

70 U11M									
Po s	Perf	Name	AG	Yea r	Coach	Club	SB	PB	
1	10.0	Amaru Smith	PB	U11 M 11		Seaton	10.0	10.0	
2	10.8	Jake Howe		U11 M 11		Seaton	10.2	10.2	
3	10.8	Alfie Hulme	PB	U11 M 11		Eden Runners	10.8	10.8	
4	10.9	Declan Denwood		U11 M 10		Seaton	10.5	10.5	
5	11.2	Alex Bell		U11 M 10		Annan	10.9	10.9	
6	11.3	Finley Binks		U11 M 11		Eden Runners	11.2	11.0	
70 U11M h1									
Po s	Perf	Name	AG	Yea r	Coach	Club	SB	PB	
1	10.6	Jake Howe		U11 M 11		Seaton	10.2	10.2	
2	10.9	Declan Denwood		U11 M 10		Seaton	10.5	10.5	
3	10.9	Alex Bell	PB	U11 M 10		Annan	10.9	10.9	
4	11.6	Alec Masloukhi		U11 M		Seaton			
5	11.8	Reuben Tweddle		U11 M		Eden			
6	13.5	Benjamin Holmes	PB	U11 M 10		Carlisle Aspatria	13.5	13.5	
70 U11M h2									
Po s	Perf	Name	AG	Yea r	Coach	Club	SB	PB	
1	11.1	Alfie Hulme	PB	U11 M 11		Eden Runners	10.8	10.8	
2	11.2	Finley Binks	SB	U11 M 11		Eden Runners	11.2	11.0	
3	11.5	Marcus Dean		U11 M 11		Seaton	10.7	10.7	
4	11.8	Oscar Tweddle		U11 M		Eden			
5	11.9	Joe Gorge		U11 M 11		Seaton	11.5	11.5	
6	13.0	Saul Shail		U11 M		Seaton			
70 U11M h3									
Po s	Perf	Name	AG	Yea r	Coach	Club	SB	PB	
1	10.6	Amaru Smith	PB	U11 M 11		Seaton	10.0	10.0	
2	11.3	Bradley Quayle	PB	U11 M 10		Seaton	10.8	10.8	
3	11.4	George Robinson		U11 M		Seaton			
4	11.7	Finlay Harper	SB	U11 M 11		Seaton	11.3	11.3	
5	11.8	Ptolemy Evans	SB	U11 M 11		Eden Runners	11.8	11.5	
70 U11W									
Po s	Perf	Name	AG	Yea r	Coach	Club	SB	PB	
1	10.5	Alyssa Hodgson		U11 W 11		Seaton	10.2	10.2	
2	10.6	Grace Whitfield		U11 W 11		Seaton	10.2	10.2	
3	10.8	Antonia Brockley	PB	U11 W 10		Annan	10.8	10.8	
4	10.9	Martha Allington	PB	U11 W 11		Millom	10.9	10.9	
5	11.0	Esme Doyle		U11 W 11		Barrow & Furness	10.9	10.9	

Po s	Perf	Name	AG	Yea r	Coach	Club	SB	PB	
1	10.1	Alfie Lamb	PB	U13 M 2	Graham Millican	Seaton	10.1	10.1	
2	10.1	Callum Howe	PB	U13 M 2		Seaton	10.0	10.0	
3	10.9	Harrison Rogers	PB	U13 M 1		Copeland	10.9	10.9	
4	11.0	Myles Farren		U13 M 1		Barrow & Furness	10.7	10.7	
5	11.1	George Haygarth		U13 M 2		Eden Runners	10.9	10.9	
75 U13M h1									
Po s	Perf	Name	AG	Yea r	Coach	Club	SB	PB	
1	10.5	Alfie Lamb		U13 M 2	Graham Millican	Seaton	10.1	10.1	
2	11.2	Harrison Rogers		U13 M 1		Copeland	10.9	10.9	
3	11.3	Ashton McKinnel		U13 M 2		Annan	11.0	11.0	
4	13.7	Josh Quayle		U13 M 1		Seaton	12.8	12.8	
5	14.6	Evan Beach		U13 M 1		Barrow & Furness	13.7	13.7	
75 U13M h2									
Po s	Perf	Name	AG	Yea r	Coach	Club	SB	PB	
1	11.5	Myles Farren		U13 M 1		Barrow & Furness	10.7	10.7	
2	11.8	Freddie Wilson		U13 M 1		Copeland	11.6	11.6	
3	12.0	Oliver Walker		U13 M 1		Seaton	11.9	11.9	
4	13.0	Jack Piggott		U13 M 1		Copeland	12.7	12.7	
75 U13M h3									
Po s	Perf	Name	AG	Yea r	Coach	Club	SB	PB	
1	10.4	Callum Howe		U13 M 2		Seaton	10.0	10.0	
2	11.0	George Haygarth		U13 M 2		Eden Runners	10.9	10.9	
3	12.0	Jonas Rowell		U13 M 2		Seaton	11.4	11.4	
4	13.3	Joshua Slater		U13 M 1		Copeland	13.1	13.1	
75 U13W									
Po s	Perf	Name	AG	Yea r	Coach	Club	SB	PB	
1	10.7	Courtney Barbour	PB	U13 W 2		Annan	10.5	10.5	
2	10.9	Freya Stokes		U13 W 2		Carlisle Aspatria	10.5	10.5	
3	10.9	Hannah Bushby		U13 W 2		Barrow & Furness	10.6	10.6	
4	11.3	Greta Morton		U13 W 1		Barrow & Furness	11.0	11.0	
5	11.3	Neve Mcgoldrick	PB	U13 W 1		Annan	10.9	10.9	
6	11.4	Libby Green		U13 W 1		Seaton	10.8	10.8	
75 U13W h1									
Po s	Perf	Name	AG	Yea r	Coach	Club	SB	PB	
1	10.9	Hannah Bushby		U13 W 2		Barrow & Furness	10.6	10.6	
2	11.5	Evie Bryden	PB	U13 W 2		Annan	11.5	11.5	
3	11.5	Zoe Stewart	PB	U13 W 2		Seaton	11.5	11.5	
4	11.8	Zara Armstrong	PB	U13 W 1		Copeland	11.8	11.8	

5	12.0	Jessica Forster	PB	U13	W	2		Annan	12.0	12.0	
75 U13W h2											
Po s	Perf	Name		AG		Yea r	Coach	Club	SB	PB	
1	10.9	Freya Stokes		U13	W	2		Carlisle Aspatria	10.5	10.5	
2	11.2	Greta Morton		U13	W	1		Barrow & Furness	11.0	11.0	
3	11.3	Matilda Brockley		U13	W	1		Annan	11.1	11.1	
4	11.4	Eve Foster		U13	W	2		Seaton	11.2	11.2	
5	11.9	Anna Reid		U13	W			Annan&Dist			
75 U13W h3											
Po s	Perf	Name		AG		Yea r	Coach	Club	SB	PB	
1	10.8	Courtney Barbour	PB	U13	W	2		Annan	10.5	10.5	
2	11.2	Neve Mcgoldrick	PB	U13	W	1		Annan	10.9	10.9	
3	11.2	Libby Green		U13	W	1		Seaton	10.8	10.8	
4	11.8	Lucy Bell	PB	U13	W	1		Carlisle Aspatria	11.8	11.8	
100 U20M											
Po s	Perf	Name		AG		Yea r	Coach	Club	SB	PB	
1	11.5	Louie Doran		U20	M	2		Seaton	11.1	11.1	
2	12.4	Ben Glencross		U17	M	-1		Border	12.1	12.1	
3	13.5	Dylan Stalker		U20	M	1		Seaton	13.1	13.1	
100 U15M											
Po s	Perf	Name		AG		Yea r	Coach	Club	SB	PB	
1	12.1	James Bell		U15	M	1		Carlisle Aspatria	11.6	11.6	
2	12.2	Ethan Seeds	PB	U15	M	2		Seaton	12.2	12.2	
3	13.3	Lucas Farren		U15	M	1		Barrow & Furness	12.7	12.7	
4	13.4	Alex Waugh	PB	U15	M	1		Giffnock North/Anna n	13.4	13.4	
5	13.8	Jack Lynch		U15	M			Annan&Dist			
6	14.5	Oliver Denvir	PB	U15	M	1	Terry Hughes	Seaton	14.5	14.5	
100 U15M h1											
Po s	Perf	Name		AG		Yea r	Coach	Club	SB	PB	
1	12.3	James Bell		U15	M	1		Carlisle Aspatria	11.6	11.6	
2	13.9	Alex Waugh		U15	M	1		Giffnock North/Anna n	13.4	13.4	
3	15.2	Matthew Casson		U15	M	1		Seaton	14.1	14.1	
4	15.3	Ethan Black		U15	M			Seaton			
5	18.2	Charlie McGlennon		U15	M	1		Copeland	17.0	17.0	
100 U15M h2											
Po s	Perf	Name		AG		Yea r	Coach	Club	SB	PB	
1	12.3	Ethan Seeds		U15	M	2		Seaton	12.2	12.2	

2	13.4	Lucas Farren	U15 M	1		Barrow & Furness	12.7	12.7	
3	13.5	Jack Lynch	U15 M			Annan&Dist			
4	14.8	Oliver Denvir	U15 M	1	Terry Hughes	Seaton	14.5	14.5	

100 U20W

Po s	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	13.2	Nia Foster	U17 W	-2		Seaton	12.8	12.8	
2	13.8	Bethan Parr	U17 W	-2		Seaton	13.1	13.1	
3	14.2	Nicole Byers SB	U20 W	1		Annan	14.2	13.7	
4	15.4	Erin Thompson	U17 W			Annan&Dist			

100 U15W

Po s	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	13.2	Rosie Lawler	U15 W	1		Copeland	13.1	13.1	
2	13.3	Zoe Mitchell PB	U15 W	2		Annan	13.3	13.3	
3	13.3	Faith Griffiths PB	U15 W	2		Annan	13.3	13.3	
4	14.1	Isabel Sunley	U15 W	2		Seaton	13.8	13.4	
5	14.2	Amy Clark	U15 W	2		Seaton	13.4	13.4	
6	14.3	Katie Kinnear PB	U15 W	2		Copeland	14.3	14.3	

100 U15W h1

Po s	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	13.1	Rosie Lawler PB	U15 W	1		Copeland	13.1	13.1	
2	13.4	Faith Griffiths	U15 W	2		Annan	13.3	13.3	
3	13.4	Amy Clark PB	U15 W	2		Seaton	13.4	13.4	
4	15.2	Evie Little	U15 W	1		Carlisle Aspatria	14.9	14.9	
5	16.0	Hannah Jack PB	U15 W	2		Annan	16.0	16.0	

100 U15W h2

Po s	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	13.4	Zoe Mitchell PB	U15 W	2		Annan	13.3	13.3	
2	14.0	Isabel Sunley	U15 W	2		Seaton	13.8	13.4	
3	14.3	Katie Kinnear PB	U15 W	2		Copeland	14.3	14.3	
4	15.1	Lucie Broomby PB	U15 W	2		Carlisle Aspatria	15.0	15.0	
5	18.7	Louise Wade	U15 W			Annan&Dist			

150 U13M

Po s	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	20.0	Alfie Lamb PB	U13 M	2	Graham Millican	Seaton	19.4	19.4	
2	22.2	George Haygarth	U13 M	2		Eden Runners	21.5	21.5	
3	22.4	Kyran Wotherspoon PB	U13 M	1		Annan	21.6	21.6	
4	22.5	Myles Farren	U13 M	1		Barrow & Furness	21.0	21.0	
5	28.5	Jonas Rowell	U13 M	2		Seaton	22.3	22.3	

150 U13M h1

Po s	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	20.3	Alfie Lamb PB	U13 M	2	Graham Millican	Seaton	19.4	19.4	
2	21.8	George Haygarth	U13 M	2		Eden Runners	21.5	21.5	

3	22.5	Kyran Wotherspoon	PB	U13	M	1		Annan	21.6	21.6	
4	23.8	Freddie Wilson		U13	M	1		Copeland	23.7	23.7	
150 U13M h2											
Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	22.3	Myles Farren		U13	M	1		Barrow & Furness	21.0	21.0	
2	23.1	Jonas Rowell		U13	M	2		Seaton	22.3	22.3	
3	23.3	Archie Harding	PB	U13	M	2		Eden Runners	23.3	23.3	
4	26.8	Joshua Slater	PB	U13	M	1		Copeland	26.8	26.8	
150 U13W											
Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	21.0	Courtney Barbour	PB	U13	W	2		Annan	20.7	20.7	
2	22.0	Hannah Bushby		U13	W	2		Barrow & Furness	20.9	20.9	
3	22.0	Katie Thwaytes		U13	W	1		Copeland	21.5	21.5	
4	22.1	Freya Stokes		U13	W	2		Carlisle Aspatria	20.6	20.6	
5	22.7	Aimee Broomby	PB	U13	W	2		Carlisle Aspatria	22.4	22.4	
6	22.9	Libby Green		U13	W	1		Seaton	21.6	21.6	
150 U13W h1											
Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	21.0	Freya Stokes	PB	U13	W	2		Carlisle Aspatria	20.6	20.6	
2	21.1	Courtney Barbour	PB	U13	W	2		Annan	20.7	20.7	
3	21.6	Hannah Bushby		U13	W	2		Barrow & Furness	20.9	20.9	
4	22.2	Katie Thwaytes		U13	W	1		Copeland	21.5	21.5	
5	22.5	Felicity Evans		U13	W	2		Eden Runners	22.3	22.3	
6	22.6	Freya Blaikie		U13	W	1		Annan	22.3	22.3	
150 U13W h2											
Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	22.4	Aimee Broomby	PB	U13	W	2		Carlisle Aspatria	22.4	22.4	
2	22.5	Libby Green		U13	W	1		Seaton	21.6	21.6	
3	22.5	Greta Morton		U13	W	1		Barrow & Furness	22.1	22.1	
4	22.6	Anna Reid		U13	W			Annan&Dist			
5	26.1	Honor Morton		U13	W	1		Barrow & Furness	25.6	25.6	
200 U20M											
Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	23.7	Louie Doran		U20	M	2		Seaton	22.6	22.6	
2	24.3	Ben Glencross	PB	U17	M	-1		Border	24.24	24.24	
3	25.3	Brad King	PB	U20	M	2		Seaton	25.3	25.3	
200 U15M											

Po s	Perf	Name	AG	Yea r	Coach	Club	SB	PB	
1	26.2	James Bell	U15 M	1		Carlisle Aspatria	24.2	24.2	
2	27.1	Lucas Farren	U15 M	1		Barrow & Furness	25.9	25.9	
3	27.6	Alex Waugh PB	U15 M	1		Giffnock North/Anna n	27.6	27.6	
200 U15M h1									
Po s	Perf	Name	AG	Yea r	Coach	Club	SB	PB	
1	24.4	James Bell	U15 M	1		Carlisle Aspatria	24.2	24.2	
2	26.5	Lucas Farren PB	U15 M	1		Barrow & Furness	25.9	25.9	
3	26.8	Jake Mitchell	U15 M	2		Annan	26.02	26.02	
1	29.5	Mason McAneney	U15 M	1		Eden Runners	29.4	29.4	
200 U15M h2									
Po s	Perf	Name	AG	Yea r	Coach	Club	SB	PB	
2	26.2	Robbie Tiffen PB	U15 M	2		Carlisle Aspatria	26.1	26.1	
3	26.6	Sam Rowell PB	U15 M	2		Seaton	26.6	26.6	
4	27.8	Alex Waugh PB	U15 M	1		Giffnock North/Anna n	27.6	27.6	
5	29.0	Jack Lynch	U15 M			Annan&Dist			
200 U20W									
Po s	Perf	Name	AG	Yea r	Coach	Club	SB	PB	
1	28.5	Millie Chadwick	U20 W	1		Barrow & Furness	27.7	27.3	
2	31.8	Erin Thompson	U17 W			Annan&Dist			
200 U15W									
Po s	Perf	Name	AG	Yea r	Coach	Club	SB	PB	
1	27.7	Rosie Lawler	U15 W	1		Copeland	27.2	27.2	
2	27.8	Zoe Mitchell PB	U15 W	2		Annan	27.8	27.8	
3	27.9	Abigail Iredale PB	U15 W	2		Ellenboroug h	27.9	27.9	
4	28.1	Ebony Blackwell PB	U15 W	1	Graham Millican	Copeland	28.1	28.1	
5	29.9	Isabel Sunley	U15 W	2		Seaton	28.4	27.8	
200 U15W h1									
Po s	Perf	Name	AG	Yea r	Coach	Club	SB	PB	
1	27.4	Rosie Lawler	U15 W	1		Copeland	27.2	27.2	
2	28.0	Abigail Iredale PB	U15 W	2		Ellenboroug h	27.9	27.9	
3	28.0	Zoe Mitchell PB	U15 W	2		Annan	27.8	27.8	
4	32.5	Ishana Mohan	U15 W	1		Barrow & Furness	31.9	31.9	
200 U15W h2									
Po s	Perf	Name	AG	Yea r	Coach	Club	SB	PB	
1	28.1	Ebony Blackwell PB	U15 W	1	Graham Millican	Copeland	28.1	28.1	
2	28.4	Isabel Sunley SB	U15 W	2		Seaton	28.4	27.8	

3	30.0	Katie Irving	PB	U15 W	1		Carlisle Aspatria	30.0	30.0	
4	38.4	Louise Wade		U15 W			Annan&Dist			

300 U15M

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	40.3	Finlay Starkie	U15 M	2		Copeland	38.7	38.7	
2	42.0	Robbie Byers	PB U15 M	2		Annan	40.10	40.10	
3	43.4	Robbie Tiffen	PB U15 M	2		Carlisle Aspatria	43.4	43.4	
4	44.0	Oliver Slater	PB U15 M	2		Copeland	44.0	44.0	
5	46.1	Lawrie Walker	PB U15 M	2		Seaton	46.1	46.1	
6	49.3	Thomas Forster	PB U15 M	1		Annan	49.3	49.3	

300 U17W

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	44.4	Abigail Iredale	PB U15 W	-1		Ellenborough	44.39	44.39	
2	45.5	Isla Cooper	PB U15 W	-1		Annan	45.5	45.5	
3	47.0	Nicole Ritchie	PB U15 W	-2		Annan	47.0	47.0	
4	49.1	Catriona Paton	PB U17 W	2		Annan	49.1	49.1	

400 U20M

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	55.6	Brad King	PB U20 M	2		Seaton	55.6	55.6	

600 U11M

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	1:54.2	Declan Denwood	PB U11 M	10		Seaton	1:48.4	1:48.4	
2	1:59.3	Joe Gorge	PB U11 M	11		Seaton	1:59.2	1:59.2	
3	2:00.0	Finlay Harper	PB U11 M	11		Seaton	1:58.6	1:58.6	
4	2:04.3	Alex Bell	PB U11 M	10		Annan	1:57.5	1:57.5	
5	2:06.2	Harley Wells	PB U11 M	10		Copeland	2:04.2	2:04.2	

600 U11W

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	2:02.0	Mahaya Mohan	SB U11 W	11		Barrow & Furness	1:58.5	1:58.5	
2	2:07.8	Esme Doyle	U11 W	11		Barrow & Furness	2:07.0	2:02.1	
3	2:11.5	Ruby Stewart	PB U11 W	10		Seaton	2:11.4	2:11.4	
4	2:16.4	Sophie Harrison	PB U11 W	10		Carlisle Aspatria	2:15.7	2:15.7	
5	2:18.7	Leisl Cable	U11 W			Annan&Dist			
6	2:21.5	Lexie Hutchinson	U11 W			Seaton			
7	2:23.8	Bayley Mackie	U11 W	11		Copeland	2:22.4	2:22.4	
8	2:25.9	Kenzie Jefferson	U11 W			B&FS			
9	2:27.9	Meya Moore	PB U11 W	10		Seaton	2:25.1	2:25.1	
10	2:36.5	Rosie Carruthers	U11 W			Seaton			

1200 U13M									
Po s	Perf	Name	AG	Yea r	Coach	Club	SB	PB	
1	3:45.5	Alfie Lamb	PB	U13 M 2	Graham Millican	Seaton	3:45.5	3:45.5	✉
2	4:06.6	Ashton McKinnel	PB	U13 M 2		Annan	4:06.6	4:06.6	✉
3	4:07.9	Daniel Elsworth	PB	U13 M 2		Seaton	4:07.9	4:07.9	✉
4	4:30.9	Archie Harding	PB	U13 M 2		Eden Runners	4:30.9	4:30.9	✉
5	4:32.8	Callum Thompson	PB	U13 M 2		Annan	4:32.8	4:32.8	✉
6	4:35.6	Kyran Wotherspoon		U13 M 1		Annan	4:34.0	4:34.0	✉
1200 U13W									
Po s	Perf	Name	AG	Yea r	Coach	Club	SB	PB	
1	4:04.1	Rachel Casson		U13 W 2		Seaton	4:03.8	4:03.8	✉
2	4:14.3	Felicity Evans	PB	U13 W 2		Eden Runners	4:10.9	4:10.9	✉
3	4:17.0	Katie Thwaytes	PB	U13 W 1		Copeland	4:17.0	4:17.0	✉
4	4:46.3	Grace Thorburn		U13 W 1		Annan	4:37.3	4:37.3	✉
5	4:58.5	Phoebe Thorburn		U13 W 1		Annan	4:47.4	4:47.4	✉
1500 U20X									
Po s	Perf	Name	AG	Yea r	Coach	Club	SB	PB	
1	4:21.8	Joshua Michael Liddle		U20 M 2		Eden Runners	4:21.0	4:20.8	✉
2	4:42.2	Conan Harper		U15 M -3		Teviotdale	4:30.92	4:30.92	✉
3	4:53.9	Lizzie Pawson	PB	U17 W -2		Seaton	4:53.61	4:53.61	✉
4	4:59.4	Dylan Owens		U15 M -3		Seaton	4:54.3	4:54.3	✉
5	5:30.8	Ellie Byers	PB	U15 W -4		Annan	5:30.8	5:30.8	✉
6	6:04.0	Natasha Stannett	PB	U17 W -2		Seaton	6:04.0	6:04.0	✉
HJ U15M									
Po s	Perf	Name	AG	Yea r	Coach	Club	SB	PB	
1	1.43	Ethan Seeds		U15 M 2		Seaton	1.58	1.58	✉
2	1.40	Oliver Denvir	PB	U15 M 1	Terry Hughes	Seaton	1.46	1.46	✉
3	1.30	Ethan Black		U15 M		Seaton			✉
HJ U13M									
Po s	Perf	Name	AG	Yea r	Coach	Club	SB	PB	
1	1.25	Freddie Wilson	PB	U13 M 1		Copeland	1.30	1.30	✉
2	1.10	Callum Howe		U13 M 2		Seaton	1.25	1.25	✉
HJ U11M									
Po s	Perf	Name	AG	Yea r	Coach	Club	SB	PB	
1	1.05	Jake Howe	PB	U11 M 11		Seaton	1.05	1.05	✉
2	1.00	Bradley Quayle		U11 M 10		Seaton	1.10	1.10	✉
HJ U17W									
Po s	Perf	Name	AG	Yea r	Coach	Club	SB	PB	

1	1.35	Shannon Thompson		U17	W	1		Seaton	1.45	1.45	
2	1.30	Catriona Paton	SB	U17	W	2		Annan	1.30	1.35	
HJ U15W											
Po s	Perf	Name		AG		Yea r	Coach	Club	SB	PB	
1	1.40	Katie Irving	PB	U15	W	1		Carlisle Aspatia	1.45	1.45	
2	1.20	Isla Cooper	SB	U15	W	2		Annan	1.20	1.25	
HJ U13W											
Po s	Perf	Name		AG		Yea r	Coach	Club	SB	PB	
1	1.25	Aimee Broomby		U13	W	2		Carlisle Aspatia	1.41	1.41	
2	1.20	Matilda Brockley		U13	W	1		Annan	1.30	1.30	
3	1.10	Eve Foster	PB	U13	W	2		Seaton	1.10	1.10	
4	1.05	Zoe Stewart	SB	U13	W	2		Seaton	1.05	1.15	
5	1.05	Jessica Forster	SB	U13	W	2		Annan	1.05	1.10	
6	1.00	Zoe Denvir	PB	U13	W	1		Seaton	1.00	1.00	

HJ U11W											
Po s	Perf	Name		AG		Yea r	Coach	Club	SB	PB	
1	1.10	Alyssa Hodgson		U11	W	1		Seaton	1.15	1.15	
2	1.00	Grace Whitfield	PB	U11	W	1		Seaton	1.00	1.00	
3	0.85	Sophie McGoldrick		U11	W			Annan&Dist			
3	0.85	Kaitlyn Quayle		U11	W			Seaton			
5	0.85	Honey Ward		U11	W			Seaton			

LJ U17M											
Po s	Perf	Name		AG		Yea r	Coach	Club	SB	PB	
1	4.19	Charlie Harding	PB	U17	M	2		Eden Runners	4.19	4.19	
LJ U15M											
Po s	Perf	Name		AG		Yea r	Coach	Club	SB	PB	
1	4.81	Ethan Seeds		U15	M	2		Seaton	5.30	5.30	
2	4.67	Lucas Farren	PB	U15	M	1		Barrow & Furness	5.28	5.28	
3	4.47	Robbie Tiffen		U15	M	2		Carlisle Aspatia	4.93	4.93	
4	4.32	Sam Rowell		U15	M	2		Seaton	4.62	4.62	
5	4.01	Matthew Casson		U15	M	1		Seaton	4.24	4.24	
6	3.97	Oliver Denvir		U15	M	1	Terry Hughes	Seaton	4.53	4.53	
7	3.72	Ethan Black		U15	M			Seaton			
8	2.29	Charlie McGlennon		U15	M	1		Copeland	2.81	2.81	
LJ U13M											
Po s	Perf	Name		AG		Yea r	Coach	Club	SB	PB	

1	4.29	Callum Howe	SB	U13	M	2	Seaton	4.54	4.54	✉
2	3.86	Harrison Rogers	PB	U13	M	1	Copeland	4.07	4.07	✉
3	3.74	Myles Farren		U13	M	1	Barrow & Furness	4.30	4.30	✉
4	3.72	Kyran Wotherspoon		U13	M	1	Annan	3.88	3.88	✉
5	3.50	Jonas Rowell	PB	U13	M	2	Seaton	3.79	3.79	✉
6	3.42	Ashton McKinnel	SB	U13	M	2	Annan	3.42	3.83	✉
7	3.36	Archie Harding	PB	U13	M	2	Eden Runners	3.36	3.36	✉
8	3.35	George Haygarth	PB	U13	M	2	Eden Runners	3.35	3.35	✉
9	3.28	Oliver Walker		U13	M	1	Seaton	3.44	3.59	✉
10	3.14	Josh Quayle	PB	U13	M	1	Seaton	3.14	3.14	✉
11	3.07	Callum Thompson		U13	M	2	Annan	3.38	3.38	✉
12	2.64	Joshua Slater		U13	M	1	Copeland	2.90	2.90	✉
13	2.58	Evan Beach	PB	U13	M	1	Barrow & Furness	2.86	2.86	✉
LJ U11M										
Pos	Perf	Name		AG	Year	Coach	Club	SB	PB	
1	3.84	Jake Howe	PB	U11	M	11	Seaton	3.84	3.84	✉
2	3.61	Marcus Dean	PB	U11	M	11	Seaton	3.64	3.64	✉
3	3.29	Alec Masloukhi		U11	M		Seaton			✉
4	3.27	Alfie Hulme		U11	M	11	Eden Runners	3.36	3.36	✉
5	3.26	Declan Denwood		U11	M	10	Seaton	3.52	3.52	✉
6	3.26	Finlay Harper	PB	U11	M	11	Seaton	3.31	3.31	✉
7	3.13	Finley Binks	PB	U11	M	11	Eden Runners	3.13	3.13	✉
8	2.87	Bradley Quayle		U11	M	10	Seaton	3.30	3.30	✉
9	2.79	Harley Wells		U11	M	10	Copeland	3.17	3.17	✉
10	2.76	Ptolemy Evans	PB	U11	M	11	Eden Runners	2.76	2.76	✉
11	2.69	Oscar Tweddle		U11	M		Eden			✉
12	2.32	Saul Shail		U11	M		Seaton			✉
13	1.91	Reuben Tweddle		U11	M		Eden			✉
LJ U20W										
Pos	Perf	Name		AG	Year	Coach	Club	SB	PB	
1	4.73	Millie Chadwick		U20	W	1	Barrow & Furness	4.93	5.07	✉
2	4.68	Nia Foster		U17	W	-2	Seaton	5.09	5.09	✉

3	4.51	Bethan Parr		U17	W	-2	Seaton	4.93	4.93	✉
4	4.16	Shannon Thompson		U17	W	-2	Seaton	4.72	4.72	✉
5	3.50	Natasha Stannett	PB	U17	W	-2	Seaton	3.50	3.50	✉
6	3.30	Erin Thompson		U17	W		Annan&Dist			✉
LJ U15W										
Pos	Perf	Name		AG	Year	Coach	Club	SB	PB	
1	4.37	Amy Clark		U15	W	2	Seaton	4.69	4.69	✉
2	3.56	Ishana Mohan		U15	W	1	Barrow & Furness	3.72	3.72	✉
3	3.18	Hannah Jack	PB	U15	W	2	Annan	3.18	3.18	✉
4	2.37	Louise Wade		U15	W		Annan&Dist			✉
LJ U13W										
Pos	Perf	Name		AG	Year	Coach	Club	SB	PB	
1	4.29	Courtney Barbour		U13	W	2	Annan	4.54	4.54	✉
2	4.14	Hannah Bushby	PB	U13	W	2	Barrow & Furness	4.16	4.16	✉
3	3.96	Matilda Brockley		U13	W	1	Annan	4.11	4.11	✉
4	3.90	Aimee Broomby		U13	W	2	Carlisle Aspatria	4.09	4.09	✉
5	3.85	Freya Blaikie		U13	W	1	Annan	4.06	4.06	✉
6	3.61	Felicity Evans	PB	U13	W	2	Eden Runners	3.61	3.61	✉
7	3.51	Lucy Bell	PB	U13	W	1	Carlisle Aspatria	3.51	3.51	✉
8	3.47	Libby Green	PB	U13	W	1	Seaton	3.47	3.47	✉
9	3.46	Zoe Stewart		U13	W	2	Seaton	3.68	3.68	✉
10	3.42	Greta Morton		U13	W	1	Barrow & Furness	3.79	3.79	✉
11	3.41	Phoebe Thorburn	PB	U13	W	1	Annan	3.41	3.41	✉
12	3.35	Grace Thorburn	PB	U13	W	1	Annan	3.35	3.35	✉
13	3.33	Neve Mcgoldrick		U13	W	1	Annan	3.64	3.64	✉
14	3.18	Zara Armstrong		U13	W	1	Copeland	3.58	3.58	✉
15	2.80	Honor Morton		U13	W	1	Barrow & Furness	3.37	3.37	✉
16	2.51	Anna Reid		U13	W		Annan&Dist			✉
LJ U11W										
Pos	Perf	Name		AG	Year	Coach	Club	SB	PB	
1	3.53	Alyssa Hodgson	PB	U11	W	11	Seaton	3.64	3.64	✉
2	3.52	Lyvie Bryson	PB	U11	W	11	Annan	3.52	3.52	✉
3	3.48	Esme Doyle		U11	W	11	Barrow & Furness	3.87	3.87	✉

4	3.18	Mahaya Mohan		U1 1	W	11	Barrow & Furness	3.40	3.40	✉
5	3.18	Grace Whitfield		U1 1	W	11	Seaton	3.99	3.99	✉
6	3.00	Antonia Brockley	PB	U1 1	W	10	Annan	3.51	3.51	✉
7	2.99	Edie-Jo Mattinson	PB	U1 1	W	11	Copeland	3.06	3.06	✉
8	2.97	Carmen Barbour		U1 1	W	10	Annan	3.30	3.30	✉
9	2.87	Ruby Stewart	PB	U1 1	W	10	Seaton	3.03	3.03	✉
10	2.76	Sophie Green		U1 1	W	10	Seaton	2.85	2.85	✉
11	2.70	Rosie Carruthers		U1 1	W		Seaton			✉
12	2.66	Lexie Hutchinson		U1 1	W		Seaton			✉
13	2.57	Saffi Walker	PB	U1 1	W	9	Copeland	2.57	2.57	✉
14	2.53	Bridget Starkie		U1 1	W	9	Copeland	2.54	2.54	✉
15	2.52	Martha Allington		U1 1	W	11	Millom	3.21	3.21	✉
16	2.45	Leisl Cable		U1 1	W		Annan&Dist			✉
17	2.42	Meya Moore	PB	U1 1	W	10	Seaton	2.73	2.73	✉
18	2.40	Sophie Harrison	PB	U1 1	W	10	Carlisle Aspatria	2.84	2.84	✉
19	2.40	Millie Graham		U1 1	W		Seaton			✉
20	2.37	Bayley Mackie		U1 1	W	11	Copeland	2.39	2.39	✉
21	2.16	Dakota Power	PB	U1 1	W	10	Copeland	2.16	2.16	✉
22	2.15	Honey Ward		U1 1	W		Seaton			✉
23	2.02	Sophie McGoldrick		U1 1	W		Annan&Dist			✉
24	1.96	Kaitlyn Quayle		U1 1	W		Seaton			✉
25	1.83	Kenzie Jefferson		U1 1	W		B&FS			✉

SP6K U20M

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB
1	12.64	Joseph Connelly	U20 M	2	John Birkett	Carlisle Aspatria/Giffnock North	13.75	13.75 
2	6.14	Dylan Stalker	U20 M	1		Seaton	6.48	6.48 

SP4K U15M

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB
1	8.91	Aaron Holliday	U15 M	2	John Little	Copeland	9.50	9.50 
2	8.45	James Bell PB	U15 M	1		Carlisle Aspatria	9.31	9.31 
3	7.83	Jake Mitchell PB	U15 M	2		Annan	7.83	7.83 

4	7.45	Thomas Forster	PB	U15	M	1	Annan	7.45	7.45	✉
5	7.23	Dylan Robinson	PB	U15	M	2	Copeland	7.52	7.52	✉
6	6.82	Alex Waugh		U15	M	1	Giffnock North/Annan	7.28	7.28	✉

SP4K U20W

Pos	Perf	Name		AG	Year	Coach	Club	SB	PB	
1	5.43	Nicole Byers	PB	U20	W	1	Annan	5.59	5.59	✉

SP3K U13M

Pos	Perf	Name		AG	Year	Coach	Club	SB	PB	
1	8.07	Harry Piggott		U13	M	2	Copeland	9.84	9.84	✉
2	5.15	Jack Piggott	PB	U13	M	1	Copeland	6.18	6.18	✉

SP3K U17W

Pos	Perf	Name		AG	Year	Coach	Club	SB	PB	
1	8.34	Shannon Thompson	PB	U17	W	1	Seaton	8.59	8.59	✉
2	7.99	Abigail Wright		U17	W	1	Seaton	9.66	9.66	✉

SP3K U15W

Pos	Perf	Name		AG	Year	Coach	Club	SB	PB	
1	8.64	Erin Quinn		U15	W	1	John Little	9.55	9.55	✉
2	7.37	Katey Quayle		U15	W	2	Seaton	8.45	8.45	✉
3	7.16	Faith Griffiths	PB	U15	W	2	Annan	7.16	7.16	✉
4	6.31	Lucie Broomby		U15	W	2	Carlisle Aspatria	7.30	7.30	✉
5	6.31	Evie Little		U15	W	1	Carlisle Aspatria	6.87	6.87	✉
6	6.24	Catherine Crichton		U15	W	1	Copeland	6.63	6.63	✉
7	5.60	Alexia Buchanan		U15	W	1	Copeland	7.01	7.01	✉
8	5.51	Katie Irving	PB	U15	W	1	Carlisle Aspatria	6.46	6.46	✉
9	4.27	Nicole Ritchie	PB	U15	W	1	Annan	4.27	4.27	✉

SP2.72K U13W

Pos	Perf	Name		AG	Year	Coach	Club	SB	PB	
1	6.14	Evie Bryden	PB	U13	W	2	Annan	6.69	6.69	✉
2	5.52	Rachel Casson		U13	W	2	Seaton	5.64	5.64	✉
3	5.50	Katie Thwaytes	PB	U13	W	1	Copeland	5.69	5.69	✉
4	5.31	Lucy Connelly	PB	U13	W	1	Carlisle Aspatria	5.31	5.31	✉
5	4.12	Phoebe Thorburn		U13	W	1	Annan	4.49	4.49	✉
6	4.04	Grace Thorburn		U13	W	1	Annan	4.50	4.50	✉

7	3.96	Zoe Denvir	PB	U13	W	1	Seaton	3.96	3.96	
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DT1.75K U20M

Po s	Perf	Name		AG	Yea r	Coach	Club	SB	PB
1	33.38	Joseph Connelly	PB	U20	M	2 John Birkett	Carlisle Aspatria/Giffnock North	39.37	39.37 

DT1.5K U17M

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB
1	41.19	Harry Miles SB	U17 M	2	Leonard Miller	Border	41.69	42.33 

DT1.25K U15M

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	26.18	Aaron Holliday	PB	U15 M	2	John Little	Copeland	27.77	27.77
2	20.23	Dylan Robinson	PB	U15 M	2		Copeland	22.78	22.78

DT1K U13M

Po s	Perf	Name	AG	Yea r	Coach	Club	SB	PB
1	13.49	Harry Piggott	U13 M	2		Copeland	22.56	22.56 

DT1K U17W

Po s	Perf	Name		AG	Yea r	Coach	Club	SB	PB
1	25.10	Abigail Wright	PB	U17	W	1	Seaton	27.87	27.87 

DT1K U15W

Po s	Perf	Name	AG	Yea r	Coach	Club	SB	PB		
1	29.09	Erin Quinn	PB	U15	W	1	John Little	Annan	29.09	
2	18.71	Katey Quayle		U15	W	2		Seaton	23.59	
3	16.98	Catherine Crichton	PB	U15	W	1		Copeland	21.37	
4	13.57	Alexia Buchanan	PB	U15	W	1		Copeland	14.38	

DT0.75K U13W

Po s	Perf	Name	AG	Yea r	Coach	Club	SB	PB
1	18.91	Evie Bryden PB	U13	W	2	Annan	24.01	24.01 
2	14.75	Lucy Connelly PB	U13	W	1	Carlisle Aspatria	14.75	14.75 

JT800 U20M

Po s	Perf	Name	AG	Yea r	Coach	Club	SB	PB
1	21.62	Dylan Stalker	U20 M	1		Seaton	22.05	22.05 

JT600 U15M

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
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1	30.0 2	Dylan Robinson	PB	U15	M	2		Copeland	30.02	30.0 2	✉
2	24.7 6	Aaron Holliday	PB	U15	M	2	John Little	Copeland	24.76	24.7 6	✉
3	6.63	Charlie McGlennon	PB	U15	M	1		Copeland	9.55	9.55	✉

JT500 U17W

Po s	Perf	Name	AG	Yea r	Coach	Club	SB	PB
1	30.7 2	Bethan Parr SB	U1 7	W	1	Seaton	30.72	32.8 5 
2	28.7 9	Abigail Wright SB	U1 7	W	1	Seaton	28.79	28.9 6 
3	18.4 8	Daisy Gillon PB	U1 7	W	1	Eden Runners	18.48	18.4 8 

JT500 U15W

Po s	Perf	Name	AG	Yea r	Coach	Club	SB	PB
1	27.6 5	Rosie Lawler	U15	W	1	Copeland	30.02	30.02 
2	23.6 2	Katey Quayle	U15	W	2	Seaton	27.21	27.21 
3	16.1 0	Ellie Byers	PB	U15	W	1	Annan	16.10 
4	16.0 4	Nicole Ritchie	U15	W	1	Annan	19.05	19.05 
5	15.1 8	Catherine Crichton	U15	W	1	Copeland	17.39	17.39 
6	14.1 2	Alexia Buchanan	PB	U15	W	1	Copeland	16.00 
7	10.7 5	Ishana Mohan	PB	U15	W	1	Barrow & Furness	10.75 

JT400 U13M

Po s	Perf	Name	AG	Yea r	Coach	Club	SB	PB
1	25.07	Jack Piggott PB	U13	M	1	Copeland	25.07	25.07 
2	22.47	Harry Piggott PB	U13	M	2	Copeland	30.98	30.98 
3	22.26	Harrison Rogers PB	U13	M	1	Copeland	27.88	27.88 
4	18.13	Oliver Walker PB	U13	M	1	Seaton	21.76	21.76 
5	14.80	Josh Quayle PB	U13	M	1	Seaton	14.80	14.80 

JT400 U13W

Po s	Perf	Name	AG	Yea r	Coach	Club	SB	PB
1	15.0 2	Zara Armstrong PB	U13	W	1	Copeland	20.13	20.13 
2	14.5 4	Neve MCGoldrick	U13	W	1	Annan	18.25	18.25 
3	12.6 7	Zoe Denvir PB	U13	W	1	Seaton	12.67	12.67 
4	11.7 5	Freya Stokes PB	U13	W	2	Carlisle Aspatria	13.55	13.55 
5	11.2 0	Freya Blaikie PB	U13	W	1	Annan	11.20	11.20 
6	11.0 2	Honor Morton PB	U13	W	1	Barrow & Furness	12.35	12.35 