

## Cumbria AA Cross Country Championships 2009

Held at Barrow-in-Furness on Sunday 13<sup>th</sup> December 2009

### Results

#### **Under 11 Boys**

	<b>Surname</b>	<b>First Name</b>	<b>Club</b>	<b>Time</b>
1 <sup>st</sup>	Dawson	Oliver	Carlisle Aspatria	8:25
2 <sup>nd</sup>	Matier	Elliot	Eden Runners	8:27
3 <sup>rd</sup>	Till	Joseph	Kendal	8:29
4	Wilson	Scott	Carlisle Aspatria	8:33
5	Donovan	Mark	Eden Runners	8:57
6	Aubrey	Jacob	Helm Hill Runners	9:04
7	Ritchie	Kyle	Barrow & Furness Striders	9:05
8	Ibbotson	Joseph	Carlisle Aspatria	9:10
9	Blaikie	Cole	Kendal	9:13
10	Adamson	Matthew	Carlisle Aspatria	9:16
11	Tyson	Jordan	St Peters School	10:29
12	Chadwick	Nathan	Glaxo Hoad Hill	10:31
13	Dacre	Jonty	Barrow & Furness Striders	10:39
14	Rawlinson	Robert	St Peters School	10:55
15	Barker	Thomas	St Peters School	10:56
16	Higgs	Edward	Howgill Harriers	11:00
17	Jones	Brandon	St Peters School	11:05
18	Shepherd	Thomas	St Peters School	12:43
19	Chadwick	Alexander	Glaxo Hoad Hill	15:15

#### **Under 11 Girls**

1 <sup>st</sup>	Murray	Heidi	Helm Hill Runners	10:01
2 <sup>nd</sup>	O'Brien	Molly	Lancaster & Morecambe	10:02
3 <sup>rd</sup>	Hedley	Niamh	Cumberland Fell Runners	10:10
4	Ekebugo	Olivia	Barrow & Furness Striders	10:15
5	Birley	India	Eden Runners	10:46
6	Evans	Verity	Eden Runners	10:49
7	Blackburn	Katie	Barrow & Furness Striders	10:54
8	Whittaker	Kiera	Barrow & Furness Striders	10:57
9	Keen	Rebecca	Barrow & Furness Striders	11:03
10	Jefferson	Hannah	Barrow & Furness Striders	11:11
11	Jones	Allana	Lancaster & Morecambe	11:17
12	Amison	Molly	Barrow & Furness Striders	11:30
13	Atkinson	Sarah	Helm Hill Runners	11:31
14	Stanway	Abigail	Barrow & Furness Striders	12:13
15	Brooks	India	St Peters School	13:23
16	Barker	Molly	St Peters School	13:51

### **Under 13 Boys**

1 <sup>st</sup>	Orr	Neil	Border Harriers	10:32
2 <sup>nd</sup>	Nicholson	Samuel	Barrow & Furness Striders	10:41
3 <sup>rd</sup>	Wright	Tom	Cumberland Fell Runners	10:54
4	Taylor	Thomas	Kendal	11:03
5	Curtis	James	Barrow & Furness Striders	11:16
6	Hutchinson	Michael	Dallam Runners	12:29

### **Under 13 Girls**

1 <sup>st</sup>	Bates	Megan	Eden Runners	11:04
2 <sup>nd</sup>	Nugent	Chelsea	Carlisle Aspatria	11:11
3 <sup>rd</sup>	Holder	Millie	Eden Runners	11:48
4	Buchanan	Rebecca	Seaton AC	11:49
5	Seddon	Sophie	Barrow & Furness Striders	12:23
6	Gray	Bella	Kendal	12:32
7	Higgs	Tessa	Howgill Harriers	12:34
8	Wilson	Zarina	Barrow & Furness Striders	12:40
9	Heaviside	Tiffany	Eden Runners	12:46
10	Nunwick	Lorna	Barrow & Furness Striders	13:09
11	Crook	Tasmin	Barrow & Furness Striders	13:32
12	Byrom	Gabrielle	Barrow & Furness Striders	14:39

### **Under 15 Boys**

1 <sup>st</sup>	Weymouth	Alistair	Eden Runners	12:10
2 <sup>nd</sup>	Knox	James	Helm Hill Runners	12:40
3 <sup>rd</sup>	Storey	Samuel	Barrow & Furness Striders	13:14
4	Hartley	Tom	Kendal	13:26
5	Little	Simon	Carlisle Aspatria	13:35
6	Campbell	Ross	Barrow & Furness Striders	13:46
7	Ingham	Robbie	Kendal	14:02
8	Messenger Jones	Theo	Barrow & Furness Striders	14:31
9	Till	Benjamin	Dallam Running Club	14:49

### **Under 15 Girls**

1 <sup>st</sup>	Hethennata	Abbie	Carlisle Aspatria	14:04
2 <sup>nd</sup>	Miller	Olivia	Barrow & Furness Striders	15:03
3 <sup>rd</sup>	Stewart	Brogan	Barrow & Furness Striders	15:14
4	Munro-Bennett	Lauren	Helm Hill Runners	15:33
5	Birley	Georgia	Eden Runners	16:15
6	Heaviside	Emily	Eden Runners	16:51
7	Stanway	Hannah	Barrow & Furness Striders	17:32

### **Under 17 Men**

1 <sup>st</sup>	Ingham	Luke	Kendal	14:46
2 <sup>nd</sup>	Vicary	Patric	Kendal	14:51
3 <sup>rd</sup>	Till	Sam	Dallam Running Club	14:54
4	Addison	Rory	Helm Hill Runners	15:12
5	Thompson	Nathan	Cumberland Fell Runners	15:28
6	Orr	Tim	Border Harriers	15:31

### **Under 17 Women**

1 <sup>st</sup>	Wilson	Ellie	Barrow & Furness Striders	17:00
2 <sup>nd</sup>	Huck	Jennifer	Barrow & Furness Striders	18:16
3 <sup>rd</sup>	Johnston	Victoria	Eden Runners	19:17
4	Barnes	Alice	Barrow & Furness Striders	24:26

## Senior Men

1 <sup>st</sup>	Farrell	Tom	Border Harriers	JM	32:59
2 <sup>nd</sup>	Lightfoot	Ricky	Ellenborough	SM	33:21
3 <sup>rd</sup>	Douglas	James	Border Harriers	SM	33:31
4	Huck	Peter	Barrow & Furness Striders	JM	33:43
5	Fletcher	Jon	Border Harriers	SM	34:04
6	Addison	Tom	Helm Hill Runners	JM	34:06
7	Mason	Graeme	Border Harriers	SM	34:21
8	Russell	Alisdair	Kendal	SM	34:30
9	Donnelly	Morgan	Borrowdale Fell Runners	MM	34:42
10	Steele	Chris	Borrowdale Fell Runners	SM	34:55
11	Nebblethwaite	Steve	Keswick	SM	35:10
12	Atkinson	Bob	Barrow & Furness Striders	MM	35:34
13	Walker	Richard	Barrow & Furness Striders	SM	35:37
14	Winskill	Philip	Keswick	SM	35:39
15	Fulford	David	Hoad Hill Harriers	SM	36:08
16	Dixon	Garry	Barrow & Furness Striders	MM	36:30
17	Nicholson	William	Border Harriers	SM	36:40
18	Cunningham	Jeff	Herne Hill Harriers	SM	36:42
19	Alderson	Kieran	Kendal	SM	36:45
20	Waite	Phil	Barrow & Furness Striders	SM	37:28
21	Howie	Christopher	Glaxo Hoad Hill	MM	38:04
22	Bell	Kevin	Border Harriers	SM	38:05
23	Davies	Ian	Keswick AC	SM	38:42
24	Chadwick	Jeffrey	Glaxo Hoad Hill	MM	39:05
25	Savage	Peter	Barrow & Furness Striders	SM	39:54
26	Till	Alex	Unattached	JM	40:13
27	Luxmoore	Jamie	Keswick AC	SM	40:21
28	Stanway	Simon	Barrow & Furness Striders	MM	40:32
29	Parker	Dave	Barrow & Furness Striders	MM	40:37
30	Hall	Peter	Barrow & Furness Striders	MM	42:47
31	Sadler	Ian	Barrow & Furness Striders	MM	43:32
32	Addison	Mike	Helm Hill Runners	MM	44:43

## Senior Women

1 <sup>st</sup>	Bridge	Karen	Eden Runners	MW	29:49
2 <sup>nd</sup>	Silson	Rhiannon	Border Harriers	SW	30:45
3 <sup>rd</sup>	Savage	Katie	Barrow & Furness Striders	SW	32:15
4	Thompson	Rachel	Barrow & Furness Striders	SW	33:48
5	Priestley	Diane	Kendal	MW	33:53