

## Keswick AC Championships to 27<sup>th</sup> July 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	100				3	300
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
Max BUTTINGER	M40	91	87		89	100			4	367
James MORRIS	M40	77	75	75		85			4	313
Rob BROWN	M40	100	98						2	198
Ross BUTLER	M40		84		89				2	173
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
Simon WEST	M40			82					1	82
Dan STEELS	M40			70					1	70
Tim SIMPSON	M40		31						1	31
Graeme SIBSON	M50	88		85	87	100			4	359
Mike BEECHEY	M50		70	68	70				3	207
Mike JAMES	M50	86		85		93			3	263
Andrew BUTCHER	M50	73	69		64				3	206
Andy MURPHIE	M50		76	75					2	151
Carl BRADFORD	M50		66	80					2	146
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		92			4	329
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	14-Sep	22-Sep		
Molly STEELS	L20			76					1	76
Marie NUNES	SEN		64		48				2	112
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
Holly WOOTEN	SEN		33						1	33
Trudy BEETHAM	L40	100	83	92	100				4	376
Lindsay WALKER	L40		83	90	98				3	270
Kirsty HEWITSON	L40			95					1	95
Grace ROWLEY	L40			85					1	85
Lotty BRADFORD	L40		76						1	76
Flora BALLESTER	L40			66					1	66
Hazel DAVIES	L50		86	92	100	100			4	377
Suzanne SPEDDING	L50	88	71	76	84				4	319
Joanna ROLLS	L50		79	81	90				3	250
Linda JUBB	L50		68	72	82				3	221
Michelle TONES	L50		72	77					2	149
Celia DRING	L50			86					1	86
Emma MCKNESPIEY	L50				96				1	96
Ella SCOTT	I50		56						1	56
Nicky BUTLER	L60	90		78	87				3	255
Kathleen PROCTOR	L60	87	72		81				3	240



## 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
Charlie RENNIE	M23				83				1	83
Matthew ATKINSON	SEN	100	100	100	96	98			5	398
Harry BOLTON	SEN	93			100	91			3	284
Ben HOLMES	SEN		90		77	93.69			3	261
Jacob TONKIN	SEN	86	90		82				3	257
John BATTRICK	SEN				96	100			2	196
Mark LAMB	SEN				96	100			2	195
Jake COLLIER	SEN				96	83			2	179
Alex ING-SIMMONS	SEN	81	91						2	173
Hamish MURRAY	SEN	88			85				2	172
Sam STEAD	SEN				96				1	96
Jake BLACK	SEN		89						1	89
Jordan PALMER	SEN		86						1	86
Andy FIOR BERRY	SEN				86				1	86
Reece KENNEDY	SEN		85						1	85
Tobias BARTHELMES	SEN			81					1	81
James RAFFERTY	SEN			69					1	69
James MORRIS	M40	58	66	47	53				4	224
Rob BROWN	M40			86	88				2	175
Max BUTTINGER	M40	73			66				2	139
Craig MARSH	M40		90						1	90
Phil WINSKILL	M40		88						1	88
Simon NETHERWAY	M40			70					1	70
Mingma Tshering SHERPA	M40				69				1	69
Daniel HARTLEY	M40			62					1	62
Richard ROBINSON	M40				57				1	57
James HAWORTH	M50	78	88	74	77	82			5	325
Owen MILLS	M50	60	67	55	59	65			5	251
John DUFF	M50	74			74	75			3	222
David CROUT	M50	69	76		71				3	216
Mark FLEMING	M50		76	65	66				3	207
Andrew BUTCHER	M50	57	61		43	46			4	206
Scott WHITE	M50	68	74		63				3	205
David BIRCH	M50				79	86			2	165
Steve ANGUS	M50				72	72			2	144
Guy ILLINGWORTH	M50		82						1	82
Carl BRADFORD	M50				72				1	72
Ivan HOLROYD	M50		71						1	71
Jamie RENNIE	M50				70				1	70
Colin VALENTINE	M60	60	62	58	58	62			5	241
Mark OSBORNE	M60	53	63	48					3	164
Dave PROSSER	M60				74	76			2	150
Paul MORRIS	M70	59	68		60	62			4	249

## 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		
Betty BERGSTRAND	U23					95			1	95
Caroline LAMBERT	SEN	100			90	99			3	289
Nicola JACKSON	SEN				100	100			2	200
Helen SHARMAN	SEN	88				74			2	161
Hannah BLAIR	SEN		71		64				2	135
Holly WOOTEN	SEN		100						1	100
Kate MARRIOTT	SEN			100					1	100
Jodie GRAY	SEN				85				1	85
Lorela MOVILEANU	SEN		68						1	68
Trudy BEETHAM	L40	83	81	93					3	256
Zoe HEBBLETHWAITE	L40	83	80			70			3	233
Debbie CHARLTON	L40	74			64				2	138
Philippa WAKEFIELD	L40				87				1	87
Lindsay WALKER	L40		69						1	69
Flora BALLESTER	L40	66							1	66
Lynne HUME	L40				64				1	64
Gillian ATKINSON	L50	82	78		70	69			4	298
Louise BROWN	L50	66	69		59	60			4	254
Hazel DAVIS	L50	76	77	83					3	236
Judy ROWE	L50	70	68			64			3	202
Sara HODGSON	L50	86							1	86
Emma BAIN	L50	80							1	80
Nicky BUTLER	L60	69	66	79	64	63			5	278
Lesley MALARKEY	L70	62	56	67	59				4	244