

| 2019 Age Class | Name | Club | | Best Date | Best Time | # | 2019 Age Class | Name | Club | | Best Date | Best Time | # |
|----------------|------------------------|------|-------------------|-----------|-----------|---|----------------|-------------------|------|-------------------|-----------|-----------|----|
| 14s | | | | | | | 14s | | | | | | |
| 1st Year M14 | Ruben Razzetti | BL | Keswick | 20-04-19 | 22.33 | 2 | 1st Year W14 | Jessica Bailey | LOC | Ford Park | 12-01-19 | 19.39 | 10 |
| | | | | | | | 1st Year W14 | Daisy Rennie | WCOC | Keswick | 06-04-19 | 25.53 | 2 |
| | | | | | | | 1st Year W14 | Amelia Thompson | LOC | Ford Park | 11-05-19 | 25.04 | 1 |
| 2nd Year M14 | William Ellis | PFO | Not Yet Completed | | | 0 | | | | | | | |
| 2nd Year M14 | Dylan Kenny | LOC | Ford Park | 26-01-19 | 23.05 | 4 | | | | | | | |
| 2nd Year M14 | Peter Scott | LOC | Fell Foot | 16-02-19 | 24.55 | 4 | 2nd Year W14 | Laura Brown | LOC | Fell Foot | 23-02-19 | 21.36 | 2 |
| 2nd Year M14 | Luke Simmonds | LOC | Fell Foot | 12-01-19 | 23.36 | 1 | 2nd Year W14 | Emma Crawford | WCOC | Marshall Drive | 25-05-19 | 23.50 | 3 |
| 2nd Year M14 | Wilf Teasdale | WCOC | Keswick | 05-01-19 | 24.43 | 2 | 2nd Year W14 | Jess Evans | LOC | Not Yet Completed | | | 0 |
| 2nd Year M14 | Dominic Wathey | MDOC | Wythenshawe | 30-03-19 | 24.30 | 2 | 2nd Year W14 | Isabel Sunley | WCOC | Workington | 06-04-19 | 28.45 | 1 |
| | | | | | | | 2nd Year W14 | Gillian Wells | LOC | Ford Park | 06-04-19 | 26.11 | 2 |
| 16s | | | | | | | 16s | | | | | | |
| 1st Year M16 | Herbie Ashworth | WCOC | Not Yet Completed | | | 0 | 1st Year W16 | Rebecca O'Donovan | LOC | Barrow | 16-02-19 | 25.47 | 4 |
| 1st Year M16 | Oliver Heron-Southward | WCOC | Keswick | 18-05-19 | 20.25 | 6 | 1st Year W16 | Clare Rodger | WCOC | Workington | 23-02-19 | 25.59 | 2 |
| 1st Year M16 | Thomas Rawle | BL | Penrith | 06-04-19 | 25.20 | 0 | 1st Year W16 | Emily Turner | LOC | Fell Foot | 30-03-19 | 25.52 | 4 |
| | | | | | | | 1st Year W16 | Laura Hazelhurst | BL | Not Yet Completed | | | 0 |
| 2nd Year M16 | Joe Hudd | WCOC | Whinlatter Forest | 30-03-19 | 21.19 | 2 | 1st Year W16 | Lizzie Hampshire | LOC | Ford Park | 05-01-19 | 31.50 | 1 |
| 2nd Year M16 | Charlie Rennie | WCOC | Workington | 06-04-19 | 20.10 | 1 | | | | | | | |
| 2nd Year M16 | Joe Sunley | WCOC | Workington | 16-02-19 | 18.52 | 4 | 2nd Year W16 | Lucy Gibson | LOC | Ford Park | 26-01-19 | 23.58 | 4 |
| | | | | | | | 2nd Year W16 | Anna Harris | DEE | Not Yet Completed | | | 0 |
| | | | | | | | 2nd Year W16 | Caitlin Irving | WCOC | Workington | 02-03-19 | 22.28 | 1 |
| 18s | | | | | | | 1st Year W16 | Ellie Simmonds | LOC | Ford Park | 16-02-19 | 24.03 | 2 |
| 1st Year M18 | Finlay Johnson | SROC | Not Yet Completed | | | 0 | 1st Year W16 | Carys Thomas | WCOC | Not Yet Completed | | | 0 |
| 1st Year M18 | Harry O'Donovan | LOC | Barrow | 16-02-19 | 24.04 | 6 | | | | | | | |
| | | | | | | | 18s | | | | | | |
| | | | | | | | 1st Year W18 | Jess Ensoll | LOC | Ford Park | 16-02-19 | 23.00 | 2 |
| 2nd Year M18 | Ben Goodwin | WCOC | Not Yet Completed | | | 0 | 1st Year W18 | Lily Regan | WCOC | Not Yet Completed | | | 0 |
| 2nd Year M18 | Louis Morris | WCOC | Not Yet Completed | | | 0 | 1st Year W18 | Rosie Spencer | WCOC | Not Yet Completed | | | 0 |
| Coaches | | | | | | | Coaches | | | | | | |
| | Richard Tiley | LOC | Ford Park | 11-05-19 | 26.49 | 6 | | Christine Kiddier | BL | Penrith | 05-01-19 | 27.12 | 2 |
| | | | | | | | | Lynne Thomas | WCOC | Whinlatter Forest | 27-04-19 | 30.43 | 1 |