|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **70 U11M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 10.8 | [Myles Farren](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=905420) |  | U11 | M | 11 |  | Barrow & Furness | 10.1 | 10.1 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254342) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 11.0 | George Robinson |  | U11 | M |  |  | Seaton |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254343) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 11.4 | [Jake Howe](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=928716) |  | U11 | M | 10 |  | Seaton | 10.7 | 10.7 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254344) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 11.6 | [Kyran Wotherspoon](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=928704) |  | U11 | M | 11 |  | Annan | 10.6 | 10.6 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254345) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 11.8 | [Oliver Walker](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=905430) |  | U11 | M | 11 |  | Seaton | 10.7 | 10.7 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254346) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 12.0 | [Declan Denwood](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=929732) |  | U11 | M | 10 |  | Seaton | 11.1 | 11.1 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254347) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **70 U11M h1** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 11.2 | George Robinson |  | U11 | M |  |  | Seaton |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254283) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 11.3 | [Kyran Wotherspoon](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=928704) |  | U11 | M | 11 |  | Annan | 10.6 | 10.6 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254284) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 11.6 | [Jake Howe](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=928716) |  | U11 | M | 10 |  | Seaton | 10.7 | 10.7 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254285) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 11.6 | [Oliver Walker](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=905430) |  | U11 | M | 11 |  | Seaton | 10.7 | 10.7 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254286) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 12.0 | [Freddie Wilson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=937957) |  | U11 | M | 11 |  | Copeland | 11.0 | 11.0 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254287) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 12.5 | [Reece Sowerby](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=929730) |  | U11 | M | 10 |  | Seaton | 11.6 | 11.6 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254288) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **70 U11M h2** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 10.9 | [Myles Farren](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=905420) |  | U11 | M | 11 |  | Barrow & Furness | 10.1 | 10.1 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254289) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 11.9 | [Declan Denwood](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=929732) |  | U11 | M | 10 |  | Seaton | 11.1 | 11.1 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254290) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 12.0 | [Bradley Quayle](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=858166) |  | U11 | M | 10 |  | Seaton | 11.4 | 11.4 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254291) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 12.1 | Seth Crane |  | U11 | M |  |  | Seaton |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254292) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 12.7 | [Finlay Harper](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=929729) |  | U11 | M | 10 |  | Seaton | 11.3 | 11.3 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254293) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 13.0 | [Jack Piggott](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=957402) |  | U11 | M | 11 |  | Copeland | 12.0 | 12.0 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254294) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **70 U11W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 10.8 | [Neve Mcgoldrick](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=911604) |  | U11 | W | 11 |  | Annan | 10.7 | 10.7 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254372) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 10.8 | [Libby Green](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=929704) |  | U11 | W | 11 |  | Seaton | 10.2 | 10.2 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254373) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 10.9 | [Matilda Brockley](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=911288) |  | U11 | W | 11 |  | Annan | 10.8 | 10.8 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254374) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 11.1 | [Greta Morton](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=959836) |  | U11 | W | 11 |  | Barrow & Furness | 10.4 | 10.4 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254375) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 11.2 | Geace Whitfield |  | U11 | W |  |  | Seaton |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254376) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 11.2 | [Alyssa Hodgson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=959826) |  | U11 | W | 10 |  | Seaton | 10.8 | 10.8 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254377) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **70 U11W h1** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 10.9 | [Neve Mcgoldrick](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=911604) |  | U11 | W | 11 |  | Annan | 10.7 | 10.7 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254295) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 10.9 | Geace Whitfield |  | U11 | W |  |  | Seaton |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254296) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 11.1 | [Alyssa Hodgson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=959826) |  | U11 | W | 10 |  | Seaton | 10.8 | 10.8 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254297) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 11.3 | [Esme Doyle](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=938682) |  | U11 | W | 10 |  | Barrow & Furness | 11.1 | 11.1 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254298) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 12.1 | [Annabel Starkie](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=875964) |  | U11 | W | 11 |  | Copeland | 12.0 | 12.0 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254299) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 12.3 | [Carmen Barbour](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=928723) |  | U11 | W | 10 |  | Annan | 11.9 | 11.9 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254300) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **70 U11W h2** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 11.2 | [Libby Green](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=929704) |  | U11 | W | 11 |  | Seaton | 10.2 | 10.2 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254301) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 11.8 | [Mahaya Mohan](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=959861) |  | U11 | W | 10 |  | Barrow & Furness | 11.2 | 11.2 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254302) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 12.3 | [Antonia Brockley](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=965081) |  | U11 | W | 10 |  | Annan | 11.2 | 11.2 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254303) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 12.3 | [Edie-Jo Mattinson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=934735) |  | U11 | W | 10 |  | Copeland | 11.9 | 11.9 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254304) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 12.4 | Liliah Gibbons |  | U11 | W |  |  | Seaton |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254305) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 12.8 | [Phoebe Thorburn](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=964697) |  | U11 | W | 11 |  | Annan | 11.5 | 11.5 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254306) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **70 U11W h3** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 11.3 | [Matilda Brockley](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=911288) |  | U11 | W | 11 |  | Annan | 10.8 | 10.8 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254307) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 11.3 | [Greta Morton](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=959836) |  | U11 | W | 11 |  | Barrow & Furness | 10.4 | 10.4 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254308) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 11.3 | Isla Herbert |  | U11 | W |  |  | Seaton |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254309) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 12.1 | [Zara Armstrong](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=862022) |  | U11 | W | 11 |  | Copeland | 11.6 | 11.5 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254310) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 13.1 | [Grace Thorburn](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=964698) |  | U11 | W | 11 |  | Annan | 12.0 | 12.0 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254311) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 13.1 | [Honor Morton](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=960079) |  | U11 | W | 11 |  | Barrow & Furness | 12.0 | 12.0 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254312) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 | 13.1 | Lucy Bell |  | U11 | W |  |  | C/ASP |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254313) |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | | | | | | | | | | | | | | | | | | | | | | | |
| **75 U13M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 10.6 | [James Bell](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=862586) |  | U13 | M | 2 |  | Carlisle Aspatria | 9.7 | 9.7 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254416) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 10.7 | [Callum Howe](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=858383) |  | U13 | M | 1 |  | Seaton | 10.5 | 10.5 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254417) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 11.1 | [Alex Waugh](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=714155) |  | U13 | M | 2 |  | Giffnock North/Annan | 10.7 | 10.7 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254418) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 11.3 | Lucas Seal |  | U13 | M |  |  | B&FS |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254419) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 11.3 | [Lucas Farren](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=764199) |  | U13 | M | 2 |  | Barrow & Furness | 10.4 | 10.4 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254420) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 12.0 | [Alfie Lamb](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=861349) |  | U13 | M | 1 |  | Seaton | 10.9 | 10.9 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254421) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 | 12.8 | [Jonas Rowell](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=790315) |  | U13 | M | 1 |  | Seaton | 11.8 | 11.8 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254422) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **75 U13W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 10.8 | [Rosie Lawler](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=614969) |  | U13 | W | 2 |  | Copeland | 10.2 | 10.1 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254451) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 11.6 | [Courtney Barbour](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=775843) |  | U13 | W | 1 |  | Annan | 10.9 | 10.9 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254452) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 12.0 | [Hannah Oakley](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=872781) |  | U13 | W | 2 |  | Copeland | 11.6 | 11.6 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254453) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 12.1 | [Libby Treble](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=937363) |  | U13 | W | 1 |  | Copeland | 11.7 | 11.7 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254454) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 12.2 | Catherine Crighton |  | U13 | W |  |  | Copeland |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254455) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **75 U13W h1** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 10.9 | [Rosie Lawler](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=614969) |  | U13 | W | 2 |  | Copeland | 10.2 | 10.1 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254314) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 12.2 | [Libby Treble](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=937363) |  | U13 | W | 1 |  | Copeland | 11.7 | 11.7 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254315) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 12.4 | Aimee Broomby |  | U13 | W |  |  | C/Asp |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254316) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 12.4 | [Evie Bryden](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=656385) |  | U13 | W | 1 |  | Annan | 12.13 | 12.1 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254317) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 13.0 | Charlotte Crooks |  | U13 | W |  |  | Seaton |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254318) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **75 U13W h2** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 11.7 | [Courtney Barbour](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=775843) |  | U13 | W | 1 |  | Annan | 10.9 | 10.9 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254319) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 12.0 | [Hannah Oakley](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=872781) |  | U13 | W | 2 |  | Copeland | 11.6 | 11.6 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254320) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 12.3 | Catherine Crighton |  | U13 | W |  |  | Copeland |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254321) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 12.4 | [Zoe Stewart](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=775698) |  | U13 | W | 1 |  | Seaton | 11.5 | 11.5 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254322) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 13.1 | [Jessica Pietersen](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=790286) |  | U13 | W | 1 |  | Seaton | 12.0 | 12.0 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254323) |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | | | | | | | | | | | | | | | | | | | | | | | |
| **100 U20M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 11.7 | [Finlay Waugh](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=443660) |  | U17 | M | -2 | [Michael Love](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=195851) | Giffnock North/Annan | 11.31 | 11.31 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254560) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 12.0 | [Reece Stalker](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=377744) |  | U20 | M | 2 |  | Seaton | 11.3 | 11.3 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254599) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 12.3 | [Ryan Wilson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=722721) |  | U17 | M | -2 | [Paul Burns](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=200154) | Barrow & Furness | 11.3 | 11.3 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254561) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 12.6 | [Lewis Atkinson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=555177) |  | U17 | M | -1 | [Lewis Atkinson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=555177) | Carlisle Aspatria | 11.9 | 11.9 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254562) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 12.9 | [Samuel Jackson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=849201) |  | U17 | M | -1 |  | Barrow & Furness | 12.4 | 12.4 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254563) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 13.9 | [Dylan Stalker](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=875919) |  | U17 | M | -1 |  | Seaton | 13.3 | 13.3 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254564) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **100 U15M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 12.1 | [Joe Southwell](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=564041) |  | U15 | M | 2 |  | Ellenborough | 11.59 | 11.59 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254484) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 12.7 | [Oscar Doran](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=450204) |  | U15 | M | 1 |  | Seaton | 11.9 | 11.9 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254485) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 13.8 | [Ethan Seeds](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=657117) |  | U15 | M | 1 |  | Seaton | 12.9 | 12.9 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254486) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 14.2 | [Robbie Byers](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=764272) |  | U15 | M | 1 |  | Annan | 13.0 | 13.0 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254487) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 14.7 | Luke Dawson |  | U15 | M |  |  | C/Asp |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254488) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 15.7 | [Sam Rowell](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=829019) |  | U15 | M | 1 |  | Seaton | 14.2 | 14.2 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254489) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 | 17.2 | [Matthew Casson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=802665) |  | U15 | M | 1 |  | Copeland | 16.5 | 16.5 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254490) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **100 U20W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 13.7 | [Lauren Parr](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=395938) |  | U20 | W | 1 |  | Seaton | 13.2 | 12.8 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254613) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 14.3 | [Millie Chadwick](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=628229) |  | U17 | W | -1 |  | Barrow & Furness | 13.8 | 13.1 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254578) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 14.5 | [Nicole Byers](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=775788) |  | U17 | W | -1 |  | Annan | 13.8 | 13.7 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254579) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 15.1 | [Millie Riddle](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=795991) |  | U17 | W | -2 |  | Seaton | 14.6 | 14.1 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254580) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 15.9 | [Catriona Thompson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=764822) | **SB** | U17 | W | -2 |  | Annan | 15.9 | 14.3 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254581) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **100 U15W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 13.4 | [Kayleigh Watson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=521982) |  | U15 | W | 2 | [Kayleigh Watson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=521982) | Carlisle Aspatria | 12.3 | 12.3 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254523) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 13.6 | Megan Crelling |  | U15 | W |  |  | Seaton |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254524) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 13.8 | [Faith Griffiths](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=776827) |  | U15 | W | 1 |  | Annan | 13.3 | 13.3 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254525) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 13.9 | [Bethan Parr](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=562408) |  | U15 | W | 2 |  | Seaton | 13.1 | 13.1 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254526) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 14.2 | [Isabel Sunley](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=784972) |  | U15 | W | 1 |  | Seaton | 13.4 | 13.4 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254527) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 14.4 | [Zoe Mitchell](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=657683) |  | U15 | W | 1 |  | Annan | 13.5 | 13.5 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254528) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **100 U15W h1** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 14.0 | [Faith Griffiths](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=776827) |  | U15 | W | 1 |  | Annan | 13.3 | 13.3 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254324) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 14.2 | [Zoe Mitchell](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=657683) |  | U15 | W | 1 |  | Annan | 13.5 | 13.5 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254325) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 14.2 | [Bethan Parr](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=562408) |  | U15 | W | 2 |  | Seaton | 13.1 | 13.1 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254326) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 14.7 | [Amy Clark](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=929841) |  | U15 | W | 1 |  | Seaton | 13.6 | 13.6 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254327) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 15.2 | Brooke Steel |  | U15 | W |  |  | C/Asp |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254328) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 15.6 | Natasha Stannett |  | U15 | W |  |  | Seaton |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254329) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **100 U15W h2** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 13.7 | Kayleigh Watson |  | U15 | W |  |  | C/Asp |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254330) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 13.9 | [Nia Foster](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=932495) |  | U15 | W | 2 |  | Seaton | 12.9 | 12.9 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254331) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 14.4 | [Isabel Sunley](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=784972) |  | U15 | W | 1 |  | Seaton | 13.4 | 13.4 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254332) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 15.2 | [Megan Crelling](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=604238) |  | U15 | W | 1 |  | Seaton | 14.4 | 14.4 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254333) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 15.5 | [Katey Quayle](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=657124) |  | U15 | W | 1 |  | Seaton | 14.5 | 14.5 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254334) |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | | | | | | | | | | | | | | | | | | | | | | | |
| **150 U13M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 20.2 | [James Bell](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=862586) |  | U13 | M | 2 |  | Carlisle Aspatria | 18.4 | 18.4 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254410) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 21.7 | [Callum Howe](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=858383) |  | U13 | M | 1 |  | Seaton | 20.6 | 20.6 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254411) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 21.8 | [Alex Waugh](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=714155) |  | U13 | M | 2 |  | Giffnock North/Annan | 21.1 | 21.1 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254412) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 22.1 | [Lucas Farren](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=764199) |  | U13 | M | 2 |  | Barrow & Furness | 20.9 | 20.9 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254413) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 24.3 | [Jonas Rowell](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=790315) |  | U13 | M | 1 |  | Seaton | 23.0 | 23.0 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254414) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 24.3 | [Callum Thompson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=903649) |  | U13 | M | 1 |  | Annan | 24.2 | 24.2 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254415) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **150 U13W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 21.7 | [Rosie Lawler](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=614969) |  | U13 | W | 2 |  | Copeland | 20.9 | 20.9 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254445) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 22.3 | [Ebony Blackwell](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=725930) |  | U13 | W | 2 |  | Copeland | 21.4 | 21.4 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254446) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 22.9 | [Courtney Barbour](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=775843) |  | U13 | W | 1 |  | Annan | 21.1 | 21.1 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254447) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 24.5 | [Lucy Swarbrick](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=765102) |  | U13 | W | 2 |  | Barrow & Furness | 22.3 | 22.3 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254448) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 25.0 | [Zoe Stewart](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=775698) |  | U13 | W | 1 |  | Seaton | 23.8 | 23.8 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254449) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 25.6 | [Jessica Pietersen](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=790286) |  | U13 | W | 1 |  | Seaton | 23.9 | 23.9 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254450) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **150 U13W h1** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 22.2 | [Ebony Blackwell](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=725930) |  | U13 | W | 2 |  | Copeland | 21.4 | 21.4 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254267) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 23.3 | [Courtney Barbour](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=775843) |  | U13 | W | 1 |  | Annan | 21.1 | 21.1 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254268) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 24.5 | [Lucy Swarbrick](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=765102) |  | U13 | W | 2 |  | Barrow & Furness | 22.3 | 22.3 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254269) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 24.6 | [Jessica Pietersen](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=790286) |  | U13 | W | 1 |  | Seaton | 23.9 | 23.9 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254270) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **150 U13W h2** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 21.4 | [Rosie Lawler](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=614969) |  | U13 | W | 2 |  | Copeland | 20.9 | 20.9 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254271) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 25.1 | [Zoe Stewart](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=775698) |  | U13 | W | 1 |  | Seaton | 23.8 | 23.8 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254272) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 25.4 | [Jessica Forster](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=911677) |  | U13 | W | 1 |  | Annan | 24.7 | 24.7 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254273) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 25.7 | [Ishana Mohan](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=765043) |  | U13 | W | 2 |  | Barrow & Furness | 24.2 | 24.2 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254274) |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | | | | | | | | | | | | | | | | | | | | | | | |
| **200 U20M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 23.3 | [Reece Stalker](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=377744) |  | U20 | M | 2 |  | Seaton | 22.3 | 22.3 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254601) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 23.8 | [Finlay Waugh](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=443660) |  | U17 | M | -2 | [Michael Love](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=195851) | Giffnock North/Annan | 22.91 | 22.91 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254569) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 24.7 | [Ryan Wilson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=722721) |  | U17 | M | -2 | [Paul Burns](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=200154) | Barrow & Furness | 23.0 | 23.0 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254570) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 25.8 | [Lewis Atkinson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=555177) |  | U17 | M | -1 | [Lewis Atkinson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=555177) | Carlisle Aspatria | 24.7 | 24.7 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254571) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 28.0 | [Brad King](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=459948) |  | U20 | M | 1 |  | Seaton | 25.6 | 25.6 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254602) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 28.5 | [Samuel Jackson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=849201) |  | U17 | M | -1 |  | Barrow & Furness | 25.9 | 25.9 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254572) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **200 U15M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 24.3 | [Joe Southwell](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=564041) | **PB** | U15 | M | 2 |  | Ellenborough | 24.3 | 24.3 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254492) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 25.0 | [James Young](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=857838) |  | U15 | M | 2 |  | Carlisle Aspatria | 24.3 | 24.3 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254493) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 26.4 | [Finlay Starkie](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=735508) |  | U15 | M | 1 |  | Copeland | 25.6 | 25.6 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254494) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 28.5 | [Jake Mitchell](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=657684) |  | U15 | M | 1 |  | Annan | 28.0 | 28.0 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254495) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 30.6 | [Sam Rowell](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=829019) |  | U15 | M | 1 |  | Seaton | 29.24 | 29.24 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254496) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **200 U17W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 29.9 | [Jemma Atkinson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=555172) |  | U17 | W | 1 |  | Seaton | 28.4 | 28.4 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254584) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 30.8 | [Elizabeth Rhodes](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=742376) |  | U17 | W | 1 |  | Copeland | 30.2 | 30.2 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254585) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 30.8 | [Millie Riddle](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=795991) |  | U17 | W | 1 |  | Seaton | 30.0 | 30.0 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254586) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 32.4 | [Catriona Thompson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=764822) |  | U17 | W | 1 |  | Annan | 31.5 | 30.2 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254587) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **200 U15W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 28.0 | [Kayleigh Watson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=521982) |  | U15 | W | 2 | [Kayleigh Watson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=521982) | Carlisle Aspatria | 26.6 | 26.6 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254534) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 29.0 | [Isabel Sunley](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=784972) |  | U15 | W | 1 |  | Seaton | 27.8 | 27.8 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254535) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 29.1 | [Zoe Mitchell](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=657683) |  | U15 | W | 1 |  | Annan | 28.3 | 28.3 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254536) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 30.0 | [Abigail Iredale](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=732864) |  | U15 | W | 1 |  | Ellenborough | 28.5 | 28.5 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254537) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 30.2 | [Nia Foster](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=932495) |  | U15 | W | 2 |  | Seaton | 28.0 | 28.0 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254538) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 31.3 | [Laura Brown](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=726599) |  | U15 | W | 1 |  | Barrow & Furness | 28.3 | 28.3 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254539) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **200 U15W h1** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 29.5 | [Zoe Mitchell](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=657683) |  | U15 | W | 1 |  | Annan | 28.3 | 28.3 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254275) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 30.0 | [Laura Brown](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=726599) |  | U15 | W | 1 |  | Barrow & Furness | 28.3 | 28.3 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254276) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 30.3 | Abigail Iredale |  | U15 | W |  |  | Copeland |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254277) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 31.8 | Natasha Stannett |  | U15 | W |  |  | Seaton |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254278) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **200 U15W h2** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 28.3 | Kayleigh Watson |  | U15 | W |  |  | C/Asp |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254279) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 29.2 | [Nia Foster](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=932495) |  | U15 | W | 2 |  | Seaton | 28.0 | 28.0 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254280) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 29.4 | [Isabel Sunley](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=784972) |  | U15 | W | 1 |  | Seaton | 27.8 | 27.8 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254281) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 33.5 | Erin Thompson |  | U15 | W |  |  | Annan&Dist |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254282) |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | | | | | | | | | | | | | | | | | | | | | | | |
| **300 U17X** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 39.9 | [James Young](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=857838) |  | U15 | M | -1 |  | Carlisle Aspatria | 38.28 | 38.28 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254497) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 41.3 | [Finlay Starkie](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=735508) |  | U15 | M | -2 |  | Copeland | 40.4 | 40.4 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254498) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 44.6 | [Jake Mitchell](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=657684) | **PB** | U15 | M | -2 |  | Annan | 44.6 | 44.6 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254499) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 48.2 | [Elizabeth Rhodes](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=742376) | **PB** | U17 | W | 1 |  | Copeland | 48.2 | 48.2 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254588) |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | | | | | | | | | | | | | | | | | | | | | | | |
| **400 U20M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 49.0 | [Oliver Dustin](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=386516) | **PB** | U20 | M | 1 | [Graeme Mason](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=17506) | Border | 49.0 | 49.0 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254603) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 52.4 | [Reece Stalker](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=377744) |  | U20 | M | 2 |  | Seaton | 50.5 | 50.10 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254604) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 55.2 | [James Mattinson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=616022) | **PB** | U20 | M | 1 | [Graeme Mason](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=17506) | Keswick | 55.2 | 55.2 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254605) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 55.9 | [Brad King](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=459948) | **PB** | U20 | M | 1 |  | Seaton | 55.9 | 55.9 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254606) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 58.5 | [Finlay Waugh](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=443660) | **PB** | U17 | M | -2 | [Michael Love](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=195851) | Giffnock North/Annan | 58.5 | 58.5 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254573) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 59.0 | [Samuel Jackson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=849201) |  | U17 | M | -1 |  | Barrow & Furness | 58.5 | 58.5 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254574) |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | | | | | | | | | | | | | | | | | | | | | | | |
| **600 U11M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 1:59.5 | [Myles Farren](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=905420) |  | U11 | M | 11 |  | Barrow & Furness | 1:56.5 | 1:56.5 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254335) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 2:00.0 | [Declan Denwood](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=929732) |  | U11 | M | 10 |  | Seaton | 1:58.2 | 1:58.2 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254336) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 2:02.0 | [Kyran Wotherspoon](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=928704) |  | U11 | M | 11 |  | Annan | 1:56.9 | 1:56.9 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254337) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 2:11.2 | Seth Crane |  | U11 | M |  |  | Seaton |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254338) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 2:11.7 | [Harley Wells](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=937729) |  | U11 | M | 10 |  | Copeland | 2:09.5 | 2:09.5 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254339) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 2:12.0 | [Freddie Wilson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=937957) | **PB** | U11 | M | 11 |  | Copeland | 2:12.0 | 2:12.0 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254340) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 | 2:13.2 | [Finlay Harper](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=929729) |  | U11 | M | 10 |  | Seaton | 2:10.5 | 2:10.5 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254341) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **600 U11W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 2:02.8 | [Katie Thwaytes](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=833998) |  | U11 | W | 11 |  | Copeland | 2:01.1 | 2:01.1 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254363) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 2:04.6 | [Mahaya Mohan](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=959861) |  | U11 | W | 10 |  | Barrow & Furness | 2:01.9 | 2:01.9 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254364) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 2:06.2 | [Ami Miller](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=855819) |  | U11 | W | 11 |  | Annan | 2:05.0 | 2:04.7 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254365) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 2:08.6 | [Esme Doyle](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=938682) |  | U11 | W | 10 |  | Barrow & Furness | 2:02.1 | 2:02.1 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254366) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 2:10.9 | [Zoe Brannon](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=863207) |  | U11 | W | 10 |  | Copeland | 2:07.1 | 2:07.1 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254367) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 2:11.6 | [Grace Thorburn](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=964698) |  | U11 | W | 11 |  | Annan | 2:08.0 | 2:08.0 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254368) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 | 2:13.8 | [Honor Morton](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=960079) | **PB** | U11 | W | 11 |  | Barrow & Furness | 2:13.8 | 2:13.8 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254369) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8 | 2:16.6 | [Phoebe Thorburn](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=964697) |  | U11 | W | 11 |  | Annan | 2:12.2 | 2:12.2 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254370) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 9 | 2:17.4 | Liliah Gibbons |  | U11 | W |  |  | Seaton |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254371) |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **1200 U13X** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 4:00.0 | [Alfie Lamb](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=861349) |  | U13 | M | 1 |  | Seaton | 3:55.7 | 3:55.7 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254406) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 4:05.2 | [Ebony Blackwell](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=725930) | **PB** | U13 | W | 2 |  | Copeland | 4:05.2 | 4:05.2 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254438) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 4:17.2 | [Thomas Forster](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=858501) | **PB** | U13 | M | 2 |  | Annan | 4:17.2 | 4:17.2 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254407) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 4:22.9 | [Nicole Ritchie](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=721892) |  | U13 | W | 2 |  | Annan | 4:20.0 | 4:20.0 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254439) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 4:26.5 | [Fayth Bowness](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=666693) |  | U13 | W | 2 |  | Copeland | 4:26.0 | 4:26.0 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254440) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 4:32.5 | [Felicity Evans](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=932252) |  | U13 | W | 1 |  | Eden Runners | 4:26.8 | 4:26.8 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254441) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 | 4:38.2 | [Callum Thompson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=903649) | **PB** | U13 | M | 1 |  | Annan | 4:38.2 | 4:38.2 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254408) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8 | 4:41.2 | [Olivia Swarbrick](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=876312) |  | U13 | W | 1 | [Brian Thompson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=11046) | Copeland/Cumberland Fell Runners | 4:35.0 | 4:35.0 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254442) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 9 | 4:42.0 | [Jake Kirkpatrick](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=790703) | **PB** | U13 | M | 2 |  | Annan | 4:42.0 | 4:42.0 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254409) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10 | 4:44.3 | [Ellie Byers](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=775787) |  | U13 | W | 2 |  | Annan | 4:43.3 | 4:43.3 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254443) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 11 | 4:54.0 | [Ishana Mohan](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=765043) | **PB** | U13 | W | 2 |  | Barrow & Furness | 4:54.0 | 4:54.0 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254444) |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **1500 U20X** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 4:24.4 | [Robin Regan](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=618977) |  | U17 | M | -2 | [Derek Hurton](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=54509) | Eden Runners | 4:20.7 | 4:20.7 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254565) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 4:27.6 | [Taylor Gill](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=944595) | **PB** | U17 | M | -2 |  | Barrow & Furness | 4:27.6 | 4:27.6 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254566) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 4:37.9 | [Craig Bottomley](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=646297) | **SB** | U17 | M | -1 |  | Eden Runners | 4:37.9 | 4:37.2 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254567) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 4:40.7 | [Danny Bryden](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=640252) | **PB** | U17 | M | -2 |  | Annan | 4:40.7 | 4:40.7 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254568) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 4:47.3 | [Tiffany Penfold](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=329439) |  | U20 | W | 3 |  | Copeland/Edge Hill Uni/Liverpool Pembroke Sefton | 4:35.57 | 4:35.57 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254614) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 5:11.0 | [Brad King](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=459948) |  | U20 | M | 1 |  | Seaton | 4:55.4 | 4:55.4 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254600) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 | 5:30.5 | [Jemma Atkinson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=555172) | **SB** | U17 | W | -2 |  | Seaton | 5:30.5 | 5:14.7 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254582) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8 | 5:43.0 | [Catriona Paton](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=795956) |  | U17 | W | -2 |  | Annan | 5:41.6 | 5:25.8 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254583) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **1500 U15X** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 5:11.0 | Lizzi Powson |  | U15 | W |  |  | Seaton |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254529) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 5:17.6 | [Alexander Rhodes](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=742374) | **PB** | U15 | M | 1 | [Brian Thompson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=11046) | Copeland/Cumberland Fell Runners | 5:17.6 | 5:17.6 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254491) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 5:24.4 | [Emily Swarbrick](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=781215) |  | U15 | W | 2 | [Brian Thompson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=11046) | Copeland/Cumberland Fell Runners | 5:13.9 | 5:08.6 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254530) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 5:29.7 | [Isla Cooper](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=776940) | **SB** | U15 | W | 1 |  | Annan | 5:29.7 | 5:16.68 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254531) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 5:48.2 | [Laura Brown](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=726599) |  | U15 | W | 1 |  | Barrow & Furness | 5:38.6 | 5:38.6 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254532) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 6:06.4 | Kate Wren |  | U15 | W |  |  | C/Asp |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254533) |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **HJ U11X** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 1.20 | [Freddie Wilson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=937957) | **PB** | U11 | M | 11 |  | Copeland | 1.20 | 1.20 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254351) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 1.10 | [Katie Thwaytes](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=833998) |  | U11 | W | 11 |  | Copeland | 1.15 | 1.15 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254384) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 1.05 | [Libby Green](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=929704) |  | U11 | W | 11 |  | Seaton | 1.15 | 1.15 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254382) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 1.05 | [Neve Mcgoldrick](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=911604) |  | U11 | W | 11 |  | Annan | 1.15 | 1.15 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254383) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 1.00 | [Ami Miller](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=855819) |  | U11 | W | 11 |  | Annan | 1.15 | 1.15 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254381) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 0.95 | [Lucy Bell](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=939205) | **PB** | U11 | W | 11 |  | Carlisle Aspatria | 0.95 | 0.95 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254380) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 0.95 | [Kyran Wotherspoon](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=928704) |  | U11 | M | 11 |  | Annan | 1.05 | 1.05 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254350) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8 | 0.90 | [Zoe Denvir](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=911722) | **SB** | U11 | W | 11 |  | Seaton | 0.90 | 0.95 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254378) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8 | 0.90 | [Zara Armstrong](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=862022) |  | U11 | W | 11 |  | Copeland | 1.00 | 1.00 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254379) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10 | 0.85 | Lucas Quinn |  | U11 | M |  |  | Annan&Dist |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254348) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10 | 0.85 | Jack Piggott |  | U11 | M |  |  | Copeland |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254349) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **HJ U15M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 1.70 | [Joe Southwell](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=564041) | **PB** | U15 | M | 2 |  | Ellenborough | 1.70 | 1.70 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254504) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 1.40 | [Ethan Seeds](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=657117) | **PB** | U15 | M | 1 |  | Seaton | 1.40 | 1.40 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254503) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **HJ U13M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 1.30 | [Oliver Denvir](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=786283) |  | U13 | M | 2 | [Terry Hughes](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=196887) | Seaton | 1.33 | 1.33 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254426) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 1.15 | [Jake Kirkpatrick](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=790703) | **PB** | U13 | M | 2 |  | Annan | 1.15 | 1.15 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254425) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **HJ U17W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 1.35 | [Shannon Thompson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=458226) |  | U15 | W | -1 |  | Seaton | 1.38 | 1.41 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254543) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 1.35 | [Catriona Paton](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=795956) | **PB** | U17 | W | 1 |  | Annan | 1.35 | 1.35 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254590) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **HJ U13W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 1.20 | Katie Irving |  | U13 | W |  |  | C/Asp |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254465) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 1.10 | [Jessica Pietersen](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=790286) |  | U13 | W | 1 |  | Seaton | 1.15 | 1.15 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254464) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 1.05 | Aimee Broomby |  | U13 | W |  |  | C/Asp |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254463) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 1.00 | [Jessica Forster](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=911677) |  | U13 | W | 1 |  | Annan | 1.10 | 1.10 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254462) |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | | | | | | | | | | | | | | | | | | | | | | | |
| **LJ U11X** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 3.98 | [Myles Farren](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=905420) |  | U11 | M | 11 |  | Barrow & Furness | 4.22 | 4.22 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254362) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 3.67 | [Katie Thwaytes](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=833998) | **PB** | U11 | W | 11 |  | Copeland | 3.67 | 3.67 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254405) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 3.57 | [Neve Mcgoldrick](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=911604) | **PB** | U11 | W | 11 |  | Annan | 3.57 | 3.57 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254404) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 3.49 | Geace Whitfield |  | U11 | W |  |  | Seaton |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254403) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 3.42 | [Matilda Brockley](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=911288) |  | U11 | W | 11 |  | Annan | 3.63 | 3.63 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254402) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 3.40 | [Jake Howe](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=928716) | **PB** | U11 | M | 10 |  | Seaton | 3.40 | 3.40 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254361) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 | 3.37 | [Ami Miller](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=855819) | **PB** | U11 | W | 11 |  | Annan | 3.37 | 3.37 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254401) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8 | 3.35 | [Libby Green](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=929704) | **PB** | U11 | W | 11 |  | Seaton | 3.35 | 3.35 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254400) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 9 | 3.32 | Seth Crane |  | U11 | M |  |  | Seaton |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254360) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10 | 3.29 | [Esme Doyle](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=938682) |  | U11 | W | 10 |  | Barrow & Furness | 3.38 | 3.38 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254399) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 11 | 3.26 | [Mahaya Mohan](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=959861) | **PB** | U11 | W | 10 |  | Barrow & Furness | 3.26 | 3.26 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254398) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 12 | 3.22 | [Bradley Quayle](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=858166) | **PB** | U11 | M | 10 |  | Seaton | 3.22 | 3.22 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254359) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 13 | 3.15 | [Alyssa Hodgson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=959826) |  | U11 | W | 10 |  | Seaton | 3.46 | 3.46 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254397) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 14 | 3.14 | [Isla Herbert](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=965165) | **PB** | U11 | W | 11 |  | Unknown | 3.14 | 3.14 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254396) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 15 | 3.02 | [Reece Sowerby](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=929730) | **PB** | U11 | M | 10 |  | Seaton | 3.02 | 3.02 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254358) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 16 | 3.01 | [Honor Morton](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=960079) | **PB** | U11 | W | 11 |  | Barrow & Furness | 3.01 | 3.01 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254395) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 17 | 3.01 | Jack Piggott |  | U11 | M |  |  | Copeland |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254356) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 18 | 3.01 | [Harley Wells](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=937729) | **PB** | U11 | M | 10 |  | Copeland | 3.01 | 3.01 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254357) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 19 | 3.00 | [Lucy Bell](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=939205) | **PB** | U11 | W | 11 |  | Carlisle Aspatria | 3.00 | 3.00 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254394) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 20 | 2.99 | [Zara Armstrong](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=862022) |  | U11 | W | 11 |  | Copeland | 3.04 | 3.20 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254392) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 21 | 2.99 | [Greta Morton](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=959836) |  | U11 | W | 11 |  | Barrow & Furness | 3.31 | 3.31 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254393) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 22 | 2.96 | [Edie-Jo Mattinson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=934735) | **PB** | U11 | W | 10 |  | Copeland | 2.96 | 2.96 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254391) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 23 | 2.95 | [Felicity Ancell](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=797118) |  | U11 | W | 11 |  | Copeland | 2.97 | 3.23 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254390) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 24 | 2.93 | [Oliver Walker](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=905430) |  | U11 | M | 11 |  | Seaton | 3.42 | 3.59 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254355) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 25 | 2.92 | [Zoe Denvir](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=911722) | **PB** | U11 | W | 11 |  | Seaton | 2.92 | 2.92 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254389) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 26 | 2.90 | [Declan Denwood](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=929732) |  | U11 | M | 10 |  | Seaton | 2.99 | 2.99 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254354) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 27 | 2.87 | [Annabel Starkie](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=875964) |  | U11 | W | 11 |  | Copeland | 3.07 | 3.07 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254388) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 28 | 2.77 | [Carmen Barbour](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=928723) |  | U11 | W | 10 |  | Annan | 2.95 | 2.95 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254387) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 29 | 2.71 | [Finlay Harper](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=929729) |  | U11 | M | 10 |  | Seaton | 3.16 | 3.16 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254353) |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| **LJ U11X** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 30 | 2.67 | Liliah Gibbons |  | U11 | W |  |  | Seaton |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254386) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 31 | 2.65 | [Antonia Brockley](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=965081) |  | U11 | W | 10 |  | Annan | 2.86 | 2.86 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254385) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 32 | 2.33 | Lucas Quinn |  | U11 | M |  |  | Annan&Dist |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254352) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **LJ U15M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 5.60 | [Oscar Doran](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=450204) | **PB** | U15 | M | 1 |  | Seaton | 5.60 | 5.60 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254517) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 5.47 | [Joseph Crawford](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=557114) | **PB** | U15 | M | 2 |  | Seaton | 5.47 | 5.47 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254516) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 4.62 | [Ethan Seeds](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=657117) | **PB** | U15 | M | 1 |  | Seaton | 4.62 | 4.62 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254515) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 4.36 | [Robbie Byers](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=764272) | **PB** | U15 | M | 1 |  | Annan | 4.36 | 4.36 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254514) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 4.34 | Luke Dawson |  | U15 | M |  |  | C/Asp |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254513) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 4.18 | [Jake Mitchell](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=657684) | **PB** | U15 | M | 1 |  | Annan | 4.18 | 4.18 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254512) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 | 3.72 | [Sam Rowell](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=829019) |  | U15 | M | 1 |  | Seaton | 4.02 | 4.03 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254511) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8 | 3.66 | [Matthew Casson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=802665) | **PB** | U15 | M | 1 |  | Copeland | 3.66 | 3.66 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254510) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **LJ U13M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 4.43 | [Callum Howe](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=858383) |  | U13 | M | 1 |  | Seaton | 4.44 | 4.44 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254433) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 4.26 | Lucas Seal |  | U13 | M |  |  | B&FS |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254432) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 4.22 | [Oliver Denvir](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=786283) | **PB** | U13 | M | 2 | [Terry Hughes](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=196887) | Seaton | 4.22 | 4.22 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254431) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 4.02 | [Lucas Farren](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=764199) |  | U13 | M | 2 |  | Barrow & Furness | 4.51 | 4.51 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254430) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 3.33 | [Callum Thompson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=903649) | **PB** | U13 | M | 1 |  | Annan | 3.33 | 3.33 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254429) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 3.22 | [Jonas Rowell](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=790315) |  | U13 | M | 1 |  | Seaton | 3.35 | 3.38 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254428) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **LJ U20W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 5.02 | [Lauren Parr](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=395938) |  | U20 | W | 1 |  | Seaton | 5.10 | 5.10 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254617) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 4.81 | [Millie Chadwick](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=628229) | **SB** | U17 | W | -1 |  | Barrow & Furness | 4.81 | 5.07 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254594) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **LJ U15W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 4.91 | [Bethan Parr](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=562408) | **PB** | U15 | W | 2 |  | Seaton | 4.91 | 4.91 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254555) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 4.47 | [Brooke Steel](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=719294) | **PB** | U15 | W | 2 |  | Carlisle Aspatria | 4.47 | 4.47 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254554) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 4.45 | [Amy Clark](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=929841) |  | U15 | W | 1 |  | Seaton | 4.65 | 4.65 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254553) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 4.26 | [Shannon Thompson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=458226) |  | U15 | W | 2 |  | Seaton | 4.36 | 4.45 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254552) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 4.01 | Natasha Stannett |  | U15 | W |  |  | Seaton |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254551) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 3.96 | Megan Crelling |  | U15 | W |  |  | Seaton |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254550) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 | 3.74 | [Faith Griffiths](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=776827) | **PB** | U15 | W | 1 |  | Annan | 3.74 | 3.74 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254549) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8 | 3.69 | [Isla Cooper](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=776940) |  | U15 | W | 1 |  | Annan | 3.92 | 3.96 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254548) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 9 | 3.47 | Erin Thompson |  | U15 | W |  |  | Annan&Dist |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254547) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **LJ U13W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 4.17 | [Courtney Barbour](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=775843) |  | U13 | W | 1 |  | Annan | 4.26 | 4.26 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254480) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 4.10 | Katie Irving |  | U13 | W |  |  | C/Asp |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254479) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 3.87 | [Lucy Swarbrick](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=765102) | **PB** | U13 | W | 2 |  | Barrow & Furness | 3.87 | 3.87 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254478) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 3.61 | Aimee Broomby |  | U13 | W |  |  | C/Asp |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254477) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 3.58 | [Hannah Oakley](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=872781) | **PB** | U13 | W | 2 |  | Copeland | 3.58 | 3.58 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254476) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 3.48 | [Ishana Mohan](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=765043) |  | U13 | W | 2 |  | Barrow & Furness | 3.56 | 3.56 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254475) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 | 2.85 | [Libby Treble](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=937363) | **PB** | U13 | W | 1 |  | Copeland | 2.85 | 2.85 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254474) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8 | 2.79 | [Jessica Forster](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=911677) |  | U13 | W | 1 |  | Annan | 3.03 | 3.03 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254473) |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **TJ U20W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 9.75 | [Lauren Parr](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=395938) |  | U20 | W | 1 |  | Seaton | 10.33 | 10.45 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254620) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 9.53 | [Brooke Steel](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=719294) | **PB** | U15 | W | -3 |  | Carlisle Aspatria | 9.53 | 9.53 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254621) |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **SP6K U20M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 12.14 | [Joseph Moore](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=616811) |  | U20 | M | 1 |  | Seaton | 13.21 | 13.21 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254612) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 11.82 | Thomas Edmunds |  | U20 | M |  |  | B&FS |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254611) |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **SP5K U17M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 11.39 | [Ryan Wilson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=722721) | **PB** | U17 | M | 1 | [Paul Burns](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=200154) | Barrow & Furness | 11.39 | 11.39 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254577) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 6.00 | [Dylan Stalker](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=875919) |  | U17 | M | 2 |  | Seaton | 6.21 | 6.56 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254576) |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **SP4K U15M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 11.59 | [Joseph Crawford](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=557114) |  | U15 | M | 2 |  | Seaton | 12.03 | 12.03 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254522) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 10.27 | [Toby Wilson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=723081) | **PB** | U15 | M | 2 |  | Barrow & Furness | 10.27 | 10.27 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254521) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 8.65 | Luke Dawson |  | U15 | M |  |  | C/Asp |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254520) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 8.00 | [Aaron Holliday](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=732221) |  | U15 | M | 1 |  | Copeland | 8.06 | 8.06 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254519) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 5.78 | [Dylan Robinson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=679612) | **PB** | U15 | M | 1 |  | Copeland | 5.78 | 5.78 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254518) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **SP4K U20W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 9.70 | [Abbie Johnstone](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=614017) |  | U20 | W | 2 | [Abbie Johnstone](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=614017) | Copeland | 10.03 | 10.03 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254619) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 3.24 | [Niamh Flynn](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=794528) | **PB** | U20 | W | 1 |  | Copeland | 3.24 | 3.24 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254618) |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **SP3K U13M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 8.43 | [James Bell](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=862586) | **PB** | U13 | M | 2 |  | Carlisle Aspatria | 8.43 | 8.43 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254437) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 7.85 | [Thomas Forster](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=858501) |  | U13 | M | 2 |  | Annan | 7.95 | 7.95 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254436) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 7.36 | [Alex Waugh](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=714155) | **PB** | U13 | M | 2 |  | Giffnock North/Annan | 7.36 | 7.36 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254435) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 5.87 | [Harry Piggott](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=957401) |  | U13 | M | 1 |  | Copeland | 6.01 | 6.01 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254434) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **SP3K U17W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 9.50 | [Millie Chadwick](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=628229) |  | U17 | W | 2 |  | Barrow & Furness | 10.65 | 10.65 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254598) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 5.33 | [Nicole Byers](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=775788) |  | U17 | W | 2 |  | Annan | 5.85 | 5.85 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254597) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 5.28 | [Catriona Thompson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=764822) | **SB** | U17 | W | 1 |  | Annan | 5.28 | 6.35 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254596) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 3.95 | [Mia Lobb](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=675513) |  | U17 | W | 1 |  | Copeland | 4.79 | 4.79 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254595) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **SP3K U15W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 8.57 | [Abigail Wright](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=565781) |  | U15 | W | 2 |  | Seaton | 8.79 | 8.79 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254559) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 7.40 | [Shannon Thompson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=458226) | **PB** | U15 | W | 2 |  | Seaton | 7.40 | 7.40 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254558) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 6.73 | [Laura Brown](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=726599) |  | U15 | W | 1 |  | Barrow & Furness | 8.48 | 8.48 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254557) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 6.22 | Ana Penman |  | U15 | W |  |  | Copeland |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254556) |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **SP2.72K U13W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 9.07 | [Erin Quinn](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=775916) | **PB** | U13 | W | 2 |  | Annan | 9.07 | 9.07 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254483) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 5.41 | [Alexia Buchanan](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=931011) | **PB** | U13 | W | 2 |  | Copeland | 5.41 | 5.41 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254482) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 5.40 | [Evie Bryden](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=656385) |  | U13 | W | 1 |  | Annan | 5.52 | 5.52 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254481) |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **DT1.75K U20M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 33.30 | Thomas Edmunds |  | U20 | M |  |  | B&FS |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254608) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 29.34 | [Joseph Moore](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=616811) |  | U20 | M | 1 |  | Seaton | 35.90 | 35.90 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254607) |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **DT1.25K U15M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 20.93 | [Toby Wilson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=723081) |  | U15 | M | 2 |  | Barrow & Furness | 29.61 | 29.61 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254502) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 16.92 | [Aaron Holliday](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=732221) |  | U15 | M | 1 |  | Copeland | 18.60 | 18.60 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254501) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 16.00 | [Dylan Robinson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=679612) |  | U15 | M | 1 |  | Copeland | 19.06 | 19.06 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254500) |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **DT1K U13M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 17.98 | [Thomas Forster](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=858501) | **PB** | U13 | M | 2 |  | Annan | 17.98 | 17.98 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254424) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 14.64 | [Harry Piggott](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=957401) |  | U13 | M | 1 |  | Copeland | 15.63 | 15.63 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254423) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **DT1K U20W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 27.34 | [Abbie Johnstone](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=614017) |  | U20 | W | 2 | [Abbie Johnstone](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=614017) | Copeland | 31.42 | 31.42 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254615) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **DT1K U17W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 11.27 | [Mia Lobb](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=675513) |  | U17 | W | 1 |  | Copeland | 12.58 | 12.58 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254589) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **DT1K U15W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 20.18 | [Abigail Wright](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=565781) |  | U15 | W | 2 |  | Seaton | 20.88 | 20.88 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254542) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 19.89 | [Katey Quayle](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=657124) | **PB** | U15 | W | 1 |  | Seaton | 19.89 | 19.89 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254541) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 16.69 | Ana Penman |  | U15 | W |  |  | Copeland |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254540) |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **DT0.75K U13W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 22.51 | [Erin Quinn](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=775916) |  | U13 | W | 2 |  | Annan | 25.94 | 25.94 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254461) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 22.32 | [Lucy Swarbrick](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=765102) | **PB** | U13 | W | 2 |  | Barrow & Furness | 22.32 | 22.32 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254460) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 18.97 | [Ellie Byers](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=775787) | **PB** | U13 | W | 2 |  | Annan | 18.97 | 18.97 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254459) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 14.35 | Catherine Crighton |  | U13 | W |  |  | Copeland |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254458) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 13.28 | [Evie Bryden](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=656385) |  | U13 | W | 1 |  | Annan | 13.97 | 13.97 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254457) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 13.00 | [Alexia Buchanan](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=931011) |  | U13 | W | 2 |  | Copeland | 13.27 | 13.27 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254456) |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **JT800 U20M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 33.20 | Thomas Edmunds |  | U20 | M |  |  | B&FS |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254610) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 21.65 | [Joseph Moore](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=616811) |  | U20 | M | 1 |  | Seaton | 24.44 | 24.44 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254609) |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **JT700 U17M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 38.11 | [Luke Eneas](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=466030) | **SB** | U17 | M | 2 |  | Seaton/Team North Cumbria | 38.11 | 39.60 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254575) |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **JT600 U15M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 40.51 | [Oscar Doran](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=450204) | **PB** | U15 | M | 1 |  | Seaton | 40.51 | 40.51 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254509) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 34.54 | [Joseph Crawford](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=557114) |  | U15 | M | 2 |  | Seaton | 34.67 | 34.67 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254508) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 25.83 | [Toby Wilson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=723081) |  | U15 | M | 2 |  | Barrow & Furness | 28.95 | 28.95 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254507) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 22.60 | [Dylan Robinson](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=679612) |  | U15 | M | 1 |  | Copeland | 22.95 | 22.95 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254506) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 20.46 | [Aaron Holliday](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=732221) | **PB** | U15 | M | 1 |  | Copeland | 20.46 | 20.46 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254505) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **JT600 U20W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 23.10 | [Abbie Johnstone](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=614017) |  | U20 | W | 2 | [Abbie Johnstone](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=614017) | Copeland | 25.05 | 25.05 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254616) |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **JT500 U17W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 31.01 | [Lily Joyce](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=748426) |  | U17 | W | 1 |  | Seaton/Team North Cumbria | 31.45 | 33.99 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254593) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 10.60 | [Mia Lobb](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=675513) | **PB** | U17 | W | 1 |  | Copeland | 10.60 | 10.60 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254592) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 6.99 | [Catriona Paton](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=795956) |  | U17 | W | 1 |  | Annan | 10.83 | 10.83 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254591) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **JT500 U15W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 32.85 | [Bethan Parr](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=562408) | **PB** | U15 | W | 2 |  | Seaton | 32.85 | 32.85 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254546) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 27.39 | [Abigail Wright](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=565781) |  | U15 | W | 2 |  | Seaton | 28.96 | 28.96 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254545) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 22.45 | [Katey Quayle](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=657124) |  | U15 | W | 1 |  | Seaton | 24.59 | 24.59 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254544) |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **JT400 U13M** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 13.70 | [Harry Piggott](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=957401) |  | U13 | M | 1 |  | Copeland | 18.45 | 18.45 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254427) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **JT400 U13W** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Pos** | **Perf** | **Name** |  | **AG** |  | **Year** | **Coach** | **Club** | **SB** | **PB** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 18.30 | [Nicole Ritchie](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=721892) | **PB** | U13 | W | 2 |  | Annan | 18.30 | 18.30 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254472) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | 17.51 | [Rosie Lawler](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=614969) |  | U13 | W | 2 |  | Copeland | 26.40 | 26.40 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254471) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | 15.34 | Catherine Crighton |  | U13 | W |  |  | Copeland |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254470) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | 15.01 | [Ellie Byers](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=775787) | **PB** | U13 | W | 2 |  | Annan | 15.01 | 15.01 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254469) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | 14.71 | [Erin Quinn](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=775916) |  | U13 | W | 2 |  | Annan | 18.87 | 20.03 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254468) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | 13.30 | [Alexia Buchanan](https://www.thepowerof10.info/athletes/profile.aspx?athleteid=931011) |  | U13 | W | 2 |  | Copeland | 15.71 | 15.71 | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254467) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 | 11.36 | Charlotte Crooks |  | U13 | W |  |  | Seaton |  |  | [https://www.thepowerof10.info/images/pot/email.gif](https://www.thepowerof10.info/submit/notify.aspx?performanceid=46254466) |  |  |  |  |  |  |  |  |  |  |  |  |  |