.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **150 U13M h1** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 22.5 | [Alex Waugh](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=714155) |  | U13 | M | 1 |  | Annan/Stewartry | 21.9 | 21.9 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 22.6 | [Oliver Metcalf](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=738867) |  | U13 | M | 1 |  | Seaton | 21.9 | 21.9 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 22.7 | [Sam Rowell](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=829019) |  | U13 | M | 2 |  | Seaton | 22.4 | 22.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 22.9 | [Lucas Farren](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=764199) |  | U13 | M | 1 |  | Barrow & Furness | 22.8 | 22.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 25.3 | [Matthew Casson](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=802665) |  | U13 | M | 2 |  | Copeland | 24.3 | 24.3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 25.3 | [Elliot Hodgson](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=859885) |  | U13 | M | 2 |  | Copeland | 24.8 | 24.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **150 U13M h2** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 20.2 | [Finlay Starkie](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=735508) | **PB** | U13 | M | 2 |  | Copeland | 20.2 | 20.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 21.5 | James Bell |  | U13 | M |  |  | C/Asp |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 22.0 | [Daniel Woodcock](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=886013) | **PB** | U13 | M | 2 |  | Seaton | 22.0 | 22.0 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 23.5 | [Oliver Denvir](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=786283) | **PB** | U13 | M | 1 | [Terry Hughes](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=196887) | Seaton | 23.5 | 23.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 25.1 | Craig Birkett |  | U13 | M |  |  | Seaton |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 25.8 | Gregg Banard-McKenzie |  | U13 | M |  |  | B&FS |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **150 U13W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 21.6 | [Beth Jolly](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=661282) |  | U13 | W | 1 | [Terry Hughes](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=196887) | Seaton | 20.6 | 20.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 22.1 | [Isabel Sunley](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=784972) |  | U13 | W | 2 |  | Seaton | 20.8 | 20.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 22.6 | [Leanna Giles](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=722612) |  | U13 | W | 2 |  | Copeland | 21.9 | 21.9 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 22.7 | [Rebecca O'Donovan](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=685648) |  | U13 | W | 2 |  | Barrow & Furness | 21.4 | 21.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 23.3 | [Laura Brown](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=726599) |  | U13 | W | 2 |  | Barrow & Furness | 22.2 | 22.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **150 U13W h1** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 21.6 | [Beth Jolly](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=661282) |  | U13 | W | 1 | [Terry Hughes](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=196887) | Seaton | 20.6 | 20.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 22.0 | [Isabel Sunley](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=784972) |  | U13 | W | 2 |  | Seaton | 20.8 | 20.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 22.5 | [Rebecca O'Donovan](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=685648) |  | U13 | W | 2 |  | Barrow & Furness | 21.4 | 21.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 22.9 | [Laura Brown](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=726599) |  | U13 | W | 2 |  | Barrow & Furness | 22.2 | 22.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 23.0 | [Zoe Mitchell](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=657683) | **PB** | U13 | W | 2 |  | Annan | 23.0 | 23.0 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **150 U13W h2** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 22.1 | [Leanna Giles](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=722612) |  | U13 | W | 2 |  | Copeland | 21.9 | 21.9 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 23.6 | Tilly Gray |  | U13 | W |  |  | C/Asp |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 23.6 | [Katey Quayle](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=657124) |  | U13 | W | 2 |  | Seaton | 22.7 | 22.7 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 23.6 | [Megan Crelling](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=604238) |  | U13 | W | 2 |  | Seaton | 22.7 | 22.7 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 24.4 | [Natasha Crowe](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=762997) |  | U13 | W | 1 |  | Barrow & Furness | 24.1 | 24.1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | | | | | | | | | | | | | | | | | | | | | | | |
| **200 U20M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 23.7 | [Reece Stalker](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=377744) |  | U20 | M | 1 |  | Seaton | 22.9 | 22.9 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 25.1 | [Holden Studholme](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=750277) |  | U20 | M | 1 | [Terry Hughes](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=196887) | Seaton | 24.5 | 24.0 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **200 U17M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 24.6 | [Louie Doran](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=298415) |  | U17 | M | 2 |  | Seaton | 23.6 | 23.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **200 U17W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 28.1 | [Millie Chadwick](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=628229) |  | U17 | W | 1 |  | Barrow & Furness | 27.7 | 27.3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 28.2 | [Lauren Parr](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=395938) |  | U17 | W | 2 |  | Seaton | 27.9 | 26.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 28.2 | Rachel Carr |  | U17 | W |  |  | C/Asp |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **200 U15W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 28.5 | [Kayleigh Watson](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=521982) |  | U15 | W | 1 | [Terry Hughes](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=196887) | Seaton | 26.8 | 26.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 29.3 | [Amelia Metcalf](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=561534) |  | U15 | W | 1 |  | Seaton | 29.1 | 29.1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 29.4 | Amy Carr |  | U15 | W |  |  | C/Asp |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 30.1 | [Millie Riddle](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=795991) | **PB** | U15 | W | 2 |  | Seaton | 30.1 | 30.1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 31.7 | [Elizabeth Rhodes](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=742376) | **SB** | U15 | W | 2 |  | Copeland | 31.7 | 31.3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | | | | | | | | | | | | | | | | | | | | | | | |
| **300 U15M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 39.7 | [Finlay Waugh](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=443660) | **PB** | U15 | M | 2 | [Michael Love](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=195851) | Annan/Stewartry | 39.7 | 39.7 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **300 U17W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 44.1 | [Rebecca Keen](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=435651) |  | U17 | W | 2 |  | Barrow & Furness | 43.2 | 43.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | | | | | | | | | | | | | | | | | | | | | | | |
| **400 U20M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 52.6 | [Reece Stalker](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=377744) |  | U20 | M | 1 |  | Seaton | 50.10 | 50.10 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 52.9 | [David King](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=316086) | **PB** | U20 | M | 2 |  | Seaton | 52.9 | 52.9 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 56.8 | [Holden Studholme](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=750277) |  | U20 | M | 1 | [Terry Hughes](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=196887) | Seaton | 55.6 | 55.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **400 U17M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 60.7 | [Brad King](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=459948) |  | U17 | M | 2 |  | Seaton | 56.4 | 56.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **400 U20W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 64.2 | [Tiffany Penfold](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=329439) |  | U20 | W | 2 |  | Copeland/Copeland | 60.9 | 60.9 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | | | | | | | | | | | | | | | | | | | | | | | |
| **600 U11M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 1:51.0 | [Alfie Lamb](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=861349) | **PB** | U11 | M | 11 |  | Seaton | 1:51.0 | 1:51.0 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 1:51.1 | [Seb Mason](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=861200) | **PB** | U11 | M | 10 |  | Border | 1:51.1 | 1:51.1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 1:58.0 | Myles Farren |  | U11 | M |  |  | B&FS |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 2:04.8 | [Leylon Roberts](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=893988) |  | U11 | M | 10 |  | Seaton | 2:04.7 | 2:04.7 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 2:05.0 | [Jonas Rowell](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=790315) |  | U11 | M | 11 |  | Seaton | 1:56.3 | 1:56.3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 2:10.3 | [Charlie Walker](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=858010) |  | U11 | M | 11 |  | Annan | 2:08.7 | 2:08.7 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **600 U11W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 1:57.4 | Aimee Broomby |  | U11 | W |  |  | C/Asp |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 1:57.6 | [Georgia Bell](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=788726) | **PB** | U11 | W | 11 |  | Barrow & Furness | 1:57.6 | 1:57.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 2:00.1 | [Evie Bryden](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=656385) | **PB** | U11 | W | 11 |  | Annan | 2:00.1 | 2:00.1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 2:03.9 | [Jessica Price](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=893880) |  | U11 | W | 11 |  | Seaton | 1:59.2 | 1:59.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 2:05.1 | [Olivia Swarbrick](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=876312) | **PB** | U11 | W | 11 |  | Copeland | 2:05.1 | 2:05.1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 2:08.0 | [Ellie-May Callander](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=778302) |  | U11 | W | 11 |  | Copeland | 2:05.8 | 2:05.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 | 2:11.1 | [Ami Miller](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=855819) |  | U11 | W | 10 |  | Annan | 2:10.7 | 2:10.7 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8 | 2:12.6 | [Zoe Stewart](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=775698) | **PB** | U11 | W | 11 |  | Seaton | 2:12.6 | 2:12.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 9 | 2:18.8 | [Katie Thwaytes](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=833998) | **PB** | U11 | W | 10 |  | Copeland | 2:18.8 | 2:18.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10 | 2:22.1 | [Chelsea Callander](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=857605) |  | U11 | W | 10 |  | Copeland | 2:21.0 | 2:21.0 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 11 | 2:26.1 | Lucy Woodcock |  | U11 | W |  |  | Seaton |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | | | | | | | | | | | | | | | | | | | | | | | |
| **800 U13M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 2:22.1 | [Finlay Starkie](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=735508) |  | U13 | M | 2 |  | Copeland | 2:20.2 | 2:20.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 2:34.9 | [Thomas Forster](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=858501) |  | U13 | M | 1 |  | Annan | 2:32.8 | 2:32.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 2:35.2 | [Oliver Metcalf](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=738867) |  | U13 | M | 1 |  | Seaton | 2:32.0 | 2:32.0 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 2:39.0 | Gregg Banard-McKenzie |  | U13 | M |  |  | B&FS |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 2:39.8 | [Alexander Rhodes](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=742374) | **PB** | U13 | M | 2 | [Brian Thompson](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=11046) | Copeland/Cumberland Fell Runners | 2:39.8 | 2:39.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **800 U13W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 2:31.4 | [Ebony Blackwell](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=725930) |  | U13 | W | 1 |  | Copeland | 2:25.5 | 2:25.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 2:35.3 | [Isla Cooper](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=776940) |  | U13 | W | 2 |  | Annan | 2:31.8 | 2:31.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 2:35.5 | [Laura Brown](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=726599) |  | U13 | W | 2 |  | Barrow & Furness | 2:30.2 | 2:30.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 2:39.1 | [Leanna Giles](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=722612) |  | U13 | W | 2 |  | Copeland | 2:34.1 | 2:34.1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 2:49.0 | Cicely Johnson-Ferguson |  | U13 | W |  |  | Annan&Dist |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 2:51.5 | Katie Irving |  | U13 | W |  |  | C/Asp |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 | 2:52.6 | [Lucy Swarbrick](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=765102) |  | U13 | W | 1 |  | Barrow & Furness | 2:47.4 | 2:47.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8 | 3:04.3 | [Rosie Murray](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=762745) |  | U13 | W | 1 |  | Barrow & Furness | 2:57.6 | 2:57.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 9 | 3:05.8 | [Ellie Byers](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=775787) |  | U13 | W | 1 |  | Annan | 3:02.1 | 3:02.1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | | | | | | | | | | | | | | | | | | | | | | | |
| **1500 U20M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 4:22.2 | [Joseph Dugdale](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=659403) |  | U20 | M | 1 |  | Copeland/Cumberland Fell Runners | 4:10.58 | 4:10.58 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 4:39.5 | [Zak Anderson](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=555036) | **PB** | U20 | M | 1 |  | Seaton | 4:39.5 | 4:39.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **1500 U17M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 4:30.0 | [Joshua Michael Liddle](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=819246) | **PB** | U17 | M | 2 |  | Eden Runners | 4:30.0 | 4:30.0 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 4:40.4 | [Craig Bottomley](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=646297) |  | U17 | M | 1 |  | Eden Runners | 4:37.2 | 4:37.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 4:58.2 | [Max Parry](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=849451) |  | U17 | M | 1 | [Brian Thompson](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=11046) | Cumberland Fell Runners/Team North Cumbria | 4:42.85 | 4:42.85 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 5:06.2 | [Paul Kitzinger](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=567136) | **PB** | U17 | M | 2 |  | Annan | 5:06.2 | 5:06.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 5:29.7 | [Brad King](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=459948) |  | U17 | M | 2 |  | Seaton | 5:17.4 | 5:09.0 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **1500 U15M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 4:53.0 | [Danny Bryden](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=640252) |  | U15 | M | 2 |  | Annan | 4:43.5 | 4:43.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 5:02.6 | Anna Mason |  | U15 | M |  |  | Border |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 5:11.5 | Edward Wake |  | U15 | M |  |  | Seaton |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 5:13.3 | Emily Swarbrick |  | U15 | M |  |  | Copeland |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 5:21.2 | Jemma Atkinson |  | U15 | M |  |  | Seaton |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 5:25.8 | Catriona Paton |  | U15 | M |  |  | Annan&Dist |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 5:41.0 | Holly Murray |  | U15 | M |  |  | B&FS |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 5:45.0 | Amelia Metcalf |  | U15 | M |  |  | Seaton |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 5:49.9 | [Anthony Riddle](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=874347) | **PB** | U15 | M | 1 |  | Seaton | 5:49.9 | 5:49.9 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **1500 U17W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 5:21.2 | [Mia Easthope](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=609906) |  | U17 | W | 1 | [Brian Thompson](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=11046) | Copeland/Cumberland Fell Runners | 5:00.29 | 4:58.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 6:26.3 | Caitlin Hodkinson |  | U17 | W |  |  | Annan&Dist |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | | | | | | | | | | | | | | | | | | | | | | | |
| **HJ U17M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 1.30 | [Louie Doran](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=298415) |  | U17 | M | 2 |  | Seaton | 1.50 | 1.50 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **HJ U15M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 1.60 | [Finlay Waugh](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=443660) | **PB** | U15 | M | 2 | [Michael Love](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=195851) | Annan/Stewartry | 1.60 | 1.60 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **HJ U13M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 1.30 | [Liam Bond](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=781216) | **PB** | U13 | M | 2 |  | Carlisle Aspatria | 1.30 | 1.30 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 1.25 | [Oliver Denvir](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=786283) |  | U13 | M | 1 | [Terry Hughes](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=196887) | Seaton | 1.32 | 1.32 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 1.25 | [Ethan Seeds](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=657117) |  | U13 | M | 2 |  | Seaton | 1.31 | 1.31 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 1.10 | [Jake Kirkpatrick](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=790703) | **PB** | U13 | M | 1 |  | Annan | 1.10 | 1.10 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **HJ U11M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 1.15 | [Callum Howe](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=858383) | **PB** | U11 | M | 11 |  | Seaton | 1.15 | 1.15 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 1.00 | [Harrison Rogers](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=874598) |  | U11 | M | 10 |  | Copeland | 1.05 | 1.05 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 0.90 | [Thomas Thwaytes](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=876812) | **PB** | U11 | M | 10 |  | Copeland | 0.90 | 0.90 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **HJ U15W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 1.35 | [Shannon Thompson](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=458226) |  | U15 | W | 1 |  | Seaton | 1.41 | 1.41 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **HJ U11W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 1.05 | Lucy Woodcock |  | U11 | W |  |  | Seaton |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 1.00 | [Katie Thwaytes](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=833998) | **PB** | U11 | W | 10 |  | Copeland | 1.00 | 1.00 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 1.00 | [Zara Armstrong](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=862022) | **PB** | U11 | W | 10 |  | Copeland | 1.00 | 1.00 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 1.00 | [Zoe Stewart](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=775698) | **PB** | U11 | W | 11 |  | Seaton | 1.00 | 1.00 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 0.95 | Zoe Denvir |  | U11 | W |  |  | Seaton |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 0.90 | Darcey Crelling |  | U11 | W |  |  | Seaton |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | | | | | | | | | | | | | | | | | | | | | | | |
| **LJ U17M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 4.33 | [Luke Eneas](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=466030) | **PB** | U17 | M | 1 |  | Seaton/Team North Cumbria | 4.33 | 4.33 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **LJ U15M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 4.72 | [Joseph Crawford](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=557114) |  | U15 | M | 1 |  | Seaton | 4.84 | 4.84 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **LJ U13M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 4.35 | [Oscar Doran](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=450204) |  | U13 | M | 2 |  | Seaton | 5.03 | 5.03 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 4.15 | [Luke Dawson](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=728845) |  | U13 | M | 2 |  | Carlisle Aspatria | 4.37 | 4.38 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 4.14 | [Ethan Seeds](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=657117) | **PB** | U13 | M | 2 |  | Seaton | 4.34 | 4.34 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 4.02 | [Sam Rowell](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=829019) |  | U13 | M | 2 |  | Seaton | 4.03 | 4.03 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 3.90 | [Lucas Seal](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=875090) | **PB** | U13 | M | 1 |  | Barrow & Furness | 3.90 | 3.90 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 3.87 | [Oliver Denvir](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=786283) |  | U13 | M | 1 | [Terry Hughes](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=196887) | Seaton | 3.90 | 3.90 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 | 3.84 | [Liam Bond](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=781216) |  | U13 | M | 2 |  | Carlisle Aspatria | 3.96 | 3.96 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8 | 3.79 | [Lucas Farren](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=764199) | **PB** | U13 | M | 1 |  | Barrow & Furness | 3.79 | 3.79 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 9 | 3.57 | [Oliver Metcalf](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=738867) |  | U13 | M | 1 |  | Seaton | 4.10 | 4.10 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10 | 3.56 | [Elliot Hodgson](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=859885) | **PB** | U13 | M | 2 |  | Copeland | 3.56 | 3.56 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 11 | 3.45 | Craig Birkett |  | U13 | M |  |  | Seaton |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 12 | 3.37 | [Thomas Forster](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=858501) |  | U13 | M | 1 |  | Annan | 3.44 | 3.44 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 13 | 3.24 | [Matthew Casson](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=802665) |  | U13 | M | 2 |  | Copeland | 3.25 | 3.25 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 14 | 3.06 | [Kyan Willis](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=683082) |  | U13 | M | 2 |  | Copeland | 3.07 | 3.07 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **LJ U11M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 4.00 | [Callum Howe](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=858383) |  | U11 | M | 11 |  | Seaton | 4.01 | 4.01 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 3.72 | Myles Farren |  | U11 | M |  |  | B&FS |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 3.59 | Oliver Walker |  | U11 | M |  |  | Seaton |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 3.53 | [Harrison Rogers](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=874598) |  | U11 | M | 10 |  | Copeland | 3.80 | 3.80 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 3.20 | [Jonas Rowell](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=790315) |  | U11 | M | 11 |  | Seaton | 3.38 | 3.38 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 3.18 | [Leylon Roberts](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=893988) |  | U11 | M | 10 |  | Seaton | 3.43 | 3.43 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 | 2.40 | [Thomas Thwaytes](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=876812) | **PB** | U11 | M | 10 |  | Copeland | 2.40 | 2.40 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **LJ U17W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 5.03 | [Rebecca Keen](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=435651) |  | U17 | W | 2 |  | Barrow & Furness | 5.16 | 5.18 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 4.83 | [Millie Chadwick](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=628229) |  | U17 | W | 1 |  | Barrow & Furness | 5.07 | 5.07 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **LJ U15W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 4.53 | [Bethan Parr](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=562408) | **PB** | U15 | W | 1 |  | Seaton | 4.53 | 4.53 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 4.27 | [Shannon Thompson](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=458226) |  | U15 | W | 1 |  | Seaton | 4.45 | 4.45 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 4.05 | [Amy Lovidge](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=719436) |  | U15 | W | 2 |  | Barrow & Furness | 4.54 | 4.54 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 3.86 | Brooke Steel |  | U15 | W |  |  | C/Asp |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 3.43 | [Catriona Paton](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=795956) |  | U15 | W | 2 |  | Annan | 3.47 | 3.75 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 3.21 | [Shannon Rees](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=846249) |  | U15 | W | 1 |  | Annan | 3.36 | 3.36 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **LJ U13W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 4.22 | [Rebecca O'Donovan](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=685648) | **PB** | U13 | W | 2 |  | Barrow & Furness | 4.22 | 4.22 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 3.88 | [Beth Jolly](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=661282) |  | U13 | W | 1 | [Terry Hughes](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=196887) | Seaton | 4.01 | 4.03 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 3.70 | [Isla Cooper](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=776940) |  | U13 | W | 2 |  | Annan | 3.96 | 3.96 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 3.63 | Lucie Broomby |  | U13 | W |  |  | C/Asp |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 3.52 | [Rona Sandford](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=749224) |  | U13 | W | 2 |  | Annan | 3.90 | 3.90 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 3.51 | [Megan Crelling](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=604238) |  | U13 | W | 2 |  | Seaton | 3.72 | 3.90 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 | 3.50 | [Ellie Byers](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=775787) | **PB** | U13 | W | 1 |  | Annan | 3.50 | 3.50 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 8 | 3.48 | [Faith Griffiths](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=776827) | **PB** | U13 | W | 2 |  | |  | Annan | 3.48 | 3.48 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329130) |
| 9 | 3.20 | Cicely Johnson-Ferguson |  | U13 | W |  |  | |  | Annan&Dist |  |  |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329131) |
| 10 | 3.12 | [Rosie Murray](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=762745) |  | U13 | W | 1 |  | |  | Barrow & Furness | 3.32 | 3.32 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329132) |
| 11 | 3.10 | [Lucy Swarbrick](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=765102) | **PB** | U13 | W | 1 |  | |  | Barrow & Furness | 3.10 | 3.10 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329133) |
| 12 | 3.04 | [Hannah Oakley](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=872781) | **PB** | U13 | W | 1 |  | |  | Copeland | 3.04 | 3.04 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329134) |
| 13 | 2.75 | Evie Little |  | U13 | W |  |  | |  | C/Asp |  |  |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329135) |
| 14 | 2.65 | [Catherine Crighton](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=864897) | **PB** | U13 | W | 1 |  | |  | Copeland | 2.65 | 2.65 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329136) |
|  |  |  |  |  | | | | **LJ U11W** | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** |  | | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 4.04 | [Courtney Barbour](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=775843) | **PB** | U11 | W | 11 |  | |  | Annan | 4.04 | 4.04 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329078) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 3.74 | Aimee Broomby |  | U11 | W |  |  | |  | C/Asp |  |  |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329079) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 3.41 | [Evie Bryden](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=656385) | **PB** | U11 | W | 11 |  | |  | Annan | 3.41 | 3.41 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329080) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 3.20 | Scarlett Jardine |  | U11 | W |  |  | |  | C/Asp |  |  |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329082) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 3.20 | [Georgia Bell](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=788726) | **PB** | U11 | W | 11 |  | |  | Barrow & Furness | 3.20 | 3.20 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329081) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 3.10 | [Zara Armstrong](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=862022) |  | U11 | W | 10 |  | |  | Copeland | 3.20 | 3.20 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329083) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 | 3.09 | [Katie Thwaytes](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=833998) |  | U11 | W | 10 |  | |  | Copeland | 3.15 | 3.15 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329084) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8 | 3.06 | [Felicity Ancell](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=797118) |  | U11 | W | 10 |  | |  | Copeland | 3.23 | 3.23 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329085) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 9 | 2.84 | [Olivia Swarbrick](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=876312) |  | U11 | W | 11 |  | |  | Copeland | 3.09 | 3.09 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329086) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10= | 2.79 | [Ava Greeson](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=867611) | **PB** | U11 | W | 10 |  | |  | Copeland | 2.79 | 2.79 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329087) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10= | 2.79 | Zoe Denvir |  | U11 | W |  |  | |  | Seaton |  |  |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329088) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 12 | 2.73 | [Annabel Starkie](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=875964) | **PB** | U11 | W | 10 |  | |  | Copeland | 2.73 | 2.73 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329089) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 13 | 2.37 | [Chelsea Callander](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=857605) |  | U11 | W | 10 |  | |  | Copeland | 2.64 | 2.64 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329090) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 14 | 2.30 | Darcey Crelling |  | U11 | W |  |  | |  | Seaton |  |  |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329091) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 15 | 2.19 | [Ami Miller](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=855819) |  | U11 | W | 10 |  | |  | Annan | 2.34 | 2.34 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329092) |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | | | |  | | | | | | | | | | | | | | | | | | | | | | |
|  |  |  |  |  | | | | **TJ U17M** | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** |  | | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 8.99 | [Luke Eneas](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=466030) |  | U17 | M | 1 |  | |  | Seaton/Team North Cumbria | 9.78 | 9.78 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329285) |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | | | | **TJ U17W** | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** |  | | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 10.05 | [Lauren Parr](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=395938) |  | U17 | W | 2 |  | |  | Seaton | 10.36 | 10.45 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329286) |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | | | |  | | | | | | | | | | | | | | | | | | | | | | |
|  |  |  |  |  | | | | **SP5K U17M** | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** |  | | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 13.42 | [Joseph Moore](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=616811) | **PB** | U17 | M | 2 |  | |  | Copeland | 13.42 | 13.42 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329107) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 12.32 | [Joe Lancaster](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=749975) |  | U17 | M | 1 |  | |  | Barrow & Furness | 13.85 | 13.85 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329108) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 5.95 | [Dylan Stalker](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=875919) |  | U17 | M | 1 |  | |  | Seaton | 6.26 | 6.26 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329109) |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | | | |  | | | | | | | | | | | | | | | | | | | | | | |
|  |  |  |  |  | | | | **SP4K U15M** | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** |  | | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 9.01 | [Joseph Crawford](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=557114) |  | U15 | M | 1 |  | |  | Seaton | 9.41 | 9.41 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329206) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 7.03 | [Luke Holliday](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=613139) |  | U15 | M | 2 |  | |  | Copeland | 7.38 | 7.38 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329207) |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | | | |  | | | | | | | | | | | | | | | | | | | | | | |
|  |  |  |  |  | | | | **SP3.25K U13M** | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** |  | | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 8.73 | [Oscar Doran](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=450204) |  | U13 | M | 2 |  | |  | Seaton | 9.07 | 9.07 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329243) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 8.05 | [Lucas Seal](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=875090) | **PB** | U13 | M | 1 |  | |  | Barrow & Furness | 8.05 | 8.05 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329244) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 7.49 | [Luke Dawson](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=728845) |  | U13 | M | 2 |  | |  | Carlisle Aspatria | 7.73 | 7.73 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329245) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 6.70 | [Alex Waugh](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=714155) |  | U13 | M | 1 |  | |  | Annan/Stewartry | 6.76 | 6.76 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329246) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 6.67 | [Aaron Holliday](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=732221) |  | U13 | M | 2 |  | |  | Copeland | 7.00 | 7.00 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329247) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 6.59 | [Thomas Forster](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=858501) | **PB** | U13 | M | 1 |  | |  | Annan | 6.59 | 6.59 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329248) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 | 5.83 | [Dylan Robinson](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=679612) |  | U13 | M | 2 |  | |  | Copeland | 6.18 | 6.18 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329249) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8 | 3.46 | Gregg Banard-McKenzie |  | U13 | M |  |  | |  | B&FS |  |  |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329250) |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | | | |  | | | | | | | | | | | | | | | | | | | | | | |
|  |  |  |  |  | | | | **SP3K U17W** | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** |  | | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 9.81 | [Ella Beech](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=749982) | **PB** | U17 | W | 1 |  | |  | Barrow & Furness | 9.81 | 9.81 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329106) |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | | | | **SP3K U15W** | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** |  | | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 8.36 | [Hannah Garrett](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=641443) |  | U15 | W | 2 |  | |  | Annan | 8.54 | 8.54 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329230) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 7.46 | [Kayleigh Watson](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=521982) | **PB** | U15 | W | 1 |  | | [Terry Hughes](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=196887) | Seaton | 7.46 | 7.46 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329231) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 6.68 | [Charlotte Holmes](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=885278) | **PB** | U15 | W | 2 |  | |  | Copeland | 6.68 | 6.68 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329232) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 6.66 | Brooke Steel |  | U15 | W |  |  | |  | C/Asp |  |  |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329233) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 6.61 | [Abigail Wright](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=565781) | **PB** | U15 | W | 1 |  | |  | Seaton | 6.61 | 6.61 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329234) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 6.15 | [Shannon Rees](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=846249) |  | U15 | W | 1 |  | |  | Annan | 6.36 | 6.36 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329235) |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | | | |  | | | | | | | | | | | | | | | | | | | | | | |
|  |  |  |  |  | | | | **SP2.72K U13W** | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** |  | | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 7.33 | [Laura Brown](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=726599) | **PB** | U13 | W | 2 |  | |  | Barrow & Furness | 7.33 | 7.33 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329236) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 6.84 | [Erin Quinn](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=775916) | **PB** | U13 | W | 1 |  | |  | Annan | 6.84 | 6.84 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329237) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 6.60 | [Rosie Blue Sky Lawler](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=614969) |  | U13 | W | 1 |  | |  | Copeland | 7.39 | 7.39 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329238) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 6.20 | [Faith Griffiths](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=776827) | **PB** | U13 | W | 2 |  | |  | Annan | 6.20 | 6.20 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329239) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 6.18 | [Zoe Mitchell](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=657683) |  | U13 | W | 2 |  | |  | Annan | 7.28 | 7.28 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329240) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 4.51 | [Natasha Crowe](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=762997) | **PB** | U13 | W | 1 |  | |  | Barrow & Furness | 4.51 | 4.51 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329241) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 | 3.52 | [Rosie Murray](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=762745) | **PB** | U13 | W | 1 |  | |  | Barrow & Furness | 3.52 | 3.52 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329242) |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | | | |  | | | | | | | | | | | | | | | | | | | | | | |
|  |  |  |  |  | | | | **DT1.5K U17M** | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** |  | | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 37.14 | [Joe Lancaster](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=749975) |  | U17 | M | 1 |  | |  | Barrow & Furness | 40.79 | 40.79 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329208) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 24.67 | [Joseph Moore](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=616811) |  | U17 | M | 2 |  | |  | Copeland | 33.14 | 33.14 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329209) |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | | | |  | | | | | | | | | | | | | | | | | | | | | | |
|  |  |  |  |  | | | | **DT1.25K U15M** | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** |  | | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 20.03 | [Luke Holliday](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=613139) | **PB** | U15 | M | 2 |  | |  | Copeland | 20.03 | 20.03 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329102) |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | | | |  | | | | | | | | | | | | | | | | | | | | | | |
|  |  |  |  |  | | | | **DT1K U13M** | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** |  | | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 18.27 | [Lucas Seal](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=875090) |  | U13 | M | 1 |  | |  | Barrow & Furness | 19.93 | 19.93 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329214) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 17.82 | [Dylan Robinson](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=679612) | **PB** | U13 | M | 2 |  | |  | Copeland | 17.82 | 17.82 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329215) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 17.46 | [Jake Mitchell](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=657684) |  | U13 | M | 2 |  | |  | Annan | 17.89 | 17.89 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329216) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 15.35 | [Aaron Holliday](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=732221) |  | U13 | M | 2 |  | |  | Copeland | 16.61 | 16.61 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329217) |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | | | | **DT1K U17W** | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** |  | | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 23.61 | [Ella Beech](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=749982) | **PB** | U17 | W | 1 |  | |  | Barrow & Furness | 23.61 | 23.61 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329210) |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | | | | **DT1K U15W** | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** |  | | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 15.80 | [Abigail Wright](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=565781) | **PB** | U15 | W | 1 |  | |  | Seaton | 15.80 | 15.80 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329103) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 15.64 | [Amelia Metcalf](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=561534) |  | U15 | W | 1 |  | |  | Seaton | 15.84 | 15.84 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329104) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 14.04 | [Charlotte Holmes](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=885278) |  | U15 | W | 2 |  | |  | Copeland | 14.32 | 14.32 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329105) |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | | | |  | | | | | | | | | | | | | | | | | | | | | | |
|  |  |  |  |  | | | | **DT0.75K U13W** | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** |  | | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 21.47 | [Erin Quinn](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=775916) | **PB** | U13 | W | 1 |  | |  | Annan | 21.47 | 21.47 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329211) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 15.69 | [Lucy Swarbrick](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=765102) |  | U13 | W | 1 |  | |  | Barrow & Furness | 16.33 | 16.33 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329212) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 14.77 | [Ellie Byers](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=775787) |  | U13 | W | 1 |  | |  | Annan | 15.80 | 15.80 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329213) |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | | | |  | | | | | | | | | | | | | | | | | | | | | | |
|  |  |  |  |  | | | | **JT700 U17M** | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** |  | | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 38.71 | [Joe Lancaster](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=749975) | **PB** | U17 | M | 1 |  | |  | Barrow & Furness | 38.71 | 38.71 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329110) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 37.59 | [Luke Eneas](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=466030) |  | U17 | M | 1 |  | |  | Seaton/Team North Cumbria | 39.60 | 39.60 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329111) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 28.74 | [Paul Kitzinger](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=567136) |  | U17 | M | 2 |  | |  | Annan | 33.19 | 33.19 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329112) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 25.28 | [Joseph Moore](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=616811) | **PB** | U17 | M | 2 |  | |  | Copeland | 25.28 | 25.28 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329113) |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | | | |  | | | | | | | | | | | | | | | | | | | | | | |
|  |  |  |  |  | | | | **JT600 U15M** | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** |  | | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 23.68 | [Luke Holliday](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=613139) |  | U15 | M | 2 |  | |  | Copeland | 26.32 | 26.32 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329121) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 17.63 | [Danny Bryden](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=640252) |  | U15 | M | 2 |  | |  | Annan | 19.90 | 19.90 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329122) |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | | | |  | | | | | | | | | | | | | | | | | | | | | | |
|  |  |  |  |  | | | | **JT500 U17W** | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** |  | | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 20.30 | [Ella Beech](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=749982) | **PB** | U17 | W | 1 |  | |  | Barrow & Furness | 20.30 | 20.30 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329120) |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | | | | **JT500 U15W** | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** |  | | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 28.37 | [Bethan Parr](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=562408) |  | U15 | W | 1 |  | |  | Seaton | 29.80 | 29.80 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329224) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 28.03 | [Lily Joyce](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=748426) |  | U15 | W | 2 |  | |  | Seaton/Team North Cumbria | 32.55 | 33.99 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329225) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 23.06 | [Abigail Wright](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=565781) |  | U15 | W | 1 |  | |  | Seaton | 23.11 | 23.11 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329226) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 13.96 | [Hannah Garrett](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=641443) |  | U15 | W | 2 |  | |  | Annan | 14.85 | 14.85 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329227) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 10.66 | [Charlotte Holmes](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=885278) | **PB** | U15 | W | 2 |  | |  | Copeland | 10.66 | 10.66 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329228) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 9.60 | [Shannon Rees](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=846249) |  | U15 | W | 1 |  | |  | Annan | 9.64 | 9.64 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329229) |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | | | |  | | | | | | | | | | | | | | | | | | | | | | |
|  |  |  |  |  | | | | **JT400 U13M** | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** |  | | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 28.68 | [Daniel Woodcock](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=886013) | **PB** | U13 | M | 2 |  | |  | Seaton | 28.68 | 28.68 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329072) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 22.17 | [Dylan Robinson](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=679612) |  | U13 | M | 2 |  | |  | Copeland | 22.75 | 22.75 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329073) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 21.23 | [Liam Bond](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=781216) |  | U13 | M | 2 |  | |  | Carlisle Aspatria | 23.31 | 24.62 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329074) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 18.59 | [Jake Mitchell](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=657684) |  | U13 | M | 2 |  | |  | Annan | 21.39 | 21.39 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329075) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 18.22 | [Robbie Byers](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=764272) |  | U13 | M | 2 |  | |  | Annan | 23.32 | 23.32 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329076) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 17.91 | [Aaron Holliday](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=732221) | **PB** | U13 | M | 2 |  | |  | Copeland | 17.91 | 17.91 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329077) |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | | | | **JT400 U13W** | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** |  | | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 20.41 | [Rosie Blue Sky Lawler](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=614969) |  | U13 | W | 1 |  | |  | Copeland | 25.39 | 25.39 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329114) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 18.97 | [Katey Quayle](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=657124) |  | U13 | W | 2 |  | |  | Seaton | 19.62 | 19.62 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329115) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 16.75 | [Erin Quinn](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=775916) |  | U13 | W | 1 |  | |  | Annan | 20.03 | 20.03 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329116) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 13.38 | [Rona Sandford](http://www.thepowerof10.info/athletes/profile.aspx?athleteid=749224) |  | U13 | W | 2 |  | |  | Annan | 14.89 | 14.89 |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329117) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 8.23 | Evie Little |  | U13 | W |  |  | |  | C/Asp |  |  |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329118) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 6.55 | Cicely Johnson-Ferguson |  | U13 | W |  |  | |  | Annan&Dist |  |  |  |  |  |  | [http://www.thepowerof10.info/images/pot/email.gif](http://www.thepowerof10.info/submit/notify.aspx?performanceid=37329119) |  |  |  |  |  |  |  |  |  |  |  |  |  |