

Keswick AC Championships to 24th 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 | 14-Sep | 22-Sep | | |
| Daniel HEPPELL | M20 | | | 98 | | | | | 1 | 98 |
| Micah WIGHTMAN | M20 | | | 94 | | | | | 1 | 94 |
| Angus BEECHEY | M20 | | | 79 | | | | | 1 | 79 |
| Sam STEAD | SEN | | 100 | 100 | | | | | 2 | 200 |
| Jacob TONKIN | SEN | 95 | | 92 | | | | | 2 | 187 |
| David BRIGHAM | SEN | | | 94 | | | | | 1 | 94 |
| James MATTINSON | SEN | | | 94 | | | | | 1 | 94 |
| Jonathon LAMB | SEN | | | 83 | | | | | 1 | 83 |
| Andrew GIBBS | SEN | | | 69 | | | | | 1 | 69 |
| James MORRIS | M40 | 77 | 75 | 75 | | | | | 3 | 228 |
| Rob BROWN | M40 | 100 | 98 | | | | | | 2 | 198 |
| Max BUTTINGER | M40 | 91 | 87 | | | | | | 2 | 178 |
| Adam MARCINOWICZ | M40 | | 80 | 87 | | | | | 2 | 166 |
| Carl BELL | M40 | | | 98 | | | | | 1 | 98 |
| Craig MARSH | M40 | 91 | | | | | | | 1 | 91 |
| James FORREST | M40 | | | 89 | | | | | 1 | 89 |
| Ross BUTLER | M40 | | 84 | | | | | | 1 | 84 |
| Simon WEST | M40 | | | 82 | | | | | 1 | 82 |
| Dan STEELS | M40 | | | 70 | | | | | 1 | 70 |
| Tim SIMPSON | M40 | | 31 | | | | | | 1 | 31 |
| Graeme SIBSON | M50 | 88 | | 85 | | | | | 2 | 173 |
| Mike JAMES | M50 | 86 | | 85 | | | | | 2 | 171 |
| Andy MURPHIE | M50 | | 76 | 75 | | | | | 2 | 151 |
| Carl BRADFORD | M50 | | 66 | 80 | | | | | 2 | 146 |
| Andrew BUTCHER | M50 | 73 | 69 | | | | | | 2 | 142 |
| Mike BEECHEY | M50 | | 70 | 68 | | | | | 2 | 138 |
| Ben LONG | M50 | | 78 | | | | | | 1 | 78 |
| Adrian HOLME | M50 | | 58 | | | | | | 1 | 58 |
| Ivan HOLROYD | M50 | | 30 | | | | | | 1 | 30 |
| John CAIN | M60 | | 64 | 63 | | | | | 2 | 126 |
| Andy HITCHEN | M60 | | | 75 | | | | | 1 | 75 |
| Rick COOPER | M60 | | 69 | | | | | | 1 | 69 |
| Michael HEY | M60 | | | 65 | | | | | 1 | 65 |
| Paul MORRIS | M70 | 81 | 78 | 79 | | | | | 3 | 237 |
| 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 | | |
| Molly STEELS | L20 | | | 76 | | | | | 1 | 100 |
| Jodie GRAY | SEN | | | 100 | | | | | 1 | 100 |
| Betty RICHARDSON | SEN | | 100 | | | | | | 1 | 100 |
| Catherine SPURDEN | SEN | | 99 | | | | | | 1 | 99 |
| Mel MUSTAFA | SEN | | | 95 | | | | | 1 | 95 |
| Heather WOODS | SEN | 82 | | | | | | | 1 | 82 |
| Beth NAYLOR | SEN | | | 80 | | | | | 1 | 80 |
| Claire WARNER | SEN | | | 78 | | | | | 1 | 78 |
| Heather WOODS | SEN | | | 71 | | | | | 1 | 71 |
| Marie NUNES | SEN | | 64 | | | | | | 1 | 64 |
| Holly WOOTEN | SEN | | 33 | | | | | | 1 | 33 |
| Trudy BEETHAM | L40 | 100 | 83 | 92 | | | | | 3 | 276 |
| Lindsay WALKER | L40 | | 83 | 90 | | | | | 2 | 172 |
| Kirsty HEWITSON | L40 | | | 95 | | | | | 1 | 95 |
| Grace ROWLEY | L40 | | | 85 | | | | | 1 | 85 |
| Lotty BRADFORD | L40 | | 76 | | | | | | 1 | 76 |
| Flora BALLESTER | L40 | | | 66 | | | | | 1 | 66 |
| Suzanne SPEDDING | L50 | 88 | 71 | 76 | | | | | 3 | 235 |
| Hazel DAVIES | L50 | | 86 | 92 | | | | | 2 | 177 |
| Joanna ROLLS | L50 | | 79 | 81 | | | | | 2 | 160 |
| Michelle TONES | L50 | | 72 | 77 | | | | | 2 | 149 |
| Linda JUBB | L50 | | 68 | 72 | | | | | 2 | 139 |
| Celia DRING | L50 | | | 86 | | | | | 1 | 86 |
| Ella SCOTT | I50 | | 56 | | | | | | 1 | 56 |
| Kathleen PROCTOR | L60 | 87 | 72 | | | | | | 2 | 159 |
| Nicky BUTLER | L60 | 90 | | 78 | | | | | 2 | 168 |

