

Arnside Knott Race 18th November 2018
Junior Results

Under 9 Boys

1	Cooper Wadsworth	Helm Hill	4'04
2	Carl Sanderson	Settle	4'21
3	Gus Campbell	Howgill	4'28
4	Thomas Lewis	Howgill	4'32
5	Jack Moon	Helm Hill	4'37
6	Joseph Green	Ambleside	4'38
7	Magnus Foxwell	Ambleside	4'39
8	Harry Coates		4'52
9	Ewan Horrobin		5'08
10	Thomas Iveson	Ambleside	5'13
11	Rowan Bradley		5'26
12	Tommy Broderick	Ambleside	5'27
13	Freddy Crawford	Helm Hill	5'32
14	Oscar Willcock		5'35
15	Noah Scambler		5'39
16	Joe Gardner	Ambleside	5'41
17	Aaron Saunders	Ambleside	5'45
18	Jera Beaumont	Ambleside	6'10
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Under 9 Girls

1	Bella Scambler		4'39
2	Isla Jebb	Helm Hill	4'54
3	Rosie Scott	Ambleside	4'55
4	Bethany Godfrey		4'57
5	Cara Bradley		4'59
6	Lydia Harris		5'01
7	Freya Addison	Helm Hill	5'11
8	Isabell Sumner		5'52
9	Tess Reedy		6'32
10	Niamh Moon	Dallam	
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Arnside Knott Race 18th November 2018
Junior Results

Under 11 Boys

1	Noah Wadsworth	Helm Hill	6'35
2	Alfie Addison	Helm Hill	6'36
3	Harvey Shaw	Ambleside	6'59
4	Tom Ashworth	Ambleside	7'12
5	Jack Sanderson	Settle	7'20
6	Toby Acland	Helm Hill	7'22
7	Ewan William Black	Helm Hill	7'43
8	Will Brayshaw	Helm Hill	7'45
9	Aaron Smith	Howgill	7'47
10	George Coates		7'48
11	James Graham	Ambleside	7'50
12	Ronan Saunders	Ambleside	7'50
13	Ezekial Sumner	Ambleside	7'54
14	Thomas Heam	Helm Hill	7'58
15	George Gardiner	Helm Hill	8'13
16	William Hargreaves	Ambleside	8'18
17	Theo Robinson	Howgill	8'43
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Under 11 Girls

1	Emily Jane Edmonson	Dallam	7'44
2	Madeliene Martindale	Helm Hill	7'49
3	Carla Gardiner	Helm Hill	7'56
4	Willow Rigg	Kendal	8'00
5	Ruby May Duxbury	Ambleside	8'03
6	Millie Jebb	Helm Hill	8'11
7	Eve Briffett		8'20
8	Daisy Lees	Ambleside	8'25
9	Tess Isla Evans	Ambleside	8'45
10	Ella Stamp	Dallam	8'58
11	Hannah Dyer	Helm Hill	9'03
12	Ellen Dickson	Ambleside	9'05
13	Katie Lewis	Howgill	9'22
14	Seren Green	Ambleside	9'36
15	Aggy Freund		9'58
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Arnside Knott Race 18th November 2018
Junior Results

Under 13 Boys

1	Rowan Ashworth	Ambleside	12'05
2	Harry Ewbank	Eden Runners	12'21
3	Jamie Knott	Dallam	12'56
4	Jack Dixon	Ambleside	13'07
5	Ben Allmond	Ambleside	13'08
6	Hal Saner-Haigh	Helm Hill	13'43
7	Toby Harper	Ambleside	14'29
8	Oliver Willoughby	Helm Hill	14'53
9	George Campbell	Howgill	16'14
10	Joe Huett White	Dallam	17'36
11	Alex Graham	Ambleside	DNF
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Under 13 Girls

1	Sarah Smith	Helm Hill	13'03
2	Ella Martindale	Helm Hill	14'34
3	Hester Roz Henderson Metcalf	Ambleside	15'02
4	Emma Duxbury	Ambleside	15'51
5	Joss Evans	Ambleside	16'14
6	Lizzie Cowin	Helm Hill	16'15
7	Esme Freund		16'22
8	Annabel Tatham		16'30
9	Connie May Scott	Kendal AC	16'38
10	Alicia Crawford	Helm Hill	16'56
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Junior Results

Under 15 Boys

1	Ben Smith	Helm Hill	14'58
2	Henry Hunter	Helm Hill	15'49
3	Ben Greenep	Kendal AC	16'49
4	Isaac Robinson	Howgill Harriers	17'15
5	Zach Doherty	Dallam	18'35
6	Willam Durkin	Ambleside	18'54
7	Harvey Willcock	Bowland	24'13
8	Finley Corkill	Leven Valley AC	
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Under 17 Boys

1	Daniel Sanderson	Ambleside	14'48
2	Jacob Smith	Helm Hill	16'27
3	Adam Scott	Kendal AC	18'44
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Under 15 Girls

1	Sophie Rylance	Ambleside	16'53
2	Holly Dobson	Ambleside	17'28
3	Elodie Malcolm	Helm Hill	17'38
4	Ella Beardwood	Helm Hill	20'34
5	Maisie Evans	Ambleside	21'35
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Under 17 Girls

1	Maia Doherty	Helm Hill	18'52
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