



Supported by Different Strokes

## Helm Hill - Results 12 March 2017

### Senior Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	25	Josh	Jardine	Man	35:05	Helm Hill	1st Man
2	902	Tim	Cowin	MV40	36:01	Helm Hill	2nd Man/1st MV40
3	18	Jon	Rylance	MV40	36:29	Ambleside	3rd Man
4	183	Ben	Jackson	Man	36:47	Unattached	
5	77	Scott	Umpleby	MV50	37:28	Kendal	1st MV50
6	351	Sam	Mason	MU21	37:35	Helm Hill	1st MU21
7	341	James	Edwards	MV40	37:35	Lonsdale	
8	98	Rob	Dewhurst	MV50	37:50	Ambleside	
9	54	Brian	Pennington	MV40	38:18	Howgill Harriers	
10	397	Jos	Addison	Man	38:26	Helm Hill	
11	2	Robert	Crawford	MV40	38:46	Howgill Harriers	
12	917	Andrew	Livinstone	Man	38:59	Annan AC	
13	399	Jack	Simpson	Man	39:10	Unattached	
14	131	Sam	Green	Man	39:16	Helm Hill	
15	952	Andrew	Payne	MV40	39:29	Blackburn	
16	408	Tom	Simpson	Man	39:33	Unattached	
17	259	Jacob	Aubrey	MU21	39:45	Helm Hill	
18	5	Craig	Burrow	MV40	39:56	Helm Hill	
19	29	Rob	Harper	MV40	39:59	Kendal	
20	429	Martin	Spoons	Man	40:01	Howgill Harriers	
21	9	Graham	Schofield	MV60	40:07	Horwich	1st MV60
22	20	James	Graham	MV40	40:15	Unattached	
23	204	Peter	German	Man	40:16	Helm Hill	
24	345	Tim	Roe	Man	40:17	Helm Hill	
25	394	Craig	Smith	MV50	40:33	Keswick	
26	954	Steve	Ward	MV40	40:42	Unattached	
27	241	Ian	Palmer	MV40	40:43	Unattached	
28	93	John	Rainford	MV50	41:54	Preston Harriers	
29	129	Adam	Oliver	Man	42:00	Helm Hill	
30	24	Tom	Matthew	MV40	42:03	Bowland	
31	292	Imogen	Burrow	LU21	42:11	Helm Hill	1st Lady/1st LU21
32	203	Peter	Lawson	Man	42:25	Unattached	
33	340	David	Griffin	MV50	42:30	Dallam	
34	102	Matt	Davis	Man	42:40	Howgill Harriers	
35	339	James	Coulthard	Man	42:51	Howgill Harriers	
36	265	Mark	Cropper	MV40	43:02	Helm Hill	
37	216	Will	Buckton	Man	43:09	Settle	
38	910	Will	Acland	MV40	43:12	Unattached	
39	490	James	Leigh-Baron	MV40	43:19	Helm Hill	
40	196	Jack	Perry	Man	43:30	Unattached	
41	244	Ronald	Hummelink	Man	43:33	Lonsdale	
42	38	Stuart	Walton	MV40	43:36	KCAC	
43	34	Shaun	Addison	MV50	43:46	Helm Hill	
44	900	Andrew	Braithwaite	MV40	43:51	Trawden	
45	3	Ali	Richards	LV40	43:55	Helm Hill	2nd Lady/1st LV40
46	142	Mike	Walsh	MV60	44:08	Kendal	
47	180	Richard	Duckett	Man	44:15	Unattached	
48	304	Steven	Middleton	MV40	44:21	Howgill Harriers	
49	916	Josh	Westwood	Man	44:37	Settle	
50	35	Hannah	Durkin	LU21	44:52	Ambleside	3rd Lady
51	956	Alan	Life	MV50	44:59	Clayton-Le-Moors	
52	951	Rod	Scott	MV40	45:08	Kendal	
53	10	Eleanor	Knowles	LV40	45:25	Ambleside	

54	68	Chris	Green	MV40	46:10	Unattached	
55	154	John	Fitzpatrick	MV50	46:19	Unattached	
56	130	Michael	Toman	MV50	46:39	Rosendale	
57	44	Phil	Rigby	MV50	46:47	Helm Hill	
58	344	Tony	Shepherd	MV50	46:53	Wharfedale	
59	86	Dave	Appleyard	MV50	47:35	Helm Hill	
60	449	Jack	Campbell	Man	47:36	Unattached	
61	287	Jason	Edmondson	MV40	48:03	Ambleside	
62	258	Roger	Aubrey	MV50	48:20	Helm Hill	
63	329	Jenny	Lyon	Lady	48:28	Dallam	
64	45	Jayne	Rigby	LV40	48:30	Helm Hill	
65	153	Alex	Fitzpatrick	LU21	48:40	Unattached	
66	415	Wilfred	Bell	MV60	48:48	Unattached	
67	946	Caroline	Holden	LV50	48:55	Helm Hill	1st LV50
68	405	Andy	Evans	MV50	48:59	Settle	
69	127	Alice	Slattery	LU21	49:01	Helm Hill	
70	200	Mark	Charnley	MV40	49:08	Settle	
71	953	Laura	Gale	Lady	49:12	Bournville	
72	431	Marie	Robson	LV40	49:27	Helm Hill	
73	427	Rowan	Ranner	Lady	49:35	Helm Hill	
74	157	Debs	Greaves	LV40	49:46	Howgill Harriers	
75	272	Wendy	Dodds	LV60	50:05	Clayton-Le-Moors	1st LV60
76	137	Andy	Mingay	MV40	50:13	Eden	
77	226	Patrick	Willink	MV50	50:23	Helm Hill	
78	92	Michael	McLoughlin	MV60	50:33	Preston Harriers	
79	238	Katherine	France	LV40	50:50	Helm Hill	
80	75	Jonny	Grisedale	MV40	50:53	Helm Hill	
81	195	Joanne	McLeod	LV50	50:54	Barrow & Furness Striders	
82	959	Sharron	Hutchison	LV40	51:14	Helm Hill	
83	47	Helen	Greenep	LV50	51:28	Settle	
84	7	Sarah	Senior	LV50	51:32	Helm Hill	
85	496	Allison	Daly	LV40	51:40	Kendal	
86	958	Simon	Veitch	MV50	51:48	Unattached	
87	67	Matthew	Cannon	Man	52:08	Helm Hill	
88	107	Lynn	Whittaker	LV50	52:12	Wharfedale	
89	225	Vicky	Kirkwood	LV40	52:25	Dallam	
90	126	Andrew	Hinde	MV50	52:36	Settle	
91	240	Katie	Palmer	LV40	52:46	Unattached	
92	414	Andy	Monk	MV60	52:49	ABFR	
93	15	Jo	Pennington	LV40	53:02	Kendal	
94	4	Amanda	Burrow	LV40	53:39	Helm Hill	
95	955	Carolyn	Meschino	Lady	53:58	Ambleside	
96	305	Graham	Breeze	MV70	54:08	Wharfedale	1st MV70
97	26	Kat	Evans	Lady	54:32	Ambleside	
98	239	Kate	Brayshaw	LV40	54:50	Helm Hill	
99	174	David	Cowperthwaite	MV50	54:52	Unattached	
100	19	Niki	Rylance	LV40	55:12	Ambleside	
101	1000	Unknown	Runner	Man	55:28	Unattached	
102	957	Carol	Life	LV50	55:50	Clayton-Le-Moors	
103	273	Vicky	Atkinson	LV40	56:08	Helm Hill	
104	22	Paula	Bowen	LV40	56:13	Ambleside	
105	390	Gareth	Bradburn-Sims	MV40	56:31	Howgill Harriers	
106	64	Ruth	O'Dowd	LV50	56:35	Northern Fells	
107	252	John	Hodgson	MV70	56:42	Dallam	
108	99	Hazel	Pearson	LV50	56:46	Helm Hill	
109	135	Elizabeth	Adams	LV40	57:16	Helm Hill	
110	275	Lindsay	Harrod	LV40	58:31	Helm Hill	
111	173	Elaine	Cowperthwaite	LV40	59:28	Unattached	
112	912	Robin	Haywood	MV40	1:00:11	Howgill Harriers	
113	404	Pam	Bagot	LV40	1:01:19	Unattached	
114	8	May	Crawford	Lady	1:01:36	Helm Hill	
115	39	Geoff	Thompson	MV50	1:01:38	Wharfedale	

116	295	Jo	Matthew	LV40	1:02:29	Lancaster & Morecambe	
117	148	Phil	Corris	MV60	1:03:27	Lancs Constabulary	
118	316	Jill	Gates	LV50	1:04:14	Settle	
119	286	Anna	Stevens	Lady	1:05:04	Helm Hill	
120	31	Wendy	Smith	LV40	1:05:42	Helm Hill	
121	342	Rhian	Davies	Lady	1:06:18	Unattached	
122	338	Richard	Handford	MV50	1:09:28	Settle	
123	1	Dennis	Wood	MV70	1:09:28	Borrowdale	
124	499	Jenna	Butler	Lady	DNF	Helm Hill	

### Under 17 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	649	Joshua	Liddle	Boy	17:21	Eden	1st Boy
2	563	Sebastian	Segger-Staveley	Boy	17:34	Settle	2nd Boy
3	633	Robert	Askew	Boy	18:33	Helm Hill	3rd Boy
4	576	Jack	Walton	Boy	18:43	Keighley & Craven	
5	724	Lewis	Bowness	Boy	18:50	Helm Hill	
6	610	Samuel	Thom	Boy	19:03	Keighley & Craven	
7	512	Ben	Edmondson	Boy	19:06	Ambleside	
8	561	Rosie	Woodhams	Girl	19:14	Dallam	1st Girl
9	653	Amy	Slattery	Girl	21:29	Helm Hill	2nd Girl
10	742	Ben	Kirkham	Boy	21:48	Rossendale	
11	703	Minnie	Targett	Girl	22:06	Rossendale	3rd Girl
12	541	Maia	Doherty	Girl	22:32	Helm Hill	
13	713	Honor	Jeffrey	Girl	24:09	Settle	
14	688	Jack	Hill	Boy	24:26	Unattached	
15	598	Erin	Bagge	Girl	24:27	Helm Hill	
16	728	Emily	Carpenter	Girl	25:51	Settle	
17	509	Jodie	Ritchie	Girl	27:20	Glaxo Hoad Hill Harriers	
18	721	Emily	Crossley	Girl	29:47	Settle	
19	662	Simone	Rigby	Girl	30:36	Settle	

### Under 15 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	544	Daniel	Sanderson	Boy	11:19	Ambleside	1st Boy
2	524	Jacob	Smith	Boy	11:28	Kendal	2nd Boy
3	666	Joel	Taylor	Boy	11:30	Rosendale	3rd Boy
4	504	Ollie	Sanders	Boy	11:54	Helm Hill	
5	531	Henry	Hunter	Boy	12:08	Helm Hill	
6	549	Alex	Tallon	Boy	12:11	Helm Hill	
7	619	Ben	O'Dowd	Boy	12:44	Northern Fells	
8	665	Lilli	Carr	Girl	13:01	Keighley & Craven	1st Girl
9	525	Ben	Smith	Boy	13:11	Kendal	
10	603	Brodie Joh	Weymouth	Boy	13:19	Unattached	
11	602	Adam	Scott	Boy	13:22	Kendal	
12	737	Oliver	Saxon	Boy	13:23	Unattached	
13	644	Toby	Umpleby	Boy	13:47	Kendal	
14	607	Addison	Willis	Boy	14:04	Wharfedale	
15	591	Ella	Beardwood	Girl	14:05	Helm Hill	2nd Girl
16	641	Maisie	Gough	Girl	14:06	Howgill Harriers	3rd Girl
17	753	Annabelle	Taylor	Girl	14:19	Helm Hill	
18	725	Alexander	Matthew	Boy	14:51	Lancaster & Morecambe	
19	590	Ella	Park	Girl	15:58	Helm Hill	
20	594	Freya	Richards	Girl	15:59	Helm Hill	

### Under 13 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	766	William	Hall	Boy	07:04	Calder Valley	1st Boy
2	696	Tobias	Swarbrick	Boy	07:28	Lancaster & Morecambe	2nd Boy
3	546	Dylan	Cater	Boy	07:35	Helm Hill	3rd Boy
4	535	Rowan	Ashworth	Boy	07:47	Ambleside	
5	523	Matthew	Ansell	Boy	07:51	Helm Hill	
6	679	Will	Mcnally	Boy	07:53	Leven Valley	
7	532	Sophie	Rylance	Girl	07:58	Ambleside	1st Girl
8	522	Cal	McVey	Boy	08:04	Ambleside	
9	734	Joe	Ligema	Boy	08:11	Ambleside	
10	520	Clara	Samson	Girl	08:13	Helm Hill	2nd Girl
11	689	Caius	Pennington	Boy	08:14	Howgill Harriers	
12	526	Sarah	Smith	Girl	08:17	Helm Hill	3rd Girl
13	584	Joseph	Rigby	Boy	08:25	Helm Hill	
14	519	Christophe	Brown	Boy	08:26	Clayton-Le-Moors	
15	621	Charlie	Barry	Boy	08:29	Settle	
16	583	Simon	Rigby	Boy	08:29	Helm Hill	
17	620	Gemma	O'Dowd	Girl	08:31	Northern Fells	
18	624	Jody	Middleton	Boy	08:31	Howgill Harriers	
19	550	Elise	Tallon	Girl	08:35	Helm Hill	
20	505	Jack	Sanderson	Boy	08:37	Settle	
21	538	Alex	Graham	Boy	08:39	Ambleside	
22	516	Frankie	Exley-Harper	Boy	08:43	Ambleside	
23	560	Toby	Harper	Boy	08:43	Ambleside	
24	586	Sam	Greenep	Boy	08:44	Settle	
25	562	Douglas	Segger-Staveley	Boy	08:52	Settle	
26	503	Richard	Goode-Smith	Boy	08:53	Ambleside	
27	573	Bethan	Saunders	Girl	08:54	Leven Valley	
28	760	Leo	Ranner	Boy	09:05	Helm Hill	
29	513	Jessica	Edmondson	Girl	09:08	Ambleside	
30	545	Luke	Lofthouse	Boy	09:09	Helm Hill	
31	593	Grace	Wells	Girl	09:09	Howgill Harriers	
32	613	Vicky	Woof	Girl	09:17	Howgill Harriers	
33	566	Aaron	Smith	Boy	09:20	Helm Hill	
34	579	Marvin	Gibbs	Boy	09:24	Helm Hill	
35	534	Martha	Rigby	Girl	09:30	Settle	
36	556	Maisie	Evans	Girl	09:31	Ambleside	
37	510	Nathan	Ritchie	Boy	09:33	Glaxo Hoad Hill Harriers	
38	736	Tara	Allan	Girl	09:36	Helm Hill	
39	615	Ella	Martindale	Girl	09:39	Helm Hill	
40	638	Finley	Grisedale	Boy	09:43	Helm Hill	
41	695	Finlay	Wilson	Boy	09:45	Settle	
42	735	Hal	Saner-Haigh	Boy	09:49	Helm Hill	
43	557	Joss	Evans	Girl	09:55	Ambleside	
44	564	Ned	Whitaker	Boy	09:57	Settle	
45	634	Erin	Holton	Girl	09:58	Howgill Harriers	
46	781	Scott	Lawson	Boy	10:00	Unattached	
47	752	Oliver	Oldham	Boy	10:03	Unattached	
48	727	Ellen	Dickson	Girl	10:13	Ambleside	
49	577	Oliver	Brummitt	Boy	10:18	Settle	
50	514	Rory	Knowles	Boy	10:19	Ambleside	
51	601	Connie	Maye-Scott	Girl	10:21	Unattached	
52	628	Paddy	Wood	Boy	10:29	Ambleside	
53	776	Megan	Bryan	Girl	10:39	Dallam	
54	587	Thomas	Hearn	Boy	10:42	Unattached	
55	782	Ewan	Black	Boy	10:44	Unattached	
56	780	Toby	Alland	Boy	10:47	Unattached	
57	743	Bradley	Wright	Boy	10:50	Helm Hill	
58	639	Minnie	Mills	Girl	10:56	Settle	
59	661	Lauren	Evans	Girl	10:58	Settle	
60	552	Bobby	Wilkin	Boy	10:58	Ambleside	

61	548	Cate	Matthew	Girl	11:10	Lancaster & Morecambe	
62	779	Matthew	Wright	Boy	11:14	Helm Hill	
63	632	Lola	Ashton-Fitch	Girl	11:19	Settle	
64	627	Jamie	Minkema	Girl	11:23	Dallam	
65	683	Jessica	Oakey	Girl	11:30	Settle	
66	612	Lucy	Bagot	Girl	11:39	Settle	
67	629	Seren	Green	Girl	11:40	Ambleside	
68	542	Benjamin	Grundy	Boy	12:04	Unattached	
69	611	Katie	Lowis	Girl	12:06	Howgill Harriers	
70	506	Alicia	Crawford	Girl	12:06	Helm Hill	
71	608	Betsy	Willis	Girl	12:57	Wharfedale	
72	778	Emily	Morgan	Girl	12:58	Unattached	
73	777	Hollie	Morgan	Girl	13:18	Unattached	

# Helm Hill 2017 Category Results

## ALL SENIOR MEN

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	25	Josh	Jardine	Man	35:05	Helm Hill	1st Man
2	902	Tim	Cowin	MV40	36:01	Helm Hill	2nd Man/1st MV40
3	18	Jon	Rylance	MV40	36:29	Ambleside	3rd Man
4	183	Ben	Jackson	Man	36:47	Unattached	
5	77	Scott	Umpleby	MV50	37:28	Kendal	1st MV50
6	351	Sam	Mason	MU21	37:35	Helm Hill	1st MU21
7	341	James	Edwards	MV40	37:35	Lonsdale	
8	98	Rob	Dewhurst	MV50	37:50	Ambleside	
9	54	Brian	Pennington	MV40	38:18	Howgill Harriers	
10	397	Jos	Addison	Man	38:26	Helm Hill	
11	2	Robert	Crawford	MV40	38:46	Howgill Harriers	
12	917	Andrew	Livinstone	Man	38:59	Annan AC	
13	399	Jack	Simpson	Man	39:10	Unattached	
14	131	Sam	Green	Man	39:16	Helm Hill	
15	952	Andrew	Payne	MV40	39:29	Blackburn	
16	408	Tom	Simpson	Man	39:33	Unattached	
17	259	Jacob	Aubrey	MU21	39:45	Helm Hill	
18	5	Craig	Burrow	MV40	39:56	Helm Hill	
19	29	Rob	Harper	MV40	39:59	Kendal	
20	429	Martin	Spoons	Man	40:01	Howgill Harriers	
21	9	Graham	Schofield	MV60	40:07	Horwich	1st MV60
22	20	James	Graham	MV40	40:15	Unattached	
23	204	Peter	German	Man	40:16	Helm Hill	
24	345	Tim	Roe	Man	40:17	Helm Hill	
25	394	Craig	Smith	MV50	40:33	Keswick	
26	954	Steve	Ward	MV40	40:42	Unattached	
27	241	Ian	Palmer	MV40	40:43	Unattached	
28	93	John	Rainford	MV50	41:54	Preston Harriers	
29	129	Adam	Oliver	Man	42:00	Helm Hill	
30	24	Tom	Matthew	MV40	42:03	Bowland	
31	203	Peter	Lawson	Man	42:25	Unattached	
32	340	David	Griffin	MV50	42:30	Dallam	
33	102	Matt	Davis	Man	42:40	Howgill Harriers	
34	339	James	Coulthard	Man	42:51	Howgill Harriers	
35	265	Mark	Cropper	MV40	43:02	Helm Hill	
36	216	Will	Buckton	Man	43:09	Settle	
37	910	Will	Acland	MV40	43:12	Unattached	
38	490	James	Leigh-Baron	MV40	43:19	Helm Hill	
39	196	Jack	Perry	Man	43:30	Unattached	
40	244	Ronald	Hummelink	Man	43:33	Lonsdale	
41	38	Stuart	Walton	MV40	43:36	KCAC	
42	34	Shaun	Addison	MV50	43:46	Helm Hill	
43	900	Andrew	Braithwaite	MV40	43:51	Trawden	
44	142	Mike	Walsh	MV60	44:08	Kendal	
45	180	Richard	Duckett	Man	44:15	Unattached	
46	304	Steven	Middleton	MV40	44:21	Howgill Harriers	
47	916	Josh	Westwood	Man	44:37	Settle	
48	956	Alan	Life	MV50	44:59	Clayton-Le-Moors	
49	951	Rod	Scott	MV40	45:08	Kendal	
50	68	Chris	Green	MV40	46:10	Unattached	
51	154	John	Fitzpatrick	MV50	46:19	Unattached	
52	130	Michael	Toman	MV50	46:39	Rosendale	
53	44	Phil	Rigby	MV50	46:47	Helm Hill	
54	344	Tony	Shepherd	MV50	46:53	Wharfedale	
55	86	Dave	Appleyard	MV50	47:35	Helm Hill	
56	449	Jack	Campbell	Man	47:36	Unattached	
57	287	Jason	Edmondson	MV40	48:03	Ambleside	
58	258	Roger	Aubrey	MV50	48:20	Helm Hill	



59	415	Wilfred	Bell	MV60	48:48	Unattached	
60	405	Andy	Evans	MV50	48:59	Settle	
61	200	Mark	Charnley	MV40	49:08	Settle	
62	137	Andy	Mingay	MV40	50:13	Eden	
63	226	Patrick	Willink	MV50	50:23	Helm Hill	
64	92	Michael	McLoughlin	MV60	50:33	Preston Harriers	
65	75	Jonny	Grisedale	MV40	50:53	Helm Hill	
66	958	Simon	Veitch	MV50	51:48	Unattached	
67	67	Matthew	Cannon	Man	52:08	Helm Hill	
68	126	Andrew	Hinde	MV50	52:36	Settle	
69	414	Andy	Monk	MV60	52:49	ABFR	
70	305	Graham	Breeze	MV70	54:08	Wharfedale	1st MV70
71	174	David	Cowperthwaite	MV50	54:52	Unattached	
72	1000	Unknown	Runner	Man	55:28	Unattached	
73	390	Gareth	Bradburn-Sims	MV40	56:31	Howgill Harriers	
74	252	John	Hodgson	MV70	56:42	Dallam	
75	912	Robin	Haywood	MV40	1:00:11	Howgill Harriers	
76	39	Geoff	Thompson	MV50	1:01:38	Wharfedale	
77	148	Phil	Corris	MV60	1:03:27	Lancs Constabulary	
78	338	Richard	Handford	MV50	1:09:28	Settle	
79	1	Dennis	Wood	MV70	1:09:28	Borrowdale	

**MEN**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	25	Josh	Jardine	Man	35:05	Helm Hill	1st Man
2	183	Ben	Jackson	Man	36:47	Unattached	
3	351	Sam	Mason	MU21	37:35	Helm Hill	1st MU21
4	397	Jos	Addison	Man	38:26	Helm Hill	
5	917	Andrew	Livinstone	Man	38:59	Annan AC	
6	399	Jack	Simpson	Man	39:10	Unattached	
7	131	Sam	Green	Man	39:16	Helm Hill	
8	408	Tom	Simpson	Man	39:33	Unattached	
9	259	Jacob	Aubrey	MU21	39:45	Helm Hill	
10	429	Martin	Spoons	Man	40:01	Howgill Harriers	
11	204	Peter	German	Man	40:16	Helm Hill	
12	345	Tim	Roe	Man	40:17	Helm Hill	
13	129	Adam	Oliver	Man	42:00	Helm Hill	
14	203	Peter	Lawson	Man	42:25	Unattached	
15	102	Matt	Davis	Man	42:40	Howgill Harriers	
16	339	James	Coulthard	Man	42:51	Howgill Harriers	
17	216	Will	Buckton	Man	43:09	Settle	
18	196	Jack	Perry	Man	43:30	Unattached	
19	244	Ronald	Hummelink	Man	43:33	Lonsdale	
20	180	Richard	Duckett	Man	44:15	Unattached	
21	916	Josh	Westwood	Man	44:37	Settle	
22	449	Jack	Campbell	Man	47:36	Unattached	
23	67	Matthew	Cannon	Man	52:08	Helm Hill	
24	1000	Unknown	Runner	Man	55:28	Unattached	

**MEN UNDER 21**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	351	Sam	Mason	MU21	37:35	Helm Hill	1st MU21
2	259	Jacob	Aubrey	MU21	39:45	Helm Hill	

**MEN - VET 40**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	902	Tim	Cowin	MV40	36:01	Helm Hill	2nd Man/1st MV40
2	18	Jon	Rylance	MV40	36:29	Ambleside	3rd Man
3	341	James	Edwards	MV40	37:35	Lonsdale	
4	54	Brian	Pennington	MV40	38:18	Howgill Harriers	
5	2	Robert	Crawford	MV40	38:46	Howgill Harriers	
6	952	Andrew	Payne	MV40	39:29	Blackburn	
7	5	Craig	Burrow	MV40	39:56	Helm Hill	
8	29	Rob	Harper	MV40	39:59	Kendal	
9	20	James	Graham	MV40	40:15	Unattached	
10	954	Steve	Ward	MV40	40:42	Unattached	
11	241	Ian	Palmer	MV40	40:43	Unattached	
12	24	Tom	Matthew	MV40	42:03	Bowland	
13	265	Mark	Cropper	MV40	43:02	Helm Hill	
14	910	Will	Acland	MV40	43:12	Unattached	
15	490	James	Leigh-Baron	MV40	43:19	Helm Hill	
16	38	Stuart	Walton	MV40	43:36	KCAC	
17	900	Andrew	Braithwaite	MV40	43:51	Trawden	
18	304	Steven	Middleton	MV40	44:21	Howgill Harriers	
19	951	Rod	Scott	MV40	45:08	Kendal	
20	68	Chris	Green	MV40	46:10	Unattached	
21	287	Jason	Edmondson	MV40	48:03	Ambleside	
22	200	Mark	Charnley	MV40	49:08	Settle	
23	137	Andy	Mingay	MV40	50:13	Eden	
24	75	Jonny	Grisedale	MV40	50:53	Helm Hill	
25	390	Gareth	Bradburn-Sims	MV40	56:31	Howgill Harriers	
26	912	Robin	Haywood	MV40	1:00:11	Howgill Harriers	

**MEN - VET 50**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	77	Scott	Umpleby	MV50	37:28	Kendal	1st MV50
2	98	Rob	Dewhurst	MV50	37:50	Ambleside	
3	394	Craig	Smith	MV50	40:33	Keswick	
4	93	John	Rainford	MV50	41:54	Preston Harriers	
5	340	David	Griffin	MV50	42:30	Dallam	
6	34	Shaun	Addison	MV50	43:46	Helm Hill	
7	956	Alan	Life	MV50	44:59	Clayton-Le-Moors	
8	154	John	Fitzpatrick	MV50	46:19	Unattached	
9	130	Michael	Toman	MV50	46:39	Rosendale	
10	44	Phil	Rigby	MV50	46:47	Helm Hill	
11	344	Tony	Shepherd	MV50	46:53	Wharfedale	
12	86	Dave	Appleyard	MV50	47:35	Helm Hill	
13	258	Roger	Aubrey	MV50	48:20	Helm Hill	
14	405	Andy	Evans	MV50	48:59	Settle	
15	226	Patrick	Willink	MV50	50:23	Helm Hill	
16	958	Simon	Veitch	MV50	51:48	Unattached	
17	126	Andrew	Hinde	MV50	52:36	Settle	
18	174	David	Cowperthwaite	MV50	54:52	Unattached	
19	39	Geoff	Thompson	MV50	1:01:38	Wharfedale	
20	338	Richard	Handford	MV50	1:09:28	Settle	

**MEN - VET 60**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	9	Graham	Schofield	MV60	40:07	Horwich	1st MV60
2	142	Mike	Walsh	MV60	44:08	Kendal	
3	415	Wilfred	Bell	MV60	48:48	Unattached	
4	92	Michael	McLoughlin	MV60	50:33	Preston Harriers	
5	414	Andy	Monk	MV60	52:49	ABFR	
6	148	Phil	Corris	MV60	1:03:27	Lancs Constabulary	

**MEN - VET 70**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	305	Graham	Breeze	MV70	54:08	Wharfedale	1st MV70
2	252	John	Hodgson	MV70	56:42	Dallam	
3	1	Dennis	Wood	MV70	1:09:28	Borrowdale	

**ALL SENIOR LADIES**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	292	Imogen	Burrow	LU21	42:11	Helm Hill	1st Lady/1st LU21
2	3	Ali	Richards	LV40	43:55	Helm Hill	2nd Lady/1st LV40
3	35	Hannah	Durkin	LU21	44:52	Ambleside	3rd Lady
4	10	Eleanor	Knowles	LV40	45:25	Ambleside	
5	329	Jenny	Lyon	Lady	48:28	Dallam	
6	45	Jayne	Rigby	LV40	48:30	Helm Hill	
7	153	Alex	Fitzpatrick	LU21	48:40	Unattached	
8	946	Caroline	Holden	LV50	48:55	Helm Hill	1st LV50
9	127	Alice	Slattery	LU21	49:01	Helm Hill	
10	953	Laura	Gale	Lady	49:12	Bournville	
11	431	Marie	Robson	LV40	49:27	Helm Hill	
12	427	Rowan	Ranner	Lady	49:35	Helm Hill	
13	157	Debs	Greaves	LV40	49:46	Howgill Harriers	
14	272	Wendy	Dodds	LV60	50:05	Clayton-Le-Moors	1st LV60
15	238	Katherine	France	LV40	50:50	Helm Hill	
16	195	Joanne	McLeod	LV50	50:54	Barrow & Furness Striders	
17	959	Sharron	Hutchison	LV40	51:14	Helm Hill	
18	47	Helen	Greenep	LV50	51:28	Settle	
19	7	Sarah	Senior	LV50	51:32	Helm Hill	
20	496	Allison	Daly	LV40	51:40	Kendal	
21	107	Lynn	Whittaker	LV50	52:12	Wharfedale	
22	225	Vicky	Kirkwood	LV40	52:25	Dallam	
23	240	Katie	Palmer	LV40	52:46	Unattached	
24	15	Jo	Pennington	LV40	53:02	Kendal	
25	4	Amanda	Burrow	LV40	53:39	Helm Hill	
26	955	Carolyn	Meschino	Lady	53:58	Ambleside	
27	26	Kat	Evans	Lady	54:32	Ambleside	
28	239	Kate	Brayshaw	LV40	54:50	Helm Hill	
29	19	Niki	Rylance	LV40	55:12	Ambleside	
30	957	Carol	Life	LV50	55:50	Clayton-Le-Moors	
31	273	Vicky	Atkinson	LV40	56:08	Helm Hill	
32	22	Paula	Bowen	LV40	56:13	Ambleside	
33	64	Ruth	O'Dowd	LV50	56:35	Northern Fells	
34	99	Hazel	Pearson	LV50	56:46	Helm Hill	
35	135	Elizabeth	Adams	LV40	57:16	Helm Hill	
36	275	Lindsay	Harrod	LV40	58:31	Helm Hill	
37	173	Elaine	Cowperthwaite	LV40	59:28	Unattached	
38	404	Pam	Bagot	LV40	1:01:19	Unattached	
39	8	May	Crawford	Lady	1:01:36	Helm Hill	
40	295	Jo	Matthew	LV40	1:02:29	Lancaster & Morecambe	
41	316	Jill	Gates	LV50	1:04:14	Settle	
42	286	Anna	Stevens	Lady	1:05:04	Helm Hill	
43	31	Wendy	Smith	LV40	1:05:42	Helm Hill	
44	342	Rhian	Davies	Lady	1:06:18	Unattached	
DNF	499	Jenna	Butler	Lady	DNF	Helm Hill	



**LADIES**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	292	Imogen	Burrow	LU21	42:11	Helm Hill	1st Lady/1st LU21
2	35	Hannah	Durkin	LU21	44:52	Ambleside	3rd Lady
3	329	Jenny	Lyon	Lady	48:28	Dallam	
4	153	Alex	Fitzpatrick	LU21	48:40	Unattached	
5	127	Alice	Slattery	LU21	49:01	Helm Hill	
6	953	Laura	Gale	Lady	49:12	Bournville	
7	427	Rowan	Ranner	Lady	49:35	Helm Hill	
8	955	Carolyn	Meschino	Lady	53:58	Ambleside	
9	26	Kat	Evans	Lady	54:32	Ambleside	
10	8	May	Crawford	Lady	1:01:36	Helm Hill	
11	286	Anna	Stevens	Lady	1:05:04	Helm Hill	
12	342	Rhian	Davies	Lady	1:06:18	Unattached	
DNF	499	Jenna	Butler	Lady	DNF	Helm Hill	

**LADIES UNDER 21**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	292	Imogen	Burrow	LU21	42:11	Helm Hill	1st Lady/1st LU21
2	35	Hannah	Durkin	LU21	44:52	Ambleside	3rd Lady
3	153	Alex	Fitzpatrick	LU21	48:40	Unattached	
4	127	Alice	Slattery	LU21	49:01	Helm Hill	

**LADIES - VET 40**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	3	Ali	Richards	LV40	43:55	Helm Hill	2nd Lady/1st LV40
2	10	Eleanor	Knowles	LV40	45:25	Ambleside	
3	45	Jayne	Rigby	LV40	48:30	Helm Hill	
4	431	Marie	Robson	LV40	49:27	Helm Hill	
5	157	Debs	Greaves	LV40	49:46	Howgill Harriers	
6	238	Katherine	France	LV40	50:50	Helm Hill	
7	959	Sharron	Hutchison	LV40	51:14	Helm Hill	
8	496	Allison	Daly	LV40	51:40	Kendal	
9	225	Vicky	Kirkwood	LV40	52:25	Dallam	
10	240	Katie	Palmer	LV40	52:46	Unattached	
11	15	Jo	Pennington	LV40	53:02	Kendal	
12	4	Amanda	Burrow	LV40	53:39	Helm Hill	
13	239	Kate	Brayshaw	LV40	54:50	Helm Hill	
14	19	Niki	Rylance	LV40	55:12	Ambleside	
15	273	Vicky	Atkinson	LV40	56:08	Helm Hill	
16	22	Paula	Bowen	LV40	56:13	Ambleside	
17	135	Elizabeth	Adams	LV40	57:16	Helm Hill	
18	275	Lindsay	Harrod	LV40	58:31	Helm Hill	
19	173	Elaine	Cowperthwaite	LV40	59:28	Unattached	
20	404	Pam	Bagot	LV40	1:01:19	Unattached	
21	295	Jo	Matthew	LV40	1:02:29	Lancaster & Morecambe	
22	31	Wendy	Smith	LV40	1:05:42	Helm Hill	

**LADIES - VET 50**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	946	Caroline	Holden	LV50	48:55	Helm Hill	1st LV50
2	195	Joanne	McLeod	LV50	50:54	Barrow & Furness Striders	
3	47	Helen	Greenep	LV50	51:28	Settle	
4	7	Sarah	Senior	LV50	51:32	Helm Hill	
5	107	Lynn	Whittaker	LV50	52:12	Wharfedale	
6	957	Carol	Life	LV50	55:50	Clayton-Le-Moors	
7	64	Ruth	O'Dowd	LV50	56:35	Northern Fells	
8	99	Hazel	Pearson	LV50	56:46	Helm Hill	
9	316	Jill	Gates	LV50	1:04:14	Settle	

**LADIES - VET 60**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	272	Wendy	Dodds	LV60	50:05	Clayton-Le-Moors	1st LV60

**UNDER 17 BOYS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	649	Joshua	Liddle	Boy	17:21	Eden	1st Boy
2	563	Sebastian	Segger-Staveley	Boy	17:34	Settle	2nd Boy
3	633	Robert	Askew	Boy	18:33	Helm Hill	3rd Boy
4	576	Jack	Walton	Boy	18:43	Keighley & Craven	
5	724	Lewis	Bowness	Boy	18:50	Helm Hill	
6	610	Samuel	Thom	Boy	19:03	Keighley & Craven	
7	512	Ben	Edmondson	Boy	19:06	Ambleside	
8	742	Ben	Kirkham	Boy	21:48	Rosendale	
9	688	Jack	Hill	Boy	24:26	Unattached	

**UNDER 17 GIRLS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	561	Rosie	Woodhams	Girl	19:14	Dallam	1st Girl
2	653	Amy	Slattery	Girl	21:29	Helm Hill	2nd Girl
3	703	Minnie	Targett	Girl	22:06	Rossendale	3rd Girl
4	541	Maia	Doherty	Girl	22:32	Helm Hill	
5	713	Honor	Jeffrey	Girl	24:09	Settle	
6	598	Erin	Bagge	Girl	24:27	Helm Hill	
7	728	Emily	Carpenter	Girl	25:51	Settle	
8	509	Jodie	Ritchie	Girl	27:20	Glaxo Hoad Hill Harriers	
9	721	Emily	Crossley	Girl	29:47	Settle	
10	662	Simone	Rigby	Girl	30:36	Settle	

**UNDER 15 BOYS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	544	Daniel	Sanderson	Boy	11:19	Ambleside	1st Boy
2	524	Jacob	Smith	Boy	11:28	Kendal	2nd Boy
3	666	Joel	Taylor	Boy	11:30	Rosendale	3rd Boy
4	504	Ollie	Sanders	Boy	11:54	Helm Hill	
5	531	Henry	Hunter	Boy	12:08	Helm Hill	
6	549	Alex	Tallon	Boy	12:11	Helm Hill	
7	619	Ben	O'Dowd	Boy	12:44	Northern Fells	
8	525	Ben	Smith	Boy	13:11	Kendal	
9	603	Brodie Joh	Weymouth	Boy	13:19	Unattached	
10	602	Adam	Scott	Boy	13:22	Kendal	
11	737	Oliver	Saxon	Boy	13:23	Unattached	
12	644	Toby	Umpleby	Boy	13:47	Kendal	
13	607	Addison	Willis	Boy	14:04	Wharfedale	
14	725	Alexander	Matthew	Boy	14:51	Lancaster & Morecambe	



**UNDER 15 GIRLS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	665	Lilli	Carr	Girl	13:01	Keighley & Craven	1st Girl
2	591	Ella	Beardwood	Girl	14:05	Helm Hill	2nd Girl
3	641	Maisie	Gough	Girl	14:06	Howgill Harriers	3rd Girl
4	753	Annabelle	Taylor	Girl	14:19	Helm Hill	
5	590	Ella	Park	Girl	15:58	Helm Hill	
6	594	Freya	Richards	Girl	15:59	Helm Hill	

**UNDER 13 BOYS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	766	William	Hall	Boy	07:04	Calder Valley	1st Boy
2	696	Tobias	Swarbrick	Boy	07:28	Lancaster & Morecambe	2nd Boy
3	546	Dylan	Cater	Boy	07:35	Helm Hill	3rd Boy
4	535	Rowan	Ashworth	Boy	07:47	Ambleside	
5	523	Matthew	Ansell	Boy	07:51	Helm Hill	
6	679	Will	Mcnally	Boy	07:53	Leven Valley	
7	522	Cal	McVey	Boy	08:04	Ambleside	
8	734	Joe	Ligema	Boy	08:11	Ambleside	
9	689	Caius	Pennington	Boy	08:14	Howgill Harriers	
10	584	Joseph	Rigby	Boy	08:25	Helm Hill	
11	519	Christophe	Brown	Boy	08:26	Clayton-Le-Moors	
12	621	Charlie	Barry	Boy	08:29	Settle	
13	583	Simon	Rigby	Boy	08:29	Helm Hill	
14	624	Jody	Middleton	Boy	08:31	Howgill Harriers	
15	505	Jack	Sanderson	Boy	08:37	Settle	
16	538	Alex	Graham	Boy	08:39	Ambleside	
17	516	Frankie	Exley-Harper	Boy	08:43	Ambleside	
18	560	Toby	Harper	Boy	08:43	Ambleside	
19	586	Sam	Greenep	Boy	08:44	Settle	
20	562	Douglas	Segger-Staveley	Boy	08:52	Settle	
21	503	Richard	Goode-Smith	Boy	08:53	Ambleside	
22	760	Leo	Ranner	Boy	09:05	Helm Hill	
23	545	Luke	Lofthouse	Boy	09:09	Helm Hill	
24	566	Aaron	Smith	Boy	09:20	Helm Hill	
25	579	Marvin	Gibbs	Boy	09:24	Helm Hill	
26	510	Nathan	Ritchie	Boy	09:33	Glaxo Hoad Hill Harriers	
27	638	Finley	Grisedale	Boy	09:43	Helm Hill	
28	695	Finlay	Wilson	Boy	09:45	Settle	
29	735	Hal	Saner-Haigh	Boy	09:49	Helm Hill	
30	564	Ned	Whitaker	Boy	09:57	Settle	
31	781	Scott	Lawson	Boy	10:00	Unattached	
32	752	Oliver	Oldham	Boy	10:03	Unattached	
33	577	Oliver	Brummitt	Boy	10:18	Settle	
34	514	Rory	Knowles	Boy	10:19	Ambleside	
35	628	Paddy	Wood	Boy	10:29	Ambleside	
36	587	Thomas	Hearn	Boy	10:42	Unattached	
37	782	Ewan	Black	Boy	10:44	Unattached	
38	780	Toby	Alland	Boy	10:47	Unattached	
39	743	Bradley	Wright	Boy	10:50	Helm Hill	
40	552	Bobby	Wilkin	Boy	10:58	Ambleside	
41	779	Matthew	Wright	Boy	11:14	Helm Hill	
42	542	Benjamin	Grundy	Boy	12:04	Unattached	

### UNDER 13 GIRLS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	532	Sophie	Rylance	Girl	07:58	Ambleside	1st Girl
2	520	Clara	Samson	Girl	08:13	Helm Hill	2nd Girl
3	526	Sarah	Smith	Girl	08:17	Helm Hill	3rd Girl
4	620	Gemma	O'Dowd	Girl	08:31	Northern Fells	
5	550	Elise	Tallon	Girl	08:35	Helm Hill	
6	573	Bethan	Saunders	Girl	08:54	Leven Valley	
7	513	Jessica	Edmondson	Girl	09:08	Ambleside	
8	593	Grace	Wells	Girl	09:09	Howgill Harriers	
9	613	Vicky	Woof	Girl	09:17	Howgill Harriers	
10	534	Martha	Rigby	Girl	09:30	Settle	
11	556	Maisie	Evans	Girl	09:31	Ambleside	
12	736	Tara	Allan	Girl	09:36	Helm Hill	
13	615	Ella	Martindale	Girl	09:39	Helm Hill	
14	557	Joss	Evans	Girl	09:55	Ambleside	
15	634	Erin	Holton	Girl	09:58	Howgill Harriers	
16	727	Ellen	Dickson	Girl	10:13	Ambleside	
17	601	Connie	Maye-Scott	Girl	10:21	Unattached	
18	776	Megan	Bryan	Girl	10:39	Dallam	
19	639	Minnie	Mills	Girl	10:56	Settle	
20	661	Lauren	Evans	Girl	10:58	Settle	
21	548	Cate	Matthew	Girl	11:10	Lancaster & Morecambe	
22	632	Lola	Ashton-Fitch	Girl	11:19	Settle	
23	627	Jamie	Minkema	Girl	11:23	Dallam	
24	683	Jessica	Oakey	Girl	11:30	Settle	
25	612	Lucy	Bagot	Girl	11:39	Settle	
26	629	Seren	Green	Girl	11:40	Ambleside	
27	611	Katie	Lowis	Girl	12:06	Howgill Harriers	
28	506	Alicia	Crawford	Girl	12:06	Helm Hill	
29	608	Betsy	Willis	Girl	12:57	Wharfedale	
30	778	Emily	Morgan	Girl	12:58	Unattached	
31	777	Hollie	Morgan	Girl	13:18	Unattached	