

## Keswick AC Championships to 3<sup>rd</sup> May 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



## 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:

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		
Carloline 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