

## Keswick AC Championships to 25<sup>th</sup> November 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	Carlisle 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
Mike JAMES	M50	86		85		93	99	100	5	377
Graeme SIBSON	M50	88		85	87	100	100		5	374
Andrew BUTCHER	M50	73	69		64		92		4	298
Mike BEECHEY	M50		70	68	70				3	207
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	94		5	345
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
Anja COULTHARD	L40						100		1	100
Hannah COLE	L40							100	1	100
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		95	5	386
Joanna ROLLS	L50		79	81	90		94		4	344
Suzanne SPEDDING	L50	88	71	76	84				4	319
Linda JUBB	L50		68	72	82			83	4	304
Michelle TONES	L50		72	77					2	149
Emma MCKNESPIEY	L50				96				1	96
Cella DRING	L50			86					1	86
Ella SCOTT	IS0		56						1	56
Nicky BUTLER	L60	90		78	87			84	4	339
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	83		6	398
Mark LAMB	SEN				96	100	94	100	4	389
Harry BOLTON	SEN	93			100	91	100		4	384
Ben HOLMES	SEN		90		77	83.68			3	261
Hamish MURRAY	SEN	88			85		88		3	260
Jacob TONKIN	SEN	86	90		82				3	257
Alex ING-SIMMONS	SEN	81	91				75		3	248
John BATTRICK	SEN				96	100			2	196
Jake COLLIER	SEN				96	83			2	179
James RAFFERTY	SEN			69			76		2	145
CaLum TINNON	SEN						100		1	100
Sam STEAD	SEN				96				1	96
Jacob HIGM	SEN							92	1	92
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 BARTHELMIS	SEN			81					1	81
George MURPHY	SEN						72		1	72
James MORRIS	M40	58	66	47	53			48	5	225
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
Carl BELL	M40						86		1	86
Elton ANGLE SMITH	M40						77		1	77
Simon NETHERWAY	M40			70					1	70
Mingma Tshering SHERPA	M40				69				1	69
Daniel HARTLEY	M40			62					1	62
Chad DIXON	M40						58		1	58
Richard ROBINSON	M40				57				1	57
James HAWORTH	M50	78	88	74	77	82	76	81	7	329
David CROUT	M50	69	76		71				4	277
Owen MILLS	M50	60	67	55	59	65	63		6	254
John DUFF	M50	74			74	75			3	222
Steve ANGUS	M50				72	72	73		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
Guy ILLINGWORTH	M50		82						1	82
Michael WILLIAMS	M50							80	1	80
Craig SMITH	M50						76		1	76
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		62	6	245
Mark OSBORNE	M60	53	63	48					3	164
Dave PROSSER	M60				74	76			2	150
Paul MORRIS	M70	59	68		60	62		62	5	252
David LOAN	M70						58		1	58

## 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
Nicola JACKSON	SEN				100	100	100		3	300
Caroline LAMBERT	SEN	100			90	99			3	289
Helen SHARMAN	SEN	88				74	75		3	236
Holly WOOTEN	SEN		100				91		2	191
Hannah BLAIR	SEN		71		64				2	135
Kate MARRIOTT	SEN			100					1	100
Jodie GRAY	SEN				85				1	85
Shirley Murray	SEN						84		1	84
Lorela MOVILEANU	SEN		68						1	68
Heidi DYSON	SEN						66		1	66
Trudy BETHAM	L40	83	81	93				100	4	356
Zoe HEBBLETHWAITE	L40	83	80			70	73		4	306
Debbie CHARLTON	L40	74			64				2	138
Lynne HUME	L40				64		62		2	126
Philippa WAKEFIELD	L40				87				1	87
Lindsay WALKER	L40		69						1	69
Flora BALLESTER	L40	66							1	66
Hazel DAVIS	L50	76	77	83				92	4	327
Gillian ATKINSON	L50	82	78		70	69	65		5	298
Louise BROWN	L50	66	69		59	60		82	5	277
Judy ROWE	L50	70	68			64			3	202
Sara HODGSON	L50	86							1	86
Emma BAIN	L50	80							1	80
Gillian ATKINSON	L60							97	1	97
Nicky BUTLER	L60	69	66	79	64	63			5	278
Lesley MALARKEY	L70	62	56	67	59				4	244

## Men's Trail:

Name	Class	Glendaterra	Lords Seat	Mike Mallan – Round Latrigg	Not Round Latrigg	Whinlatter 10k	KAC Derwentwater Trail Race	Whinlatter Park Run	Races Run	Best 4 From 7
		10k 25-Feb	01-May	12-Jun	14-Aug	10k 08-Sep	24-Nov	5k 07-Dec		
Daniel HEPPELL	M19		85						1	85
Angus BEECHEY	M23			87					1	87
Matthew ATKINSON	SEN	90					100		2	190
Ryan HARRIS	SEN		58	69	60				3	188
Jordan PALMER	SEN		81	99					2	180
Finn HAWORTH	SEN		76		85				2	160
John BATTRICK	SEN		100						1	100
Ben BARKER	SEN				100				1	100
Mark LAMB	SEN		100						1	100
Alex ING-SIMMONS	SEN				94				1	94
Ryan BULL	SEN				92				1	92
Jonathon LAMB	SEN			91					1	91
Tobia BARTHELMES	SEN		89						1	89
Ben HOLMES	SEN		88						1	88
James MATTINSON	SEN		87						1	87
Rob JONES	SEN				72				1	72
Jacob TONKIN	SEN			67					1	67
James MORRIS	M40	82	65	78	75		80		5	315
Simon WEST	M40			93	87		98		3	277
Adam MARKINOWICZ	M40		76	92	85				3	253
Daniel BARTON	M40	100		99					2	199
Phil WINSKILL	M40			95			100		2	195
Max BUTTINGER	M40		80		92				2	172
Craig MARSH	M40			99					1	99
Simon DARMODY	M40			96					1	96
Simon NETHERWAY	M40		91						1	91
Phillipo Van WINKLE	M40		83						1	83
Ross BUTLER	M40		79						1	79
Dan STEELS	M40			77					1	77
Mingma Tshering SHERPA	M40		76						1	76
Graham SUMBLER	M40			72					1	72
Richard ROBINSON	M40		67						1	67
Guy ILLINGWORTH	M50	98		91	92	100	100		5	389
Jim HAWORTH	M50	99	82				100		3	281
Mark FLEMING	M50		75	86			73		3	233
Glyn BLAKEY	M50	72			72		73		3	217
Graeme SIBSON	M50		78	93					2	170
Ivan HOLROYD	M50	85	69						2	154
Martin BROCKETT	M50			71	67				2	138
Mike BEECHEY	M50		61	73					2	134
Robert TANSEY	M50			100					1	100
Scott WHITE	M50						87		1	87
Jeff HENDERSON	M50			83					1	83
Carl BRADFORD	M50				81				1	81
Andy MURPHIE	M50			79					1	79
Steve ANGUS	M50	77							1	77
Owen MILLS	M50	77							1	77
Dominic BARRY	M50	73							1	73
David CROUT	M50						73		1	73
Paul FULLWOOD	M50			65					1	65
Mark OSBORNE	M60	75	65	79	72				4	290
Colin VALENTINE	M60			66	65				2	131
Nigel ROWE	M60			90					1	90
Patrick HOLMES	M60				75				1	75
John CAIN	M60			66					1	66
Andy HITCHEN	M60		65						1	65
Paul MORRIS	M70	78	69	83	77	88	71		6	326

## Ladies Trail:

Name	Class	Glendaterra	Lords Seat	Mike Mallan – Round Latrigg	Not Round Latrigg	Whinlatter 10k	KAC Derwentwater Trail Race	Whinlatter Park Run	Races Run	Best 4 From 7
		10k 25-Feb	01-May	12-Jun	14-Aug	10k 08-Sep	24-Nov	5k 07-Dec		
Molly STEELS	L23		67						1	67
Catherine SPURDEN	SEN	94	87	100					3	281
Holly WOOTEN	SEN	100	93						2	193
Caroline LAMBERT	SEN	86	100						2	186
Mel MUSTAFA	SEN		78	93					2	171
Hannah BLAIR	SEN			86	75				2	161
Phillipa HAWORTH	SEN		67		70				2	137
Hannah HAVELOCK-ALLAN	SEN				100				1	100
Helen SHARMAN	SEN						100		1	100
Evie TONKIN	SEN			98					1	98
JODIE GRAY	SEN				95				1	95
Miek van KLEET	SEN			73					1	73
Victoria WARE	SEN		71						1	71
Lorela MOVILEANU	SEN			66					1	66
Victoria HAWORTH	SEN	66							1	66
Rachel KNIGHT	SEN		57						1	57
Trudy BEETHAM	L40	80	79	92					3	251
Lynne HUME	L40	73	70				70		3	212
Low OSBORNE	L40	91							1	91
Grace ROWLEY	L40			80					1	80
Lotty BRADFORD	L40			78					1	78
Bethan NAVLOR	L40			78					1	78
Hannah COLE	L40						75		1	75
Debbie CHARLTON	L40				75				1	75
Lindsay WALKER	L40		73						1	73
Kerrie GOSLING	L40			68					1	68
Hazel DAVIES	L50	76	75	89	82	100	85		6	356
Steph ILLINGWORTH	L50	73	72	83	78	96	80		6	337
Corinne CUMMINGS	L50		70	83	77		85		4	314
Jo ROLLS	L50			79		80	73		3	232
Michelle TONES	L50	65		76	69		95		3	209
Louise BROWN	L50				77				2	171
Gillian ATKINSON	L50	76	75						2	150
Suzanne SPEDDING	L50		65	77					2	142
Sam AYERS	L50						88		1	88
Judy ROWE	L50			76					1	76
Penny PARSONS	L50			73					1	73
Celia DRING	L50		73						1	73
Linda JUBB	L50						70		1	70
Nicky STEELS	L50			70					1	70
Audrey WILSON	L50			68					1	68
Kirsty BARKER	L60		54						1	54
Nicky BUTLER	L60		65	77	74	84			4	299
Kathleen PROCTOR	L60		58			77			2	135
Lesley MALARKEY	L70				62				1	62