

**Cumbria Athletic Association
Track & Field Championships at the Sheepmount Stadium Carlisle
on Saturday 9th May 2009**

Results

Senior Men

100 Metres

1 st Kieran Congdon	Edinburgh	11.4s
2 nd Ryan Lowe	Barrow & FS	11.5s
3 rd Andrew Smith	Border Harriers	11.5s
4 th Andrew McGreevy	Border Harriers	12.0s
5 th Jake Thompson	Barrow & FS	12.1s
6 th Thomas Matthews	Kendal AAC	12.1s
7 th Bradlie Houldsworth	Sale	12.3s

200 Metres

1 st James Wright	Sale	23.2s
2 nd Ryan Lowe	Barrow & FS	23.5s
3 rd Kieran Congdon	Edinburgh	24.6s
4 th Jake Thompson	Barrow & FS	25.7s

400 Metres

1 st James Bowness	Trafford	49.7s
2 nd Steven Fox	Seaton AC	52.1s
3 rd James Wright	Sale	53.5s
4 th Thomas Matthews	Kendal AAC	56.0s

800 Metres

1 st William Nicholson	Border Harriers	2m.03.7s
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1500 Metres

1 st Phillip Waite	Barrow & FS	4m.22.5s
2 nd Tom Marper	Gateshead	4m.23.4s
3 rd Alasdair Russell	Kendal AAC	4m.23.8s
4 th David Hook	Barrow & FS	4m.26.7s
5 th Thomas Nicholson	Border Harriers	4m.43.7s
6 th Philip Lee	Kendal AAC	4m.58.1s

5000 Metres

1 st Ricky Lightfoot	Ellenborough	15m.18.9s
2 nd Danny Parkinson	Kendal AAC	15m.27.1s
3 rd Jeff Cunningham	Herne Hill H	15m.55.1s
4 th Kieran Alderson	Kendal AAC	16m.39.5s

110 Metres Hurdles

1 st Andrew Smith	Border	17.8s
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High Jump (Abandoned due to weather conditions)

=1 st Nathan Williams	Border Harriers	1.80m
=1 st Jonny Hurst	Seaton AC	1.80m

Long Jump

1 st Matthew Wright	Sale	6.69m
2 nd Craig Sowerby	Seaton AC	6.44m
3 rd Bradlie Houldsworth	Sale	6.35m

Senior Women

100 Metres

1 st Lara Turner	Barrow & FS	12.4s
2 nd Maria Morganella	Border Harriers	12.6s
3 rd Jade Lawson	Barrow & FS	13.2s
4 th Bethany Pearson	Barrow & FS	13.5s
5 th Angela Kelly	Seaton AC	14.3s
6 th Amanda Pattinson	Seaton AC	15.5s

200 Metres

1 st Lara Turner	Barrow & FS	26.7s
2 nd Bethany Pearson	Barrow & FS	28.5s
3 rd Angela Kelly	Seaton AC	30.2s
4 th Amanda Pattinson	Seaton AC	32.7s

400 Metres

1 st Fiona Laurie	Border Harriers	63.1s
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800 Metres

1 st Sarah Hanabury	Seaton AC	2m.31.1s
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100 Metres Hurdles

1 st Rebecca Cook	Barrow & FS	16.1s
2 nd Claire Huck	Kendal AAC	16.3s

400 Metres Hurdles

1 st Fiona Parkin	Motherwell	72.9s
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High Jump

1 st Claire Huck	Kendal AAC	1.60m
2 nd Rebecca Cook	Barrow & FS	1.55m

Long Jump

1 st Fiona Laurie	Border Harriers	5.05m
2 nd Rebecca Cook	Barrow & FS	4.95m
3 rd Claire Huck	Kendal AAC	4.87m
4 th Tania Hall	Unattached	4.56m

Triple Jump

1st Bradlie Houldsworth Sale 12.72m

Discus

1st Alessandro Morganella Border Harriers 51.40m NCBP
2nd Paul Simpson Seaton AC 42.25m

Discus

1st Bethan Lishman Wigan 26.37m

Javelin

1st Lee Doran Sheffield 71.30m NCBP
2nd Andrew Twigg Unattached 44.30m

Javelin

1st Colette Doran Wigan 36.20m

Shot

1st Paul Simpson Seaton 12.25m

Shot

1st Katie Huck Kendal AAC 10.60m
2nd Claire Huck Kendal AAC 10.05m
3rd Rebecca Cook Barrow & FS 9.04m

Hammer

1st David Little Border Harriers 56.48m
2nd Paul Simpson Seaton AC 37.72m

Hammer

1st Bethan Lishman Wigan 41.49m

Junior Men

100 Metres Hurdles

1st Matthew Wright Sale 15.7s

Discus

1st Matthew Wright Sale 33.53m

Under 17 Men

100 Metres

Heat 1

1st Kyle Fisher Border Harriers 11.3s
2nd Aaron Webster Barrow & FS 11.4s
3rd Graham Parsons Kendal AAC 11.4s
4th Ryan Thompson Carlisle A 11.5s
5th Matthew Hilton Carlisle A 11.9s

Heat 2

1st Sam Brough Unattached 11.6s
2nd William Barnes Carlisle A 12.0s
3rd Callum Blaikie Kendal AAC 12.3s
4th Robbie Nixon Border Harriers 12.4s
5th Chris Snaith Barrow & FS 13.8s

Final

1st Sam Brough Unattached 11.1s
2nd Ryan Thompson Carlisle Aspatria 11.3s
3rd Graham Parsons Kendal AAC 11.4s
4th Aaron Webster Barrow & FS 11.4s
5th Matthew Hilton Carlisle A 11.8s

200 Metres

1st Sam Brough Unattached 22.8s
2nd Joes Aris Eden Runners 23.3s
3rd Graham Parsons Kendal AAC 23.8s
4th Aaron Webster Barrow & FS 23.9s
5th Oliver Lithgow Seaton AC 24.3s
6th Callum Blaikie Kendal AAC 24.3s
7th William Barnes Carlisle A 24.8s
8th Chris Snaith Barrow & FS 27.4s

Under 17 Women

100 Metres

Final

1st Chelsea Browbank Wigan 12.7s
2nd Carmen Friel Ellenborough 13.8s
3rd Alice Barnes Barrow & FS 15.5s

200 Metres

1st Chelsea Browbank Wigan 26.0s
2nd Nerea Bradbury Border Harriers 28.5s
3rd Rachael Farthing Lancaster & M 29.9s
4th Alice Barnes Barrow & FS 31.3s

400 Metres

1st Joe Aris Eden Runners 55.1s
2nd Oliver Lithgow Eden Runners 55.9s

800 Metres

1st Harry Earl Border Harriers 2m.03.6s
2nd Patrick Vicary Kendal AAC 2m.04.8s
3rd Richard Beck Copeland AC 2m.07.1s

1500 Metres

1st Patrick Vicary Kendal AAC 4m.41.3s
2nd Luke Ingham Kendal AAC 4m.41.3s
3rd Tim Orr Border Harriers 4m.43.0s
4th Michael Hoyle Kendal AAC 4m.04.1s

3000 Metres

1st Lee Savage Eden Runners 9m.53.4s
2nd Nathan Thompson Seaton AC 9m.57.8s

100 Metres Hurdles

1st Matthew Hilton Carlisle A 14.8s

High Jump

1st Callum Blaikie Kendal AAC 1.55m

Long Jump

1st Robbie Nixon Border Harriers 5.61m
2nd Chris Snaith Barrow & FS 5.16m
3rd William Barnes Carlisle A 4.53m

Triple Jump

1st Robbie Nixon Border Harriers 11.80m

Javelin

1st Nicholas Miller Border Harriers 44.87m
2nd Matthew Hilton Carlisle A 41.54m
3rd Alex Taylor Carlisle A 29.98m
4th Jake Barnes Carlisle A 25.67m

Discus

1st Nicholas Miller Border Harriers 32.46m
2nd Aaron Webster Barrow & FS 29.83m
3rd Jake Barnes Carlisle A 27.98m

Shot

1st Nicholas Miller Border Harriers 12.92m
2nd Lee Savage Eden Runners 10.43m
3rd Jake Barnes Carlisle A 9.63m
4th Ryan Mcdowall Border Harriers 9.50m

Hammer

1st Nicholas Miller Border Harriers 59.81m
2nd Ryan Mcdowall Border Harriers 45.85m

300 Metres

1st Carmen Friel Ellenborough 45.9s
2nd Nerea Bradbury Border Harriers 47.1s

800 metres

1st Jessica Flower Barrow & FS 2m.29.2s
2nd Sarah Hanabury Seaton AC 2m.31.1s
3rd Victoria Johnston Eden Runners 2m.32.2s

1500 Metres

1st Laura Vaillant Keswick AC 5m.14.4s

80 Metres Hurdles

1st Alisha Casement Sale 12.2s CBP

300 Metres Hurdles

1st Alisha Casement Sale 45.7s CBP

High Jump

=1st Kerry Jordan Border Harriers 1.55m
=1st Tessa Stockdale Seaton AC 1.55m
3rd Kirsty Norwood Seaton AC 1.50m

Long Jump

1st Kirsty Norwood Seaton AC 4.70m
2nd Rachael Farthing Lancaster & M 4.44m
3rd Helen Peacock Eden Runners 2.87m

Javelin

1st Kim Little Barrow & FS 25.30m
2nd Holly Nelson Lancaster & M 19.05m
3rd Rebecca Harris Carlisle A 18.28m
4th Helen Peacock Eden Runners 18.02m

Discus

1st Kay Barnard Border Harriers 25.52m
2nd Sarah Hill Border Harriers 22.71m
3rd Kim Little Barrow & FS 19.26m
4th Rebecca Harris Carlisle A 14.37m

Shot

1st Holly Nelson Lancaster & M 7.70m
2nd Carmen Friel Ellenborough 6.56m
3rd Rebecca Harris Carlisle A 5.85m

Hammer

1st Katie Barnard Border 45.96m NCBP
2nd Sarah Hill Border Harriers 29.73m

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Under 15 Boys

100 Metres Final

1 st	Adam Muncaster	Copeland AC	13.0s
2 nd	Cameron Mitchell	Ellenborough	13.2s
3 rd	Sam Hayhurst	Barrow & FS	13.5s
4 th	Alexander Nixon	Border Harriers	14.2s
5 th	Matthew Salkeld	Border Harriers	14.4s
6 th	Matthew Wall	Barrow & FS	14.6s

200 Metres

1 st	Cameron Mitchell	Ellenborough	26.9s
2 nd	Sam Hayhurst	Barrow & FS	29.2s
3 rd	Alexander Nixon	Border Harriers	29.7s
4 th	Matthew Salkeld	Border Harriers	30.1s
5 th	Matthew Wall	Barrow & FS	31.6s

400 Metres

1 st	Tom Hartley	Kendal AAC	65.0s
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800 Metres

1 st	Theo Messenger-Jones	Barrow & FS	2m.14.9s
2 nd	Robbie Ingham	Kendal AAC	2m.17.5s
3 rd	Joseph Bradley	Carlisle Aspatria	2m.34.6s

1500 Metres

1 st	Alastair Weymouth	Eden Runners	4m.29.0s
2 nd	Sam Storey	Barrow & FS	4m.43.6s
3 rd	Tom Hartley	Kendal AAC	4m.55.3s
4 th	Matthew Bradley	Carlisle A	5m.22.6s

Under 15 Girls

100 Metres Heat 1

1 st	Emily Cummings	Seaton AC	13.2s
2 nd	Grace Ifere	Carlisle A	14.0s
3 rd	Jade Screen	Kendal AAC	14.4s
4 th	Megan Wise	Carlisle A	14.4s

Heat 2

1 st	Kayleigh Longstaff	Seaton AC	13.9s
2 nd	Sara Yahia Mohammed	Carlisle A	14.0s
3 rd	Heather Ramsay	Kendal AAC	14.0s
4 th	Arabella Sharrock	Eden Runners	14.7s
5 th	Melissa Curtis	Barrow & FS	15.3s

Final

1 st	Emily Cummings	Seaton AC	13.4s
2 nd	Heather Ramsay	Kendal AAC	13.7s
3 rd	Kayleigh Longstaff	Seaton AC	13.8s
4 th	Grace Ifere	Carlisle A	14.0s
5 th	Sara Yahia Mohammed	Carlisle A	14.0s
6 th	Jade Screen	Kendal AAC	14.9s
7 th	Megan Wise	Carlisle A	14.9s
8 th	Arabella Sharrock	Eden Runners	15.0s

200 Metres

Heat 1

1 st	Kayleigh Longstaff	Seaton AC	28.7s
2 nd	Sara Yahia Mohammed	Carlisle	29.3s
3 rd	Melissa Curtis	Barrow & FS	30.3s
4 th	Flora Blackburn	Barrow & FS	33.9s

Heat 2

1 st	Natasha Wilson	Carlisle	27.3s
2 nd	Jessica Hodsman	Kendal AAC	28.6s
3 rd	Kythe Dearden	Copeland AC	28.6s
4 th	Grace Ifere	Carlisle A	29.6s
5 th	Tiffany Charnley	Barrow & FS	30.8s

FINAL

1 st	Natasha Wilson	Carlisle A	28.0s
2 nd	Kayleigh Longstaff	Seaton AC	28.4s
3 rd	Jessica Hodsman	Kendal AAC	28.5s
4 th	Kythe Dearden	Copeland AC	28.6s
5 th	Grace Ifere	Carlisle A	30.0s
6 th	Sara Yahia Mohammed	Carlisle A	30.8s
7 th	Melissa Curtis	Barrow & FS	31.0s
8 th	Tiffany Charnley	Barrow FS	31.0s

800 Metres

1 st	Jessica Hodsman	Kendal AAC	2m.36.5s
2 nd	Kythe Dearden	Copeland AC	2m.36.9s
3 rd	Heather Ramsay	Kendal AAC	2m.50.5s
4 th	Flora Blackburn	Eden Runners	2m.58.5s
5 th	Tiffany Charnley	Barrow & FS	3m.05.8s

1500 Metres

1 st	Abbie Hetherington	Carlisle A	4m.49.9s
2 nd	Matilda Lowther	Eden Runners	4m.55.6s

3000 Metres

1 st Simon Little	Carlisle A	10m.02.9s
2 nd Jake Carradus	Kendal AAC	11m.38.9s

80 Metres Hurdles

1 st Robbie Ingham	Kendal AAC	17.4s
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75 Metres Hurdles

1 st Jessica Hodsmen	Kendal AAC	13.6s
2 nd Nina Smart	Kendal AAC	13.6s
3 rd Megan Wise	Carlisle A	15.5s
4 th Rachael King	Ellenborough	17.0s
5 th Arabella Sharrock	Eden Runners	17.7s

High Jump

1 st Robbie Ingham	Kendal AAC	1.50m
2 nd David Foster	Seaton AC	1.50m

High Jump

1 st Emily Cummings	Seaton AC	1.45m
2 nd Matilda Lowther	Eden Runners	1.40m
3 rd Heather Ramsay	Kendal AAC	1.35m
4 th Nina Smart	Kendal AAC	1.25m
5 th Rachael King	Ellenborough	1.25m

Long Jump

1 st Sam Hayhurst	Barrow & FS	4.57m
2 nd Alexander Nixon	Border Harriers	4.53m

Long Jump

1 st Sara Yahia-Mohammed	Carlisle A	4.11m
2 nd Georgia Birley	Eden Runners	3.67m
3 rd Arabella Sharrock	Eden Runners	3.46m
4 th Eleanor Holme	Eden Runners	3.45m

Discus

1 st Josh Bell	Barrow & FS	18.44m
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Discus

1 st Chloe Moore	Carlisle A	23.18m
2 nd Jade Screen	Kendal AAC	14.82m
3 rd Tiffany Charnley	Barrow & FS	13.30m
4 th Megan Wise	Carlisle A	12.07m

Javelin

1 st David Foster	Seaton	38.82m
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Javelin

1 st Natasha Wilson	Carlisle Asp	28.96m
2 nd Chloe Moore	Carlisle A	27.39m
3 rd Nina Smart	Kendal AAC	15.27m

Shot

1 st David Foster	Seaton	9.75m
2 nd Joseph Bradley	Carlisle A	7.37m
3 rd Joshua Bell	Barrow & FS	4.97m

Shot

1 st Natasha Wilson	Carlisle A	8.73m
2 nd Chloe Moore	Carlisle A	7.84m
3 rd Jade Screen	Kendal AAC	6.58m

Under 13 Boys**100 Metres****Final**

1 st Daniel Van Lierop	Carlisle A	11.9s
2 nd Isaac Medhurst	Kendal AAC	11.9s
3 rd James Curtis	Barrow & FS	12.0s
4 th Zac Martin	Barrow & FS	12.1S

Under 13 Girls**100 Metres****Heat 1**

1 st Rosie Groves	Carlisle A	11.1s
2 nd Katy Johnson	Ellenborough	11.2s
3 rd Sharice Blaikie	Kendal AAC	12.0s
4 th Jasmine Fancourt	Kendal AAC	12.1s
5 th Sophie Seddon	Barrow & FS	12.6s
6 th Emma-Jane Peacock	Eden Runners	12.7s
7 th Jade Fancourt	Kendal AAC	13.1s

Heat 2

1 st Molly Giles	Carlisle A	11.9s
2 nd Lucy Richardson	Kendal AAC	12.0s
3 rd Julia Stevens	Carlisle A	12.0s
4 th Christina Tully	Keswick AC	12.3s
5 th Bella Gray	Kendal AAC	12.3s
6 th Alice Lynch	Kendal AAC	12.4s
7 th Isabella Sharrock	Eden Runners	12.8s

8th Ellie Hayhurst Barrow & FS 13.0s

FINAL

1st Rosie Groves Carlisle A 11.2s
2nd Katy Johnson Ellenborough 11.2s
3rd Molly Giles Carlisle A 11.7s
4th Julia Stevens Carlisle A 11.8s
5th Lucy Richardson Kendal AAC 11.9s
6th Christina Tully Keswick AC 12.1s
7th Sharice Blaikie Kendal AAC 12.5s
8th Jasmine Fancourt Kendal AAC 12.5s

150 Metres

FINAL

1st Elliott Baines Border Harriers 20.0s
2nd Sam Nicholson Barrow & FS 21.2s
3rd Daniel Van Lierop Carlisle A 21.7s
4th Zac Martin Barrow & FS 22.2s
5th Jack Williams Carlisle A 23.0s

300 Metres

Heat 1

1st Lauren Glencross Carlisle A 20.2s
2nd Megan Bates Eden Runners 20.7s
3rd Freya Sadler Barrow & FS 20.9s
4th Rosie Groves Carlisle A 20.9s
5th Katy Johnson Ellenborough 21.5s

Heat 2

1st Lucy Richardson Kendal AAC 22.7s
2nd Tasmin Crook Barrow & FS 22.9s
3rd Bella Gray Kendal AAC 23.2s
4th Alice Lynch Kendal AAC 23.6s
5th Ellie Hayhurst Barrow & FS 25.0s

FINAL

1st Lauren Glencross Carlisle A 20.5s
2nd Freya Sadler Barrow & FS 20.9s
3rd Megan Bates Eden Runners 20.7s
4th Katy Johnson Ellenborough 21.3s
5th Rosie Groves Carlisle A 22.0s
6th Bella Gray Kendal AAC 23.1s
7th Tasmin Crook Barrow & FS 23.1s
8th Lucy Richardson Kendal AAC 22.7s

800 Metres

1st Sam Nicholson Barrow & FS 2m.27.0s
2nd Thomas Taylor Kendal AAC 2m.29.8s
3rd James Curtis Barrow & FS 2m.40.1s

800 Metres

1st Lauren Glencross Carlisle A 2m.33.0s
2nd Freya Sadler Barrow & FS 2m.41.6s
3rd Chelsea Nugent Carlisle A 2m.42.9s
4th Tania Wilson Seaton AC 2m.48.3s
5th Emma Enon Carlisle A 2m.49.8s
6th Bella Gray Kendal AAC 2m.53.3s
7th Tasmin Crook Barrow & FS 2m.55.6s
8th Christina Tully Keswick AC 3m.00.9s
9th Parris Huitson Barrow & FS 3m.01.5s
10th Hannah Hunter Barrow & FS 3m.28.9s

1500 Metres

1st Neil Orr Border Harriers 5m.02.1s
2nd Tom Wright CFR 5m.21.8s

1500 Metres

1st Megan Bates Eden Runners 5m.09.7s
2nd Georgia Birley Eden Runners 5m.43.5s
3rd Rebecca Buchanan Seaton AC 5m.51.8s
4th Sophie Seddon Barrow & FS 6m.13.3s
5th Isabella Sharrock Eden Runners 6m.24.5s

75 Metres Hurdles

1st Isaac Medhurst Kendal AAC 16.6s
2nd Jack Williams Carlisle A 17.3s

70 Metres Hurdles

1st Rosie Groves Carlisle A 14.2s
2nd Molly Giles Carlisle A 15.5s
3rd Lucy Richardson Kendal AAC 15.5s
4th Jade Fancourt Kendal AAC 15.7s
5th Jasmine Fancourt Kendal AAC 17.0s

High Jump

1st Elliott Baines Border Harriers 1.50m

Long Jump

1st Elliott Baines Border Harriers 4.75m
2nd Isaac Medhurst Kendal AAC 3.95m
3rd Jack Williams Carlisle A 3.72m

High Jump

1st Molly Giles Carlisle A 1.25m
2nd Freya Sadler Barrow & FS 1.15m
3rd Sophie Seddon Barrow & FS 1.15m

Long Jump

1st Lauren Glencross Carlisle Asp 4.30m
2nd Isabella Sharrock Eden Runners 3.36m
3rd Parris Huitson Barrow & FS 3.31m
4th Emma-Jane Peacock Eden Runners 3.29m
5th Ellie Hayhurst Barrow & FS 3.16m
6th Emma Enon Carlisle A 3.04m
7th Jade Fancourt Kendal AAC 2.96m
8th Rebecca Buchanan Seaton AC 2.87m
9th Sharice Blaikie Kendal AAC 2.81m
10th Hannah Hunter Barrow & FS 2.74m

Javelin

1st Tania Wilson Seaton AC 12.84m
2nd Hannah Hunter Barrow & FS 8.77m

Discus

1st Katy Johnson Ellenborough 17.67m
2nd Jade Miller Ellenborough 11.40m

Shot

1st Zachary Martin Barrow & FS 4.39m

Shot

1st Parris Hilton Barrow & FS 5.62m
2nd Tasmin Crook Barrow & FS 4.78m
3rd Jade Miller Ellenborough 4.68m

Under 11 Boys

60 Metres

Heat 1

1st Scott Wilson Carlisle A 9.3s
2nd Kyle Ritchie Barrow & FS 9.4s
3rd Harry Nixon Border Harriers 9.4s
4th Harry Vaillant Keswick AC 9.7s
5th Marcus Crawshaw Seaton AC 10.1s
6th Stephen Dodgson Eden Runners 10.5s

Heat 2

1st George Holder Eden Runners 9.8s
2nd Matthew Adamson Carlisle A 9.9s
3rd Robert Tully Keswick AC 9.9s
4th Oliver May Eden Runners 9.9s
5th Cole Blaikie Kendal AAC 10.0s
6th Nathan McStay Border Harriers 10.1s

FINAL

1st Scott Wilson Carlisle A 9.3s
2nd Harry Nixon Border Harriers 9.4s
3rd Harry Vaillant Keswick AC 9.7s
4th Kyle Ritchie Barrow & FS 9.7s
5th Marcus Adamson Carlisle A 9.8s
6th George Holder Eden Runners 9.9s

Under 11 Girls

60 Metres

FINAL

1st Katie Blackburn Barrow & FS 9.8s
2nd Beth Giles Carlisle A 10.0s
3rd Orla Giles Carlisle A 10.2s
4th Amy Wood Kendal AAC 10.4s
5th Catherine Bell Barrow & FS 12.2s

600 Metres

1 st	Scott Wilson	Carlisle A	1m.52.9s
2 nd	George Holder	Eden Runners	1m.56.7s
3 rd	Kyle Ritchie	Barrow & FS	1m.58.1s
4 th	Harry Vaillant	Keswick AC	2m.00.2s
5 th	Matthew Adamson	Carlisle A	2m.01.1s
6 th	Groves	Carlisle A	2m.05.4s
7 th	Cole Blaikie	Kendal AAC	2m.06.9s
8 th	Marcus Crawshaw	Seaton AC	2m.15.1s
9 th	Oliver May	Eden Runners	2m.15.8s
10 th	Nathan McStay	Border Harriers	2m.24.3s

Long Jump

1 st	Scott Wilson	Carlisle A	3.84m
2 nd	Marcus Crawshaw	Seaton AC	3.30m
3 rd	Kyle Ritchie	Barrow & FS	3.17m
4 th	Ross Groves	Carlisle A	3.15m
5 th	Nathan McStay	Border Harriers	3.07m
6 th	Oliver May	Eden Runners	3.02m
7 th	Matthew Adamson	Carlisle A	3.00m
8 th	Stephen Dodgson	Eden Runners	2.98m
9 th	George Holder	Eden Runners	2.79m
10 th	Cole Blaikie	Kendal AAC	2.09m

600 Metres

1 st	Katie Blackburn	Barrow & FS	2m.13.3s
2 nd	Erin Campbell	Carlisle A	2m.17.3s
3 rd	Amy Wood	Kendal AAC	2m.28.9s
4 th	Catherine Bell	Barrow & FS	2m.42.3s

Long Jump

1 st	Katie Blackburn	Barrow & FS	3.30m
2 nd	Amy Wood	Kendal AAC	3.19m
3 rd	Catherine Bell	Barrow & FS	2.89m