

T1 U17M 100m: MR: Dan Harrop : Kendal : 11.9s : 29/03/09

No	Name	Club	Perf.
829	Ryan Thompson	Carlisle Aspatria AC	11.4
840	Sam Patton	Ellenborough AC	12.2
869	Alex Flowers	Birtley	12.7
879	Oliver Lithgow	Seaton AC	11.7
885	Adam Muncaster	Copeland	12.4

T2 U17W 100m : MR : Rachel Clough : Gateshead H & AC :12.0s:29/03/09

No	Name	Club	Perf.
806	Grace Ifre	Carlisle Aspatria AC	13.9
819	Kayleigh Longstaff	Seaton AC	13.9
836	Bethany Wise	Carlisle Aspatria AC	13.9
882	Tessa Stockdale	Seaton AC	13.2

T3 U15B 100m: MR: Charlie Seed: Carlisle Asp AC: 14.1s:29/03/09

No	Name	Club	Perf.
810	Kieran Saunders	Annan & District AC	13.6
868	Sean Ridley	Birtley	13.3
899	Paul James	Border Harriers & AC	13.2

T4 U15G 100m:MR: Alanna Hollings: Gateshead H&Ac:13.6s:29/03/09

No	Name	Club	Perf.
804	Rosie Groves	Carlisle Aspatria AC	14.3
812	Emily Cummings	Seaton AC	13.3
846	Melissa Curtis	Barrow & Furness Striders AC	14.1
853	Carys Barton	Barrow & Furness Striders AC	15.5
859	Lauren Glencross	Carlisle Aspatria AC	13.5
802	Fraya Sadler	Barrow & Furness Striders AC	13.6
887	Katy Johnson	Ellenborough	13.1
890	Emma Hanabury	Seaton AC	15.6

T5 U13B 100m:MR:Tom Clough:Gateshead H&AC:13.5s:29/03/09

No	Name	Club	Perf.	Final
818	Angus Johnstone	Nithsdale AC	14.4	14.3
843	Cameron Martin	Annan & District AC	15.7	
845	James Curtis	Barrow & Furness Striders AC	14.0	14.3
848	Kyle Ritchie	Barrow & Furness Striders AC	14.8	
854	Hugh Barton	Barrow & Furness Striders AC	14.5	15.0
867	Adam Ridley	Birtley	14.2	
875	Ewan Penrice	Stewatry	14.9	14.9
877	Danny Bryson	Stewatry	15.5	
892	Harry Nixon	Border Harriers	15.0	

T6 U13G 100m:MR: Lauren Glencross:Carlisle Asp AC: 13.7s:29/03/09

Hollie Lancaster:Sunderland AC:13.7s:29/03/09

Rosie Groves: Carlisle Asp AC:13.7s:29/03/09

No	Name	Club	Perf.	Final
815	Emma Miller	Airdrie Harriers & AC	15.2	15.2
831	Catrina Pringle	Annan & District AC	17.4	
839	Olivia Ekebugo	Barrow & Furness Striders AC	13.1	15.2
850	Gabby Byron	Barrow & Furness Striders AC	14.7	14.8
857	Katie Blackburn	Barrow & Furness Striders AC	15.5	15.3
870	Jordan Dixon	BWFAC	14.3	14.6
897	Alice Bell	Stewatry	15.5	16.0
900	Beth Giles	Carlisle Aspatria AC	15.2	15.4

901	Orla Giles	Carlisle Aspatria AC	15.6	
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T7 U11B 60m:MR: Adam Ridley: BirtleyAC: 9.2s:29/03/09

No	Name	Club	Perf.
828	Liam Bates	Seaton AC	9.6
855	Joshua Campbell	Barrow & Furness Striders AC	10.0
856	Bradley Edwards	Barrow & Furness Striders AC	11.5
861	Sean Lamont	Annan & District AC	10.6
876	Craig Penrice	Stewatry	9.5
895	Jamie Vaudrey	Carlisle Aspatria AC	10.3

T8 U11G 60m:MR: Annalise James: Gateshead H&AC:9.4s:29/03/09

No	Name	Club	Perf.	Final
821	Jaime Bell	Seaton AC	10.1	10.1
837	Holly Asams	Ellenborough AC	10.4	10.1
844	Molly Amison	Barrow & Furness Striders AC		10.2 ?
849	Rebecca Keen	Barrow & Furness Striders AC	10.0	10.0
852	Gracie Morwood	Barrow & Furness Striders AC	12.1	
858	Megan Busby	Unattached	10.2	9.9
860	Lara Davidson	Annan & District AC	11.0	
872	Emily Butcher	Nithsdale	10.4	
889	Sophie Ward	Birtley	10.5	
898	Brodie Stephenson	Carlisle Aspatria AC	9.6	9.8
905	Sophie Edmonson	Unattached	11.2	

T9 U9B 60m:MR:Liam Bates:Seaton AC:9.8s:29/03/09

Steven Crake:Ellenborough AC:9.9s:29/03/09

No	Name	Club	Perf.
838	Thomas Adams	Ellenborough AC	10.5
847	Jack Curtis	Barrow & Furness Striders AC	10.1
904	Lleyton McKay	Nithsdale	11.2

T10 U9G 60m: MR:Rebecca Keen: Barrow & F StridersAC:11.0s:29/03/09

Isabella Oghani: Unattached: 11.0s :29/03/09

No	Name	Club	Perf.
820	Erin Bell	Seaton AC	12.7

T11 U13G 800m : MR: Tanya Wilson:Seaton AC: 2:30.7s: 29/03/09

No	Name	Club	Perf.
805	Chelsea Nugent	Carlisle Aspatria AC	02:28.4
817	Tasmin Crook	Barrow & Furness Striders AC	02:46.1
830	Megan Featherstone	Ellenborough AC	
834	Rebecca Buchanan	Seaton AC	02:54.6
850	Gabby Byron	Barrow & Furness Striders AC	02:57.3

T12 U13B 800m: MR: Kieran Saunders: Annan & Dist AC: 2:34.2s:29/03/09

No	Name	Club	Perf.
811	Samual March	Carlisle Aspatria AC	03:01.9
818	Angus Johnstone	Nithsdale AC	02:32.2
843	Cameron Martin	Annan & District AC	03:12.0
845	James Curtis	Barrow & Furness Striders AC	02:38.6
848	Kyle Ritchie	Barrow & Furness Striders AC	02:57.1
881	Scott Wilson	Carlisle Aspatria AC	02:34.0
884	Farrel O'sullivan	Stewatry	02:43.6
894	Joseph Ibbotson	Carlisle Aspatria AC	02:51.0

T13 U15G 800m: MR: Eilidh Sproul: Kendal AAC :2:30.6s:29/03/09

No	Name	Club	Perf.
827	Sophie Seddon	Barrow & Furness Striders AC	02:43.3
833	Jacqueline Pringle	Stewartry AC	02:47.7
853	Carys Barton	Barrow & Furness Striders AC	02:47.3
859	Lauren Glencross	Carlisle Aspatria AC	
880	Brogan Stewart	Barrow & Furness Striders AC	02:39.0
888	Rachel Ward	Birtley	02:56.6
874	Laura Penrice	Stewartry	02:30.8
896	Sarah Bell	Stewartry	03:00.7

T14 U15B 800m: MR:Alistair Weymouth: Eden Runners: 2:18.2s:29/03/09

No	Name	Club	Perf.
807	Ross Campbell	Barrow & Furness Striders AC	02:27.9
810	Kieran Saunders	Annan & District AC	02:26.8
841	Joe Bradley	Carlisle Aspatria AC	
842	Matthew Bradley	Carlisle Aspatria AC	02:39.7

T15 U17W 800m: MR: Kim Little:Barrow in Furness:3:02.2s:29/03/09

No	Name	Club	Perf.
808	Charlotte Kennedy	Carlisle Aspatria AC	02:33.5
813	Rianna Crampton	Ellenborough AC	
823	Rowane Glendinning	Annan & District AC	02:57.0
836	Bethany Wise	Carlisle Aspatria AC	

T16 U17M 800m: MR:Lee Savage: Eden Runners:2:13.9s: 29/03/09

No	Name	Club	Perf.
866	Chris Ponton	Nithsdale	02:13.8
885	Adam Muncaster	Copeland	02:33.0
893	Simon Little	Carlisle Aspatria AC	02:30.0
902	Aliastair Weymouth	Eden Runners	02:11.4

T27 U17M 200m : MR:Matthew Hilton: Carlisle Aspatria AC:24.4s:29/03/09

No	Name	Club	Perf.
840	Sam Patton	Ellenborough AC	26.1
869	Alex Flowers	Birtley	26.1
879	Oliver Lithgow	Seaton AC	24.1

T28 U17W 200m: MR: Rachel Clough:Gateshead H & AC: 26.4s: 29/03/09

No	Name	Club	Perf.
806	Grace Ifere	Carlisle Aspatria AC	28.4
813	Rianna Crampton	Ellenborough AC	
819	Kayleigh Longstaff	Seaton AC	29.1

T29 U15B 200m: MR

No	Name	Club	Perf.
822	Joseph Graham	Unattached	26.8
868	Sean Ridley	Birtley	27.3
878	Elliott Baines	Border Harriers & AC	27.9
810	Kieran Saunders	Annan	28.0

T30 U15G 200m: MR: Natasha Wilson: Carlisle Aspatria AC:27.8s:29/03/09

No	Name	Club	Perf.
801	Tanya Wilson	Seaton AC	28.3
802	Freya Sadler	Barrow & Furness Striders AC	27.9
846	Melissa Curtis	Barrow & Furness Striders AC	29.6

871	Katrina Kelly	BWFAC	30.7
859	Lauren Glencross	Carlisle Aspatria AC	27.5
874	Laura Penrice	Stewatry	28.8

T31 U13B 200m:MR: Tom Clough: Gateshead H & AC: 27.5s:29/03/09

No	Name	Club	Perf.
818	Angus Johnstone	Nithsdale AC	28.9
843	Cameron Martin	Annan & District AC	34.3
854	Hugh Barton	Barrow & Furness Striders AC	30.9
867	Adam Ridley	Birtley	29.4
875	Ewan Penrice	Stewatry	31.0
892	Harry Nixon	Border	31.4
894	Joseph Ibbotson	Carlisle Aspatria AC	30.0

T32 U13G 200m: MR: Lauren Glencross: Carlisle Asp: 28.1s:29/03/09

No	Name	Club	Perf.
815	Emma Miller	Airdrie Harriers & AC	34.4
817	Tasmin Crook	Barrow & Furness Striders AC	30.8
839	Olivia Ekebugo	Barrow & Furness Striders AC	33.0
857	Katie Blackburn	Barrow & Furness Striders AC	34.7
870	Jordan Dixon	BWFAC	30.6
897	Alice Bell	Stewatry	

T33 U11B 150m: MR: Adam Ridley: Birtley AC: 22.5s: 29/03/09

No	Name	Club	Perf.
803	Ross Groves	Carlisle Aspatria AC	23.4
828	Liam Bates	Seaton AC	23.6
856	Bradley Edwards	Barrow & Furness Striders AC	27.6
861	Sean Lamont	Annan & District AC	27.0
895	Jamie Vaudrey	Carlisle Aspatria AC	25.9
903	Robson McKay	Nithsdale	23.0

T34 U11G 150m: MR: Olivia Ekebugo: Barrow & F S AC: 24.0s: 29/03/09

No	Name	Club	Perf.
837	Holly Asams	Ellenborough AC	27.4
851	Hannah Jefferson	Barrow & Furness Striders AC	26.3
852	Gracie Morwood	Barrow & Furness Striders AC	31.9
858	Megan Busby	Unattached	25.6
860	Lara Davidson	Annan & District AC	27.7
889	Sophie Ward	Birtley	27.2
898	Brodie Stephenson	Carlisle Aspatria AC	24.0
844	Molly Amison	Barrow & Furness Striders AC	28.6

T35 U9B150m: MR: Steven Crake: Elenborough AC: 24.4s:29/03/09

No	Name	Club	Perf.
838	Thomas Adams	Ellenborough AC	27.0
847	Jack Curtis	Barrow & Furness Striders AC	25.7

T36 U9G 150m:MR: Rebecca Keen: Barrow & F S AC: 27.5s:29/03/09

No	Name	Club	Perf.
820	Erin Bell	Seaton AC	

T37 U11B 600m: MR: Scott Wilson: Carlisle Aspatria AC: 1:56.2s: 29/03/09

No	Name	Club	Perf.
803	Ross Groves	Carlisle Aspatria	02:04.4
855	Joshua Campbell	Barrow & Furness Striders AC	02:22.2

865	Robert Ponton	Nithsdale	02:00.9
873	Brad King	Ellenborough	02:15.8
876	Craig Penrice	Stewartry	01:59.6
886	Jake Muncaster	Copeland	02:34.2
895	Jamie Vaudrey	Carlisle Aspatria AC	02:16.8
903	Robson McKay	Nithsdale	01:58.3
906	Cole Blakie	Kendal	01:56.0
856	Bradley Edwards	Barrow & Furness Striders AC	02:17.5

T38 U11G 600m: MR: Emily Duerden: Barrow & F S AC: 2:05.2s: 29/03/09

No	Name	Club	Perf.
821	Jaime Bell	Seaton AC	
844	Molly Amison	Barrow & Furness Striders AC	02:33.8
849	Rebecca Keen	Barrow & Furness Striders AC	02:20.0
851	Hannah Jefferson	Barrow & Furness Striders AC	02:31.8
858	Megan Busby	Unattached	02:21.3
872	Emily Butcher	Nithsdale	02:22.2
898	Brodie Stephenson	Carlisle Aspatria AC	02:15.1
905	Sophie Edmonson	Unattached	02:31.4
864	Katherine Bell	Barrow & Furness Striders AC	02:46.6

T39 U9B 600m: MR: Steven Crake: Ellenborough AC: 2:13.5s: 29/03/09

No	Name	Club	Perf.
904	Lleyton McKay	Nithsdale	02:23.4

U13G HJ: MR: Freya Sadler: Barrow & F S AC: 1.25m :29/03/09

No	Name	Club	Perf.
839	Olivia Ekebugo	Barrow & Furness Striders AC	1.15m

U13B HJ: MR: James Norwood: Seaton AC: 1.40m: 29/03/09

Elliott Barnes: Border Harriers & AC: 1.40m: 29/03/09

No	Name	Club	Perf.
883	Harry Stockdale	Seaton	1.30m

U15G HJ: MR: Emily Cummings: Seaton AC: 1.45m: 29/03/09

Heather Ramsay: Kendal AAC: 1.45m: 29/03/09

No	Name	Club	Perf.
812	Emily Cummings	Seaton AC	1.50m
814	Alice McKillop	Eden Runners	1.40m
833	Jaqueline Pringle	Stewartry AC	1.15m

U15B HJ: MR: David Joseph Foster: Seaton AC: 1.48m: 29/03/09

No	Name	Club	Perf.
822	Joseph Graham	Unattached	1.55m
878	Elliott Baines	Border Harriers & AC	1.45m

U17W HJ: MR: Kerry Jordan: Border Harr & AC: 1.62m: 29/03/09

No	Name	Club	Perf.
809	Kerry Jordan	Seaton AC	1.55m

U9 Girls LJ: MR: Molly Amison: Barrow & F S AC: 1.57m: 29/03/09

No	Name	Club	Perf.
820	Erin Bell	Seaton AC	1.69m

U9B LJ: MR: Matthew Ridley: Ellenborough AC: 1.57m: 29/03/09

No	Name	Club	Perf.
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838	Thomas Adams	Ellenborough AC	2.43m
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U11G LJ: MR: Annalise James: Gateshead H & AC : 3.68m: 29/03/09

No	Name	Club	Perf.
821	Jaime Bell	Seaton AC	2.51m
837	Holly Asams	Ellenborough AC	2.93m
844	Molly Amison	Barrow & Furness Striders AC	2.92m
849	Rebecca Keen	Barrow & Furness Striders AC	3.06m
851	Hannah Jefferson	Barrow & Furness Striders AC	2.38m
860	Lara Davidson	Annan & District AC	2.83m
864	Katherine Bell	Barrow & Furness Striders AC	2.11m
852	Gracie Morwood	Barrow & Furness Striders AC	2.02m

U11B LJ: MR: Scott Wilson: Carlisle Aspatria AC: 3.68m: 29/03/09

No	Name	Club	Perf.
803	Ross Groves	Carlisle Aspatria AC	3.53m
856	Bradley Edwards	Barrow & Furness Striders AC	
873	Brad King	Ellenborough	2.26m

U13G LJ: MR: Rosie Groves: Carlisle Aspatria AC:4.04m: 29/03/09

No	Name	Club	Perf.
815	Emma Miller	Airdrie Harriers AC	3.37m
817	Tasmin Crook	Barrow & Furness Striders AC	3.67m
830	Megan Featherstone	Ellenborough AC	3.49m
850	Gabby Byron	Barrow & Furness Striders AC	3.95m
857	Katie Blackburn	Barrow & Furness Striders AC	3.39m
870	Jordan Dixon	BWFAC	4.01m
900	Beth Giles	Carlisle Aspatria AC	3.11m
901	Orla Giles	Carlisle Aspatria AC	3.40m

U13B LJ

No	Name	Club	Perf.
845	James Curtis	Barrow & Furness Striders AC	4.03m
848	Kyle Ritchie	Barrow & Furness Striders AC	3.03m
878	Elliott Baines	Border Harriers & AC	
851	Scott Wilson	Carlisle Aspatria AC	
894	Joseph Ibbotson	Carlisle Aspatria AC	
854	Hugh Barton	Barrow & Furness Striders AC	3.91m

U15G LJ: MR: Sara Mohammed: Carlisle Aspatria AC: 3.99m: 29/03/09

No	Name	Club	Perf.
802	Freya Sadler	Barrow & Furness Striders AC	3.64m
804	Rosie Groves	Carlisle Aspatria AC	4.10m
812	Emily Cummings	Seaton AC	4.60m
827	Sophie Seddon	Barrow & Furness Striders AC	3.91m
833	Jaqueline Pringle	Stewartry AC	3.96m
846	Melissa Curtis	Barrow & Furness Striders AC	3.59m
853	Carys Barton	Barrow & Furness Striders AC	4.14m
859	Lauren Glencross	Carlisle Aspatria AC	4.85m
880	Brogan Stewart	Barrow & Furness Striders AC	4.14m
888	Rachel Ward	Birtley	3.78m

U15B LJ: MR: Charlie Seed: Carlisle Aspatria AC: 4.38m: 29/03/09

No	Name	Club	Perf.
899	Paul James	Border Harriers & AC	4.68m
878	Elliott Barnes	Border Harriers & AC	4.39m

U17M LJ: MR: Adam Howey: Eden Runners: 5.51m: 29/03/09

No	Name	Club	Perf.
840	Sam Patton	Ellenborough AC	
891	Robbie Nixon	Sale	5.66m

U13G SP: MR: Kayleigh Brown: Gateshead Harriers & AC: 7.94m: 29/03/09

No	Name	Club	Perf.
831	Catrina Pringle	Annan & District AC	5.21m
834	Rebecca Buchanan	Seaton AC	4.70m
863	Jade Miller	Ellenborough	5.80m

U13B SP: MR: Jack Smith: Birtley AC : 6.36m : 29/03/09

No	Name	Club	Perf.
826	Jake McDowall	Border Harriers & AC	7.08m
854	Hugh Barton	Barrow & Furness Striders AC	
	Scott Wilson	Carlisle Aspatria AC	5.70m

U15G SP: MR: Natasha Wilson: Carlisle Aspatria AC: 8.10m: 29/03/09

No	Name	Club	Perf.
801	Tanya Wilson	Seaton AC	5.72m
827	Sophie Seddon	Barrow & Furness Striders AC	5.42m
832	Alison Pringle	Annan & District AC	5.56m
871	Katrina Kelly	BWFAC	6.81m
890	Emma Hanabury	Seaton AC	5.08m

U15B SP: MR: Joseph Bradley : Carlisle Aspatria AC: 7.46m: 29/03/09

No	Name	Club	Perf.
807	Ross Campbell	Barrow & Furness Striders AC	
841	Joe Bradley	Carlisle Aspatria AC	8.42m

U17W SP: MR: Alice Back: Annan & District AC: 6.92m: 29/03/09

No	Name	Club	Perf.
816	Heather Millar	Airdrie Harriers & AC	4.88m
819	Kayleigh Longstaff	Seaton AC	6.51m

U17M SP:MR: Nicholas Miller: Border Harriers & AC: 12.01m: 29/03/09

No	Name	Club	Perf.
825	Ryan McDowall	Border Harriers & AC	10.93m

U13G DT: MR: Kayleigh Brown: Gateshead Harriers & AC: 19.75m: 29/03/09

No	Name	Club	Perf.
824	Ellie-Jo Doran	Carlisle Aspatria AC	10.22m
830	Megan Featherstone	Ellenborough AC	9.22m
831	Catrina Pringle	Annan & District AC	10.71m
863	Jade Miller	Ellenborough AC	11.79m

U15G DT: MR: Chloe Moore: Carlisle Aspatria AC: 23.07m: 29/03/09

No	Name	Club	Perf.
832	Alison Pringle	Annan & District AC	13.59m
835	Chloe Moore	Carlisle Aspatria	26.92m
871	Katrina Kelly	BWFAC	16.70m

U15B DT: MR: Jack Back: Annan & District AC & 21.17m: 29/03/09

No	Name	Club	Perf.
842	Matthew Bradley	Carlisle Aspatria AC	14.88m

899	Paul James	Border Harriers & AC	23.96m
841	Joe Bradley	Carlisle Aspatria AC	16.83m

U13G JT: MR: Emma Back: Annan & District AC: 18.18m: 29/03/09

No	Name	Club	Perf.
805	Chelsea Nugent	Carlisle Aspatria AC	11.40m
824	Ellie-Jo Doran	Carlisle Aspatria AC	24.91m
834	Rebecca Buchanan	Seaton AC	

U13B JT: MR: Jack Smith: Birtley AC: 13.30m : 29/03/09

No	Name	Club	Perf.
826	Jake McDowall	Border Harriers & AC	17.20m
851	Scott Wilson	Carlisle Aspatria AC	23.23m

U15G JT: MR: Natasha Wilson: Carlisle Aspatria AC: 33.65m: 29/03/09

No	Name	Club	Perf.
801	Tanya Wilson	Seaton AC	19.48m
835	Chloe Moore	Carlisle Aspatria AC	30.75m

U15B JT: MR: David Joseph Foster: Seaton AC: 39.49m: 29/03/09

No	Name	Club	Perf.
841	Joe Bradley	Carlisle Aspatria AC	32.15m
842	Matthew Bradley	Carlisle Aspatria AC	23.10m

U17W JT: MR: Kim Little: Barrow & F S AC: 26.04m: 29/03/09

No	Name	Club	Perf.
816	Heather Miller	Airdrie Harriers & AC	10.38m

U11G Cricket Ball: MR: Emily Duerden: Barrow & F S AC: 22.06m: 29/03/09

No	Name	Club	Perf.
852	Gracie Morwood	Barrow & Furness Striders AC	
858	Megan Busby	Unattached	
872	Emily Butcher	Nithsdale	23.17m
862	Kirsten Miller	Ellenborough	13.38m
864	Katherine Bell	Barrow & Furness Striders AC	18.32m

U11B Cricket Ball: MR: Jake Ellis: Seaton AC: 32.95m: 29/03/09

No	Name	Club	Perf.
828	Liam Bates	Seaton AC	32.07m
855	Joshua Campbell	Barrow & Furness Striders AC	27.60m
861	Sean Lamont	Annan & District AC	28.85m
873	Brad King	Ellenborough	17.02m

U9B Cricket Ball: MR: Brad King: Ellenborough AC: 14.04m: 29/03/09

No	Name	Club	Perf.
847	Jack Curtis	Barrow & Furness Striders AC	19.51m