

Cumberland Athletic Club

PB Record List

Name.....

Date.....

England Athletics Reg. No (if known).....

Race	Distance	Date	Time
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5K

10K

10mile

$\frac{1}{2}$ Marathon

Marathon

Grasmere Gallop

7.2miles

Keswick Round the Houses

5.3miles

Lambfoot Loop

5.5miles

Lord's Seat

5.2miles

Round Latrigg

5miles

Two Lakes

11.5miles