

## Arnside Knott – Junior results 2014

### Under 8 Boys

1	Sam Thornley	Ambleside	4.32
2	Theo Coates	Ambleside	4.35
3	Rowan Make	unattached	4.36
4	William Patterson	Ambleside	4.43
5	Rowan Ashworth	Ambleside	4.55
6	Theo Robinson	Howgill Harriers	5.17
7	Tom Houghton	Howgill Harriers	5.19
8	Toby Robinson	unattached	5.29
9	Thomas Ashworth	Ambleside	6.08

### U8 Girls

1	Freya Hindle	unattached	4.56
2	Jessica Edmonson	Broughton Runners	4.57
3	Olivia Swarbrick	Broughton Runners	4.59
4	Esme Walkingshaw	Eden Runners	5.08
5	Carla Gardner	unattached	6.11
6	Isabella Benson	Dallam RC	6.58
7	Alice Goddard	Lancaster & Morecambe	7.18
8	Laurel Ruxton	Dallam RC	7.34

### U10 Boys

1	Harry Bowen	Ambleside	6.35
2	James Bowen	Ambleside	6.45
3	Cameron Coates	Ambleside	7.26
4	Dylan Cater	Helm Hill	7.56
5	Isacc Robinson	Howgill Harriers	8.01
6	Jamie Waller	Dallam RC	8.10
7	Jamie Harris	Helm Hill	8.17
8	Charlie Blackburn	Ambleside	8.31
9	Rory Knowles	Ambleside	9.02
10	Harvey Wilcock	Bowland FR	9.14

### U10 Girls

1	Sophie Rylance	Ambleside	7.34
2	Eva Wilson	Ambleside	7.47
3	Beau Walkingshaw	Eden Runners	8.35
4	Pippa Darlington	Dallam RC	9.11
5	Olivia Goddard	Lancaster & Morecambe	10.27
6	Amelie Muir	unattached	10.32

### U12 Boys

1	Daniel Sanderson	Ambleside	11.37
2	James Thornley	Ambleside	11.43
3	Henry Hunter	Helm Hill	12.35

4	Elliot Wren	Helm Hill	13.02
5	Alex Jackson	Ambleside	13.24
6	Will Dirkin	Ambleside	13.37
7	Louis Swarbrick	Bowland FR	13.56
8	Gordon Blackburn	Ambleside	14.43
9	Josh Elsworth	Bailrigg Harriers	16.44

#### U12 Girls

1	Chloe Rylance	Ambleside	12.22
2	Emily Swarbrick	Broughton Runners	13.14
3	Maia Doherty	Dallam RC	14.44
4	Bethan Rowley	Ambleside	14.56
5	Holly Glaister	Ambleside	15.08
6	Tessa Knowles	Ambleside	16.11
7	Daisy Ruxton	Dallam RC	17.47
8	Emily Crossley	Settle Harriers	17.50
9	Rowan Baker	Helm Hill	17.56

#### U14 Boys

1	Ben Edmonson	Broughton Runners	17.51
2	Robert Askew	Helm Hill	18.22
3	Harry Sanderson	Ambleside	22.43
4	Alexander Knowles	Ambleside	DNF

#### U14 Girls

1	Katie Thurlow	Helm Hill	20.55
2	Amy Slattery	Helm Hill	23.28
3	Courtney Hutchinson	Broughton Runners	23.45
4	Ella Bird	Dallam RC	28.16
5	Abi Waller	Dallam RC	28.26

#### U16 Boys

1	Jack Byrne	Helm Hill	17.45
2	Jacob Aubrey	Helm Hill	18.09
3	Oliver Gajdowski	Ambleside	18.50
4	Jordan Rawlins	Crook AC	18.51
5	Thomas Beazeval	Helm Hill	27.11

#### U16 Girls

1	Hannah Dirkin	Ambleside	23.21
2	Georgia Stevens	Helm Hill	24.28
3	Alice Slattery	Helm Hill	27.22