



Supported by Different Strokes

## Cunswick - Results 19 February 2017

### Senior Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	25	Josh	Jardine	Man	30:44	Helm Hill	1st Man
2	474	Paul	Tierney	Man	31:06	Ambleside	2nd Man
3	422	Michael	Ainsworth	Man	31:16	Helm Hill	3rd Man
4	193	Charlie	Lowther	Man	31:58	Eden	
5	18	Jon	Rylance	MV40	32:20	Ambleside	1st MV40
6	362	Lee	Parrington	Man	32:33	Barlick	
7	73	Reuben	Copley	MU21	32:55	Dallam	1st MU21
8	104	Simon	Mounsey	MV40	33:33	Howgill Harriers	
9	267	John	Helme	Man	33:43	Ambleside	
10	183	Ben	Jackson	Man	33:50	Unattached	
11	473	Sarah	McCormack	Lady	33:53	Ambleside	1st Lady
12	55	Ian	Willis	MV40	33:54	Keighley & Craven	
13	399	Jack	Simpson	Man	34:10	Unattached	
14	98	Rob	Dewhurst	MV50	34:17	Ambleside	1st MV50
15	131	Sam	Green	Man	34:20	Helm Hill	
16	124	George	Attwood	MU21	34:27	Dallam	
17	351	Sam	Mason	MU21	34:27	Helm Hill	
18	54	Brian	Pennington	MV40	34:35	Howgill Harriers	
19	30	Oliver	Waters	MV40	34:48	Helm Hill	
20	20	James	Graham	MV40	34:52	Unattached	
21	212	Paul	Reilly	MV40	34:59	Helm Hill	
22	417	Darren	Fishwick	MV40	35:05	Chorley	
23	478	Matt	Wilson	MV40	35:12	Kendal	
24	5	Craig	Burrow	MV40	35:19	Helm Hill	
25	483	Rick	Stuart	MV50	35:21	Helm Hill	
26	497	Ian	Harrington	MV40	35:22	Helm Hill	
27	189	Hannah	Russell	LU21	35:27	Helm Hill	2nd Lady/1st LU21
28	100	John	Hosker	Man	35:32	Howgill Harriers	
29	202	Kris	Baldock	Man	35:43	Kendal Tri	
30	164	Jonny	Marchant	MV40	35:45	Helm Hill	
31	2	Robert	Crawford	MV40	35:53	Howgill Harriers	
32	345	Tim	Roe	Man	35:57	Helm Hill	
33	204	Peter	German	Man	36:06	Helm Hill	
34	259	Jacob	Aubrey	MU21	36:08	Helm Hill	
35	408	Tom	Simpson	Man	36:11	Unattached	
36	29	Rob	Harper	MV40	36:16	Kendal	
37	251	Scott	Rose	Man	36:28	Coniston	
38	69	Martin	Askew	MU21	36:31	Helm Hill	
39	103	David	Bainbridge	Man	36:51	Howgill Harriers	
40	9	Graham	Schofield	MV60	36:58	Horwich	1st MV60
41	476	Chris	Plews	MV40	37:01	Wetherby	
42	244	Ronald	Hummelink	Man	37:04	Lonsdale	
43	268	Ross	Jenkin	Man	37:05	Howgill Harriers	
44	479	Richard	Wilson	Man	37:07	Kendal	
45	429	Martin	Spoons	Man	37:11	Howgill Harriers	
46	50	Richard	Wells	MV40	37:21	Howgill Harriers	
47	51	Sean	Robinson	Man	37:29	Howgill Harriers	
48	394	Craig	Smith	MV50	37:39	Keswick	
49	206	Martin	Lane	Man	37:41	Howgill Harriers	
50	241	Ian	Palmer	MV40	37:56	Unattached	
51	196	Jack	Perry	Man	37:59	Unattached	
52	265	Mark	Cropper	MV40	38:02	Helm Hill	
53	58	Mark	Simmonds	MV50	38:03	Unattached	

54	377	William	Procter	MV60	38:08	Helm Hill	
55	83	Adam	Procter	Man	38:11	Settle	
56	336	Paul	Tarbett	MV50	38:26	Unattached	
57	292	Imogen	Burrow	LU21	38:56	Helm Hill	3rd Lady
58	490	James	Leigh-Baron	MV40	39:02	Helm Hill	
59	82	Steven	Procter	Man	39:05	Settle	
60	471	Jimmy	Roberts	MV40	39:10	Keighley & Craven	
61	180	Richard	Duckett	Man	39:19	Unattached	
62	93	John	Rainford	MV50	39:21	Preston Harriers	
63	12	Tod	Coates	MV40	39:26	Ambleside	
64	303	Duncan	Copley	MV50	39:35	Dallam	
65	188	Steph	Jones	Lady	39:36	Ambleside	
66	387	Justin	Bibby	MV40	39:37	Unattached	
67	102	Matt	Davis	Man	39:37	Howgill Harriers	
68	492	Jon	Hill	Man	39:53	Unattached	
69	162	Emily	Simpson	Lady	39:57	Unattached	
70	34	Shaun	Addison	MV50	39:59	Helm Hill	
71	495	Michael	Elliott	Man	40:15	Unattached	
72	3	Ali	Richards	LV40	40:18	Helm Hill	1st LV40
73	304	Steven	Middleton	MV40	40:27	Howgill Harriers	
74	322	Ray	Gill	MV50	40:32	Dallam	
75	470	Karl	Mason	Man	40:46	Helm Hill	
76	484	David	Minks	Man	40:55	Tyne Bridge	
77	482	John	Robson	MV50	41:03	Helm Hill	
78	46	Alistair	Hearn	MV40	41:09	Unattached	
79	435	David	Odowd	MV50	41:16	Northern Fells	
80	165	Michael	Duncan	Man	41:21	Helm Hill	
81	142	Mike	Walsh	MV60	41:29	Kendal	
82	154	John	Fitzpatrick	MV50	41:36	Unattached	
83	250	Tim	Pickering	Man	41:47	Helm Hill	
84	311	Martin	Barry	MV50	41:53	Settle	
85	415	Wilfred	Bell	MV60	41:59	Unattached	
86	130	Michael	Toman	MV50	42:02	Rosendale	
87	81	Andy	Bennett	MV40	42:15	Helm Hill	
88	453	Paul	Davison	Man	42:42	Howgill Harriers	
89	291	David	Hunter	MV50	42:45	Unattached	
90	86	Dave	Appleyard	MV50	43:01	Helm Hill	
91	444	Bill	Beckett	MV50	43:04	Chorley	
92	446	Rachel	Simpson	Lady	43:13	Unattached	
93	485	Andrew	Hewitson	MV40	43:25	Lonsdale	
94	222	Andrew	Conner	MV50	43:30	Helm Hill	
95	201	Tim	Murray	MV50	43:42	Helm Hill	
96	137	Andy	Mingay	MV40	43:57	Eden	
97	287	Jason	Edmondson	MV40	44:06	Ambleside	
98	449	Jack	Campbell	Man	44:09	Unattached	
99	480	Rohan	Hayes	Man	44:13	Unattached	
100	335	Graham	Moffat	MV50	44:18	Howgill Harriers	
101	427	Rowan	Ranner	Lady	44:41	Helm Hill	
102	157	Debs	Greaves	LV40	44:45	Howgill Harriers	
103	329	Jenny	Lyon	Lady	44:50	Dallam	
104	90	Chris	Bateson	MV40	44:56	Unattached	
105	409	Paul	Stocks	MV50	44:58	Dallam	
106	169	Jonathon	Gibson	MV50	45:00	Wharfedale	
107	409	Paul	Stocks	MV50	45:06	Dallam	
108	45	Jayne	Rigby	LV40	45:11	Helm Hill	
109	179	Stuart	Bell	MV60	45:19	Kendal	
110	226	Patrick	Willink	MV50	45:23	Helm Hill	
111	488	Jim	Fisher	MV50	45:24	Howgill Harriers	
112	127	Alice	Slattery	LU21	45:28	Helm Hill	
113	200	Mark	Charnley	MV40	45:31	Settle	
114	109	Peter	Acland	MV50	45:33	Kendal	
115	496	Allison	Daly	LV40	45:40	Kendal	

116	158	Mo	Kelly	Lady	45:44	Howgill Harriers	
117	195	Joanne	McLeod	LV50	45:44	Barrow & Furness Striders	1st LV50
118	92	Michael	McLoughlin	MV60	46:15	Preston Harriers	
119	4	Amanda	Burrow	LV40	46:27	Helm Hill	
120	489	Kate	Wilson	LV40	46:28	Helm Hill	
121	290	Sarah	Folks	LV40	47:03	Ambleside	
122	174	David	Cowperthwaite	MV50	47:15	Unattached	
123	15	Jo	Pennington	LV40	47:20	Kendal	
124	47	Helen	Greenep	LV50	47:30	Settle	
125	91	Barry	Scholes	MV60	47:33	Settle	
126	225	Vicky	Kirkwood	LV40	47:43	Dallam	
127	107	Lynn	Whittaker	LV50	47:44	Wharfedale	
128	406	Michelle	Middleton	Lady	47:53	Howgill Harriers	
129	19	Niki	Rylance	LV40	48:02	Ambleside	
130	240	Katie	Palmer	LV40	48:22	Unattached	
131	187	Victoria	Upton	Lady	48:44	Helm Hill	
132	71	John	Taylor	MV60	48:47	Bowland	
133	66	Russ	Cannon	MV50	48:50	Helm Hill	
134	247	Daniel	Rayson	MV40	48:57	Unattached	
135	199	Jenna	Moffat	Lady	49:01	Howgill Harriers	
136	252	John	Hodgson	MV70	49:09	Dallam	1st MV70
137	414	Andy	Monk	MV60	49:30	ABFR	
138	493	Shona	Atherton	Lady	49:38	Helm Hill	
139	99	Hazel	Pearson	LV50	49:51	Helm Hill	
140	60	Tim	Thom	MV50	49:58	Keighley & Craven	
141	390	Gareth	Bradburn-Sims	MV40	50:06	Howgill Harriers	
142	85	Katy	Thompson	LV60	50:13	Clayton-Le-Moors	1st LV60
143	194	Richard	Simpson	MV60	50:16	Dallam	
144	13	Libby	Dixon	LV40	50:22	Ambleside	
145	218	Patty	Davies	MV40	50:29	Helm Hill	
146	481	Rachel	Slattery	LV40	50:35	Helm Hill	
147	431	Marie	Robson	LV40	50:36	Helm Hill	
148	72	Jo	Taylor	LV50	50:43	Bowland	
149	64	Ruth	O'Dowd	LV50	50:43	Northern Fells	
150	498	Sam	Harding	MV40	50:44	Unattached	
151	22	Paula	Bowen	LV40	51:17	Ambleside	
152	39	Geoff	Thompson	MV50	51:49	Wharfedale	
153	494	Julia	Robson	Lady	52:13	Unattached	
154	307	Zoe	Robinson	Lady	52:19	Howgill Harriers	
155	161	Rebecca	Hodgson	Lady	52:22	Helm Hill	
156	62	Veronica	Waller	LV40	52:50	Dallam	
157	135	Elizabeth	Adams	LV40	53:02	Helm Hill	
158	275	Lindsay	Harrod	LV40	53:11	Helm Hill	
159	173	Elaine	Cowperthwaite	LV40	53:43	Unattached	
160	148	Phil	Corris	MV60	54:44	Lancs Constabulary	
161	472	S?????	Martindale	MV50	55:33	Unattached	
162	486	Chris	Atkinson	LV50	55:38	Unattached	
163	487	Richard	Lote	MV50	55:41	Unattached	
164	207	Yolanda	Spooner	Lady	56:52	Howgill Harriers	
165	8	May	Crawford	Lady	57:57	Helm Hill	
166	295	Jo	Matthew	LV40	58:34	Lancaster & Morecambe	
167	338	Richard	Handford	MV50	59:47	Settle	
168	31	Wendy	Smith	LV40	59:54	Helm Hill	
169	499	Jenna	Butler	Lady	1:00:19	Helm Hill	
170	214	Phil	Kirkby	MV60	1:01:01	Coniston	
171	316	Jill	Gates	LV50	1:01:49	Settle	
172	383	Alana	Willis	LU21	1:04:35	Wharfedale	
173	96	Joe	Howard	MV70	1:04:50	Preston Harriers	
174	475	Jo	Rankin	LV40	1:05:03	Wetherby	
175	1	Dennis	Wood	MV70	1:09:48	Borrowdale	
176	141	Martin	Ramsay	MV50	DNF	Helm Hill	
177	477	Robbie	Ingham	Man	DNF	Kendal	

178	491	Steve	Angus	MV40	DNF	Keswick	
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### Under 17 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	649	Joshua	Liddle	Boy	18:32	Eden	1st Boy
2	765	Tom	Humphries	Boy	18:41	Eden	2nd Boy
3	563	Sebastian	Segger-Staveley	Boy	19:16	Settle	3rd Boy
4	512	Ben	Edmondson	Boy	20:02	Ambleside	
5	633	Robert	Askew	Boy	20:13	Helm Hill	
6	767	Jospeh	Conner	Boy	20:16	Helm Hill	
7	610	Samuel	Thom	Boy	21:10	Keighley & Craven	
8	561	Rosie	Woodhams	Girl	21:13	Dallam	1st Girl
9	739	Harry	Shaw	Boy	23:19	Lancaster & Morecambe	
10	653	Amy	Slattery	Girl	23:22	Helm Hill	2nd Girl
11	742	Ben	Kirkham	Boy	23:36	Rossendale	
12	541	Maia	Doherty	Girl	24:26	Helm Hill	3rd Girl
13	635	Harry	Sanderson	Boy	25:12	Ambleside	
14	598	Erin	Bagge	Girl	25:32	Helm Hill	
15	571	Courtney	Hutchinson	Girl	26:53	Ambleside	
16	721	Emily	Crossley	Girl	29:45	Settle	
17	662	Simone	Rigby	Girl	29:49	Settle	
18	763	Stella	Richards	Girl	34:55	Keighley & Craven	

### Under 15 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	553	Sam	Smith	Boy	13:30	Wharfedale	1st Boy
2	544	Daniel	Sanderson	Boy	14:01	Ambleside	2nd Boy
3	504	Ollie	Sanders	Boy	14:36	Helm Hill	3rd Boy
4	524	Jacob	Smith	Boy	14:43	Kendal	
5	619	Ben	O'Dowd	Boy	14:58	Northern Fells	
6	549	Alex	Tallon	Boy	15:17	Helm Hill	
7	665	Lilli	Carr	Girl	15:22	Keighley & Craven	1st Girl
8	525	Ben	Smith	Boy	15:44	Kendal	
9	607	Addison	Willis	Boy	16:14	Wharfedale	
10	507	Emily	Swarbrick	Girl	16:31	CFR	2nd Girl
11	603	Brodie Joh	Weymouth	Boy	16:39	Unattached	
12	672	Joel	Clayton	Boy	16:44	Helm Hill	
13	531	Henry	Hunter	Boy	16:47	Helm Hill	
14	658	Beth	Roberts	Girl	17:01	Keighley & Craven	3rd Girl
15	641	Maisie	Gough	Girl	17:24	Howgill Harriers	
16	602	Adam	Scott	Boy	17:37	Kendal	
17	693	Edward	Thomas	Boy	18:23	Howgill Harriers	
18	732	Ellie	Simmonds	Girl	18:51	Unattached	
19	590	Ella	Park	Girl	18:57	Helm Hill	
20	594	Freya	Richards	Girl	19:06	Helm Hill	
21	753	Annabelle	Taylor	Girl	20:09	Helm Hill	

### Under 13 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	540	James	Bowen	Boy	08:05	Ambleside	1st Boy
2	539	Harry	Bowen	Boy	08:11	Ambleside	2nd Boy
3	747	Charlie	Allmond	Boy	08:15	Ambleside	3rd Boy
4	696	Tobias	Swarbrick	Boy	08:16	Lancaster & Morecambe	
5	766	William	Hall	Boy	08:40	Calder Valley	
6	678	Olesia	Winder	Girl	08:41	Leven Valley	1st Girl
7	546	Dylan	Cater	Boy	08:50	Helm Hill	
8	741	James	Duffy	Boy	08:56	Calder Valley	
9	585	Ben	Greenep	Boy	08:57	Settle	
10	532	Sophie	Rylance	Girl	08:58	Ambleside	2nd Girl
11	730	Cameron	Coates	Boy	09:00	Ambleside	
12	762	Luke	Carrington	Boy	09:01	Helm Hill	
13	689	Caius	Pennington	Boy	09:05	Howgill Harriers	
14	522	Cal	McVey	Boy	09:08	Ambleside	
15	520	Clara	Samson	Girl	09:14	Helm Hill	3rd Girl
16	621	Charlie	Barry	Boy	09:16	Settle	
17	655	Scott	Fisher	Boy	09:20	Hoad Hill	
18	543	Jack	Collett	Boy	09:22	COLT/LMAC	
19	679	Will	Mcnally	Boy	09:24	Leven Valley	
20	535	Rowan	Ashworth	Boy	09:24	Ambleside	
21	516	Frankie	Exley-Harper	Boy	09:26	Ambleside	
22	570	William	Durkin	Boy	09:32	Ambleside	
23	584	Joseph	Rigby	Boy	09:36	Helm Hill	
24	527	Oliver	Smith	Boy	09:37	Kendal	
25	609	Luke	Simmonds	Boy	09:39	Unattached	
26	511	Alfie	Addison	Boy	09:39	Helm Hill	
27	620	Gemma	O'Dowd	Girl	09:44	Northern Fells	
28	616	Jamie	Waller	Boy	09:48	Dallam	
29	569	Daniel	Knowles-Slack	Boy	09:55	Settle	
30	550	Elise	Tallon	Girl	09:59	Helm Hill	
31	538	Alex	Graham	Boy	10:04	Ambleside	
32	503	Richard	Goode-Smith	Boy	10:06	Ambleside	
33	586	Sam	Greenep	Boy	10:09	Settle	
34	573	Bethan	Saunders	Girl	10:11	Leven Valley	
35	562	Douglas	Segger-Staveley	Boy	10:12	Settle	
36	624	Jody	Middleton	Boy	10:14	Howgill Harriers	
37	760	Leo	Ranner	Boy	10:17	Helm Hill	
38	579	Marvin	Gibbs	Boy	10:20	Helm Hill	
39	545	Luke	Lofthouse	Boy	10:27	Helm Hill	
40	510	Nathan	Ritchie	Boy	10:31	Glaxo Hoad Hill Harriers	
41	593	Grace	Wells	Girl	10:33	Howgill Harriers	
42	588	Sam	Jackson	Boy	10:37	Helm Hill	
43	595	Tilly	Nicholls	Girl	10:38	Ambleside	
44	508	Olivia	Swarbrick	Girl	10:38	CFR	
45	515	Theo	Coates	Boy	10:42	Ambleside	
46	615	Ella	Martindale	Girl	10:45	Helm Hill	
47	560	Toby	Harper	Boy	10:53	Ambleside	
48	534	Martha	Rigby	Girl	10:55	Settle	
49	613	Vicky	Woof	Girl	10:56	Howgill Harriers	
50	735	Hal	Saner-Haigh	Boy	10:57	Helm Hill	
51	566	Aaron	Smith	Boy	10:57	Helm Hill	
52	589	Oliver	Park	Boy	11:07	Helm Hill	
53	714	Amelie	Lane	Girl	11:09	Wharfedale	
54	530	Emma	Duxbury	Girl	11:24	Ambleside	
55	601	Connie	Maye-Scott	Girl	11:26	Unattached	
56	634	Erin	Holton	Girl	11:30	Howgill Harriers	
57	564	Ned	Whitaker	Boy	11:43	Settle	
58	639	Minnie	Mills	Girl	11:44	Settle	
59	597	Theo	Robinson	Boy	11:48	Howgill Harriers	
60	750	Ruby	Duxbury	Girl	11:49	Ambleside	

61	673	Charlie	Clayton	Boy	11:58	Helm Hill	
62	727	Ellen	Dickson	Girl	12:01	Ambleside	
63	552	Bobby	Wilkin	Boy	12:09	Ambleside	
64	614	Madeleine	Martindale	Girl	12:11	Unattached	
65	548	Cate	Matthew	Girl	12:16	Lancaster & Morecambe	
66	630	Maddison	Parrington	Girl	12:17	Barlick	
67	764	Mollie	Smith	Girl	12:38	Wharfedale	
68	629	Seren	Green	Girl	12:39	Ambleside	
69	692	Sienna	Middleton	Girl	12:44	Howgill Harriers	
70	611	Katie	Lowis	Girl	12:47	Howgill Harriers	
71	506	Alicia	Crawford	Girl	14:06	Helm Hill	
72	608	Betsy	Willis	Girl	14:40	Wharfedale	
73	638	Finley	Grisedale	Boy	DNF	Helm Hill	



# Cunswick 2017 Category Results

## ALL SENIOR MEN

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	25	Josh	Jardine	Man	30:44	Helm Hill	1st Man
2	474	Paul	Tierney	Man	31:06	Ambleside	2nd Man
3	422	Michael	Ainsworth	Man	31:16	Helm Hill	3rd Man
4	193	Charlie	Lowther	Man	31:58	Eden	
5	18	Jon	Rylance	MV40	32:20	Ambleside	1st MV40
6	362	Lee	Parrington	Man	32:33	Barlick	
7	73	Reuben	Copley	MU21	32:55	Dallam	1st MU21
8	104	Simon	Mounsey	MV40	33:33	Howgill Harriers	
9	267	John	Helme	Man	33:43	Ambleside	
10	183	Ben	Jackson	Man	33:50	Unattached	
11	55	Ian	Willis	MV40	33:54	Keighley & Craven	
12	399	Jack	Simpson	Man	34:10	Unattached	
13	98	Rob	Dewhurst	MV50	34:17	Ambleside	1st MV50
14	131	Sam	Green	Man	34:20	Helm Hill	
15	124	George	Attwood	MU21	34:27	Dallam	
16	351	Sam	Mason	MU21	34:27	Helm Hill	
17	54	Brian	Pennington	MV40	34:35	Howgill Harriers	
18	30	Oliver	Waters	MV40	34:48	Helm Hill	
19	20	James	Graham	MV40	34:52	Unattached	
20	212	Paul	Reilly	MV40	34:59	Helm Hill	
21	417	Darren	Fishwick	MV40	35:05	Chorley	
22	478	Matt	Wilson	MV40	35:12	Kendal	
23	5	Craig	Burrow	MV40	35:19	Helm Hill	
24	483	Rick	Stuart	MV50	35:21	Helm Hill	
25	497	Ian	Harrington	MV40	35:22	Helm Hill	
26	100	John	Hosker	Man	35:32	Howgill Harriers	
27	202	Kris	Baldock	Man	35:43	Kendal Tri	
28	164	Jonny	Marchant	MV40	35:45	Helm Hill	
29	2	Robert	Crawford	MV40	35:53	Howgill Harriers	
30	345	Tim	Roe	Man	35:57	Helm Hill	
31	204	Peter	German	Man	36:06	Helm Hill	
32	259	Jacob	Aubrey	MU21	36:08	Helm Hill	
33	408	Tom	Simpson	Man	36:11	Unattached	
34	29	Rob	Harper	MV40	36:16	Kendal	
35	251	Scott	Rose	Man	36:28	Coniston	
36	69	Martin	Askew	MU21	36:31	Helm Hill	
37	103	David	Bainbridge	Man	36:51	Howgill Harriers	
38	9	Graham	Schofield	MV60	36:58	Horwich	1st MV60
39	476	Chris	Plews	MV40	37:01	Wetherby	
40	244	Ronald	Hummelink	Man	37:04	Lonsdale	
41	268	Ross	Jenkin	Man	37:05	Howgill Harriers	
42	479	Richard	Wilson	Man	37:07	Kendal	
43	429	Martin	Spoons	Man	37:11	Howgill Harriers	
44	50	Richard	Wells	MV40	37:21	Howgill Harriers	
45	51	Sean	Robinson	Man	37:29	Howgill Harriers	
46	394	Craig	Smith	MV50	37:39	Keswick	
47	206	Martin	Lane	Man	37:41	Howgill Harriers	
48	241	Ian	Palmer	MV40	37:56	Unattached	
49	196	Jack	Perry	Man	37:59	Unattached	
50	265	Mark	Cropper	MV40	38:02	Helm Hill	
51	58	Mark	Simmonds	MV50	38:03	Unattached	
52	377	William	Procter	MV60	38:08	Helm Hill	
53	83	Adam	Procter	Man	38:11	Settle	
54	336	Paul	Tarbett	MV50	38:26	Unattached	
55	490	James	Leigh-Baron	MV40	39:02	Helm Hill	
56	82	Steven	Procter	Man	39:05	Settle	
57	471	Jimmy	Roberts	MV40	39:10	Keighley & Craven	
58	180	Richard	Duckett	Man	39:19	Unattached	

59	93	John	Rainford	MV50	39:21	Preston Harriers	
60	12	Tod	Coates	MV40	39:26	Ambleside	
61	303	Duncan	Copley	MV50	39:35	Dallam	
62	387	Justin	Bibby	MV40	39:37	Unattached	
63	102	Matt	Davis	Man	39:37	Howgill Harriers	
64	492	Jon	Hill	Man	39:53	Unattached	
65	34	Shaun	Addison	MV50	39:59	Helm Hill	
66	495	Michael	Elliott	Man	40:15	Unattached	
67	304	Steven	Middleton	MV40	40:27	Howgill Harriers	
68	322	Ray	Gill	MV50	40:32	Dallam	
69	470	Karl	Mason	Man	40:46	Helm Hill	
70	484	David	Minks	Man	40:55	Tyne Bridge	
71	482	John	Robson	MV50	41:03	Helm Hill	
72	46	Alistair	Hearn	MV40	41:09	Unattached	
73	435	David	Odowd	MV50	41:16	Northern Fells	
74	165	Michael	Duncan	Man	41:21	Helm Hill	
75	142	Mike	Walsh	MV60	41:29	Kendal	
76	154	John	Fitzpatrick	MV50	41:36	Unattached	
77	250	Tim	Pickering	Man	41:47	Helm Hill	
78	311	Martin	Barry	MV50	41:53	Settle	
79	415	Wilfred	Bell	MV60	41:59	Unattached	
80	130	Michael	Toman	MV50	42:02	Rosendale	
81	81	Andy	Bennett	MV40	42:15	Helm Hill	
82	453	Paul	Davison	Man	42:42	Howgill Harriers	
83	291	David	Hunter	MV50	42:45	Unattached	
84	86	Dave	Appleyard	MV50	43:01	Helm Hill	
85	444	Bill	Beckett	MV50	43:04	Chorley	
86	485	Andrew	Hewitson	MV40	43:25	Lonsdale	
87	222	Andrew	Conner	MV50	43:30	Helm Hill	
88	201	Tim	Murray	MV50	43:42	Helm Hill	
89	137	Andy	Mingay	MV40	43:57	Eden	
90	287	Jason	Edmondson	MV40	44:06	Ambleside	
91	449	Jack	Campbell	Man	44:09	Unattached	
92	480	Rohan	Hayes	Man	44:13	Unattached	
93	335	Graham	Moffat	MV50	44:18	Howgill Harriers	
94	90	Chris	Bateson	MV40	44:56	Unattached	
95	409	Paul	Stocks	MV50	44:58	Dallam	
96	169	Jonathon	Gibson	MV50	45:00	Wharfedale	
97	409	Paul	Stocks	MV50	45:06	Dallam	
98	179	Stuart	Bell	MV60	45:19	Kendal	
99	226	Patrick	Willink	MV50	45:23	Helm Hill	
100	488	Jim	Fisher	MV50	45:24	Howgill Harriers	
101	200	Mark	Charnley	MV40	45:31	Settle	
102	109	Peter	Acland	MV50	45:33	Kendal	
103	92	Michael	McLoughlin	MV60	46:15	Preston Harriers	
104	174	David	Cowperthwaite	MV50	47:15	Unattached	
105	91	Barry	Scholes	MV60	47:33	Settle	
106	71	John	Taylor	MV60	48:47	Bowland	
107	66	Russ	Cannon	MV50	48:50	Helm Hill	
108	247	Daniel	Rayson	MV40	48:57	Unattached	
109	252	John	Hodgson	MV70	49:09	Dallam	1st MV70
110	414	Andy	Monk	MV60	49:30	ABFR	
111	60	Tim	Thom	MV50	49:58	Keighley & Craven	
112	390	Gareth	Bradburn-Sims	MV40	50:06	Howgill Harriers	
113	194	Richard	Simpson	MV60	50:16	Dallam	
114	218	Patty	Davies	MV40	50:29	Helm Hill	
115	498	Sam	Harding	MV40	50:44	Unattached	
116	39	Geoff	Thompson	MV50	51:49	Wharfedale	
117	148	Phil	Corris	MV60	54:44	Lancs Constabulary	
118	472	S?????	Martindale	MV50	55:33	Unattached	
119	487	Richard	Lote	MV50	55:41	Unattached	
120	338	Richard	Handford	MV50	59:47	Settle	

121	214	Phil	Kirkby	MV60	1:01:01	Coniston	
122	96	Joe	Howard	MV70	1:04:50	Preston Harriers	
123	1	Dennis	Wood	MV70	1:09:48	Borrowdale	
DNF	141	Martin	Ramsay	MV50	DNF	Helm Hill	
DNF	477	Robbie	Ingham	Man	DNF	Kendal	
DNF	491	Steve	Angus	MV40	DNF	Keswick	

**MEN**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	25	Josh	Jardine	Man	30:44	Helm Hill	1st Man
2	474	Paul	Tierney	Man	31:06	Ambleside	2nd Man
3	422	Michael	Ainsworth	Man	31:16	Helm Hill	3rd Man
4	193	Charlie	Lowther	Man	31:58	Eden	
5	362	Lee	Parrington	Man	32:33	Barlick	
6	73	Reuben	Copley	MU21	32:55	Dallam	1st MU21
7	267	John	Helme	Man	33:43	Ambleside	
8	183	Ben	Jackson	Man	33:50	Unattached	
9	399	Jack	Simpson	Man	34:10	Unattached	
10	131	Sam	Green	Man	34:20	Helm Hill	
11	124	George	Attwood	MU21	34:27	Dallam	
12	351	Sam	Mason	MU21	34:27	Helm Hill	
13	100	John	Hosker	Man	35:32	Howgill Harriers	
14	202	Kris	Baldock	Man	35:43	Kendal Tri	
15	345	Tim	Roe	Man	35:57	Helm Hill	
16	204	Peter	German	Man	36:06	Helm Hill	
17	259	Jacob	Aubrey	MU21	36:08	Helm Hill	
18	408	Tom	Simpson	Man	36:11	Unattached	
19	251	Scott	Rose	Man	36:28	Coniston	
20	69	Martin	Askew	MU21	36:31	Helm Hill	
21	103	David	Bainbridge	Man	36:51	Howgill Harriers	
22	244	Ronald	Hummelink	Man	37:04	Lonsdale	
23	268	Ross	Jenkin	Man	37:05	Howgill Harriers	
24	479	Richard	Wilson	Man	37:07	Kendal	
25	429	Martin	Spoons	Man	37:11	Howgill Harriers	
26	51	Sean	Robinson	Man	37:29	Howgill Harriers	
27	206	Martin	Lane	Man	37:41	Howgill Harriers	
28	196	Jack	Perry	Man	37:59	Unattached	
29	83	Adam	Procter	Man	38:11	Settle	
30	82	Steven	Procter	Man	39:05	Settle	
31	180	Richard	Duckett	Man	39:19	Unattached	
32	102	Matt	Davis	Man	39:37	Howgill Harriers	
33	492	Jon	Hill	Man	39:53	Unattached	
34	495	Michael	Elliott	Man	40:15	Unattached	
35	470	Karl	Mason	Man	40:46	Helm Hill	
36	484	David	Minks	Man	40:55	Tyne Bridge	
37	165	Michael	Duncan	Man	41:21	Helm Hill	
38	250	Tim	Pickering	Man	41:47	Helm Hill	
39	453	Paul	Davison	Man	42:42	Howgill Harriers	
40	449	Jack	Campbell	Man	44:09	Unattached	
41	480	Rohan	Hayes	Man	44:13	Unattached	
DNF	477	Robbie	Ingham	Man	DNF	Kendal	

**MEN UNDER 21**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	73	Reuben	Copley	MU21	32:55	Dallam	1st MU21
2	124	George	Attwood	MU21	34:27	Dallam	
3	351	Sam	Mason	MU21	34:27	Helm Hill	
4	259	Jacob	Aubrey	MU21	36:08	Helm Hill	
5	69	Martin	Askew	MU21	36:31	Helm Hill	

**MEN - VET 40**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	18	Jon	Rylance	MV40	32:20	Ambleside	1st MV40
2	104	Simon	Mounsey	MV40	33:33	Howgill Harriers	
3	55	Ian	Willis	MV40	33:54	Keighley & Craven	
4	54	Brian	Pennington	MV40	34:35	Howgill Harriers	
5	30	Oliver	Waters	MV40	34:48	Helm Hill	
6	20	James	Graham	MV40	34:52	Unattached	
7	212	Paul	Reilly	MV40	34:59	Helm Hill	
8	417	Darren	Fishwick	MV40	35:05	Chorley	
9	478	Matt	Wilson	MV40	35:12	Kendal	
10	5	Craig	Burrow	MV40	35:19	Helm Hill	
11	497	Ian	Harrington	MV40	35:22	Helm Hill	
12	164	Jonny	Marchant	MV40	35:45	Helm Hill	
13	2	Robert	Crawford	MV40	35:53	Howgill Harriers	
14	29	Rob	Harper	MV40	36:16	Kendal	
15	476	Chris	Plews	MV40	37:01	Wetherby	
16	50	Richard	Wells	MV40	37:21	Howgill Harriers	
17	241	Ian	Palmer	MV40	37:56	Unattached	
18	265	Mark	Cropper	MV40	38:02	Helm Hill	
19	490	James	Leigh-Baron	MV40	39:02	Helm Hill	
20	471	Jimmy	Roberts	MV40	39:10	Keighley & Craven	
21	12	Tod	Coates	MV40	39:26	Ambleside	
22	387	Justin	Bibby	MV40	39:37	Unattached	
23	304	Steven	Middleton	MV40	40:27	Howgill Harriers	
24	46	Alistair	Hearn	MV40	41:09	Unattached	
25	81	Andy	Bennett	MV40	42:15	Helm Hill	
26	485	Andrew	Hewitson	MV40	43:25	Lonsdale	
27	137	Andy	Mingay	MV40	43:57	Eden	
28	287	Jason	Edmondson	MV40	44:06	Ambleside	
29	90	Chris	Bateson	MV40	44:56	Unattached	
30	200	Mark	Charnley	MV40	45:31	Settle	
31	247	Daniel	Rayson	MV40	48:57	Unattached	
32	390	Gareth	Bradburn-Sims	MV40	50:06	Howgill Harriers	
33	218	Patty	Davies	MV40	50:29	Helm Hill	
34	498	Sam	Harding	MV40	50:44	Unattached	
DNF	491	Steve	Angus	MV40	DNF	Keswick	

**MEN - VET 50**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	98	Rob	Dewhurst	MV50	34:17	Ambleside	1st MV50
2	483	Rick	Stuart	MV50	35:21	Helm Hill	
3	394	Craig	Smith	MV50	37:39	Keswick	
4	58	Mark	Simmonds	MV50	38:03	Unattached	
5	336	Paul	Tarbett	MV50	38:26	Unattached	
6	93	John	Rainford	MV50	39:21	Preston Harriers	
7	303	Duncan	Copley	MV50	39:35	Dallam	
8	34	Shaun	Addison	MV50	39:59	Helm Hill	
9	322	Ray	Gill	MV50	40:32	Dallam	
10	482	John	Robson	MV50	41:03	Helm Hill	
11	435	David	Odowd	MV50	41:16	Northern Fells	
12	154	John	Fitzpatrick	MV50	41:36	Unattached	
13	311	Martin	Barry	MV50	41:53	Settle	
14	130	Michael	Toman	MV50	42:02	Rosendale	
15	291	David	Hunter	MV50	42:45	Unattached	
16	86	Dave	Appleyard	MV50	43:01	Helm Hill	
17	444	Bill	Beckett	MV50	43:04	Chorley	
18	222	Andrew	Conner	MV50	43:30	Helm Hill	
19	201	Tim	Murray	MV50	43:42	Helm Hill	
20	335	Graham	Moffat	MV50	44:18	Howgill Harriers	
21	409	Paul	Stocks	MV50	44:58	Dallam	
22	169	Jonathon	Gibson	MV50	45:00	Wharfedale	
23	409	Paul	Stocks	MV50	45:06	Dallam	
24	226	Patrick	Willink	MV50	45:23	Helm Hill	
25	488	Jim	Fisher	MV50	45:24	Howgill Harriers	
26	109	Peter	Acland	MV50	45:33	Kendal	
27	174	David	Cowperthwaite	MV50	47:15	Unattached	
28	66	Russ	Cannon	MV50	48:50	Helm Hill	
29	60	Tim	Thom	MV50	49:58	Keighley & Craven	
30	39	Geoff	Thompson	MV50	51:49	Wharfedale	
31	472	S?????	Martindale	MV50	55:33	Unattached	
32	487	Richard	Lote	MV50	55:41	Unattached	
33	338	Richard	Handford	MV50	59:47	Settle	
DNF	141	Martin	Ramsay	MV50	DNF	Helm Hill	

**MEN - VET 60**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	9	Graham	Schofield	MV60	36:58	Horwich	1st MV60
2	377	William	Procter	MV60	38:08	Helm Hill	
3	142	Mike	Walsh	MV60	41:29	Kendal	
4	415	Wilfred	Bell	MV60	41:59	Unattached	
5	179	Stuart	Bell	MV60	45:19	Kendal	
6	92	Michael	McLoughlin	MV60	46:15	Preston Harriers	
7	91	Barry	Scholes	MV60	47:33	Settle	
8	71	John	Taylor	MV60	48:47	Bowland	
9	414	Andy	Monk	MV60	49:30	ABFR	
10	194	Richard	Simpson	MV60	50:16	Dallam	
11	148	Phil	Corris	MV60	54:44	Lancs Constabulary	
12	214	Phil	Kirkby	MV60	1:01:01	Coniston	



**MEN - VET 70**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	252	John	Hodgson	MV70	49:09	Dallam	1st MV70
2	96	Joe	Howard	MV70	1:04:50	Preston Harriers	
3	1	Dennis	Wood	MV70	1:09:48	Borrowdale	

**ALL SENIOR LADIES**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	473	Sarah	McCormack	Lady	33:53	Ambleside	1st Lady
2	189	Hannah	Russell	LU21	35:27	Helm Hill	2nd Lady/1st LU21
3	292	Imogen	Burrow	LU21	38:56	Helm Hill	3rd Lady
4	188	Steph	Jones	Lady	39:36	Ambleside	
5	162	Emily	Simpson	Lady	39:57	Unattached	
6	3	Ali	Richards	LV40	40:18	Helm Hill	1st LV40
7	446	Rachel	Simpson	Lady	43:13	Unattached	
8	427	Rowan	Ranner	Lady	44:41	Helm Hill	
9	157	Debs	Greaves	LV40	44:45	Howgill Harriers	
10	329	Jenny	Lyon	Lady	44:50	Dallam	
11	45	Jayne	Rigby	LV40	45:11	Helm Hill	
12	127	Alice	Slattery	LU21	45:28	Helm Hill	
13	496	Allison	Daly	LV40	45:40	Kendal	
14	158	Mo	Kelly	Lady	45:44	Howgill Harriers	
15	195	Joanne	McLeod	LV50	45:44	Barrow & Furness Striders	1st LV50
16	4	Amanda	Burrow	LV40	46:27	Helm Hill	
17	489	Kate	Wilson	LV40	46:28	Helm Hill	
18	290	Sarah	Folks	LV40	47:03	Ambleside	
19	15	Jo	Pennington	LV40	47:20	Kendal	
20	47	Helen	Greenep	LV50	47:30	Settle	
21	225	Vicky	Kirkwood	LV40	47:43	Dallam	
22	107	Lynn	Whittaker	LV50	47:44	Wharfedale	
23	406	Michelle	Middleton	Lady	47:53	Howgill Harriers	
24	19	Niki	Rylance	LV40	48:02	Ambleside	
25	240	Katie	Palmer	LV40	48:22	Unattached	
26	187	Victoria	Upton	Lady	48:44	Helm Hill	
27	199	Jenna	Moffat	Lady	49:01	Howgill Harriers	
28	493	Shona	Atherton	Lady	49:38	Helm Hill	
29	99	Hazel	Pearson	LV50	49:51	Helm Hill	
30	85	Katy	Thompson	LV60	50:13	Clayton-Le-Moors	1st LV60
31	13	Libby	Dixon	LV40	50:22	Ambleside	
32	481	Rachel	Slattery	LV40	50:35	Helm Hill	
33	431	Marie	Robson	LV40	50:36	Helm Hill	
34	72	Jo	Taylor	LV50	50:43	Bowland	
35	64	Ruth	O'Dowd	LV50	50:43	Northern Fells	
36	22	Paula	Bowen	LV40	51:17	Ambleside	
37	494	Julia	Robson	Lady	52:13	Unattached	
38	307	Zoe	Robinson	Lady	52:19	Howgill Harriers	
39	161	Rebecca	Hodgson	Lady	52:22	Helm Hill	
40	62	Veronica	Waller	LV40	52:50	Dallam	
41	135	Elizabeth	Adams	LV40	53:02	Helm Hill	
42	275	Lindsay	Harrod	LV40	53:11	Helm Hill	
43	173	Elaine	Cowperthwaite	LV40	53:43	Unattached	
44	486	Chris	Atkinson	LV50	55:38	Unattached	
45	207	Yolanda	Spooner	Lady	56:52	Howgill Harriers	
46	8	May	Crawford	Lady	57:57	Helm Hill	
47	295	Jo	Matthew	LV40	58:34	Lancaster & Morecambe	
48	31	Wendy	Smith	LV40	59:54	Helm Hill	
49	499	Jenna	Butler	Lady	1:00:19	Helm Hill	
50	316	Jill	Gates	LV50	1:01:49	Settle	
51	383	Alana	Willis	LU21	1:04:35	Wharfedale	
52	475	Jo	Rankin	LV40	1:05:03	Wetherby	

**LADIES**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	473	Sarah	McCormack	Lady	33:53	Ambleside	1st Lady
2	189	Hannah	Russell	LU21	35:27	Helm Hill	2nd Lady/1st LU21
3	292	Imogen	Burrow	LU21	38:56	Helm Hill	3rd Lady
4	188	Steph	Jones	Lady	39:36	Ambleside	
5	162	Emily	Simpson	Lady	39:57	Unattached	
6	446	Rachel	Simpson	Lady	43:13	Unattached	
7	427	Rowan	Ranner	Lady	44:41	Helm Hill	
8	329	Jenny	Lyon	Lady	44:50	Dallam	
9	127	Alice	Slattery	LU21	45:28	Helm Hill	
10	158	Mo	Kelly	Lady	45:44	Howgill Harriers	
11	406	Michelle	Middleton	Lady	47:53	Howgill Harriers	
12	187	Victoria	Upton	Lady	48:44	Helm Hill	
13	199	Jenna	Moffat	Lady	49:01	Howgill Harriers	
14	493	Shona	Atherton	Lady	49:38	Helm Hill	
15	494	Julia	Robson	Lady	52:13	Unattached	
16	307	Zoe	Robinson	Lady	52:19	Howgill Harriers	
17	161	Rebecca	Hodgson	Lady	52:22	Helm Hill	
18	207	Yolanda	Spooner	Lady	56:52	Howgill Harriers	
19	8	May	Crawford	Lady	57:57	Helm Hill	
20	499	Jenna	Butler	Lady	1:00:19	Helm Hill	
21	383	Alana	Willis	LU21	1:04:35	Wharfedale	

**LADIES UNDER 21**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	189	Hannah	Russell	LU21	35:27	Helm Hill	2nd Lady/1st LU21
2	292	Imogen	Burrow	LU21	38:56	Helm Hill	3rd Lady
3	127	Alice	Slattery	LU21	45:28	Helm Hill	
4	383	Alana	Willis	LU21	1:04:35	Wharfedale	

**LADIES - VET 40**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	3	Ali	Richards	LV40	40:18	Helm Hill	1st LV40
2	157	Debs	Greaves	LV40	44:45	Howgill Harriers	
3	45	Jayne	Rigby	LV40	45:11	Helm Hill	
4	496	Allison	Daly	LV40	45:40	Kendal	
5	4	Amanda	Burrow	LV40	46:27	Helm Hill	
6	489	Kate	Wilson	LV40	46:28	Helm Hill	
7	290	Sarah	Folks	LV40	47:03	Ambleside	
8	15	Jo	Pennington	LV40	47:20	Kendal	
9	225	Vicky	Kirkwood	LV40	47:43	Dallam	
10	19	Niki	Rylance	LV40	48:02	Ambleside	
11	240	Katie	Palmer	LV40	48:22	Unattached	
12	13	Libby	Dixon	LV40	50:22	Ambleside	
13	481	Rachel	Slattery	LV40	50:35	Helm Hill	
14	431	Marie	Robson	LV40	50:36	Helm Hill	
15	22	Paula	Bowen	LV40	51:17	Ambleside	
16	62	Veronica	Waller	LV40	52:50	Dallam	
17	135	Elizabeth	Adams	LV40	53:02	Helm Hill	
18	275	Lindsay	Harrod	LV40	53:11	Helm Hill	
19	173	Elaine	Cowperthwaite	LV40	53:43	Unattached	
20	295	Jo	Matthew	LV40	58:34	Lancaster & Morecambe	
21	31	Wendy	Smith	LV40	59:54	Helm Hill	
22	475	Jo	Rankin	LV40	1:05:03	Wetherby	

**LADIES - VET 50**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	195	Joanne	McLeod	LV50	45:44	Barrow & Furness Striders	1st LV50
2	47	Helen	Greenep	LV50	47:30	Settle	
3	107	Lynn	Whittaker	LV50	47:44	Wharfedale	
4	99	Hazel	Pearson	LV50	49:51	Helm Hill	
5	72	Jo	Taylor	LV50	50:43	Bowland	
6	64	Ruth	O'Dowd	LV50	50:43	Northern Fells	
7	486	Chris	Atkinson	LV50	55:38	Unattached	
8	316	Jill	Gates	LV50	1:01:49	Settle	

**LADIES - VET 60**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	85	Katy	Thompson	LV60	50:13	Clayton-Le-Moors	1st LV60

**UNDER 17 BOYS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	649	Joshua	Liddle	Boy	18:32	Eden	1st Boy
2	765	Tom	Humphries	Boy	18:41	Eden	2nd Boy
3	563	Sebastian	Segger-Staveley	Boy	19:16	Settle	3rd Boy
4	512	Ben	Edmondson	Boy	20:02	Ambleside	
5	633	Robert	Askew	Boy	20:13	Helm Hill	
6	767	Jospeh	Conner	Boy	20:16	Helm Hill	
7	610	Samuel	Thom	Boy	21:10	Keighley & Craven	
8	739	Harry	Shaw	Boy	23:19	Lancaster & Morecambe	
9	742	Ben	Kirkham	Boy	23:36	Rosendale	
10	635	Harry	Sanderson	Boy	25:12	Ambleside	



**UNDER 17 GIRLS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	561	Rosie	Woodhams	Girl	21:13	Dallam	1st Girl
2	653	Amy	Slattery	Girl	23:22	Helm Hill	2nd Girl
3	541	Maia	Doherty	Girl	24:26	Helm Hill	3rd Girl
4	598	Erin	Bagge	Girl	25:32	Helm Hill	
5	571	Courtney	Hutchinson	Girl	26:53	Ambleside	
6	721	Emily	Crossley	Girl	29:45	Settle	
7	662	Simone	Rigby	Girl	29:49	Settle	
8	763	Stella	Richards	Girl	34:55	Keighley & Craven	

**UNDER 15 BOYS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	553	Sam	Smith	Boy	13:30	Wharfedale	1st Boy
2	544	Daniel	Sanderson	Boy	14:01	Ambleside	2nd Boy
3	504	Ollie	Sanders	Boy	14:36	Helm Hill	3rd Boy
4	524	Jacob	Smith	Boy	14:43	Kendal	
5	619	Ben	O'Dowd	Boy	14:58	Northern Fells	
6	549	Alex	Tallon	Boy	15:17	Helm Hill	
7	525	Ben	Smith	Boy	15:44	Kendal	
8	607	Addison	Willis	Boy	16:14	Wharfedale	
9	603	Brodie Joh	Weymouth	Boy	16:39	Unattached	
10	672	Joel	Clayton	Boy	16:44	Helm Hill	
11	531	Henry	Hunter	Boy	16:47	Helm Hill	
12	602	Adam	Scott	Boy	17:37	Kendal	
13	693	Edward	Thomas	Boy	18:23	Howgill Harriers	

**UNDER 15 GIRLS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	665	Lilli	Carr	Girl	15:22	Keighley & Craven	1st Girl
2	507	Emily	Swarbrick	Girl	16:31	CFR	2nd Girl
3	658	Beth	Roberts	Girl	17:01	Keighley & Craven	3rd Girl
4	641	Maisie	Gough	Girl	17:24	Howgill Harriers	
5	732	Ellie	Simmonds	Girl	18:51	Unattached	
6	590	Ella	Park	Girl	18:57	Helm Hill	
7	594	Freya	Richards	Girl	19:06	Helm Hill	
8	753	Annabelle	Taylor	Girl	20:09	Helm Hill	

**UNDER 13 BOYS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	540	James	Bowen	Boy	08:05	Ambleside	1st Boy
2	539	Harry	Bowen	Boy	08:11	Ambleside	2nd Boy
3	747	Charlie	Allmond	Boy	08:15	Ambleside	3rd Boy
4	696	Tobias	Swarbrick	Boy	08:16	Lancaster & Morecambe	
5	766	William	Hall	Boy	08:40	Calder Valley	
6	546	Dylan	Cater	Boy	08:50	Helm Hill	
7	741	James	Duffy	Boy	08:56	Calder Valley	
8	585	Ben	Greenep	Boy	08:57	Settle	
9	730	Cameron	Coates	Boy	09:00	Ambleside	
10	762	Luke	Carrington	Boy	09:01	Helm Hill	
11	689	Caius	Pennington	Boy	09:05	Howgill Harriers	
12	522	Cal	McVey	Boy	09:08	Ambleside	
13	621	Charlie	Barry	Boy	09:16	Settle	
14	655	Scott	Fisher	Boy	09:20	Hoad Hill	
15	543	Jack	Collett	Boy	09:22	COLT/LMAC	
16	679	Will	Mcnally	Boy	09:24	Leven Valley	
17	535	Rowan	Ashworth	Boy	09:24	Ambleside	
18	516	Frankie	Exley-Harper	Boy	09:26	Ambleside	
19	570	William	Durkin	Boy	09:32	Ambleside	
20	584	Joseph	Rigby	Boy	09:36	Helm Hill	
21	527	Oliver	Smith	Boy	09:37	Kendal	
22	609	Luke	Simmonds	Boy	09:39	Unattached	
23	511	Alfie	Addison	Boy	09:39	Helm Hill	
24	616	Jamie	Waller	Boy	09:48	Dallam	
25	569	Daniel	Knowles-Slack	Boy	09:55	Settle	
26	538	Alex	Graham	Boy	10:04	Ambleside	
27	503	Richard	Goode-Smith	Boy	10:06	Ambleside	
28	586	Sam	Greenep	Boy	10:09	Settle	
29	562	Douglas	Segger-Staveley	Boy	10:12	Settle	
30	624	Jody	Middleton	Boy	10:14	Howgill Harriers	
31	760	Leo	Ranner	Boy	10:17	Helm Hill	
32	579	Marvin	Gibbs	Boy	10:20	Helm Hill	
33	545	Luke	Lofthouse	Boy	10:27	Helm Hill	
34	510	Nathan	Ritchie	Boy	10:31	Glaxo Hoad Hill Harriers	
35	588	Sam	Jackson	Boy	10:37	Helm Hill	
36	515	Theo	Coates	Boy	10:42	Ambleside	
37	560	Toby	Harper	Boy	10:53	Ambleside	
38	735	Hal	Saner-Haigh	Boy	10:57	Helm Hill	
39	566	Aaron	Smith	Boy	10:57	Helm Hill	
40	589	Oliver	Park	Boy	11:07	Helm Hill	
41	564	Ned	Whitaker	Boy	11:43	Settle	
42	597	Theo	Robinson	Boy	11:48	Howgill Harriers	
43	673	Charlie	Clayton	Boy	11:58	Helm Hill	
44	552	Bobby	Wilkin	Boy	12:09	Ambleside	
DNF	638	Finley	Grisedale	Boy	DNF	Helm Hill	

**UNDER 13 GIRLS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	678	Olesia	Winder	Girl	08:41	Leven Valley	1st Girl
2	532	Sophie	Rylance	Girl	08:58	Ambleside	2nd Girl
3	520	Clara	Samson	Girl	09:14	Helm Hill	3rd Girl
4	620	Gemma	O'Dowd	Girl	09:44	Northern Fells	
5	550	Elise	Tallon	Girl	09:59	Helm Hill	
6	573	Bethan	Saunders	Girl	10:11	Leven Valley	
7	593	Grace	Wells	Girl	10:33	Howgill Harriers	
8	595	Tilly	Nicholls	Girl	10:38	Ambleside	
9	508	Olivia	Swarbrick	Girl	10:38	CFR	
10	615	Ella	Martindale	Girl	10:45	Helm Hill	
11	534	Martha	Rigby	Girl	10:55	Settle	
12	613	Vicky	Woof	Girl	10:56	Howgill Harriers	
13	714	Amelie	Lane	Girl	11:09	Wharfedale	
14	530	Emma	Duxbury	Girl	11:24	Ambleside	
15	601	Connie	Maye-Scott	Girl	11:26	Unattached	
16	634	Erin	Holton	Girl	11:30	Howgill Harriers	
17	639	Minnie	Mills	Girl	11:44	Settle	
18	750	Ruby	Duxbury	Girl	11:49	Ambleside	
19	727	Ellen	Dickson	Girl	12:01	Ambleside	
20	614	Madeleine	Martindale	Girl	12:11	Unattached	
21	548	Cate	Matthew	Girl	12:16	Lancaster & Morecambe	
22	630	Maddison	Parrington	Girl	12:17	Barlick	
23	764	Mollie	Smith	Girl	12:38	Wharfedale	
24	629	Seren	Green	Girl	12:39	Ambleside	
25	692	Sienna	Middleton	Girl	12:44	Howgill Harriers	
26	611	Katie	Lowis	Girl	12:47	Howgill Harriers	
27	506	Alicia	Crawford	Girl	14:06	Helm Hill	
28	608	Betsy	Willis	Girl	14:40	Wharfedale	