

Keswick AC Championships to 12th April 2024

Men's Road

Name	Cat'y	Cockermouth Greenway	Keswick Pk Run	KAC Round the Houses	Workington Pk Run	Kirkbride Half Marathon	DAC - The ONE 10	Sport in Action	Races Run	Best 4 From 7
		5k	5k	7.2k	5k	13.1m	10m	10k		
		04-Feb	09-Mar	24-Apr	01-Jun	30-Jun	07-Sep	22-Sep		
Sam STEAD	SEN		100						1	100
Jacob TONKIN	SEN	95							1	95
Rob BROWN	M40	100	98						2	198
Max BUTTINGER	M40	91	87						2	178
James MORRIS	M40	77	75						2	152
Craig MARSH	M40	91							1	91
Ross BUTLER	M40		84						2	85
Adam MARCINOWICZ	M40		80						1	80
Tim SIMPSON	M40		31						1	31
Andrew BUTCHER	M50	73	69						2	142
Graeme SIBSON	M50	88							1	88
Mike JAMES	M50	86							1	86
Ben LONG	M50		78						1	78
Andy MURPHIE	M50		76						1	76
Mike BEECHEY	M50		70						1	70
Carl BRADFORD	M50		66						1	66
Adrian HOLME	M50		58						1	58
Ivan HOLROYD	M50		30						1	30
Rick COOPER	M60		69						1	69
John CAIN	M60		64						1	64
Paul MORRIS	M70	81	78						2	159
Jim DOWNIE	M70		64						1	64

Ladies Road

Name	Cat'y	Cockermouth Greenway	Keswick Pk Run	KAC Round the Houses	Workington Pk Run	Kirkbride Half Marathon	DAC - The ONE 10	Sport in Action	Races Run	Best 4 From 7
		5k	5k	7.2k	5k	13.1m	10m	10k		
		04-Feb	09-Mar	24-Apr	01-Jun	30-Jun	07-Sep	22-Sep		
Betty RICHARDSON	SEN		100						1	100
Catherine SPURDEN	SEN		99						1	99
Heather WOODS	SEN	82							1	82
Marie NUNES	SEN		64						1	64
Holly WOOTEN	SEN		33						1	33
Trudy BEETHAM	L40	100	83						2	183
Lindsay WALKER	L40		83						1	83
Lotty BRADFORD	L40		76						1	76
Suzanne SPEDDING	L50	88	71						2	158
Hazel DAVIES	L50		86						1	86
Joanna ROLLS	L50		79						1	79
Michelle TONES	L50		72						1	72
Linda JUBB	L50		68						1	68
Ella SCOTT	L50		56						1	56
Kathleen PROCTOR	L60	87	72						2	159
Nicky BUTLER	L60	90							1	90

Men's Trail

Name	Class	Glendaterra	Lords Seat	Mike Mallen	Whinlatter 10k	KAC Dodd event	Whinlatter Park Run	KAC Derwentwater event	Races Run	Best 4 From 7
		10k			10k		5k			
		25-Feb	01-May	12-Jun	07-Jul	14-Aug	02-Nov	24-Nov		
Matthew ATKINSON	SEN	90							1	90
Daniel Barton	M40	100							1	100
James MORRIS	M40	82							1	82
Jim HAWORTH	M50	99							1	99
Guy ILLINGWORTH	M50	98							1	98
Ivan HOLROYD	M50	85							1	85
Steve ANGUS	M50	77							1	77
Owen MILLS	M50	77							1	77
Dominic BARRY	M50	73							1	73
Glyn BLAKEY	M50	72							1	72
Mark OSBORNE	M60	75							1	75
Paul MORRIS	M70	78							1	78

Ladies Trail

Name	Class	Glendaterra	Lords Seat	Mike Mallen	Whinlatter 10k	KAC Dodd event	Whinlatter Park Run	KAC Derwentwater event	Races Run	Best 4 From 7
		10k			10k		5k			
		25-Feb	01-May	12-Jun	07-Jul	14-Aug	02-Nov	24-Nov		
Holly WOOTTEN	SEN	100							1	100
Catherine SPURDEN	SEN	94							1	94
Caroline LAMBERT	SEN	86							1	86
Victoria HAWORTH	SEN	66							1	66
Lou OSBORNE	L40	91							1	91
Trudy BEETHAM	L40	80							1	80
Lynne HUME	L40	73							1	73
Hazel DAVIES	L50	76							1	76
Gillian ATKINSON	L50	76							1	76
Steph ILLINGWORTH	L50	73							1	73
Michelle TONES	L50	65							1	65
Kirsty BARKER	L60	54							1	54
Kathleen PROCTOR	L60	58							1	58

Men's Fell:

Name	Cat'y	Causey Pike	Loughrigg	Glamara	Buttermere Sailbeck	Blisco Dash	Borrowdale	Buttermere Shepherds Meet	Races Run	Best 4 From 7
		S	S	M	M	S	L	S		
		23-Mar	10-Apr	19-May	15-Jun	27-Jul	03-Aug	27-Oct		
Daniel Heppell	M19	92							1	92
Micah Wightman	M19	81							1	81
Matthew Atkinson	SEN	100	100						2	200
Jacob Tonkin	SEN	86	90						2	176
Alex Ing-Simmons	SEN	81	91						2	173
Harry Bolton	SEN	93							1	93
Ben Holmes	SEN		90						1	90
Jake Black	SEN		89						1	89
Hamish Murray	SEN	88							1	88
Jordan Palmer	SEN		86						1	86
Reece Kennedy	SEN		85						1	85
James Morris	M40	58	66						2	124
Craig Marsh	M40		90						1	90
Phil Winskill	M40		88						1	88
Max Buttinger	M40	73							1	73
James Haworth	M50	78	88						2	166
David CROUT	M50	69	76						2	145
Scott White	M50	68	74						2	142
Owen Mills	M50	60	67						2	126
Andrew Butcher	M50	57	61						2	118
Guy Illingworth	M50		82						1	82
Mark Fleming	M50		76						1	76
John Duff	M50	74							1	74
Ivan Holroyd	M50		71						1	71
Colin Valentine	M60	60	62						2	121
Mark Osborne	M60	53	63						2	116
Paul Morris	M70	59	68						2	127

Ladies Fell:

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		S	S	M	M	S	L	S		
		23-Mar	10-Apr	19-May	15-Jun	27-Jul	03-Aug	27-Oct		
Caroline Lambert	SEN	100							1	100
Holly Wootten	SEN		100						1	100
Helen Sharman	SEN	88							1	88
Hannah Blair	SEN		71						1	71
Lorela Movileanu	SEN		68						1	68
Trudy Beetham	L40	83	81						2	164
Zoe Hebblethwaite	L40	83	80						2	163
Debbie Charlton	L40	74							1	74
Lindsay Walker	L40		69						1	69
Judy Rowe	L40		68						1	68
Flora Ballester	L40	66							1	66
Gillian Atkinson	L50	82	78						2	159
Hazel Davis	L50	76	77						2	153
Louise Brown	L50	66	69						2	135
Sara Hodgson	L50	86							1	86
Emma Bain	L50	80							1	80
Judy Rowe	L50	70							1	70
Nicky Butler	L60	69	66						2	135
Lesley Malarkey	L70	62	56						2	118