

**Cumbria Schools' AA Track & Field Championships**  
**Sheepmount Athletics Stadium, Carlisle : Saturday 8th June 2024**

**Team points**

Position	District	Points
1	South Lakes	430.5
2	Carlisle	198.5
3	Allerdale	186.5
4	Furness	161
5	Eden	152
6	Copeland	27

**Junior Boys**

<b>T7</b>	<b>JB 100m Heats, Heat 1</b>	<b>CC: Joe Southwell (Allerdale) 11.6</b>
<b>NS 11.4</b>	<b>ES 11.7 CS 12.3 CBP 11.3</b>	<b>CBP: F. Tucker (St. Bernards) 1984</b>

Pos	Bib	Name	District	Yr	Sch	Perf		
1	51	Will Ladell	South Lakes	9	QEK	11.6	ES	Q
2	12	William Ferguson	Carlisle	9	CAL	12.4		Q
3	63	Lucian McKeever	Furness	9	FAC	12.7		q
4	62	Charlie Walker	Furness	9	ULV	12.8		q
5	13	Harry Medling	Carlisle	8	WHS	13.1		q
6	42	Isaac Olisa	Copeland	9	BEN	13.6		

<b>T7</b>	<b>JB 100m Heats, Heat 2</b>	<b>CC: Joe Southwell (Allerdale) 11.6</b>
<b>NS 11.4</b>	<b>ES 11.7 CS 12.3 CBP 11.3</b>	<b>CBP: F. Tucker (St. Bernards) 1984</b>

Pos	Bib	Name	District	Yr	Sch	Perf		
1	53	Matt Batstone	South Lakes	9	QKS	12.2	CS	Q
2	61	Jayden Udegbe	Furness	9	DOW	12.6		Q
3	11	Tyler Hughes	Carlisle	9	TRI	13.0		q
4	33		Eden	-	-	13.2		
5	31	Charlie Price	Eden	9	UCC	13.4		
6	32	A.Richardson	Eden	8	KSG	14.1		

<b>T23</b>	<b>JB 100m Final</b>	<b>CC: Joe Southwell (Allerdale) 11.6</b>
<b>NS 11.4</b>	<b>ES 11.7 CS 12.3 CBP 11.3</b>	<b>CBP: F. Tucker (St. Bernards) 1984</b>

Pos	Bib	Name	District	Yr	Sch	Perf		
1	51	Will Ladell	South Lakes	9	QEK	11.5	ES	
2	53	Matt Batstone	South Lakes	9	QKS	12.0	CS	
3	12	William Ferguson	Carlisle	9	CAL	12.4		
4	61	Jayden Udegbe	Furness	9	DOW	12.5		
5	62	Charlie Walker	Furness	9	ULV	12.7		
6	63	Lucian McKeever	Furness	9	FAC	12.8		

<b>T12</b>	<b>JB 200m Heats, Heat 1</b>	<b>CC: DJ Taylor (Carlisle) 25.0</b>
<b>NS 23.3</b>	<b>ES 23.8 CS 25.3 CBP 22.9</b>	<b>CBP: R. Johnson (Netherhall) 1982</b>

Pos	Bib	Name	District	Yr	Sch	Perf		
1	51	Will Ladell	South Lakes	9	QEK	24.6	CS	Q
2	62	Charlie Walker	Furness	9	ULV	25.7		Q
3	12	George Balmer	Carlisle	9	TRI	26.8		q
4	11	Freddy Kagoro	Carlisle	9	NEW	27.2		q
5	32	Jack Taylor	Eden	9	APP	27.7		

<b>T12</b>	<b>JB 200m Heats, Heat 2</b>	<b>CC: DJ Taylor (Carlisle) 25.0</b>
<b>NS 23.3</b>	<b>ES 23.8 CS 25.3 CBP 22.9</b>	<b>CBP: R. Johnson (Netherhall) 1982</b>

Pos	Bib	Name	District	Yr	Sch	Perf		
1	22	Keane Devoy	Allerdale	9	COC	26.0		Q
2	53	Ed Nelson	South Lakes	9	KKS	27.0		Q
3	31	Alex Bazdara	Eden	9	UCC	27.7		
4	63	Liam Millard	Furness	8	FAC	28.2		

<b>T35</b>	<b>JB 200m Final</b>	<b>CC: DJ Taylor (Carlisle) 25.0</b>
<b>NS 23.3</b>	<b>ES 23.8 CS 25.3 CBP 22.9</b>	<b>CBP: R. Johnson (Netherhall) 1982</b>

Pos	Bib	Name	District	Yr	Sch	Perf		
1	51	Will Ladell	South Lakes	9	QEK	24.0	CS	
2	62	Charlie Walker	Furness	9	ULV	25.7		
3	22	Keane Devoy	Allerdale	9	COC	25.7		
4	12	George Balmer	Carlisle	9	TRI	25.9		
5	53	Ed Nelson	South Lakes	9	KKS	26.3		
6	11	Freddy Kagoro	Carlisle	9	NEW	26.4		

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<b>T19 JB 300m Heats, Heat 1</b>				<b>CC: James Young (Allerdale) 38.8</b>			
<b>NS 36.8 ES 37.8 CS 40.0 CBP 38.1</b>				<b>CBP: M. Brown (Caldew) 2013</b>			
Pos	Bib	Name	District	Yr	Sch	Perf	
1	62	Demitri Kyriacou	Furness	9	BER	43.8	Q
2	53	Gabe Hunt	South Lakes	9	QEK	43.9	Q
3	14	Michael Sweeney	Carlisle	8	TRI	44.8	
4	13	Oliver Mawson	Carlisle	9	RRM	45.0	
5	31	S.Logden	Eden	9	KSG	46.3	
<b>T19 JB 300m Heats, Heat 2</b>				<b>CC: James Young (Allerdale) 38.8</b>			
<b>NS 36.8 ES 37.8 CS 40.0 CBP 38.1</b>				<b>CBP: M. Brown (Caldew) 2013</b>			
Pos	Bib	Name	District	Yr	Sch	Perf	
1	51	Archie Spicer	South Lakes	9	QEK	38.4	CS Q
2	21	Joseph Tinniswood	Allerdale	9	NTS	40.6	Q
3	23	Charlie Tucker	Allerdale	9	COC	41.9	q
4	52	Alfie Chapman	South Lakes	8	CPR	43.6	q
5	12	Lewis Edgar	Carlisle	8	WHS	47.0	
<b>T44 JB 300m Final</b>				<b>CC: James Young (Allerdale) 38.8</b>			
<b>NS 36.8 ES 37.8 CS 40.0 CBP 38.1</b>				<b>CBP: M. Brown (Caldew) 2013</b>			
Pos	Bib	Name	District	Yr	Sch	Perf	
1	51	Archie Spicer	South Lakes	9	QEK	38.8	CS
2	21	Joseph Tinniswood	Allerdale	9	NTS	41.0	
3	23	Charlie Tucker	Allerdale	9	COC	42.1	
4	53	Gabe Hunt	South Lakes	9	QEK	42.8	
5	52	Alfie Chapman	South Lakes	8	CPR	44.3	
6	62	Demitri Kyriacou	Furness	9	BER	44.4	
<b>T48 JB 800m Final</b>				<b>CC: James Young (Allerdale) 2:03.8</b>			
<b>NS 2:02.0 ES 2:04.0 CS 2:13.0 CBP 2:03.1</b>				<b>CBP: S.Robinson (Newman) 1992</b>			
Pos	Bib	Name	District	Yr	Sch	Perf	
1	51	Tom Ashworth	South Lakes	9	LAK	2:11.4	CS
2	21	Joseph Tinniswood	Allerdale	9	NTS	2:15.4	
3	52	Matthew Heatherington	South Lakes	9	SED	2:16.1	
4	32	Thomas Bowness	Eden	8	UCC	2:16.2	
5	53	Joseff Tancred	South Lakes	9	KKS	2:18.0	
6	61	Leo Critchley	Furness	9	DOW	2:19.4	
7	33	P. Wayman	Eden	9	QEG	2:20.1	
8	62	Joseph Cooke	Furness	9	ULV	2:23.2	
9	11	Oli Tinning	Carlisle	9	TRI	2:27.8	
10	22	Luca Roberts	Allerdale	8	WAC	2:34.3	
11	13	Jamie Graham	Carlisle	8	NEW	2:36.9	
12	12	John Eplett	Carlisle	9	CAL	2:38.2	
13	31	G.Godden	Eden	8	KSG	2:39.8	
<b>T21 JB 1500m</b>				<b>CC: Fraser Sproul (South Lakes) 4:26.8</b>			
<b>NS 4:13.0 ES 4:20.0 CS 4:36.0 CBP 4:14.2</b>				<b>CBP: G. Melvin (William Howard) 1995</b>			
Pos	Bib	Name	District	Yr	Sch	Perf	
1	51	Ben Hope	South Lakes	9	SED	4:43.6	
2	52	George Martin	South Lakes	9	SED	4:45.5	
3	53	Fraser Dunn	South Lakes	9	KKS	4:51.7	
4	11	Aidan Robinson	Carlisle	9	CAL	4:56.9	
5	32	J.Kavourides	Eden	9	QEG	4:57.1	
6	12	Charlie Eagling	Carlisle	9	TRI	4:57.4	
7	62	Riley Scott	Furness	9	FAC	5:08.5	
8	21	Joe Green	Allerdale	8	KES	5:11.5	
9	13	Elliot Morgan	Carlisle	8	WHS	5:13.2	
10	22	Toby Kitchin	Allerdale	8	COC	5:14.1	
11	23	Jamie Cueto	Allerdale	8	COC	5:25.6	
12	31	Gil Burns	Eden	8	QEG	5:34.4	
13	61	Ryan Proctor	Furness	9	BER	DQ	
<b>T32 JB 80m Hurdles (84.0cm) Final</b>				<b>CC: Jack Leslie (South Lakes) 13.0</b>			
<b>NS 11.6 ES 12.0 CS 12.9 CBP 11.3</b>				<b>CBP: J. Connolly (Carlise) 2015</b>			
Pos	Bib	Name	District	Yr	Sch	Perf	
1	52	Charlie Taylor	South Lakes	9	LAK	13.5	
2	11	Daniel Miller	Carlisle	9	TRI	14.2	
3	32	Joe Alban	Eden	8	QEG	15.7	
4	13	Malcolm Nicholson	Carlisle	9	NEW	16.4	

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<b>F28</b>		<b>JB Long Jump</b>			<b>CC: Logan Shaw (South Lakes) 4.89</b>		
<b>NS 5.95</b>		<b>ES 5.80</b>	<b>CS 5.45</b>	<b>CBP 5.92</b>			
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>	
1	21	Freddie Strong	Allerdale	8	KES	5.29	
2	11	Connor Morris	Carlisle	9	TRI	5.05	
3	53	Zach Engel	South Lakes	9	SED	4.88	
4	52	Matt Batstone	South Lakes	9	QKS	4.88	
5	51	Isaac Britton	South Lakes	9	SET	4.87	
6	42	Isaac Olisa	Copeland	9	BEN	4.85	
7	63	Liam Millard	Furness	8	FAC	4.80	
8	12	Aidan Hodgson	Carlisle	9	WHS	4.34	
9	13	Harry Fowler	Carlisle	9	CAL	4.05	
10	31	Jack Taylor	Eden	9	APP	3.92	
<b>F6</b>		<b>JB High Jump</b>			<b>CC: Joe Southwell (Allerdale) 1.63</b>		
<b>NS 1.78</b>		<b>ES 1.72</b>	<b>CS 1.60</b>	<b>CBP 1.90</b>			
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>	
1	21	Freddie Strong	Allerdale	8	KES	1.64	CS
2	61	Leon Purcell	Furness	9	DOW	1.62	CS
3	52	Blake Newitt	South Lakes	9	SET	1.55	
4	33	E. Birch	Eden	9	QEG	1.45	
5	53	Zack Dixon	South Lakes	9	QKS	1.45	
6	31	Alex Bazdara	Eden	9	UCC	1.45	
7	32	Joe Alban	Eden	8	QEG	1.45	
8	13	Dexter Singh	Carlisle	9	RRM	1.40	
9	62	Ben Khoshnhal	Furness	9	FAC	1.40	
10	42	Jack Hodgson	Copeland	8	WHO	1.30	
11	12	Michael Sweeney	Carlisle	8	TRI	1.30	
<b>F16</b>		<b>JB Triple Jump</b>			<b>CC: Oliver Spencer (South Lakes) 11.25</b>		
<b>NS 12.40</b>		<b>ES 12.00</b>	<b>CS 11.45</b>	<b>CBP 12.37</b>			
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>	
1	51	Fraser Dunn	South Lakes	9	KKS	10.85	
2	11	Dylan Boertien	Carlisle	9	RRM	10.52	
3	23	Charlie Tucker	Allerdale	9	COC	10.26	
4	12	Cole Slack	Carlisle	8	CAL	10.08	
5	31	H.White	Eden	9	QEG	9.74	
6	13	Max Enabulele	Carlisle	8	TRI	9.28	
7	53	Brodie Revill	South Lakes	-	QKS	8.97	
<b>F25</b>		<b>JB Shot 4Kg</b>			<b>CC: Oscar Doran (Allerdale) 11.32</b>		
<b>NS 13.30</b>		<b>ES 12.30</b>	<b>CS 11.20</b>	<b>CBP 13.52</b>			
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>	
1	61	Leo Massicks	Furness	9	DOW	10.74	
2	21	Lucas Smiles	Allerdale	9	NTS	10.20	
3	33	Hewie.White	Eden	9	QEG	9.72	
4	31	Deniz.Kolak	Eden	9	QEG	9.61	
5	51	Joe O'Flaherty	South Lakes	9	WIN	9.58	
6	32	Callum Johnstone	Eden	9	UCC	9.05	
7	11	Miles Rayson	Carlisle	9	TRI	8.31	
8	53	Euan Ladell	South Lakes	9	DAL	7.83	
9	52	Max Townley	South Lakes	9	SET	7.57	
10	42	Tae Taylor Maudling	Copeland	9	WLA	7.49	
11	12	Toby Nugent	Carlisle	9	NEW	7.24	
<b>F22</b>		<b>JB Javelin 600 g</b>			<b>CC: James McGregor (Eden) 38.78</b>		
<b>NS 47.00</b>		<b>ES 44.00</b>	<b>CS 39.00</b>	<b>CBP 44.55</b>			
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>	
1	23	Alistair Scammell	Allerdale	9	COC	30.14	
2	52	Freddie Scott	South Lakes	9	DAL	30.05	
3	33	W.Holdsworth	Eden	9	QEG	29.51	
4	62	Joseph Cooke	Furness	9	ULV	28.91	
5	31	Lucas Corwell	Eden	9	UCC	28.28	
6	11	Lewis Burrows	Carlisle	9	NEW	25.73	
7	51	Joe O'Flaherty	South Lakes	9	WIN	23.80	
8	21	Eniola Ejeh	Allerdale	8	NTS	21.20	
9	12	Jackson Brooks	Carlisle	9	CAL	20.62	
10	53	Ewan Ladell	South Lakes	9	DAL	18.56	

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<b>F10 JB Discus 1.25 Kg</b>				<b>CC: Dylan Oakley (Eden) 31.41</b>		
<b>NS 38.00 ES 35.00 CS 30.50 CBP 43.94</b>				<b>CBP: C. Orr (Trinity) 1997</b>		
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>
1	31	Archie Steel	Eden	9	KSG	27.10
2	32	A.Baldock - Cade	Eden	9	QEG	26.91
3	51	Matthew Heatherington	South Lakes	9	SED	25.38
4	61	Jayden Udegbe	Furness	9	DOW	25.05
5	12	Jack Ellison	Carlisle	9	CAL	22.17
6	13	Matthew Sowerby	Carlisle	9	TRI	21.98
7	11	Zaidyn Thomson	Carlisle	9	NEW	20.84
8	21	Edward Frizell	Allerdale	9	NTS	19.30
9	33	A.Armsatrong	Eden	9	QEG	19.10
10	53	Isaac Britton	South Lakes	9	SET	18.99
11	62	Daniel Richardson	Furness	9	DOW	18.63
<b>F1 JB Hammer 4 Kg</b>				<b>CC: Damon King (Carlisle) 41.86</b>		
<b>NS 45.00 ES 38.00 CS 31.00 CBP 48.22</b>				<b>CBP: D. Little (Appleby) 1995</b>		
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>
1	11	Zaidyn Thomson	Carlisle	9	NEW	23.22
2	31	Archie Steel	Eden	9	KSG	22.14
3	12	Toby Nugent	Carlisle	9	NEW	16.27

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**Junior Girls**

<b>T8 JG 100m Heats, Heat 1</b>				<b>CC: Kayleigh Watson (Allerdale) 12.5</b>			
<b>NS 12.4 ES 12.7 CS 13.3 CBP 12.3</b>				<b>CBP: D. Lehrie (Parkview) 1982</b>			
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>	
1	21	Olivia Whyte	Allerdale	8	NTS	13.4	Q
2	52	Eva Mizon Gyll	South Lakes	9	QEK	13.8	Q
3	53	Bea Church	South Lakes	9	SED	14.0	q
4	32	Evie Blake	Eden	9	QEG	14.1	q
5	41	Evie McConnell	Copeland	8	WHO	14.4	q
6	33	Harriet Stafford	Eden	9	KSG	14.6	
7	61	Oona J-Mossop	Furness	8	ULV	14.9	
<b>T8 JG 100m Heats, Heat 2</b>				<b>CC: Kayleigh Watson (Allerdale) 12.5</b>			
<b>NS 12.4 ES 12.7 CS 13.3 CBP 12.3</b>				<b>CBP: D. Lehrie (Parkview) 1982</b>			
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>	<b>CBP</b>
1	51	Vicky Chapman	South Lakes	9	SED	12.2	NS Q
2	31	Martha Sheriffe	Eden	9	UCC	13.7	Q
3	42	Molly Pater	Copeland	9	WLA	13.7	q
4	11	Jess Ostle	Carlisle	8	WHS	14.5	
5	62	Olivia Gomersall	Furness	8	BER	15.2	
<b>T24 JG 100m Final</b>				<b>CC: Kayleigh Watson (Allerdale) 12.5</b>			
<b>NS 12.4 ES 12.7 CS 13.3 CBP 12.3</b>				<b>CBP: D. Lehrie (Parkview) 1982</b>			
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>	
1	51	Vicky Chapman	South Lakes	9	SED	12.5	ES
2	21	Olivia Whyte	Allerdale	8	NTS	13.4	
3	31	Martha Sheriffe	Eden	9	UCC	13.5	
4	42	Molly Pater	Copeland	9	WLA	13.6	
5	53	Bea Church	South Lakes	9	SED	13.9	
6	52	Eva Mizon Gyll	South Lakes	9	QEK	14.2	
7	32	Evie Blake	Eden	9	QEG	14.6	
8	41	Evie McConnell	Copeland	8	WHO	14.6	
<b>T14 JG 200m Heats, Heat 1</b>				<b>CC: Samira Lomax (South Lakes) 27.2</b>			
<b>NS 25.5 ES 26.2 CS 27.6 CBP 25.7</b>				<b>CBP: S. White (Southfield) 1989</b>			
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>	
1	52	Elly Norris	South Lakes	8	QKS	30.3	Q
2	33	Harriet Stafford	Eden	9	KSG	31.4	Q
3	11	Jess Ostle	Carlisle	8	WHS	31.5	
4	12	Ava Stainton	Carlisle	8	WHS	31.7	
5	32	Ellen Kidd	Eden	9	QEG	32.6	
6	31	Rosie Murray	Eden	9	QEG	32.6	
<b>T14 JG 200m Heats, Heat 2</b>				<b>CC: Samira Lomax (South Lakes) 27.2</b>			
<b>NS 25.5 ES 26.2 CS 27.6 CBP 25.7</b>				<b>CBP: S. White (Southfield) 1989</b>			
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>	
1	41	Evie McConnell	Copeland	8	WHO	29.6	Q
2	61	Grace Hartley	Furness	9	ULV	30.0	Q
3	51	Isabella Wilkin	South Lakes	9	QEK	30.2	q
4	22	Evie Fawcett	Allerdale	8	WAC	30.5	q
5	21	Hannah Whitfield	Allerdale	8	WAC	31.7	
6	53	Sophie Mooney	South Lakes	9	DAL	31.8	
<b>T37 JG 200m Final</b>				<b>CC: Samira Lomax (South Lakes) 27.2</b>			
<b>NS 25.5 ES 26.2 CS 27.6 CBP 25.7</b>				<b>CBP: S. White (Southfield) 1989</b>			
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>	
1	41	Evie McConnell	Copeland	8	WHO	29.4	
2	52	Elly Norris	South Lakes	8	QKS	29.8	
3	51	Isabella Wilkin	South Lakes	9	QEK	30.2	
4	61	Grace Hartley	Furness	9	ULV	30.3	
5	22	Evie Fawcett	Allerdale	8	WAC	30.8	
6	33	Harriet Stafford	Eden	9	KSG	30.8	

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<b>T20</b>		<b>JG 300m Heats, Heat 1</b>			<b>CC: Amelia Metcalf (Allerdale) 43.4</b>		
<b>NS 41.0</b>		<b>ES 42.0</b>		<b>CS 44.0</b>		<b>CBP 43.4</b>	
<b>CBP: Amelia Metcalf (Allerdale) 2018</b>							
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>	
1	11	Isla Sawyers	Carlisle	9	TRI	47.2	Q
2	53	Rosie Scott	South Lakes	9	QKS	47.3	Q
3	61	Olivia Sturgeon	Furness	9	ULV	48.0	q
4	32	Daisy Ritson	Eden	9	QEG	48.7	
5	31	Ella Stamp	Eden	9	QEG	49.6	
6	13	Maisie Forsyth	Carlisle	8	RRC	50.0	
<b>T20</b>		<b>JG 300m Heats, Heat 2</b>			<b>CC: Amelia Metcalf (Allerdale) 43.4</b>		
<b>NS 41.0</b>		<b>ES 42.0</b>		<b>CS 44.0</b>		<b>CBP 43.4</b>	
<b>CBP: Amelia Metcalf (Allerdale) 2018</b>							
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>	
1	23	Ella Chambers	Allerdale	9	COC	45.0	Q
2	51	Betsy Harrison	South Lakes	9	SED	46.1	Q
3	22	Susie McNally	Allerdale	9	NTS	48.5	q
4	52	Lexi Stephenson	South Lakes	9	QEK	48.6	
<b>T43</b>		<b>JG 300m Final</b>			<b>CC: Amelia Metcalf (Allerdale) 43.4</b>		
<b>NS 41.0</b>		<b>ES 42.0</b>		<b>CS 44.0</b>		<b>CBP 43.4</b>	
<b>CBP: Amelia Metcalf (Allerdale) 2018</b>							
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>	
1	23	Ella Chambers	Allerdale	9	COC	45.2	CBP
2	51	Betsy Harrison	South Lakes	9	SED	45.7	
3	11	Isla Sawyers	Carlisle	9	TRI	46.6	
4	61	Olivia Sturgeon	Furness	9	ULV	47.9	
5	53	Rosie Scott	South Lakes	9	QKS	48.7	
<b>T40</b>		<b>JG 800m Final</b>			<b>CC: Ava Taporel (South Lakes) 2:16.4</b>		
<b>NS 2:15.0</b>		<b>ES 2:19.0</b>		<b>CS 2:29.0</b>		<b>CBP 2:11.1</b>	
<b>CBP: Olivia Mason (KES) 2016</b>							
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>	
1	51	Anna Coble	South Lakes	9	QEK	2:28.5	CS
2	52	Emmy Ranner	South Lakes	8	QKS	2:36.6	
3	53	Tess Evans	South Lakes	9	QKS	2:40.8	
4	31	Fraya Murphy	Eden	9	KSG	2:52.3	
5	32	Hester Murdoch	Eden	9	KSG	2:52.5	
6	62	Olivia Gomersall	Furness	8	BER	2:53.6	
7	33	Isobel Davies	Eden	9	QEG	2:54.0	
8	61	Roisin O'Reilly	Furness	9	FAC	2:59.3	
9	11	Emily Mallett	Carlisle	8	RRM	3:12.9	
10	12	Bryony Williams	Carlisle	8	WHS	3:22.9	

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<b>T11</b>		<b>JG 1500m</b>			<b>CC: Lizzie Pawson (Allerdale) 4:57.3</b>		
<b>NS 4:40.0</b>		<b>ES 4:48.0</b>	<b>CS 5:10.0</b>	<b>CBP 4:38.3</b>	<b>CBP: A.Hetherington (Nelson Thom.) 2010</b>		
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>	
1	63	Penelope Boyle	Furness	9	ULV	4:53.8	CS
2	51	Isla Pearman	South Lakes	9	KKS	5:08.0	CS
3	52	Julia Fielding	South Lakes	9	SED	5:14.2	
4	22	Susie McNally	Allerdale	9	NTS	5:32.7	
5	61	Katelyn Douglas	Furness	8	ULV	5:37.4	
6	21	Matilda Kemp	Allerdale	8	NTS	5:55.0	
7	32	Anna Cunningham	Eden	9	QEG	5:59.3	
8	23	Sophie Harrison	Allerdale	9	NTS	6:10.0	
9	31	Charlotte Harrison	Eden	9	QEG	6:20.5	
10	12	Aoife McAllister	Carlisle	8	WHS	6:36.3	
11	11	Isla Mellor	Carlisle	9	TRI	DNF	
<b>T30</b>		<b>JG 75m Hurdles (76.2cm) Final</b>			<b>CC: Annabelle Taylor (South Lakes) 12.8</b>		
<b>NS 11.4</b>		<b>ES 11.7</b>	<b>CS 12.8</b>	<b>CBP 11.6</b>	<b>CBP: A.Budden (Walney) 1984</b>		
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>	
1	32	Tabitha Paul	Eden	9	KSG	13.40	
2	31	Kelda Watson	Eden	9	QEG	15.00	
3	12	Issy Keenan	Carlisle	9	AFS	16.20	
4	53	Georgia Hearld	South Lakes	9	SED	16.50	
<b>F21</b>		<b>JG Long Jump</b>			<b>CC: Melissa Bills (Carlisle) 4.54</b>		
<b>NS 5.25</b>		<b>ES 5.15</b>	<b>CS 4.65</b>	<b>CBP 5.33</b>	<b>CBP: M. Busby (Carlise) 2015</b>		
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>	
1	32	Evie Blake	Eden	9	QEG	4.37	
2	51	Betsy Harrison	South Lakes	9	SED	4.09	
3	11	Holly Baxter	Carlisle	9	CAL	4.06	
4	53	Bea Church	South Lakes	9	SED	3.96	
5	21	Hannah Whitfield	Allerdale	8	WAC	3.94	
6	31	Ella Stamp	Eden	9	QEG	3.89	
7	52	Emmy Ranner	South Lakes	8	QKS	3.84	
8	12	Sophie Moscrop	Carlisle	9	TRI	3.73	
9	33	Bella Fowls	Eden	9	UCC	3.70	
<b>F12</b>		<b>JG High Jump</b>			<b>CC: Sam Hodgson (Allerdale) 1.46</b>		
<b>NS 1.65</b>		<b>ES 1.59</b>	<b>CS 1.45</b>	<b>CBP 1.70</b>	<b>CBP: Beau Studholme (QEG) 2016</b>		
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>	
1	51	Vicky Chapman	South Lakes	9	SED	1.60	ES
2	32	Tabitha Paul	Eden	9	KSG	1.45	CS
3	21	Hanna Johnson	Allerdale	9	KES	1.40	
4	52	Anna Cobley	South Lakes	9	QEK	1.35	
5	31	Hannah Edmondson	Eden	9	UCC	1.35	
6=	12	Violet Dixon	Carlisle	9	RRC	1.30	
6=	33	Skye Watson	Eden	9	QEG	1.30	
8	22	Ola Hayton	Allerdale	8	WAC	1.30	
9	53	Emma Smith	South Lakes	8	QEK	1.30	
10	11	Millie Price	Carlisle	9	TRI	1.20	
<b>F33</b>		<b>JG Shot 3Kg</b>			<b>CC: Megan Eastham (Eden) 9.09</b>		
<b>NS 11.20</b>		<b>ES 10.60</b>	<b>CS 9.25</b>	<b>CBP 10.02</b>	<b>CBP: T. Simpson-Sullivan (Ullswater) 2015</b>		
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>	
1	53	Ava Saunders	South Lakes	9	WIN	8.25	
2	42	Molly Pater	Copeland	9	WLA	8.10	
3	52	Alice Brown	South Lakes	8	SET	7.85	
4	33	Tamsin Lees	Eden	9	APP	7.09	
5	62	Jinelle Yung	Furness	9	DOW	7.06	
6	31	Alissa Boyd	Eden	9	UCC	7.05	
7	11	Lily Prudham	Carlisle	9	WHS	6.58	
8	13	Kay-Lee Rossouw	Carlisle	9	RRC	6.41	
9	61	Olivia Sturgeon	Furness	9	ULV	6.27	
10	32	Kathryn Sansom	Eden	9	KSG	5.84	

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<b>F11</b>				<b>JG Javelin 500g</b>			<b>CC: Abigail Wright (Allerdale) 28.96</b>			
<b>NS 36.00</b>				<b>ES 34.00</b>		<b>CS 27.50</b>		<b>CBP 33.41</b>		
							<b>CCP: R. Gallagher (Allerdale) 2015</b>			
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>				
1	61	Grace Hartley	Furness	9	ULV	26.57				
2	21	Gracie Weller	Allerdale	9	NTS	25.05				
3	62	Imogen Matherson	Furness	9	ULV	19.92				
4	53	Megan Harris	South Lakes	9	QKS	19.85				
5	52	Poppy Tennant	South Lakes	8	QKS	19.78				
6	31	Olivia Marston	Eden	9	KSG	17.52				
7	11	Nicole Jeffrey	Carlisle	9	TRI	17.22				
8	12	Bella Bayley	Carlisle	9	CAL	13.73				
<b>F14</b>				<b>JG Discus 1 Kg</b>			<b>CC: Maya Schofield (South Lakes) 20.41</b>			
<b>NS 30.00</b>				<b>ES 27.00</b>		<b>CS 23.00</b>		<b>CBP 30.82</b>		
							<b>CCP: G. Nevans (Ullswater) 1987</b>			
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>				
1	61	Jessica Clinton	Furness	9	DOW	17.21				
2	11	Anya Runney	Carlisle	9	CAL	16.95				
3	31	Alissa Boyd	Eden	9	UCC	14.74				
4	32	Kathryn Sansom	Eden	9	KSG	14.59				
5	53	Olivia Willows	South Lakes	9	LAK	14.11				
6	51	Holly Smith	South Lakes	9	SET	13.71				
7	52	Alice Brown	South Lakes	8	SET	13.35				
8	12	Bea Beaty	Carlisle	9	RRC	12.94				
<b>F3</b>				<b>JG Hammer 3Kg</b>			<b>CC:</b>			
<b>NS 44.00</b>				<b>ES 36.00</b>		<b>CS 30.00</b>		<b>CBP 53.53</b>		
							<b>CCP: T. Simpson-Sullivan (Eden) 2015</b>			
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>				
1	21	Isla Armstrong	Allerdale	-	NET	26.49				
2	31	Olivia Marston	Eden	9	KSG	23.72				
3	51	Evelyn Sandham	South Lakes	9	DAL	17.65				



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**Intermediate Boys**

<b>T9 IB 100m Heats, Heat 2</b>							<b>CC: Ryan Wilson (Furness) 11.5</b>		
<b>NS 11.0 ES 11.2 CS 11.7 CBP 10.9</b>							<b>CBP: R. Johnson (Netherhall) 1984</b>		
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>			
1	13	Kacper Frontczak	Carlisle	10	NEW	12.0			
2	52	Max Castle	South Lakes	10	SED	12.3			
3	12	Finley Cookson	Carlisle	10	RRM	12.6			
4	53	Robbie Moffatt	South Lakes	10	DAL	12.8			
<b>T9 IB 100m Heats, Heat 3</b>							<b>CC: Ryan Wilson (Furness) 11.5</b>		
<b>NS 11.0 ES 11.2 CS 11.7 CBP 10.9</b>							<b>CBP: R. Johnson (Netherhall) 1984</b>		
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>			
1	11	Daniel Cattermole	Carlisle	10	WHS	11.7		CS	
2	14	Marcus Kirk	Carlisle	11	RRC	11.8			
3	61	Rio York	Furness	10	ULV	12.0			
4	51	Kaka Wafula	South Lakes	10	SED	12.2			
5	21	Tom Ellis	Allerdale	10	NTS	13.2			
<b>T25 IB 100m Final</b>							<b>CC: Ryan Wilson (Furness) 11.5</b>		
<b>NS 11.0 ES 11.2 CS 11.7 CBP 10.9</b>							<b>CBP: R. Johnson (Netherhall) 1984</b>		
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>			
1	14		Carlisle	11	RRC	11.6		CS	
2	11	Daniel Cattermole	Carlisle	10	WHS	11.7		CS	
3	61	Rio York	Furness	10	ULV	11.9			
4	13	Kacper Frontczak	Carlisle	10	NEW	12.1			
5	52	Max Castle	South Lakes	10	SED	12.2			
6	53	Robbie Moffatt	South Lakes	10	DAL	12.6			
<b>T36 IB 200m Final</b>							<b>CC: James Barlow (South Lakes) 23.1</b>		
<b>NS 22.2 ES 22.7 CS 24.0 CBP 22.2</b>							<b>CBP: S. Brough (Solway) 2010</b>		
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>			
1	51	Michael Caulfield	South Lakes	10	KKS	23.3		CS	
2	52	Casper Hogarth	South Lakes	10	QKS	23.5		CS	
3	12	Marcus Kirk	Carlisle	11	RRC	23.9		CS	
4	13	Fergus Horner	Carlisle	10	NEW	24.5			
5	53	Kaka Wafula	South Lakes	10	SED	24.3			
6	21	Keith Hunidzarira	Allerdale	10	NTS	24.7			
7	11	Joe Stott	Carlisle	10	TRI	25.3			
8	31	Kenzie Radcliffe	Eden	10	UCC	26.3			
<b>T47 IB 400m Final</b>							<b>CC: Sam Almond (Eden) 53.2</b>		
<b>NS 49.5 ES 51.1 CS 53.4 CBP 50.8</b>							<b>CBP: O. Lithgow (Southfield) 2010</b>		
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>			
1	51	Alfie Todd	South Lakes	11	QKS	51.6		CS	
2	21	Archie Irving	Allerdale	11	NTS	53.1		CS	
3	61	Ethan Harvey	Furness	10	ULV	53.4		CS	
4	11	Jack Porter	Carlisle	11	RRC	55.8			
5	53	Oliver Irwin	South Lakes	10	SED	56.5			
6	52	Joe Waddington	South Lakes	11	QEK	60.0			
7	13	Jayden Robson	Carlisle	10	CAL	61.4			
<b>T49 IB 800m Final</b>							<b>CC: Sam Almond (Eden) 2:11.7</b>		
<b>NS 1:55.0 ES 1:57.0 CS 2:05.0 CBP 1:56.6</b>							<b>CBP: M. Coulthard (Dowdales) 1998</b>		
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>			
1	53	Josh Todd	South Lakes	11	QKS	2:01.0		CS	
2	21	Seb Mason	Allerdale	11	KES	2:01.5		CS	
3	51	Ben Brassington	South Lakes	10	QEK	2:04.2		CS	
4	11	Oliver Penney	Carlisle	10	CAL	2:07.2			
5	62	Oliver Oldham	Furness	11	ULV	2:09.0			
6	52	Sam Osborne	South Lakes	11	LAK	2:11.3			
7	61	Justin Waters	Furness	10	FAC	2:13.5			
8	12	Mark Stuart	Carlisle	10	NEW	2:29.1			

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<b>T22</b>		<b>IB 1500m</b>			<b>CC: Rob Askew (South Lakes) 4:30.9</b>		
<b>NS 4:03.0</b>		<b>ES 4:06.0</b>		<b>CS 4:20.0</b>		<b>CBP 4:05.7</b>	
					<b>CCB: T Farrell (A.Friars) 2007, P. Lewis (Parkview) 1984</b>		
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>	
1	51	Hugo Berry	South Lakes	10	SED	4:12.5	CS
2	52	Alfie Addison	South Lakes	11	KKS	4:15.2	CS
3	53	Will Brayshaw	South Lakes	10	KKS	4:28.0	
4	61	Marley Griffiths	Furness	10	ULV	4:30.8	
5	62	John Williamson	Furness	11	BER	4:37.7	
6	11	Samuel Turney	Carlisle	10	TRI	4:52.5	
7	32		Eden	-	-	4:59.4	
8	12	Alfie Day	Carlisle	10	RRM	5:12.2	
<b>T3</b>		<b>IB 3000m</b>			<b>CC: Connor O'Hara (Furness) 10:26.5</b>		
<b>NS 8:50.0</b>		<b>ES 8:56.0</b>		<b>CS 9:30.0</b>		<b>CBP 8:48.9</b>	
					<b>CCB: P. Taylor (St. Benedict's) 1982</b>		
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>	
1	11	George Tiffin-Lowe	Carlisle	10	AFS	9:25.1	CS
2	61	Will McNally	Furness	11	BER	9:27.1	CS
3	31	Daniel Davies	Eden	10	UCC	9:57.1	
4	32	Toby Davies	Eden	10	QEG	10:04.7	
5	51	Malo Marchand	South Lakes	-	SED	10:33.9	
6	52	Henry Patchet	South Lakes	10	SED	11:12.7	
<b>T33</b>		<b>IB 100m Hurdles (91.4cm) Final</b>			<b>CC: Adam Willis (Carlisle) 14.2</b>		
<b>NS 13.5</b>		<b>ES 14.0</b>		<b>CS 15.0</b>		<b>CBP 14.2</b>	
					<b>CCB: Corbin Hamilton(AFS) 2016 / Adam Willis (Carlisle) 2018</b>		
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>	
1	51	Isaac Donini	South Lakes	10	QEK	15.8	
2	11	Matthew Sommerville	Carlisle	10	CAL	16.8	
3	12	Blaise Okoro	Carlisle	10	NEW	19.2	
4	13	Logan Stannus	Carlisle	10	RRM	20.0	
<b>F13</b>		<b>IB Long Jump</b>			<b>CC: Bruno Flores-Bortoluz (South Lakes) 6.04</b>		
<b>NS 6.80</b>		<b>ES 6.40</b>		<b>CS 6.00</b>		<b>CBP 6.58</b>	
					<b>CCB: Joe Connelly (Carlisle) 2017</b>		
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>	
1	11	Daniel Cattermole	Carlisle	10	WHS	5.47	
2	61	Rio York	Furness	10	ULV	5.25	
3	62	Lucas Sheldon	Furness	10	MILL	5.03	
4	12	Timo Randle	Carlisle	10	WHS	4.96	
5	52	Daniel De Lannoy	South Lakes	10	SED	4.25	
<b>F26</b>		<b>IB High Jump</b>			<b>CC: Ben Lancaster (South Lakes) 1.68</b>		
<b>NS 1.96</b>		<b>ES 1.90</b>		<b>CS 1.75</b>		<b>CBP 1.95</b>	
					<b>CCB: D. Warren (Walney) 1996</b>		
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>	
1	51	Harrison Fletcher	South Lakes	11	DAL	1.88	CS
2	52	Lucas Mcombe	South Lakes	10	SED	1.65	
3	11	Matthew Sommerville	Carlisle	10	CAL	1.60	
4	63	Cameron Newby	Furness	10	ULV	1.60	
5	12	Jay Wannop	Carlisle	10	NEW	1.55	
6	61	Finlay Milby	Furness	10	ULV	1.55	
7	53	George Parker	South Lakes	10	SED	1.50	
8	21	Keith Hunidzarira	Allerdale	10	NTS	1.50	
9	62	Lucas Sheldon	Furness	10	MILL	1.40	
<b>F8</b>		<b>IB Triple Jump</b>			<b>CC: Adam Willis (Carlisle) 11.98</b>		
<b>NS 13.70</b>		<b>ES 13.20</b>		<b>CS 12.50</b>		<b>CBP 13.55</b>	
					<b>CCB: E Baines (QEGS Penrith) 2013</b>		
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>	
1	21	Archie Irving	Allerdale	11	NTS	12.25	
2	61	Ollie Park	Furness	10	MILL	10.87	
3	11	Aaron Rae	Carlisle	10	RRM	10.61	
4	13	Sam Lee	Carlisle	10	CAL	10.20	
5	52	Will Graham	South Lakes	10	DAL	9.76	

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<b>F9 IB Shot 5Kg</b>				<b>CC: Joe Lancaster (Furness) 14.05</b>			
<b>NS 14.20 ES 13.20 CS 11.90 CBP 14.30</b>				<b>CBP: N. Morris (Sedbergh) 2009</b>			
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>	
1	52	Lucas Mcombe	South Lakes	10	SED	11.55	
2	51	Carter McAllister	South Lakes	10	SED	10.83	
3	21	Ashton Quigley	Allerdale	11	KES	10.43	
4	62	Leo Caffrey	Furness	10	ULV	9.99	
5	11	Cam Harrison	Carlisle	10	WHS	9.84	
6	13	Kenny Strickland	Carlisle	10	TRI	9.61	
7	61	Matthew Foley	Furness	10	ULV	9.39	
8	33	Mohammad Khalafe	Eden	10	UCC	9.35	
9	32	Jack Gibson	Eden	10	UCC	9.29	
10	31	Jacob Gardner	Eden	10	APP	8.93	
11	53	Victor Hinchcliffe	South Lakes	10	KKS	8.81	
12	12	Blaise Okoro	Carlisle	10	NEW	8.32	
<b>F30 IB Javelin 700 g</b>				<b>CC: Kian Martin (Carlisle) 45.63</b>			
<b>NS 54.00 ES 52.00 CS 45.00 CBP 58.00</b>				<b>CBP: L. Doran (Morton) 2001</b>			
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>	
1	22	Callum James	Allerdale	11	COC	49.08	CS
2	51	Jack Barker	South Lakes	10	KKS	35.69	
3	33	Matty Ostle	Eden	11	QEG	34.93	
4	11	Joe Stott	Carlisle	10	TRI	33.88	
5	32	Joshua Hilland	Eden	10	APP	33.78	
6	12	Liam Ridley	Carlisle	10	WHS	32.82	
7	52	Robbie Moffatt	South Lakes	10	DAL	32.14	
8	31	Seth Dobinson	Eden	10	UCC	28.78	
9	53	Ben Brassington	South Lakes	10	QEK	28.73	
10	61	Frazer Hazelhurst	Furness	10	ULV	28.27	
11	21	Josh Anderson	Allerdale	10	KES	23.35	
<b>F23 IB Discus 1.5 Kg</b>				<b>CC: Joe Lancaster (Furness) 42.09</b>			
<b>NS 44.00 ES 41.00 CS 34.00 CBP 43.94</b>				<b>CBP: C. Orr (Trinity) 1999</b>			
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>	
1	21	Ashton Quigley	Allerdale	11	KES	40.65	CS
2	51	Carter McAllister	South Lakes	10	SED	28.49	
3	31	Kenzie Radcliffe	Eden	10	UCC	22.14	
4	61	Finlay Milby	Furness	10	ULV	21.92	
5	12	Joaquim Cordiero	Carlisle	10	NEW	21.08	
6	32	Joshua Hilland	Eden	10	APP	20.34	
7	11	Ashton Beaty	Carlisle	10	CAL	19.52	
8	62	Leo Caffrey	Furness	10	ULV	18.94	
9	34	Jared Kelly	Eden	10	UCC	18.66	
10	33	Rohan Knowles	Eden	10	APP	18.11	
11	52	Will Ogden	South Lakes	10	WIN	18.06	
12	13	Harry Whyte-Earl	Carlisle	10	TRI	17.19	
<b>F2 IB Hammer 5 Kg</b>				<b>CC: Harry Miles (Eden) 33.74</b>			
<b>NS 56.00 ES 50.00 CS 37.00 CBP 60.22</b>				<b>CBP: N. Miller (William Howard) 2009</b>			
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>	
1	11	Joshua Reibbitt	Carlisle	11	RRC	54.88	ES

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**Intermediate Girls**

<b>T10</b>		<b>IG 100m Heats, Heat 1</b>			<b>CC: Lucy Eagling (Carlisle) 13.3</b>			
<b>NS 12.2</b>		<b>ES</b>	<b>12.5 CS 13.0</b>		<b>CBP: S. Pattinson (Caldew) 1982</b>			
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>		
1	51	Emma Seng	South Lakes	11	SED	12.4	ES	Q
2	21	Grace Whitfield	Allerdale	10	WAC	12.7	CS	Q
3	52	Emily White	South Lakes	10	QEK	13.2		q
4	23	Lillia Burton	Allerdale	10	KES	13.6		q
5	32	Lucy Allinson	Eden	10	APP	14.6		
6	63	Kate Curran	Furness	10	ULV	14.9		
<b>T10</b>		<b>IG 100m Heats, Heat 2</b>			<b>CC: Lucy Eagling (Carlisle) 13.3</b>			
<b>NS 12.2</b>		<b>ES</b>	<b>12.5 CS 13.0</b>		<b>CBP: S. Pattinson (Caldew) 1982</b>			
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>		
1	61	Martha Allington	Furness	10	MILL	13.4		Q
2	42	Georgiana Pullen	Copeland	10	WLA	13.8		Q
3	11	Maisie Newsome	Carlisle	10	TRI	14.1		q
4	53	Macey Duggan	South Lakes	10	CPR	14.3		q
5	62	Katrina Lloyd	Furness	10	MILL	14.7		
<b>T26</b>		<b>IG 100m Final</b>			<b>CC: Lucy Eagling (Carlisle) 13.3</b>			
<b>NS 12.2</b>		<b>ES</b>	<b>12.5 CS 13.0</b>		<b>CBP: S. Pattinson (Caldew) 1982</b>			
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>		
1	51	Emma Seng	South Lakes	11	SED	12.3	ES	
2	21	Grace Whitfield	Allerdale	10	WAC	12.8	CS	
3	52	Emily White	South Lakes	10	QEK	13.2		
4	61	Martha Allington	Furness	10	MILL	13.4		
5	23	Lillia Burton	Allerdale	10	KES	13.8		
6	42	Georgiana Pullen	Copeland	10	WLA	13.9		
7	11	Maisie Newsome	Carlisle	10	TRI	14.1		
<b>T15</b>		<b>IG 200m Heats, Heat 1</b>			<b>CC: Mollie Ketterick (Carlisle) 25.4</b>			
<b>NS 25.1</b>		<b>ES</b>	<b>25.8 CS 27.0</b>		<b>CBP: D. Carrick (Trinity) 1984, A. Thompson (Dallam) 1990</b>			
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>		
1	31	Brooke Wilson	Eden	10	QEG	27.6		Q
2	61	Martha Allington	Furness	10	MILL	28.4		Q
3	53	Izzy Holland	South Lakes	10	SED	29.7		q
4	22	Macy McKelvey	Allerdale	10	KES	29.8		
5	11	Mia Downey	Carlisle	10	TRI	29.9		
6	23	Maisie Greening	Allerdale	10	KES	32.8		
<b>T15</b>		<b>IG 200m Heats, Heat 2</b>			<b>CC: Mollie Ketterick (Carlisle) 25.4</b>			
<b>NS 25.1</b>		<b>ES</b>	<b>25.8 CS 27.0</b>		<b>CBP: D. Carrick (Trinity) 1984, A. Thompson (Dallam) 1990</b>			
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>		
1	51	Emma Seng	South Lakes	11	SED	26.3	CS	Q
2	52	Carla Gardiner	South Lakes	10	DAL	27.9		Q
3	21	Sophia Back	Allerdale	10	KES	28.2		q
4	63	Ruby Toole	Furness	10	ULV	29.9		
<b>T38</b>		<b>IG 200m Final</b>			<b>CC: Mollie Ketterick (Carlisle) 25.4</b>			
<b>NS 25.1</b>		<b>ES</b>	<b>25.8 CS 27.0</b>		<b>CBP: D. Carrick (Trinity) 1984, A. Thompson (Dallam) 1990</b>			
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>		
1	51	Emma Seng	South Lakes	11	SED	26.0	CS	
2	31	Brooke Wilson	Eden	10	QEG	27.1		
3	52	Carla Gardiner	South Lakes	10	DAL	27.2		
4	21	Sophia Back	Allerdale	10	KES	27.4		
5	53	Izzy Holland	South Lakes	10	SED	28.7		
<b>T18</b>		<b>IG 300m Heats, Heat 1</b>			<b>CC: Annie Bell (Allerdale) 40.9</b>			
<b>NS 40.1</b>		<b>ES</b>	<b>41.0 CS 44.8</b>		<b>CBP: Annie Bell (Allerdale) 2018</b>			
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>		
1	51	Carla Gardiner	South Lakes	10	DAL	44.6	CS	Q
2	14	Isobel Milligan	Carlisle	10	WHS	45.8		Q
3	12	Sofia Khaliping	Carlisle	10	AFS	50.0		
4	53	Carolyn Werth	South Lakes	10	SED	51.9		

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<b>T18</b>				<b>IG 300m Heats, Heat 2</b>				<b>CC: Annie Bell (Allerdale) 40.9</b>			
<b>NS 40.1</b>				<b>ES 41.0 CS 44.8 CBP 40.9</b>				<b>CBP: Annie Bell (Allerdale) 2018</b>			
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>					
1	61	Mahiya Mohan	Furness	10	DOW	44.9				Q	
2	32	Lily Stephenson	Eden	10	UCC	45.8				Q	
3	11	Megan Mitchell	Carlisle	10	TRI	47.6				q	
4	33	Maddie Burke	Eden	10	QEG	49.3				q	
5	62	Kate Curran	Furness	10	ULV	51.2					
<b>T45</b>				<b>IG 300m Final</b>				<b>CC: Annie Bell (Allerdale) 40.9</b>			
<b>NS 40.1</b>				<b>ES 41.0 CS 44.8 CBP 40.9</b>				<b>CBP: Annie Bell (Allerdale) 2018</b>			
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>					
1	61	Mahiya Mohan	Furness	10	DOW	42.8				CS	
2	51	Carla Gardiner	South Lakes	10	DAL	43.2				CS	
3	14		Carlisle	10	WHS	44.8				CS	
4	32	Lily Stephenson	Eden	10	UCC	45.8					
5	11	Megan Mitchell	Carlisle	10	TRI	47.6					
6	33	Maddie Burke	Eden	10	QEG	50.1					
<b>T39</b>				<b>IG 800m Final</b>				<b>CC: Olivia Mason (Allerdale) 2:12.5</b>			
<b>NS 2:13.0</b>				<b>ES 2:16.0 CS 2:25.0 CBP 2:11.9</b>				<b>CBP: T. McCullough (Newlands) 1982</b>			
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>					
1	21	Daisy Woodcock	Allerdale	10	COC	2:17.7				CS	
2	23	Lucy Knott	Allerdale	10	NTS	2:32.1					
3	12	Isobel Milligan	Carlisle	10	WHS	2:33.6					
4	51	Ruby Cosgrove	South Lakes	10	SED	2:40.4					
5	62	Sophie Leadbetter	Furness	11	BER	2:45.0					
6	13	Laura Shannon	Carlisle	10	AFS	2:47.8					
7	52	Lucy Bagot	South Lakes	10	QEK	2:50.4					
8	11	Mia Downey	Carlisle	10	TRI	2:51.2					
9	31	Lucy Allinson	Eden	10	APP	2:51.4					
10	32	Caitlin Rimmer	Eden	10	APP	2:56.8					
11	61	Lilia Bennett	Furness	10	FAC	2:58.5					
<b>T46</b>				<b>IG 1500m</b>				<b>CC: Molly Wren (Allerdale) 5:25.7</b>			
<b>NS 4:39.0</b>				<b>ES 4:45.0 CS 5:04.0 CBP 4:29.0</b>				<b>CBP: L. Parker (Cartmel Priory) 1979</b>			
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>					
1	61	Lucy Bell	Furness	11	ULV	5:19.9					
2	52	Daisy Fielding	South Lakes	10	SED	5:24.3					
3	11	Bella Tiffin-Lowe	Carlisle	10	CAL	5:34.9					
4	12	Evie Pallister	Carlisle	10	AFS	5:46.4					
5	62	Iona Barrowdale smith	Furness	11	ULV	5:46.8					
6	31	Lily Salt	Eden	10	UCC	6:08.0					
<b>T5</b>				<b>IG 3000m</b>				<b>CC: Rosie Woodhams (South Lakes) 10:19.7</b>			
<b>NS 10:10.0</b>				<b>ES 10:20.0 CS 10:50.0 CBP 10:16.2</b>				<b>CBP: L.Park (Netherall) 2007</b>			
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>					
1	62	Marina Bailey	Furness	11	ULV	11:04.4					
2	63	Ellen Douglas	Furness	11	ULV	11:56.4					
<b>T31</b>				<b>IG 80m Hurdles (76.2cm) Final</b>				<b>CC: Poppy Wilson (South Lakes) 13.3</b>			
<b>NS 11.6</b>				<b>ES 12.0 CS 13.0 CBP 11.9</b>				<b>CBP: A. Rutter (Trinity) 1996</b>			
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>					
1	51	Iris Lechevalier	South Lakes	10	SED	13.4					
2	11	Lucy Bell	Carlisle	11	TRI	14.4					
3	12	Paige Dowell	Carlisle	10	NEW	15.3					
4	53	Izzy Fletcher	South Lakes	10	QKS	15.8					
5	13	Sophia McArdle	Carlisle	10	TRI	17.5					
6	32	Sadie Procter	Eden	10	UCC	17.8					
3	21	-	Allerdale								

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<b>F7</b>		<b>IG Long Jump</b>			<b>CC: Clara Davies (Eden) 4.61</b>		
<b>NS 5.50</b>		<b>ES 5.35</b>	<b>CS 4.80</b>	<b>CBP 5.59</b>			
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>	
1	21	Grace Whitfield	Allerdale	10	WAC	4.91	CS
2	51	Daniella Braghetti	South Lakes	10	SED	4.33	
3	61	Mahiya Mohan	Furness	10	DOW	4.24	
4=	52	Eleanor Brench	South Lakes	11	KKS	4.16	
4=	23	Alicia Jary	Allerdale	10	COC	4.16	
6	53	Carolin Werth	South Lakes	10	SED	4.06	
7	22	Macy McKelvey	Allerdale	10	KES	3.88	
8	12	Ella Downey	Carlisle	10	TRI	3.59	
9	32	Sadie Procter	Eden	10	UCC	3.50	
10	11	Amy Gray	Carlisle	10	WHS	3.40	
<b>F17</b>		<b>IG High Jump</b>			<b>CC: Poppy Wilson (South Lakes) 1.51</b>		
<b>NS 1.70</b>		<b>ES 1.64</b>	<b>CS 1.52</b>	<b>CBP 1.71</b>			
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>	
1	31	Olivia Beedie	Eden	10	UCC	1.40	
2=	33	Caitlin Rimmer	Eden	10	APP	1.35	
2=	63	Hannah Thompson	Furness	11	MILL	1.35	
2=	61	Millie Galbraith	Furness	10	ULV	1.35	
5	12	Heidi McMillan	Carlisle	10	NEW	1.35	
6	52	Izzy Holland	South Lakes	10	SED	1.25	
<b>F29</b>		<b>IG Triple Jump</b>			<b>CC: Elle Heathcote (South Lakes) 10.27</b>		
<b>NS 11.20</b>		<b>ES 10.90</b>	<b>CS 10.00</b>	<b>CBP 11.02</b>			
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>	
1	11	Lucy Bell	Carlisle	11	TRI	10.29	CS
2	51	Daisy Lees	South Lakes	10	QKS	8.97	
3	31	Lucy Allinson	Eden	10	APP	8.90	
4	53	Izzy Fletcher	South Lakes	10	QKS	8.16	
5	12	Lilly Lytollis	Carlisle	10	RRM	6.83	
<b>F19</b>		<b>IG Shot 3Kg</b>			<b>CC: Millie Pearce (South Lakes) 11.19</b>		
<b>NS 12.70</b>		<b>ES 11.60</b>	<b>CS 10.00</b>	<b>CBP 12.80</b>			
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>	
1	21	Zara Armstrong	Allerdale	11	COC	8.95	
2	32	Holly Treece	Eden	10	KSG	8.92	
3	61	Scarlett Burrow	Furness	10	ULV	8.64	
4	12	Amber Rigg	Carlisle	10	TRI	8.46	
5	51	Darcy Gresswell	South Lakes	10	SED	8.18	
6	63	Hannah Thompson	Furness	11	MILL	8.03	
7	53	Lara Reynolds	South Lakes	10	QEK	7.41	
8	31	Brooke Wilson	Eden	10	QEG	7.17	
9	11	Laura Steele	Carlisle	10	AFS	5.92	
10	62	Masy Richards	Furness	10	BER	5.72	
<b>F15</b>		<b>IG Javelin 500g</b>			<b>CC: Lily Joyce (Allerdale) 31.45</b>		
<b>NS 41.00</b>		<b>ES 38.00</b>	<b>CS 33.00</b>	<b>CBP 38.45</b>			
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>	
1	21	Zara Armstrong	Allerdale	11	COC	33.91	CS
2	52	Rowan McCann	South Lakes	10	KKS	25.03	
3	22	Millie Macqueen	Allerdale	10	KES	22.56	
4	31	Martha Mortimer	Eden	10	UCC	21.98	
5	51	Iris Lechevalier	South Lakes	10	SED	18.33	
6	11	Olivia Palmer	Carlisle	10	AFS	18.13	
7	53	Leah Hutchinson	South Lakes	10	QKS	17.22	
8	33	Lily Salt	Eden	10	UCC	15.17	
9	62	Masy Richards	Furness	10	BER	14.93	
	61	Sofia Gonzalez-Harris	Furness	10	FAC	NM	

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<b>F32 IG Discus 1 Kg</b>				<b>CC: Ella Beach (Furness) 22.27</b>			
<b>NS 37.00 ES 33.00 CS 27.00 CBP 35.32</b>				<b>CBP: P. Rawsthorne (Cartmel Priory) 1975</b>			
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>	
1	61	Scarlett Burrow	Furness	10	ULV	21.61	
2	42	Georgiana Pullen	Copeland	10	WLA	21.00	
3	21	Grace Harris	Allerdale	11	NTS	20.56	
4	31	Phoebe Jackson	Eden	10	UCC	18.73	
5	51	Darcy Gresswell	South Lakes	10	SED	18.47	
6	11	Jess Graham	Carlisle	10	CAL	17.70	
7	33	Abbie Thompson	Eden	10	APP	17.00	
8	32	Holly Treece	Eden	10	KSG	16.86	
9	52	Fran Haddaway	South Lakes	10	QKS	15.94	
10	13	Anna Canning	Carlisle	10	WHS	12.55	
<b>F4 IG Hammer 3Kg</b>				<b>CC: Emily Carruthers (Allerdale) 24.12</b>			
<b>NS 53.00 ES 48.00 CS 38.00 CBP 53.84</b>				<b>CBP: T. Simpson-Sullivan (Ullswater) 2017</b>			
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>	
1	11	Holly Ivison	Carlisle	10	TRI	35.70	
2	22	Millie Macqueen	Allerdale	10	KES	30.84	
3	21	Abigail Foster	Allerdale	11	COC	28.74	

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**Senior Boys**

<b>T27</b>	<b>SB 100m Final</b>			<b>CC: Jordan Cragg (South Lakes) 11.4</b>		
<b>NS 10.8</b>	<b>ES 11.0</b>	<b>CS 11.5</b>	<b>CBP 10.5</b>	<b>CBP: M. Pattinson (Qu. Katherine) 1982</b>		
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>
1	51	Kai Allsopp	South Lakes	12	DAL	12.2
2	52	Evan Dart	South Lakes	12	DAL	12.3
<b>T16</b>	<b>SB 400m Final</b>			<b>CC: Reece Stalker (Copeland) 51.5</b>		
<b>NS 48.8</b>	<b>ES 49.5</b>	<b>CS 52.5</b>	<b>CBP 49.4</b>	<b>CBP: S. McKeever (Ulverston Victoria) 1992</b>		
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>
1	52		South Lakes	-	-	57.5
<b>T28</b>	<b>SB 800m Final</b>			<b>CC: Oliver Dustin (Allerdale) 2:05.6</b>		
<b>NS 1:52.0</b>	<b>ES 1:54.0</b>	<b>CS 2:02.0</b>	<b>CBP 1:53.3</b>	<b>CBP: C. McGeorge (Austin Friars) 1980</b>		
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>
1	51	Evan Dart	South Lakes	12	DAL	2:22.8
<b>T4</b>	<b>SB 3000m</b>			<b>CC: Joe Dugdale (Copeland) 8:59.7</b>		
<b>NS 8:33.0</b>	<b>ES 8:36.0</b>	<b>CS 9:20.0</b>	<b>CBP 8:40.3</b>	<b>CBP: I. Robinson (Q.E.Kirkby Lonsdale) 1986</b>		
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>
1	42	Aaron Duncan	Copeland	12	BEN	10:06.4
<b>T34</b>	<b>SB 110m Hurdles (99.1cm) Final</b>			<b>CC:</b>		
<b>NS 14.6</b>	<b>ES 15.3</b>	<b>CS 16.2</b>	<b>CBP 14.8</b>	<b>CBP: J. Fleary (Trinity) 2003</b>		
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>
1	51	Reuben Donninni	South Lakes	12	QEK	19.3
<b>F27</b>	<b>SB High Jump</b>			<b>CC: Max Pearce (South Lakes) 1.90</b>		
<b>NS 2.01</b>	<b>ES 1.95</b>	<b>CS 1.83</b>	<b>CBP 2.04</b>	<b>CBP: A. Edgar (Trinity) 1984</b>		
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>
1	51	Alex Smih	South Lakes	12	SED	1.50
<b>F31</b>	<b>SB Javelin 800 g</b>			<b>CC: Michelle Brighetti (South Lakes) 44.40</b>		
<b>NS 56.00</b>	<b>ES 52.00</b>	<b>CS 46.00</b>	<b>CBP 57.62</b>	<b>CBP: L. Doran (Morton) 2003</b>		
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>
1	51	Alex Smih	South Lakes	12	SED	39.11
<b>F24</b>	<b>SB Discus 1.75 Kg</b>			<b>CC: Linas Zilinskas (South Lakes) 25.99</b>		
<b>NS 46.00</b>	<b>ES 40.00</b>	<b>CS 34.00</b>	<b>CBP 45.84</b>	<b>CBP: M. Quigley (St. Benedict's) 1993</b>		
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>
1	51	Sam Cooper	South Lakes	12	SED	20.06

**Senior Girls**

<b>T29</b>	<b>SG 800m Final</b>			<b>CC:</b>		
<b>NS 2:12.0</b>	<b>ES 2:15.0</b>	<b>CS 2:25.0</b>	<b>CBP 2:12.9</b>	<b>CBP: P. McCrea (Morton) 1996</b>		
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>
1	51	Sarah Smith	South Lakes	13	DAL	2:13.1
2	52	Vicky Woof	South Lakes	12	KCO	2:52.0
<b>T6</b>	<b>SG 3000m</b>			<b>CC: Esme Davies (Eden) 10:27.6</b>		
<b>NS 10:06.0</b>	<b>ES 10:16.0</b>	<b>CS 10:48.0</b>	<b>CBP 9:48.5</b>	<b>CBP: L. Kelly (Barrow 6th) 1998</b>		
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>
1	21	Ruth Walker (SG)	Allerdale	12	COC	12:26.2
<b>F18</b>	<b>SG High Jump</b>			<b>CC:</b>		
<b>NS 1.72</b>	<b>ES 1.66</b>	<b>CS 1.55</b>	<b>CBP 1.70</b>	<b>CBP: J. Little (Carlisle Tech.) 1982, E.Cummins (Whitehaven ) 201</b>		
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>
1	51	Vicky Woof	South Lakes	12	KCO	1.40
<b>F20</b>	<b>SG Shot 4Kg</b>			<b>CC: Abbie Thompson (Carlisle) 8.47</b>		
<b>NS 11.40</b>	<b>ES 10.50</b>	<b>CS 8.85</b>	<b>CBP 11.10</b>	<b>CBP: E.Stott (Cockermouth) 2008</b>		
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>
1	51	Hannah Carruthers	South Lakes	12	QEK	8.34
2	21	Jess Mitchinson	Allerdale	-	WAC	7.06
<b>F5</b>	<b>SG Hammer 4 Kg</b>			<b>CC:</b>		
<b>NS 47.00</b>	<b>ES 43.00</b>	<b>CS 31.00</b>	<b>CBP 47.39</b>	<b>CBP: K.Barnard (Appleby) 2012</b>		
<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>District</b>	<b>Yr</b>	<b>Sch</b>	<b>Perf</b>
1	51	Hannah Carruthers	South Lakes	12	QEK	28.37
2	21	Jess Mitchinson	Allerdale	-	WAC	23.82