

Cumbria League External Results

Whitehaven
22 Jul 17

70 75 100 150 200 300 400 600 800 HJ LJ TJ SP5K SP4K SP3.25K
SP3K SP2.72K DT1.5K DT1.25K DT1K DT0.75K JT700 JT600 JT500 JT400

Has your performance not been assigned to your profile yet? Just click the **envelope**  beside your performance below to notify us and get it on your profile.

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70 U11M

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB		
1	10.5	Joey Holmes	PB	U11	M	10	Border	10.5	10.5	
2	11.0	Jonas Rowell	PB	U11	M	11	Seaton	11.0	11.0	
3	11.3	Leyton Roberts		U11	M		Seaton			
4	11.6	Oliver Walker		U11	M		Seaton			

70 U11W

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB		
1	10.6	Courtney Barbour	U11	W	10	Annan	10.1	10.1		
2	10.6	Aimee Broomby	U11	W		C/Asp				
3	11.3	Neve Mcgoldrick	U11	W		Annan&Dist				
4	11.4	Jessica Forster	U11	W		Annan&Dist				
5	11.5	Ellie-May Callander	PB	U11	W	11	Copeland	11.5	11.5	
6	11.6	Zoe Stewart	PB	U11	W	11	Seaton	11.6	11.6	

70 U11W h1

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB		
1	10.8	Courtney Barbour	U11	W	10	Annan	10.1	10.1		
2	11.9	Zoe Stewart	U11	W	11	Seaton	11.6	11.6		
3	12.2	Zara Armstrong	U11	W	10	Copeland	11.5	11.5		
4	13.2	Chelsea Callander	U11	W	9	Copeland	12.7	12.7		
5	13.7	Ava Greeson	PB	U11	W	10	Copeland	13.7	13.7	

70 U11W h2

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	11.5	Jessica Forster	U11	W		Annan&Dist			
2	11.9	Ellie-May Callander	U11	W	11	Copeland	11.5	11.5	
3	12.0	Georgia Bell	U11	W	11	Barrow & Furness	11.6	11.6	
4	12.1	Jessica Pietersen	SB	U13	W	Seaton	12.1	12.0	
5	13.4	Ella Clough	PB	U11	W	Copeland	13.4	13.4	

70 U11W h3

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB		
1	11.0	Aimee Broomby	U11	W		C/Asp				
2	11.6	Neve MCGoldrick	U11	W		Annan&Dist				
3	12.0	Felicity Ancell	U11	W	10	Copeland	11.3	11.3		
4	12.2	Olivia Swarbrick	PB	U11	W	11	Copeland	12.2	12.2	
5	12.3	Renee Harbourne	PB	U11	W	10	Eden Runners	12.3	12.3	

75 U13M

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB		
1	10.4	Oscar Doran	U13	M	2	Seaton	10.1	10.1		
2	10.6	Robbie Byers	U13	M	2	Annan	10.2	10.2		
3	10.8	Alex Waugh	PB	U13	M	1	Annan/Stewartry	10.8	10.8	
4	11.0	Lucas Seal	U13	M	1	Barrow & Furness	10.9	10.9		
5	11.1	Lucas Farren	PB	U13	M	1	Barrow & Furness	11.1	11.1	
6	11.5	Sam Rowell	U13	M	2	Seaton	11.1	11.1		

75 U13M h1

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB		
2	10.5	Oscar Doran	U13	M	2	Seaton	10.1	10.1		
3	10.7	Robbie Byers	U13	M	2	Annan	10.2	10.2		
1	11.2	Lucas Farren	PB	U13	M	1	Barrow & Furness	11.1	11.1	
4	12.3	Matthew Casson	U13	M	2	Copeland	12.1	12.1		
5	13.8	Leo Inglefield	U13	M	1	Copeland	13.5	13.5		

75 U13M h2

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
2	11.1	Sam Rowell	PB U13 M	2		Seaton	11.1	11.1	
3	11.2	Lucas Seal	U13 M	1		Barrow & Furness	10.9	10.9	
4	11.7	Jake Mitchell	U13 M	2		Annan	10.8	10.8	
1	12.3	Elliot Hodgson	PB U13 M	2		Copeland	12.3	12.3	
5	12.5	Jake Kirkpatrick	PB U13 M	1		Annan	12.5	12.5	
75 U13M h3									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	11.2	Alex Waugh	U13 M	1		Annan/Stewartry	10.8	10.8	
2	11.4	Daniel Woodcock	U13 M			Seaton			
3	11.8	Liam Bond	U13 M			C/Asp			
4	13.1	Kyan Willis	PB U13 M	2		Copeland	13.1	13.1	
5	13.1	Mason Garner	U13 M	1		Copeland	12.7	12.7	
75 U13W									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	10.3	Beth Jolly	U13 W	1		Seaton	10.1	10.1	
2	10.4	Rosie Blue Sky Lawler	U13 W	1		Copeland	10.1	10.1	
3	10.7	Isabel Sunley	U13 W	2		Seaton	10.4	10.4	
4	10.9	Zoe Mitchell	PB U13 W	2		Annan	10.9	10.9	
5	11.2	Megan Crelling	U13 W			Seaton			
6	11.3	Africa Macfadden	PB U13 W	1		Copeland	11.3	11.3	
7	11.4	Millie Lewitt	U13 W			Seaton			
75 U13W h1									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	10.4	Isabel Sunley	PB U13 W	2		Seaton	10.4	10.4	
2	10.6	Rosie Blue Sky Lawler	U13 W	1		Copeland	10.1	10.1	
3	10.7	Beth Jolly	U13 W	1		Seaton	10.1	10.1	
4	11.3	Zoe Mitchell	U13 W	2		Annan	10.9	10.9	
5	11.4	Millie Lewitt	U13 W			Seaton			
6	11.8	Lucie Broomby	U13 W			C/Asp			
75 U13W h2									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	11.3	Megan Crelling	PB U13 W	2		Seaton	11.3	11.3	
2	11.4	Africa Macfadden	U13 W	1		Copeland	11.3	11.3	
3	11.6	Katey Quayle	U13 W	2		Seaton	11.1	11.1	
4	12.0	Katie Irving	U13 W			C/Asp			
5	12.2	Natasha Crowe	U13 W	1		Barrow & Furness	12.1	12.1	
6	12.6	Hannah Oakley	PB U13 W	1		Copeland	12.6	12.6	
100 U20M									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	11.8	Reece Stalker	U20 M	1		Seaton	11.5	11.3	
2	12.6	Holden Studholme	U20 M	1	Terry Hughes	Seaton	11.8	11.7	
100 U17M									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	11.8	Louie Doran	U17 M	2		Seaton	11.6	11.5	
2	12.7	Lewis Atkinson	U17 M			Seaton			
3	13.1	Samuel Agnew	U17 M	2		Copeland	12.6	12.6	
4	13.2	Jake Barwick	U17 M			C/Asp			
5	13.9	Samuel Jackson	U17 M	1		Barrow & Furness	13.2	13.2	
6	14.1	Joseph Moore	PB U17 M	2		Copeland	14.1	14.1	
100 U15M									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	11.5	Finlay Waugh	PB U15 M	2	Michael Love	Annan	11.5	11.5	
2	11.5	Ryan Wilson	U15 M	2	Paul Burns	Barrow & Furness	11.3	11.3	
3	12.7	Tom Knowles	U15 M	2		Carlisle Aspatria	12.5	12.5	
4	12.8	Edward Salt	PB U15 M	2		Eden Runners	12.8	12.8	
5	13.6	Joseph Crawford	U15 M	1		Seaton	13.2	13.2	
100 U17W									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	13.3	Millie Chadwick	U17 W	1		Barrow & Furness	13.1	13.1	
2	13.4	Rachel Carr	U17 W			C/Asp			
3	13.7	Lauren Parr	U17 W	2		Seaton	13.6	12.8	
4	14.1	Nicole Byers	U17 W	1		Annan	13.7	13.7	
5	16.2	Niamh Flynn	SB U17 W	2		Copeland	16.2	15.5	
100 U15W									
Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	13.9	Amy Carr	U15 W			C/Asp			
2	14.0	Mia Lobb	U15 W	2		Copeland	13.9	13.9	

3	14.2	Hannah Garrett		U15	W	2		Annan	13.5	13.5	
4	14.4	Bethan Parr		U15	W	1		Seaton	14.1	14.1	
5	14.5	Brooke Steel		U15	W			C/Asp			
6	14.8	Millie Riddle		U15	W	2		Seaton	14.1	14.1	
7	15.1	Shannon Rees	PB	U15	W	1		Annan	15.1	15.1	

150 U13M

Pos	Perf	Name		AG	Year	Coach		Club	SB	PB	
1	20.4	Oscar Doran		U13	M	2		Seaton	19.7	19.7	
2	20.9	Finlay Starkie		U13	M	2		Copeland	20.4	20.4	
3	21.9	Robbie Byers		U13	M	2		Annan	21.5	21.5	
4	22.2	Alex Waugh		U13	M	1		Annan/Stewartry	21.9	21.9	
5	22.9	Oliver Metcalf		U13	M	1		Seaton	21.9	21.9	
6	23.3	Sam Rowell		U13	M	2		Seaton	22.4	22.4	

150 U13M h1

Pos	Perf	Name		AG	Year	Coach		Club	SB	PB	
1	20.2	Oscar Doran		U13	M	2		Seaton	19.7	19.7	
2	20.4	Finlay Starkie	PB	U13	M	2		Copeland	20.4	20.4	
3	21.5	Robbie Byers	PB	U13	M	2		Annan	21.5	21.5	
4	22.8	Lucas Farren	PB	U13	M	1		Barrow & Furness	22.8	22.8	
5	25.1	Matthew Casson		U13	M	2		Copeland	24.3	24.3	

150 U13M h2

Pos	Perf	Name		AG	Year	Coach		Club	SB	PB	
1	22.1	Oliver Metcalf		U13	M	1		Seaton	21.9	21.9	
2	22.3	Alex Waugh		U13	M	1		Annan/Stewartry	21.9	21.9	
3	22.4	Sam Rowell	PB	U13	M	2		Seaton	22.4	22.4	
4	25.1	Elliot Hodgson		U13	M	2		Copeland	24.8	24.8	
5	28.3	Adam Garner	PB	U13	M	1		Copeland	28.3	28.3	

150 U13W

Pos	Perf	Name		AG	Year	Coach		Club	SB	PB	
1	21.2	Beth Jolly		U13	W	1		Seaton	20.6	20.6	
2	21.8	Isabel Sunley		U13	W	2		Seaton	20.8	20.8	
3	21.9	Rebecca O'Donovan		U13	W	2		Barrow & Furness	21.4	21.4	
4	22.5	Ebony Blackwell		U13	W	1		Copeland	21.7	21.7	
5	22.7	Leanna Giles		U13	W	2		Copeland	21.9	21.9	
6	23.0	Megan Crelling		U13	W			Seaton			

150 U13W h1

Pos	Perf	Name		AG	Year	Coach		Club	SB	PB	
1	21.2	Isabel Sunley		U13	W	2		Seaton	20.8	20.8	
2	21.9	Ebony Blackwell		U13	W	1		Copeland	21.7	21.7	
3	21.9	Rebecca O'Donovan		U13	W	2		Barrow & Furness	21.4	21.4	
4	23.7	Millie Lewitt		U13	W			Seaton			

150 U13W h2

Pos	Perf	Name		AG	Year	Coach		Club	SB	PB	
1	21.5	Beth Jolly		U13	W	1		Seaton	20.6	20.6	
2	22.4	Leanna Giles		U13	W	2		Copeland	21.9	21.9	
3	22.5	Laura Brown		U13	W	2		Barrow & Furness	22.2	22.2	
4	23.1	Zoe Mitchell	PB	U13	W	2		Annan	23.1	23.1	
5	25.0	Lucy Swarbrick		U13	W	1		Barrow & Furness	24.2	24.2	

150 U13W h3

Pos	Perf	Name		AG	Year	Coach		Club	SB	PB	
1	22.7	Megan Crelling	PB	U13	W	2		Seaton	22.7	22.7	
2	23.1	Alex Holmes		U13	W	2		Border	22.3	22.3	
3	23.3	Katey Quayle		U13	W	2		Seaton	22.7	22.7	
4	26.2	Ishana Mohan		U13	W	1		Barrow & Furness	25.9	25.9	

200 U20M

Pos	Perf	Name		AG	Year	Coach		Club	SB	PB	
1	23.4	Reece Stalker		U20	M	1		Seaton	22.9	22.9	
2	25.2	Holden Studholme		U20	M	1	Terry Hughes	Seaton	24.5	24.0	

200 U17M

Pos	Perf	Name		AG	Year	Coach		Club	SB	PB	
1	24.1	Louie Doran		U17	M	2		Seaton	23.9	23.9	
2	26.5	Sam Marcano		U17	M	2		Seaton	25.7	25.7	
3	27.1	Samuel Agnew		U17	M	2		Copeland	26.3	26.3	
4	27.7	Samuel Jackson	PB	U17	M	1		Barrow & Furness	27.7	27.7	
5	28.8	Alex Beddoes	PB	U17	M	1		Barrow & Furness	28.8	28.8	

200 U15M

Pos	Perf	Name		AG	Year	Coach		Club	SB	PB	
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1	24.0	Finlay Waugh		U15	M	2	Michael Love	Annan	23.2	23.2	
2	25.4	James Young	PB	U15	M	1		Carlisle Aspatria	25.4	25.4	
3	26.1	Tom Knowles		U15	M	2		Carlisle Aspatria	26.0	26.0	
200 U17W											
Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	27.8	Millie Chadwick		U17	W	1		Barrow & Furness	27.7	27.3	
2	28.3	Rachel Carr		U17	W			C/Asp			
3	28.3	Lauren Parr		U17	W	2		Seaton	27.9	26.5	
200 U15W											
Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	27.1	Nicole Proudfoot	PB	U15	W	2	John Birkett	Annan	27.1	27.1	
2	29.1	Amy Carr		U15	W			C/Asp			
3	29.1	Amelia Metcalf	PB	U15	W	1		Seaton	29.1	29.1	
4	30.7	Millie Riddle		U15	W	2		Seaton	30.1	30.1	
5	31.9	Jessie Harbourne		U15	W			Eden			
300 U15M											
Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	40.0	Finlay Waugh	PB	U15	M	2	Michael Love	Annan	40.0	40.0	
2	42.3	Danny Bryden		U15	M	2		Annan	42.2	42.2	
300 U17W											
Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	44.3	Rebecca Keen		U17	W	2		Barrow & Furness	43.2	43.2	
400 U20M											
Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	52.0	Reece Stalker		U20	M	1		Seaton	50.10	50.10	
2	55.8	Holden Studholme		U20	M	1	Terry Hughes	Seaton	55.6	55.6	
400 U17M											
Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	56.4	Brad King	PB	U17	M	2		Seaton	56.4	56.4	
400 U20W											
Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	62.3	Tiffany Penfold		U20	W	2		Copeland/Copeland	60.9	60.9	
2	64.2	Amy Cooke	PB	U20	W	1		Eden Runners	64.2	64.2	
600 U11M											
Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	1:53.3	Alfie Lamb	PB	U11	M	11		Seaton	1:53.3	1:53.3	
2	1:56.3	Jonas Rowell	PB	U11	M	11		Seaton	1:56.3	1:56.3	
3	2:00.4	Joey Holmes	PB	U11	M	10		Border	2:00.4	2:00.4	
4	2:04.7	Leyton Roberts		U11	M			Seaton			
5	2:08.7	Charlie Walker	PB	U11	M	11		Annan	2:08.7	2:08.7	
600 U11W											
Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	1:54.0	Aimee Broomby		U11	W			C/Asp			
2	2:01.8	Evie Bryden	PB	U11	W	11		Annan	2:01.8	2:01.8	
3	2:04.5	Georgia Bell		U11	W	11		Barrow & Furness	2:02.5	2:02.5	
4	2:05.8	Ellie-May Callander	PB	U11	W	11		Copeland	2:05.8	2:05.8	
5	2:11.2	Olivia Swarbrick		U11	W	11		Copeland	2:09.5	2:09.5	
6	2:12.0	Ami Miller		U11	W	10		Annan	2:10.7	2:10.7	
7	2:13.6	Jessica Forster		U11	W			Annan&Dist			
8	2:14.5	Zoe Stewart	PB	U11	W	11		Seaton	2:14.5	2:14.5	
9	2:20.6	Katie Thwaytes	PB	U11	W	10		Copeland	2:20.6	2:20.6	
10	2:21.0	Chelsea Callander	PB	U11	W	9		Copeland	2:21.0	2:21.0	
11	2:29.0	Renee Harbourne	PB	U11	W	10		Eden Runners	2:29.0	2:29.0	
800 U20M											
Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	2:08.2	Joseph Dugdale	PB	U20	M	1		Copeland/Cumberland Fell Runners	2:08.2	2:08.2	
800 U17M											
Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	2:11.7	Harry Greenbank	PB	U17	M	2		Cumberland Fell Runners	2:11.7	2:11.7	
2	2:12.7	Billy Robinson	PB	U17	M	2		Seaton	2:12.7	2:12.7	
3	2:13.4	Brad King	PB	U17	M	2		Seaton	2:13.4	2:13.4	
4	2:17.6	Alex Beddoes	PB	U17	M	1		Barrow & Furness	2:17.6	2:17.6	
5	2:22.3	Samuel Jackson	PB	U17	M	1		Barrow & Furness	2:22.3	2:22.3	
800 U15M											
Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	2:09.0	Edward Salt	PB	U15	M	2		Eden Runners	2:09.0	2:09.0	

2	2:09.8	James Young		U15	M	1	Carlisle Aspatria	2:09.7	2:09.7	
3	2:13.6	Danny Bryden		U15	M	2	Annan	2:12.38	2:12.38	
4	2:21.1	Tom Knowles	PB	U15	M	2	Carlisle Aspatria	2:21.1	2:21.1	
5	2:40.9	Dylan Fowler		U15	M		Seaton			
6	2:51.4	Anthony Riddle	PB	U15	M	1	Seaton	2:51.4	2:51.4	

800 U13M

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB			
1	2:21.0	Finlay Starkie	U13	M	2	Copeland	2:20.2	2:20.2			
2	2:32.8	Thomas Forster	PB	U13	M	1	Annan	2:32.8	2:32.8		
3	2:32.9	Oliver Metcalf	U13	M	1	Seaton	2:32.0	2:32.0			
4	2:41.5	Gregg Banard-McKenzie	U13	M		B&FS					
5	2:45.6	Alexander Rhodes	SB	U13	M	2	Brian Thompson	Copeland/Cumberland Fell Runners	2:45.6	2:40.8	
6	2:48.0	Daniel Woodcock	U13	M		Seaton					
7	3:04.2	Jake Kirkpatrick	U13	M	1	Annan	2:55.8	2:55.8			

800 U20W

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	2:22.9	Emma Wright	U20	W		C/Asp			

800 U17W

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB			
1	2:24.8	Mia Easthope	PB	U17	W	1	Brian Thompson	Copeland/Cumberland Fell Runners	2:24.8	2:24.8	
2	2:36.4	Jasmine Dean		U17	W	2	Seaton	2:34.2	2:31.5		

800 U15W

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB			
1	2:18.5	Annie Bell	U15	W	2	Border	2:17.8	2:17.8			
2	2:23.8	Jemma Atkinson	PB	U15	W	2	Seaton	2:23.8	2:23.8		
3	2:25.1	Lizzi Powson	U15	W		Seaton					
4	2:26.6	Amelia Metcalf	U15	W	1	Seaton	2:25.91	2:25.91			
5	2:28.9	Emily Swarbrick	PB	U15	W	1	Brian Thompson	Copeland/Cumberland Fell Runners	2:28.9	2:28.9	
6	2:30.6	Emma Kendal	U15	W		C/Asp					
7	2:31.2	Emily Rachel Wightman	PB	U15	W	1	Keswick	2:31.2	2:31.2		
8	2:39.9	Holly Murray	PB	U15	W	1	Barrow & Furness	2:39.9	2:39.9		
9	2:41.6	Anna Taylor	PB	U15	W	1	Cumberland Fell Runners	2:41.6	2:41.6		
10	3:01.4	Kara Upson	PB	U15	W	2	Eden Runners	3:01.4	3:01.4		

800 U13W

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB		
1	2:27.5	Ebony Blackwell	U13	W	1	Copeland	2:25.5	2:25.5		
2	2:33.0	Laura Brown	U13	W	2	Barrow & Furness	2:32.7	2:32.7		
3	2:34.1	Leanna Giles	PB	U13	W	2	Copeland	2:34.1	2:34.1	
4	2:43.5	Eve Riley	SB	U13	W	2	Seaton	2:43.5	2:41.2	
5	2:46.5	Demi Dodgson	PB	U13	W	1	Seaton	2:46.5	2:46.5	
6	2:46.8	Rebecca O'Donovan	PB	U13	W	2	Barrow & Furness	2:46.8	2:46.8	
7	2:47.4	Lucy Swarbrick	PB	U13	W	1	Barrow & Furness	2:47.4	2:47.4	
8	2:51.5	Nicole Ritchie	U13	W	1	Annan	2:49.27	2:49.27		
9	2:56.4	Natasha Crowe	PB	U13	W	1	Barrow & Furness	2:56.4	2:56.4	
10	3:01.5	Rosie Murray	U13	W	1	Barrow & Furness	2:57.6	2:57.6		
11	3:02.1	Ellie Byers	PB	U13	W	1	Annan	3:02.1	3:02.1	
12	3:04.0	Ishana Mohan	PB	U13	W	1	Barrow & Furness	3:04.0	3:04.0	

HJ U17M

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	1.30	Louie Doran	U17	M	2	Seaton	1.50	1.50	

HJ U15M

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	1.20	Dylan Fowler	U15	M		Seaton			

HJ U13M

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	1.20	Oliver Denvir	U13 M	1	Terry Hughes	Seaton	1.32	1.32	

HJ U11M

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	1.05	Harrison Rogers	PB U11 M	10		Copeland	1.05	1.05	
2	0.85	Thomas Thwaytes	PB U11 M	10		Copeland	0.85	0.85	

HJ U15W

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	1.39	Shannon Thompson	U15	W	1	Seaton	1.41	1.41	
2	1.36	Emma Kendal	U15	W		C/Asp			

HJ U13W

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	1.18	Lucie Broomby	U13	W		C/Asp			
2	1.10	Katie Irving	U13	W		C/Asp			

3	1.10	Africa Macfadden	PB	U13	W	1		Copeland	1.10	1.10	
4	1.00	Hannah Oakley	PB	U13	W	1		Copeland	1.00	1.00	
HJ U11W											
Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	1.10	Lucy Woodcock		U11	W			Seaton			
2	1.05	Jessica Pietersen	PB	U13	W			Seaton	1.05	1.05	
3	1.00	Neve Mcgoldrick		U11	W			Annan&Dist			
4	0.95	Zoe Stewart	PB	U11	W	11		Seaton	0.95	0.95	
4	0.95	Katie Thwaytes	PB	U11	W	10		Copeland	0.95	0.95	
6	0.95	Zara Armstrong	PB	U11	W	10		Copeland	0.95	0.95	
7	0.90	Ami Miller	PB	U11	W	10		Annan	0.90	0.90	
8	0.90	Zoe Denvir		U11	W			Seaton			
9	0.80	Darcey Crelling		U11	W			Seaton			
LJ U17M											
Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	4.85	Euan Waugh		U17	M	2		Annan	5.51	5.51	
2	4.45	Sam Marcano		U17	M	2		Seaton	4.93	4.93	
3	4.22	Luke Eneas		U17	M	1		Seaton/Team North Cumbria	4.29	4.32	
LJ U15M											
Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	4.66	Joseph Crawford		U15	M	1		Seaton	4.84	4.84	
LJ U13M											
Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	5.03	Oscar Doran	PB	U13	M	2		Seaton	5.03	5.03	
2	4.33	Luke Dawson		U13	M			C/Asp			
3	3.90	Oliver Denvir	PB	U13	M	1	Terry Hughes	Seaton	3.90	3.90	
4	3.85	Oliver Metcalf		U13	M	1		Seaton	4.10	4.10	
5	3.66	Lucas Seal	PB	U13	M	1		Barrow & Furness	3.66	3.66	
6	3.63	Sam Rowell		U13	M	2		Seaton	3.64	3.64	
7	3.59	Liam Bond		U13	M			C/Asp			
8	3.56	Lucas Farren	PB	U13	M	1		Barrow & Furness	3.56	3.56	
9	3.44	Thomas Forster	PB	U13	M	1		Annan	3.44	3.44	
10	3.24	Matthew Casson		U13	M	2		Copeland	3.25	3.25	
10	3.24	Elliot Hodgson		U13	M	2		Copeland	3.32	3.32	
12	2.97	Gregg Banard-McKenzie		U13	M			B&FS			
13	2.90	Mason Garner		U13	M	1		Copeland	3.08	3.08	
14	2.89	Kyan Willis		U13	M	2		Copeland	3.07	3.07	
15	2.52	Adam Garner		U13	M	1		Copeland	3.11	3.11	

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Cumbria League External Results

Whitehaven
22 Jul 17

70 75 100 150 200 300 400 600 800 HJ LJ TJ SP5K SP4K SP3.25K
SP3K SP2.72K DT1.5K DT1.25K DT1K DT0.75K JT700 JT600 JT500 JT400

Has your performance not been assigned to your profile yet? Just click the **envelope**  beside your performance below to notify us and get it on your profile.

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LJ U11M

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	3.61	Harrison Rogers	U11 M	10		Copeland	3.80	3.80	
2	3.45	Oliver Walker	U11 M			Seaton			
3	3.43	Leyton Roberts	U11 M			Seaton			
4	3.30	Jonas Rowell	U11 M	11		Seaton	3.38	3.38	
5	3.15	Charlie Walker	U11 M	11		Annan	3.25	3.25	
6	2.98	Alfie Lamb	U11 M	11		Seaton	3.82	3.82	
7	2.31	Thomas Thwaytes	PB U11 M	10		Copeland	2.31	2.31	

LJ U17W

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	5.00	Rebecca Keen	U17 W	2		Barrow & Furness	5.16	5.18	
2	4.92	Millie Chadwick	U17 W	1		Barrow & Furness	5.07	5.07	
3	3.99	Nicole Byers	PB U17 W	1		Annan	3.99	3.99	

LJ U15W

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	5.26	Nicole Proudfoot	U15 W	2	John Birkett	Annan	5.56	5.56	
2	4.45	Shannon Thompson	PB U15 W	1		Seaton	4.45	4.45	
3	4.28	Bethan Parr	U15 W	1		Seaton	4.47	4.47	
4	4.09	Brooke Steel	U15 W			C/Asp			
5	3.53	Kara Upson	PB U15 W	2		Eden Runners	3.53	3.53	

LJ U13W

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	3.69	Beth Jolly	U13 W	1		Seaton	4.01	4.03	
2	3.59	Katie Irving	U13 W			C/Asp			
3	3.52	Megan Crelling	U13 W			Seaton			
4	3.49	Lucie Broomby	U13 W			C/Asp			
5	3.32	Rosie Murray	PB U13 W	1		Barrow & Furness	3.32	3.32	
6	3.29	Ellie Byers	U13 W	1		Annan	3.32	3.32	
7	3.25	Nicole Ritchie	U13 W	1		Annan	3.65	3.65	
8	3.23	Demi Dodgson	PB U13 W	1		Seaton	3.23	3.23	
9	3.22	Ishana Mohan	U13 W	1		Barrow & Furness	3.33	3.33	
10	3.15	Africa Macfadden	PB U13 W	1		Copeland	3.15	3.15	
11	2.97	Hannah Oakley	PB U13 W	1		Copeland	2.97	2.97	
12	2.66	Natasha Crowe	SB U13 W	1		Barrow & Furness	2.66	3.04	

LJ U11W

Pos	Perf	Name	AG	Year	Coach	Club	SB	PB	
1	3.70	Courtney Barbour	PB U11 W	10		Annan	3.70	3.70	
2	3.49	Aimee Broomby	U11 W			C/Asp			
3	3.18	Neve Mcgoldrick	U11 W			Annan&Dist			
4	3.15	Katie Thwaytes	PB U11 W	10		Copeland	3.15	3.15	
5	3.08	Felicity Ancell	U11 W	10		Copeland	3.23	3.23	
6	2.91	Jessica Forster	U11 W			Annan&Dist			
7	2.90	Zara Armstrong	U11 W	10		Copeland	2.95	2.95	
8	2.89	Evie Bryden	U11 W	11		Annan	3.27	3.27	
9	2.85	Lucy Woodcock	U11 W			Seaton			
10	2.84	Georgia Bell	U11 W	11		Barrow & Furness	3.07	3.07	
11	2.72	Ellie-May Callander	U11 W	11		Copeland	2.80	2.81	
12	2.64	Chelsea Callander	PB U11 W	9		Copeland	2.64	2.64	
13	2.63	Zoe Denvir	U11 W			Seaton			
14	2.58	Darcey Crelling	U11 W			Seaton			
15	2.54	Ava Greeson	PB U11 W	10		Copeland	2.54	2.54	

16	2.34	Olivia Swarbrick	PB	U11	W	11	Copeland	2.34	2.34	
17	2.30	Ami Miller		U11	W	10	Annan	2.34	2.34	
18	1.97	Ella Clough	PB	U11	W	11	Copeland	1.97	1.97	

TJ U17M

Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	9.78	Luke Eneas	PB	U17	M	1		Seaton/Team North Cumbria	9.78	9.78	

TJ U17W

Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	9.78	Lauren Parr		U17	W	2		Seaton	10.36	10.45	

TJ U15W

Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	9.67	Annie Bell	PB	U15	W	2		Border	9.67	9.67	
2	9.05	Brooke Steel		U15	W			C/Asp			

SP5K U17M

Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	12.23	Joseph Moore		U17	M	2		Copeland	12.76	12.76	
2	6.25	Dylan Stalker		U17	M	1		Seaton	6.26	6.26	

SP4K U15M

Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	12.85	Ryan Wilson	PB	U15	M	2	Paul Burns	Barrow & Furness	12.85	12.85	
2	11.98	Danny Gracie		U15	M	2	John Little	Annan	12.17	12.17	
3	9.04	Joseph Crawford		U15	M	1		Seaton	9.41	9.41	
4	8.04	Toby Wilson	PB	U15	M	1	Steve Thomas	Barrow & Furness	8.04	8.04	
5	6.95	Luke Holliday		U15	M	2		Copeland	7.13	7.13	

SP3.25K U13M

Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	6.74	Lucas Seal	PB	U13	M	1		Barrow & Furness	6.74	6.74	
2	6.69	Alex Waugh	PB	U13	M	1		Annan/Stewartry	6.69	6.69	
3	6.05	Aaron Holliday		U13	M	2		Copeland	6.73	6.73	
4	5.65	Dylan Robinson		U13	M	2		Copeland	6.02	6.02	
5	5.47	Thomas Forster	PB	U13	M	1		Annan	5.47	5.47	

SP3K U15W

Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	8.11	Hannah Garrett		U15	W	2		Annan	8.54	8.54	
2	6.36	Shannon Rees	PB	U15	W	1		Annan	6.36	6.36	
3	6.04	Abigail Wright		U15	W	1		Seaton	6.29	6.29	
4	5.70	Charlotte Holmes	PB	U15	W	2		Copeland	5.70	5.70	

SP2.72K U13W

Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	7.12	Zoe Mitchell		U13	W	2		Annan	7.28	7.28	
2	6.96	Rosie Blue Sky Lawler		U13	W	1		Copeland	7.39	7.39	
3	6.64	Laura Brown		U13	W	2		Barrow & Furness	6.66	6.66	
4	4.64	Demi Dodgson	PB	U13	W	1		Seaton	4.64	4.64	

DT1.5K U17M

Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	31.10	Euan Waugh		U17	M	2		Annan	35.44	35.44	
2	30.23	Joseph Moore	SB	U17	M	2		Copeland	30.23	32.41	

DT1.25K U15M

Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	38.67	Danny Gracie	PB	U15	M	2	John Little	Annan	38.67	38.67	
2	37.92	Ryan Wilson	PB	U15	M	2	Paul Burns	Barrow & Furness	37.92	37.92	
3	24.10	Toby Wilson	PB	U15	M	1	Steve Thomas	Barrow & Furness	24.10	24.10	
4	20.02	Luke Holliday	PB	U15	M	2		Copeland	20.02	20.02	

DT1K U13M

Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	17.89	Jake Mitchell	PB	U13	M	2		Annan	17.89	17.89	
2	16.61	Aaron Holliday	PB	U13	M	2		Copeland	16.61	16.61	
3	16.13	Dylan Robinson		U13	M	2		Copeland	17.63	17.63	

DT1K U15W

Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	15.75	Abigail Wright	PB	U15	W	1		Seaton	15.75	15.75	

2	14.32	Charlotte Holmes	PB	U15	W	2		Copeland	14.32	14.32	
3	11.96	Amelia Metcalf		U15	W	1		Seaton	15.84	15.84	

DT0.75K U13W

Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	16.33	Lucy Swarbrick	PB	U13	W	1		Barrow & Furness	16.33	16.33	
2	15.80	Ellie Byers	PB	U13	W	1		Annan	15.80	15.80	
3	12.68	Nicole Ritchie	PB	U13	W	1		Annan	12.68	12.68	

JT700 U17M

Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	34.86	Luke Eneas		U17	M	1		Seaton/Team North Cumbria	39.60	39.60	
2	26.14	Euan Waugh		U17	M	2		Annan	32.26	32.26	
3	23.46	Jake Barwick		U17	M			C/Asp			

JT600 U15M

Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	33.05	Danny Gracie	PB	U15	M	2	John Little	Annan	33.05	33.05	
2	21.90	Luke Holliday		U15	M	2		Copeland	26.32	26.32	

JT600 U20W

Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	29.36	Holly Redmond		U20	W	2		Seaton	30.72	30.72	

JT500 U15W

Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	24.09	Bethan Parr		U15	W	1		Seaton	29.80	29.80	
2	21.90	Abigail Wright		U15	W	1		Seaton	23.11	23.11	
3	17.21	Nicole Proudfoot	PB	U15	W	2	John Birkett	Annan	17.21	17.21	
4	13.59	Hannah Garrett		U15	W	2		Annan	14.85	14.85	
5	12.65	Holly Murray		U15	W	1		Barrow & Furness	15.14	15.14	
6	10.65	Charlotte Holmes	PB	U15	W	2		Copeland	10.65	10.65	
7	9.64	Shannon Rees	PB	U15	W	1		Annan	9.64	9.64	

JT400 U13M

Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	26.78	Daniel Woodcock		U13	M			Seaton			
2	20.69	Dylan Robinson		U13	M	2		Copeland	22.01	22.01	
3	20.07	Liam Bond		U13	M			C/Asp			
4	18.70	Luke Dawson		U13	M			C/Asp			
5	18.63	Robbie Byers		U13	M	2		Annan	23.32	23.32	
6	16.59	Jake Mitchell		U13	M	2		Annan	18.64	18.64	
7	16.47	Aaron Holliday		U13	M	2		Copeland	16.74	17.35	
8	12.14	Mason Garner	PB	U13	M	1		Copeland	12.14	12.14	
9	11.43	Adam Garner	PB	U13	M	1		Copeland	11.43	11.43	

JT400 U13W

Pos	Perf	Name		AG		Year	Coach	Club	SB	PB	
1	22.99	Rosie Blue Sky Lawler		U13	W	1		Copeland	25.39	25.39	
2	15.67	Millie Lewitt		U13	W			Seaton			
3	14.48	Katey Quayle		U13	W	2		Seaton	17.20	18.58	
4	9.60	Rosie Murray	PB	U13	W	1		Barrow & Furness	9.60	9.60	

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