

Arnside Knott Race 20th November 2016
Junior Results

Under 8 Boys

| Position | Name | Club | Time |
|----------|------------------|-----------|----------|
| 1 | Tom Ashworth | Ambleside | 4'22 |
| 2 | Jamie Graham | Ambleside | 5'22 |
| 3 | Malik Houghton | Dallam | 5'33 |
| 4 | Cooper Wadsworth | Dallam | 5'42 |
| 5 | Frankie Felton | u/a | 6'03 |
| 6 | George Gardner | Dallam | 6'50 |
| 7 | Joshua Pryer | u/a | 6'52 |
| 8 | Matthew Jenner | Dallam | 7'35 |
| 9 | Ben Rowley | Ambleside | withdrew |

Under 8 Girls

| Position | Name | Club | Time |
|----------|----------------|-----------|----------|
| 1 | Ruby Duxbury | Ambleside | 5'04 |
| 2 | Alaana Coates | Ambleside | 5'08 |
| 3 | Sarah Dixon | Ambleside | 5'15 |
| 4 | Carla Gardner | Dallam | 5'37 |
| 5 | Bella Scambler | u/a | 5'47 |
| 6 | Ella Stamp | Dallam | 5'59 |
| 7 | Tess Evans | Helm Hill | 6'11 |
| 8 | Holly Jenner | Dallam | 6'51 |
| 9 | Alice Goddard | | withdrew |

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Junior Results

Under 10 Boys

| Position | Name | Club | Time |
|----------|---------------------|------------------|-------------------------|
| 1 | Cal McVey | Ambleside | 7'13 |
| 2 | Simon Rigby | Helm Hill | 7'15 |
| 3 | Matti Ligema | Ambleside | 7'20 |
| 4 | Sam Greenep | Settle Harriers | 7'49 |
| 5 | Richard Goode Smith | Ambleside | 7'59 |
| 6 | Alex Graham | Ambleside | 8'00 |
| 7 | Jack Sanderson | Settle Harriers | 8'01 |
| 8 | Marvin Gibbs | Helm Hill | 8'02 |
| 9 | Rowan Ashworth | Ambleside | 8'03 |
| 10 | Rio Egner | Settle Harriers | 8'14 |
| 11 | Theo Coates | Ambleside | 8'17 |
| 12 | Jacob Pryer | u/a | 8'46 |
| 13 | Benjamin Maley | N.Shields Poly | 8'56 |
| 14 | Alex Horrobin | Helm Hill | 8'58 |
| 15 | Theo Robinson | Howgill Harriers | 9'03 |
| 16 | Bobby Wilkin | Ambleside | 9'28 |
| 17 | Patrick Wood | Ambleside | 9'47 |
| 18 | Matthew Maley | N.Shields Poly | 9'58 |
| 19 | Jonathan Maley | N.Shields Poly | 10'04 |
| 20 | Noah Wadsworth | Helm Hill | 4'32 (ran short course) |

Under 10 Girls

| Position | Name | Club | Time |
|----------|------------------|-----------|-------|
| 1 | Jessica Edmonson | Ambleside | 7'54 |
| 2 | Olivia Swarbrick | CFR | 8'27 |
| 3 | Joss Evans | Ambleside | 8'48 |
| 4 | Ellen Dickson | Ambleside | 8'55 |
| 5 | Emma Duxbury | Ambleside | 9'13 |
| 6 | Isabella Benson | Dallam | 10'56 |

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| Under 12 Boys | | | |
|---------------|------------------|------------------|-------|
| Position | Name | Club | Time |
| 1 | James Bowen | Ambleside | 10'43 |
| 2 | Ben Greenep | Settle Harriers | 11'27 |
| 3 | Cameron Coates | Ambleside | 12'00 |
| 4 | Joe Ligema | Ambleside | 12'11 |
| 5 | Jack Dixon | Ambleside | 12'39 |
| 6 | Joseph Rigby | Helm Hill | 13'02 |
| 7 | Jamie Waller | Dallam | 13'06 |
| 8 | Isaac Robinson | Howgill Harriers | 13'41 |
| 9 | Alfie Wilkin | Ambleside | 14'07 |
| 10 | Alexander Wilson | Ambleside | 16'41 |

| Under 12 Girls | | | |
|----------------|----------------------|-----------------------|-------|
| Position | Name | Club | Time |
| 1 | Sophie Rylance | Ambleside | 12'13 |
| 2 | Clara Samson | Helm Hill | 12'16 |
| 3 | Sarah Smith | Helm Hill | 12'49 |
| 4 | Emily C Shuttleworth | Barlick Fell Runners | 13'48 |
| 5 | Hannah Nicholson | Ambleside | 14'29 |
| 6 | Maisie Evans | Ambleside | 15'04 |
| 7 | Iona McCarten | Dallam | 15'21 |
| 8 | Katie Matthew | Lancaster & Morecambe | 16'15 |
| 9 | Olivia Goddard | Lancaster & Morecambe | 16'47 |

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Junior Results

Under 14 Boys

| Position | Name | Club | Time |
|----------|------------------|-----------------|-------|
| 1 | Jacob Smith | Kendal | 15'51 |
| 2 | Ollie Sanders | Helm Hill | 16'04 |
| 3 | John Egner | Settle Harriers | 16'13 |
| 4 | Henry Hunter | Helm Hill | 16'21 |
| 5 | Daniel Sanderson | Ambleside | 16'48 |
| 6 | Ben Smith | Kendal | 17'26 |
| 7 | Vaughan Samson | Helm Hill | 19'50 |
| 8 | Zach Doherty | Dallam | 22'53 |

Under 14 Girls

| Position | Name | Club | Time |
|----------|---------------------|------------------|-------|
| 1 | Chloe Rylance | Ambleside | 17'23 |
| 2 | Emily Swarbrick | CFR | 18'05 |
| 3 | Maia Doherty | Helm Hill | 18'57 |
| 4 | Ella Beardwood | Helm Hill | 19'09 |
| 5 | Lottie Beardwood | Helm Hill | 20'29 |
| 6 | Annabelle Taylor | Helm Hill | 20'30 |
| 7 | Holly Dobson | Ambleside | 20'50 |
| 8 | Bethan Rawley | Ambleside | 21'04 |
| 9 | Amelie F Pennington | Howgill Harriers | 23'19 |

Under 16 Boys

| Position | Name | Club | Time |
|----------|-----------------|-----------|-------|
| 1 | Robert Askew | Helm Hill | 15'12 |
| 2 | Ben Edmonson | Ambleside | 17'26 |
| 3 | Harry Sanderson | Ambleside | 18'47 |

Under 16 Girls

| Position | Name | Club | Time |
|----------|---------------------|-----------|-------|
| 1 | Rosie Woodhams | Dallam | 19'03 |
| 2 | Courtney Hutchinson | Ambleside | 22'04 |