



Supported by Different Strokes

## Sedbergh School - Results 26 February 2017

### Senior Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	422	Michael	Ainsworth	Man	29:04	Helm Hill	1st Man
2	902	Tim	Cowin	MV40	29:41	Helm Hill	2nd Man/1st MV40
3	73	Reuben	Copley	MU21	29:59	Dallam	3rd Man/1st MU21
4	430	Paul	Upton	Man	31:18	Unattached	
5	341	James	Edwards	MV40	31:22	Lonsdale	
6	351	Sam	Mason	MU21	31:23	Helm Hill	
7	350	Mark	Irving	Man	31:27	Bowland	
8	908	David	Cope	Man	31:28	Howgill Harriers	
9	397	Jos	Addison	Man	31:30	Helm Hill	
10	259	Jacob	Aubrey	MU21	31:31	Helm Hill	
11	399	Jack	Simpson	Man	31:34	Unattached	
12	20	James	Graham	MV40	31:39	Unattached	
13	98	Rob	Dewhurst	MV50	31:40	Ambleside	1st MV50
14	100	John	Hosker	Man	31:41	Howgill Harriers	
15	408	Tom	Simpson	Man	31:55	Unattached	
16	77	Scott	Umpleby	MV50	32:05	Kendal	
17	417	Darren	Fishwick	MV40	32:10	Chorley	
18	124	George	Attwood	MU21	32:18	Dallam	
19	54	Brian	Pennington	MV40	32:23	Howgill Harriers	
20	189	Hannah	Russell	LU21	32:28	Helm Hill	1st Lady/1st LU21
21	483	Rick	Stuart	MV50	32:41	Helm Hill	
22	131	Sam	Green	Man	33:05	Helm Hill	
23	204	Peter	German	Man	33:16	Helm Hill	
24	2	Robert	Crawford	MV40	33:26	Howgill Harriers	
25	5	Craig	Burrow	MV40	33:33	Helm Hill	
26	901	David	Bowness	MV50	33:53	CFR	
27	429	Martin	Spoons	Man	34:05	Howgill Harriers	
28	203	Peter	Lawson	Man	34:14	Unattached	
29	905	Clare	McKeown	LV40	34:19	Border	2nd Lady/1st LV40
30	50	Richard	Wells	MV40	34:24	Howgill Harriers	
31	377	William	Procter	MV60	34:29	Helm Hill	1st MV60
32	241	Ian	Palmer	MV40	34:32	Unattached	
33	288	Daniel	Malcolm	MV40	34:33	Unattached	
34	228	Anthony	Bowness	MV40	34:44	Kendal	
35	394	Craig	Smith	MV50	34:46	Keswick	
36	907	Alistair	Hanna	Man	34:49	Howgill Harriers	
37	304	Steven	Middleton	MV40	35:17	Howgill Harriers	
38	196	Jack	Perry	Man	35:23	Unattached	
39	292	Imogen	Burrow	LU21	35:31	Helm Hill	3rd Lady
40	339	James	Coulthard	Man	35:40	Howgill Harriers	
41	180	Richard	Duckett	Man	35:43	Unattached	
42	216	Will	Buckton	Man	35:47	Settle	
43	106	Mike	Calvert	MV50	35:53	Howgill Harriers	
44	93	John	Rainford	MV50	35:54	Preston Harriers	
45	244	Ronald	Hummelink	Man	36:01	Lonsdale	
46	35	Hannah	Durkin	LU21	36:13	Ambleside	
47	34	Shaun	Addison	MV50	36:16	Helm Hill	
48	415	Wilfred	Bell	MV60	36:38	Unattached	
49	52	Bianca	Dyer	LV40	36:39	Helm Hill	
50	3	Ali	Richards	LV40	36:43	Helm Hill	
51	349	Nina	Walkingshaw	Lady	36:47	Howgill Harriers	
52	322	Ray	Gill	MV50	36:53	Dallam	
53	903	Daisy	Barnes	LU21	36:58	Border	

54	435	David	Odowd	MV50	37:17	Northern Fells	
55	311	Martin	Barry	MV50	37:31	Settle	
56	387	Justin	Bibby	MV40	37:36	Unattached	
57	446	Rachel	Simpson	Lady	37:49	Unattached	
58	68	Chris	Green	MV40	38:05	Unattached	
59	162	Emily	Simpson	Lady	38:09	Unattached	
60	250	Tim	Pickering	Man	38:21	Helm Hill	
61	86	Dave	Appleyard	MV50	38:37	Helm Hill	
62	291	David	Hunter	MV50	39:18	Unattached	
63	426	Andy	Holden	MV50	39:43	Wharfedale	
64	75	Jonny	Grisedale	MV40	39:55	Helm Hill	
65	906	Stuart	McGurk	MV50	40:01	Kendal	
66	137	Andy	Mingay	MV40	40:22	Eden	
67	45	Jayne	Rigby	LV40	40:30	Helm Hill	
68	157	Debs	Greaves	LV40	41:45	Howgill Harriers	
69	195	Joanne	McLeod	LV50	41:49	Barrow & Furness Striders	1st LV50
70	488	Jim	Fisher	MV50	42:10	Howgill Harriers	
71	329	Jenny	Lyon	Lady	42:16	Dallam	
72	290	Sarah	Folks	LV40	42:25	Ambleside	
73	431	Marie	Robson	LV40	42:41	Helm Hill	
74	187	Victoria	Upton	Lady	42:57	Helm Hill	
75	107	Lynn	Whittaker	LV50	42:59	Wharfedale	
76	90	Chris	Bateson	MV40	43:33	Barlick Fell Runners	
77	904	Marian	Hesketh	LV60	43:37	Preston Harriers	1st LV60
78	174	David	Cowperthwaite	MV50	43:39	Unattached	
79	240	Katie	Palmer	LV40	43:45	Unattached	
80	238	Katherine	France	LV40	43:54	Helm Hill	
81	414	Andy	Monk	MV60	44:26	ABFR	
82	47	Helen	Greenep	LV50	45:12	Settle	
83	239	Kate	Brayshaw	LV40	45:15	Helm Hill	
84	331	Colin	Griffiths	MV60	45:23	Littledown	
85	194	Richard	Simpson	MV60	45:50	Dallam	
86	22	Paula	Bowen	LV40	45:56	Ambleside	
87	99	Hazel	Pearson	LV50	46:21	Helm Hill	
88	85	Katy	Thompson	LV60	46:28	Clayton-Le-Moors	
89	161	Rebecca	Hodgson	Lady	46:40	Helm Hill	
90	390	Gareth	Bradburn-Sims	MV40	46:49	Howgill Harriers	
91	173	Elaine	Cowperthwaite	LV40	48:39	Unattached	
92	135	Elizabeth	Adams	LV40	48:57	Helm Hill	
93	307	Zoe	Robinson	Lady	49:12	Howgill Harriers	
94	64	Ruth	O'Dowd	LV50	49:48	Northern Fells	
95	275	Lindsay	Harrod	LV40	51:05	Helm Hill	
96	207	Yolanda	Spooner	Lady	51:34	Howgill Harriers	
97	8	May	Crawford	Lady	52:04	Helm Hill	
98	295	Jo	Matthew	LV40	52:40	Lancaster & Morecambe	
99	31	Wendy	Smith	LV40	52:48	Helm Hill	
100	316	Jill	Gates	LV50	53:12	Settle	
101	33	Lynda	Hargreaves	LV50	53:25	Wharfedale	
102	499	Jenna	Butler	Lady	55:02	Helm Hill	
103	342	Rhian	Davies	Lady	56:30	Unattached	
104	338	Richard	Handford	MV50	1:00:12	Settle	
105	96	Joe	Howard	MV70	1:01:02	Preston Harriers	1st MV70
106	1	Dennis	Wood	MV70	1:02:13	Borrowdale	

### Under 17 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	563	Sebastian	Segger-Staveley	Boy	18:17	Settle	1st Boy
2	649	Joshua	Liddle	Boy	18:35	Eden	2nd Boy
3	770	Matthew	Knowles	Boy	18:40	Lancaster & Morecambe	3rd Boy
4	512	Ben	Edmondson	Boy	18:55	Ambleside	
5	765	Tom	Humphries	Boy	18:56	Eden	
6	547	Thomas	Marshall	Boy	19:30	Settle	
7	567	Logan	Hargreaves-Mac	Boy	19:59	Wharfedale	
8	724	Lewis	Bowness	Boy	20:20	Helm Hill	
9	561	Rosie	Woodhams	Girl	20:42	Dallam	1st Girl
10	574	Matthew	Holroyd	Boy	22:33	Settle	
11	742	Ben	Kirkham	Boy	23:00	Rossendale	
12	703	Minnie	Targett	Girl	23:19	Rossendale	2nd Girl
13	739	Harry	Shaw	Boy	25:03	Lancaster & Morecambe	
14	541	Maia	Doherty	Girl	25:06	Helm Hill	3rd Girl
15	713	Honor	Jeffrey	Girl	25:27	Settle	
16	571	Courtney	Hutchinson	Girl	26:55	Ambleside	
17	509	Jodie	Ritchie	Girl	28:35	Glaxo Hoad Hill Harriers	
18	662	Simone	Rigby	Girl	30:14	Settle	
19	721	Emily	Crossley	Girl	30:33	Settle	

### Under 15 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	544	Daniel	Sanderson	Boy	10:31	Ambleside	1st Boy
2	666	Joel	Taylor	Boy	10:38	Rossendale	2nd Boy
3	572	Charlie	Harding	Boy	10:44	Eden	3rd Boy
4	524	Jacob	Smith	Boy	10:58	Kendal	
5	531	Henry	Hunter	Boy	11:07	Helm Hill	
6	504	Ollie	Sanders	Boy	11:20	Helm Hill	
7	619	Ben	O'Dowd	Boy	11:31	Northern Fells	
8	549	Alex	Tallon	Boy	11:36	Helm Hill	
9	533	Chloe	Rylance	Girl	11:44	Ambleside	1st Girl
10	603	Brodie Joh	Weymouth	Boy	12:10	Unattached	
11	507	Emily	Swarbrick	Girl	12:13	CFR	2nd Girl
12	672	Joe	Clayton	Boy	13:04	Helm Hill	
13	744	Zach	Doherty	Boy	13:30	Dallam	
14	602	Adam	Scott	Boy	13:39	Kendal	
15	525	Ben	Smith	Boy	13:55	Kendal	
16	644	Toby	Umpleby	Boy	14:08	Kendal	
17	693	Edward	Thomas	Boy	14:10	Howgill Harriers	
18	537	Bethan	Rowley	Girl	14:44	Ambleside	3rd Girl
19	590	Ella	Park	Girl	15:19	Helm Hill	
20	600	Becky	Dyer	Girl	15:40	Helm Hill	
21	716	Erin	Cummins	Girl	17:28	Settle	

### Under 13 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	540	James	Bowen	Boy	07:24	Ambleside	1st Boy
2	539	Harry	Bowen	Boy	07:34	Ambleside	2nd Boy
3	747	Charlie	Allmond	Boy	07:39	Ambleside	3rd Boy
4	546	Dylan	Cater	Boy	07:59	Helm Hill	
5	655	Scott	Fisher	Boy	08:03	Hoad Hill	
6	585	Ben	Greenep	Boy	08:06	Settle	
7	621	Charlie	Barry	Boy	08:13	Settle	
8	532	Sophie	Rylance	Girl	08:17	Ambleside	1st Girl
9	679	Will	Mcnally	Boy	08:21	Leven Valley	
10	520	Clara	Samson	Girl	08:25	Helm Hill	2nd Girl
11	702	Callum	Osborne	Boy	08:31	Trawden	
12	689	Caius	Pennington	Boy	08:33	Howgill Harriers	
13	570	William	Durkin	Boy	08:35	Ambleside	
14	584	Joseph	Rigby	Boy	08:36	Helm Hill	
15	535	Rowan	Ashworth	Boy	08:37	Ambleside	
16	527	Oliver	Smith	Boy	08:37	Kendal	
17	550	Elise	Tallon	Girl	08:40	Helm Hill	3rd Girl
18	623	Stanley	Allan	Boy	08:41	Howgill Harriers	
19	758	Adam	Hall	Boy	08:42	Howgill Harriers	
20	624	Jody	Middleton	Boy	08:45	Howgill Harriers	
21	543	Jack	Collett	Boy	08:47	COLT/LMAC	
22	569	Daniel	Knowles-Slack	Boy	08:50	Settle	
23	503	Richard	Goode-Smith	Boy	08:58	Ambleside	
24	526	Sarah	Smith	Girl	08:59	Helm Hill	
25	518	Elodie	Malcolm	Girl	09:01	Helm Hill	
26	759	Toby	Greensmith	Boy	09:02	Howgill Harriers	
27	538	Alex	Graham	Boy	09:07	Ambleside	
28	675	Oliver	Sampson	Boy	09:09	Settle	
29	562	Douglas	Segger-Staveley	Boy	09:11	Settle	
30	620	Gemma	O'Dowd	Girl	09:12	Northern Fells	
31	616	Jamie	Waller	Boy	09:14	Dallam	
32	586	Sam	Greenep	Boy	09:19	Settle	
33	578	James	Brassington	Boy	09:20	Settle	
34	560	Toby	Harper	Boy	09:21	Ambleside	
35	545	Luke	Lofthouse	Boy	09:23	Helm Hill	
36	583	Simon	Rigby	Boy	09:24	Helm Hill	
37	667	Evie	Taylor	Girl	09:24	Rosendale	
38	745	Fayth	Bowness	Girl	09:25	CFR	
39	613	Vicky	Woof	Girl	09:26	Howgill Harriers	
40	573	Bethan	Saunders	Girl	09:29	Leven Valley	
41	510	Nathan	Ritchie	Boy	09:38	Glaxo Hoad Hill Harriers	
42	746	Matthew	Gornall	Boy	09:41	Kendal	
43	559	Charlotte	Pear	Girl	09:44	Settle	
44	513	Jessica	Edmondson	Girl	09:45	Ambleside	
45	508	Olivia	Swarbrick	Girl	09:47	CFR	
46	593	Grace	Wells	Girl	09:47	Howgill Harriers	
47	646	Joel	Saunders	Boy	09:52	Helm Hill	
48	615	Ella	Martindale	Girl	10:12	Helm Hill	
49	566	Aaron	Smith	Boy	10:13	Helm Hill	
50	589	Oliver	Park	Boy	10:22	Helm Hill	
51	534	Martha	Rigby	Girl	10:24	Settle	
52	673	Charlie	Clayton	Boy	10:28	Helm Hill	
53	601	Connie	Maye-Scott	Girl	10:41	Unattached	
54	638	Finley	Grisedale	Boy	10:44	Helm Hill	
55	628	Paddy	Wood	Boy	10:45	Ambleside	
56	714	Amelie	Lane	Girl	10:57	Wharfedale	
57	639	Minnie	Mills	Girl	11:10	Settle	
58	637	Jude	Evans	Boy	11:29	Helm Hill	
59	676	Dylan	Sampson	Boy	11:34	Settle	
60	632	Lola	Ashton-Fitch	Girl	11:35	Settle	

61	548	Cate	Matthew	Girl	11:39	Lancaster & Morecambe	
62	771	Louis	Hollingham	Boy	11:57	Kendal Tri Club	
63	506	Alicia	Crawford	Girl	12:09	Helm Hill	
64	629	Seren	Green	Girl	12:18	Ambleside	
65	769	Hattie	Eastwood	Girl	12:22	Helm Hill	
66	768	Charlotte	Madley	Girl	12:32	Unattached	
67	740	Noa	Calman	Girl	12:47	Ambleside	
68	611	Katie	Lowis	Girl	13:14	Howgill Harriers	
69	599	Hannah	Dyer	Girl	13:55	Helm Hill	
70	622	Grace	Allan	Girl	DNF	Howgill Harriers	

## Sedbergh School 2017 Category Results

### ALL SENIOR MEN

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	422	Michael	Ainsworth	Man	29:04	Helm Hill	1st Man
2	902	Tim	Cowin	MV40	29:41	Helm Hill	2nd Man/1st MV40
3	73	Reuben	Copley	MU21	29:59	Dallam	3rd Man/1st MU21
4	430	Paul	Upton	Man	31:18	Unattached	
5	341	James	Edwards	MV40	31:22	Lonsdale	
6	351	Sam	Mason	MU21	31:23	Helm Hill	
7	350	Mark	Irving	Man	31:27	Bowland	
8	908	David	Cope	Man	31:28	Howgill Harriers	
9	397	Jos	Addison	Man	31:30	Helm Hill	
10	259	Jacob	Aubrey	MU21	31:31	Helm Hill	
11	399	Jack	Simpson	Man	31:34	Unattached	
12	20	James	Graham	MV40	31:39	Unattached	
13	98	Rob	Dewhurst	MV50	31:40	Ambleside	1st MV50
14	100	John	Hosker	Man	31:41	Howgill Harriers	
15	408	Tom	Simpson	Man	31:55	Unattached	
16	77	Scott	Umpleby	MV50	32:05	Kendal	
17	417	Darren	Fishwick	MV40	32:10	Chorley	
18	124	George	Attwood	MU21	32:18	Dallam	
19	54	Brian	Pennington	MV40	32:23	Howgill Harriers	
20	483	Rick	Stuart	MV50	32:41	Helm Hill	
21	131	Sam	Green	Man	33:05	Helm Hill	
22	204	Peter	German	Man	33:16	Helm Hill	
23	2	Robert	Crawford	MV40	33:26	Howgill Harriers	
24	5	Craig	Burrow	MV40	33:33	Helm Hill	
25	901	David	Bowness	MV50	33:53	CFR	
26	429	Martin	Spoons	Man	34:05	Howgill Harriers	
27	203	Peter	Lawson	Man	34:14	Unattached	
28	50	Richard	Wells	MV40	34:24	Howgill Harriers	
29	377	William	Procter	MV60	34:29	Helm Hill	1st MV60
30	241	Ian	Palmer	MV40	34:32	Unattached	
31	288	Daniel	Malcolm	MV40	34:33	Unattached	
32	228	Anthony	Bowness	MV40	34:44	Kendal	
33	394	Craig	Smith	MV50	34:46	Keswick	
34	907	Alistair	Hanna	Man	34:49	Howgill Harriers	
35	304	Steven	Middleton	MV40	35:17	Howgill Harriers	
36	196	Jack	Perry	Man	35:23	Unattached	
37	339	James	Coulthard	Man	35:40	Howgill Harriers	
38	180	Richard	Duckett	Man	35:43	Unattached	
39	216	Will	Buckton	Man	35:47	Settle	
40	106	Mike	Calvert	MV50	35:53	Howgill Harriers	
41	93	John	Rainford	MV50	35:54	Preston Harriers	
42	244	Ronald	Hummelink	Man	36:01	Lonsdale	
43	34	Shaun	Addison	MV50	36:16	Helm Hill	
44	415	Wilfred	Bell	MV60	36:38	Unattached	
45	322	Ray	Gill	MV50	36:53	Dallam	
46	435	David	Odowd	MV50	37:17	Northern Fells	
47	311	Martin	Barry	MV50	37:31	Settle	
48	387	Justin	Bibby	MV40	37:36	Unattached	
49	68	Chris	Green	MV40	38:05	Unattached	
50	250	Tim	Pickering	Man	38:21	Helm Hill	
51	86	Dave	Appleyard	MV50	38:37	Helm Hill	
52	291	David	Hunter	MV50	39:18	Unattached	
53	426	Andy	Holden	MV50	39:43	Wharfedale	
54	75	Jonny	Grisedale	MV40	39:55	Helm Hill	
55	906	Stuart	McGurk	MV50	40:01	Kendal	
56	137	Andy	Mingay	MV40	40:22	Eden	
57	488	Jim	Fisher	MV50	42:10	Howgill Harriers	
58	90	Chris	Bateson	MV40	43:33	Barlick Fell Runners	

59	174	David	Cowperthwaite	MV50	43:39	Unattached	
60	414	Andy	Monk	MV60	44:26	ABFR	
61	331	Colin	Griffiths	MV60	45:23	Littledown	
62	194	Richard	Simpson	MV60	45:50	Dallam	
63	390	Gareth	Bradburn-Sims	MV40	46:49	Howgill Harriers	
64	338	Richard	Handford	MV50	1:00:12	Settle	
65	96	Joe	Howard	MV70	1:01:02	Preston Harriers	1st MV70
66	1	Dennis	Wood	MV70	1:02:13	Borrowdale	



**MEN**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	422	Michael	Ainsworth	Man	29:04	Helm Hill	1st Man
2	73	Reuben	Copley	MU21	29:59	Dallam	3rd Man/1st MU21
3	430	Paul	Upton	Man	31:18	Unattached	
4	351	Sam	Mason	MU21	31:23	Helm Hill	
5	350	Mark	Irving	Man	31:27	Bowland	
6	908	David	Cope	Man	31:28	Howgill Harriers	
7	397	Jos	Addison	Man	31:30	Helm Hill	
8	259	Jacob	Aubrey	MU21	31:31	Helm Hill	
9	399	Jack	Simpson	Man	31:34	Unattached	
10	100	John	Hosker	Man	31:41	Howgill Harriers	
11	408	Tom	Simpson	Man	31:55	Unattached	
12	124	George	Attwood	MU21	32:18	Dallam	
13	131	Sam	Green	Man	33:05	Helm Hill	
14	204	Peter	German	Man	33:16	Helm Hill	
15	429	Martin	Spoons	Man	34:05	Howgill Harriers	
16	203	Peter	Lawson	Man	34:14	Unattached	
17	907	Alistair	Hanna	Man	34:49	Howgill Harriers	
18	196	Jack	Perry	Man	35:23	Unattached	
19	339	James	Coulthard	Man	35:40	Howgill Harriers	
20	180	Richard	Duckett	Man	35:43	Unattached	
21	216	Will	Buckton	Man	35:47	Settle	
22	244	Ronald	Hummelink	Man	36:01	Lonsdale	
23	250	Tim	Pickering	Man	38:21	Helm Hill	

**MEN UNDER 21**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	73	Reuben	Copley	MU21	29:59	Dallam	3rd Man/1st MU21
2	351	Sam	Mason	MU21	31:23	Helm Hill	
3	259	Jacob	Aubrey	MU21	31:31	Helm Hill	
4	124	George	Attwood	MU21	32:18	Dallam	

**MEN - VET 40**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	902	Tim	Cowin	MV40	29:41	Helm Hill	2nd Man/1st MV40
2	341	James	Edwards	MV40	31:22	Lonsdale	
3	20	James	Graham	MV40	31:39	Unattached	
4	417	Darren	Fishwick	MV40	32:10	Chorley	
5	54	Brian	Pennington	MV40	32:23	Howgill Harriers	
6	2	Robert	Crawford	MV40	33:26	Howgill Harriers	
7	5	Craig	Burrow	MV40	33:33	Helm Hill	
8	50	Richard	Wells	MV40	34:24	Howgill Harriers	
9	241	Ian	Palmer	MV40	34:32	Unattached	
10	288	Daniel	Malcolm	MV40	34:33	Unattached	
11	228	Anthony	Bowness	MV40	34:44	Kendal	
12	304	Steven	Middleton	MV40	35:17	Howgill Harriers	
13	387	Justin	Bibby	MV40	37:36	Unattached	
14	68	Chris	Green	MV40	38:05	Unattached	
15	75	Jonny	Grisedale	MV40	39:55	Helm Hill	
16	137	Andy	Mingay	MV40	40:22	Eden	
17	90	Chris	Bateson	MV40	43:33	Barlick Fell Runners	
18	390	Gareth	Bradburn-Sims	MV40	46:49	Howgill Harriers	

**MEN - VET 50**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	98	Rob	Dewhurst	MV50	31:40	Ambleside	1st MV50
2	77	Scott	Umpleby	MV50	32:05	Kendal	
3	483	Rick	Stuart	MV50	32:41	Helm Hill	
4	901	David	Bowness	MV50	33:53	CFR	
5	394	Craig	Smith	MV50	34:46	Keswick	
6	106	Mike	Calvert	MV50	35:53	Howgill Harriers	
7	93	John	Rainford	MV50	35:54	Preston Harriers	
8	34	Shaun	Addison	MV50	36:16	Helm Hill	
9	322	Ray	Gill	MV50	36:53	Dallam	
10	435	David	Odowd	MV50	37:17	Northern Fells	
11	311	Martin	Barry	MV50	37:31	Settle	
12	86	Dave	Appleyard	MV50	38:37	Helm Hill	
13	291	David	Hunter	MV50	39:18	Unattached	
14	426	Andy	Holden	MV50	39:43	Wharfedale	
15	906	Stuart	McGurk	MV50	40:01	Kendal	
16	488	Jim	Fisher	MV50	42:10	Howgill Harriers	
17	174	David	Cowperthwaite	MV50	43:39	Unattached	
18	338	Richard	Handford	MV50	1:00:12	Settle	

**MEN - VET 60**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	377	William	Procter	MV60	34:29	Helm Hill	1st MV60
2	415	Wilfred	Bell	MV60	36:38	Unattached	
3	414	Andy	Monk	MV60	44:26	ABFR	
4	331	Colin	Griffiths	MV60	45:23	Littledown	
5	194	Richard	Simpson	MV60	45:50	Dallam	

**MEN - VET 70**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	96	Joe	Howard	MV70	1:01:02	Preston Harriers	1st MV70
2	1	Dennis	Wood	MV70	1:02:13	Borrowdale	

**ALL SENIOR LADIES**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	189	Hannah	Russell	LU21	32:28	Helm Hill	1st Lady/1st LU21
2	905	Clare	McKeown	LV40	34:19	Border	2nd Lady/1st LV40
3	292	Imogen	Burrow	LU21	35:31	Helm Hill	3rd Lady
4	35	Hannah	Durkin	LU21	36:13	Ambleside	
5	52	Bianca	Dyer	LV40	36:39	Helm Hill	
6	3	Ali	Richards	LV40	36:43	Helm Hill	
7	349	Nina	Walkingshaw	Lady	36:47	Howgill Harriers	
8	903	Daisy	Barnes	LU21	36:58	Border	
9	446	Rachel	Simpson	Lady	37:49	Unattached	
10	162	Emily	Simpson	Lady	38:09	Unattached	
11	45	Jayne	Rigby	LV40	40:30	Helm Hill	
12	157	Debs	Greaves	LV40	41:45	Howgill Harriers	
13	195	Joanne	McLeod	LV50	41:49	Barrow & Furness Striders	1st LV50
14	329	Jenny	Lyon	Lady	42:16	Dallam	
15	290	Sarah	Folks	LV40	42:25	Ambleside	
16	431	Marie	Robson	LV40	42:41	Helm Hill	
17	187	Victoria	Upton	Lady	42:57	Helm Hill	
18	107	Lynn	Whittaker	LV50	42:59	Wharfedale	
19	904	Marian	Hesketh	LV60	43:37	Preston Harriers	1st LV60
20	240	Katie	Palmer	LV40	43:45	Unattached	
21	238	Katherine	France	LV40	43:54	Helm Hill	
22	47	Helen	Greenep	LV50	45:12	Settle	
23	239	Kate	Brayshaw	LV40	45:15	Helm Hill	
24	22	Paula	Bowen	LV40	45:56	Ambleside	
25	99	Hazel	Pearson	LV50	46:21	Helm Hill	
26	85	Katy	Thompson	LV60	46:28	Clayton-Le-Moors	
27	161	Rebecca	Hodgson	Lady	46:40	Helm Hill	
28	173	Elaine	Cowperthwaite	LV40	48:39	Unattached	
29	135	Elizabeth	Adams	LV40	48:57	Helm Hill	
30	307	Zoe	Robinson	Lady	49:12	Howgill Harriers	
31	64	Ruth	O'Dowd	LV50	49:48	Northern Fells	
32	275	Lindsay	Harrod	LV40	51:05	Helm Hill	
33	207	Yolanda	Spooner	Lady	51:34	Howgill Harriers	
34	8	May	Crawford	Lady	52:04	Helm Hill	
35	295	Jo	Matthew	LV40	52:40	Lancaster & Morecambe	
36	31	Wendy	Smith	LV40	52:48	Helm Hill	
37	316	Jill	Gates	LV50	53:12	Settle	
38	33	Lynda	Hargreaves	LV50	53:25	Wharfedale	
39	499	Jenna	Butler	Lady	55:02	Helm Hill	
40	342	Rhian	Davies	Lady	56:30	Unattached	

**LADIES**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	189	Hannah	Russell	LU21	32:28	Helm Hill	1st Lady/1st LU21
2	292	Imogen	Burrow	LU21	35:31	Helm Hill	3rd Lady
3	35	Hannah	Durkin	LU21	36:13	Ambleside	
4	349	Nina	Walkingshaw	Lady	36:47	Howgill Harriers	
5	903	Daisy	Barnes	LU21	36:58	Border	
6	446	Rachel	Simpson	Lady	37:49	Unattached	
7	162	Emily	Simpson	Lady	38:09	Unattached	
8	329	Jenny	Lyon	Lady	42:16	Dallam	
9	187	Victoria	Upton	Lady	42:57	Helm Hill	
10	161	Rebecca	Hodgson	Lady	46:40	Helm Hill	
11	307	Zoe	Robinson	Lady	49:12	Howgill Harriers	
12	207	Yolanda	Spooner	Lady	51:34	Howgill Harriers	
13	8	May	Crawford	Lady	52:04	Helm Hill	
14	499	Jenna	Butler	Lady	55:02	Helm Hill	
15	342	Rhian	Davies	Lady	56:30	Unattached	



**LADIES UNDER 21**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	189	Hannah	Russell	LU21	32:28	Helm Hill	1st Lady/1st LU21
2	292	Imogen	Burrow	LU21	35:31	Helm Hill	3rd Lady
3	35	Hannah	Durkin	LU21	36:13	Ambleside	
4	903	Daisy	Barnes	LU21	36:58	Border	

**LADIES - VET 40**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	905	Clare	McKeown	LV40	34:19	Border	2nd Lady/1st LV40
2	52	Bianca	Dyer	LV40	36:39	Helm Hill	
3	3	Ali	Richards	LV40	36:43	Helm Hill	
4	45	Jayne	Rigby	LV40	40:30	Helm Hill	
5	157	Debs	Greaves	LV40	41:45	Howgill Harriers	
6	290	Sarah	Folks	LV40	42:25	Ambleside	
7	431	Marie	Robson	LV40	42:41	Helm Hill	
8	240	Katie	Palmer	LV40	43:45	Unattached	
9	238	Katherine	France	LV40	43:54	Helm Hill	
10	239	Kate	Brayshaw	LV40	45:15	Helm Hill	
11	22	Paula	Bowen	LV40	45:56	Ambleside	
12	173	Elaine	Cowperthwaite	LV40	48:39	Unattached	
13	135	Elizabeth	Adams	LV40	48:57	Helm Hill	
14	275	Lindsay	Harrod	LV40	51:05	Helm Hill	
15	295	Jo	Matthew	LV40	52:40	Lancaster & Morecambe	
16	31	Wendy	Smith	LV40	52:48	Helm Hill	

**LADIES - VET 50**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	195	Joanne	McLeod	LV50	41:49	Barrow & Furness Striders	1st LV50
2	107	Lynn	Whittaker	LV50	42:59	Wharfedale	
3	47	Helen	Greenep	LV50	45:12	Settle	
4	99	Hazel	Pearson	LV50	46:21	Helm Hill	
5	64	Ruth	O'Dowd	LV50	49:48	Northern Fells	
6	316	Jill	Gates	LV50	53:12	Settle	
7	33	Lynda	Hargreaves	LV50	53:25	Wharfedale	

**LADIES - VET 60**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	904	Marian	Hesketh	LV60	43:37	Preston Harriers	1st LV60
2	85	Katy	Thompson	LV60	46:28	Clayton-Le-Moors	

**UNDER 17 BOYS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	563	Sebastian	Segger-Staveley	Boy	18:17	Settle	1st Boy
2	649	Joshua	Liddle	Boy	18:35	Eden	2nd Boy
3	770	Matthew	Knowles	Boy	18:40	Lancaster & Morecambe	3rd Boy
4	512	Ben	Edmondson	Boy	18:55	Ambleside	
5	765	Tom	Humphries	Boy	18:56	Eden	
6	547	Thomas	Marshall	Boy	19:30	Settle	
7	567	Logan	Hargreaves-Mad	Boy	19:59	Wharfedale	
8	724	Lewis	Bowness	Boy	20:20	Helm Hill	
9	574	Matthew	Holroyd	Boy	22:33	Settle	
10	742	Ben	Kirkham	Boy	23:00	Rosendale	
11	739	Harry	Shaw	Boy	25:03	Lancaster & Morecambe	

**UNDER 17 GIRLS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	561	Rosie	Woodhams	Girl	20:42	Dallam	1st Girl
2	703	Minnie	Targett	Girl	23:19	Rossendale	2nd Girl
3	541	Maia	Doherty	Girl	25:06	Helm Hill	3rd Girl
4	713	Honor	Jeffrey	Girl	25:27	Settle	
5	571	Courtney	Hutchinson	Girl	26:55	Ambleside	
6	509	Jodie	Ritchie	Girl	28:35	Glaxo Hoad Hill Harriers	
7	662	Simone	Rigby	Girl	30:14	Settle	
8	721	Emily	Crossley	Girl	30:33	Settle	

**UNDER 15 BOYS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	544	Daniel	Sanderson	Boy	10:31	Ambleside	1st Boy
2	666	Joel	Taylor	Boy	10:38	Rosendale	2nd Boy
3	572	Charlie	Harding	Boy	10:44	Eden	3rd Boy
4	524	Jacob	Smith	Boy	10:58	Kendal	
5	531	Henry	Hunter	Boy	11:07	Helm Hill	
6	504	Ollie	Sanders	Boy	11:20	Helm Hill	
7	619	Ben	O'Dowd	Boy	11:31	Northern Fells	
8	549	Alex	Tallon	Boy	11:36	Helm Hill	
9	603	Brodie Joh	Weymouth	Boy	12:10	Unattached	
10	672	Joe	Clayton	Boy	13:04	Helm Hill	
11	744	Zach	Doherty	Boy	13:30	Dallam	
12	602	Adam	Scott	Boy	13:39	Kendal	
13	525	Ben	Smith	Boy	13:55	Kendal	
14	644	Toby	Umpleby	Boy	14:08	Kendal	
15	693	Edward	Thomas	Boy	14:10	Howgill Harriers	

**UNDER 15 GIRLS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	533	Chloe	Rylance	Girl	11:44	Ambleside	1st Girl
2	507	Emily	Swarbrick	Girl	12:13	CFR	2nd Girl
3	537	Bethan	Rowley	Girl	14:44	Ambleside	3rd Girl
4	590	Ella	Park	Girl	15:19	Helm Hill	
5	600	Becky	Dyer	Girl	15:40	Helm Hill	
6	716	Erin	Cummins	Girl	17:28	Settle	



**UNDER 13 BOYS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	540	James	Bowen	Boy	07:24	Ambleside	1st Boy
2	539	Harry	Bowen	Boy	07:34	Ambleside	2nd Boy
3	747	Charlie	Allmond	Boy	07:39	Ambleside	3rd Boy
4	546	Dylan	Cater	Boy	07:59	Helm Hill	
5	655	Scott	Fisher	Boy	08:03	Hoad Hill	
6	585	Ben	Greenep	Boy	08:06	Settle	
7	621	Charlie	Barry	Boy	08:13	Settle	
8	679	Will	Mcnally	Boy	08:21	Leven Valley	
9	702	Callum	Osborne	Boy	08:31	Trawden	
10	689	Caius	Pennington	Boy	08:33	Howgill Harriers	
11	570	William	Durkin	Boy	08:35	Ambleside	
12	584	Joseph	Rigby	Boy	08:36	Helm Hill	
13	535	Rowan	Ashworth	Boy	08:37	Ambleside	
14	527	Oliver	Smith	Boy	08:37	Kendal	
15	623	Stanley	Allan	Boy	08:41	Howgill Harriers	
16	758	Adam	Hall	Boy	08:42	Howgill Harriers	
17	624	Jody	Middleton	Boy	08:45	Howgill Harriers	
18	543	Jack	Collett	Boy	08:47	COLT/LMAC	
19	569	Daniel	Knowles-Slack	Boy	08:50	Settle	
20	503	Richard	Goode-Smith	Boy	08:58	Ambleside	
21	759	Toby	Greensmith	Boy	09:02	Howgill Harriers	
22	538	Alex	Graham	Boy	09:07	Ambleside	
23	675	Oliver	Sampson	Boy	09:09	Settle	
24	562	Douglas	Segger-Staveley	Boy	09:11	Settle	
25	616	Jamie	Waller	Boy	09:14	Dallam	
26	586	Sam	Greenep	Boy	09:19	Settle	
27	578	James	Brassington	Boy	09:20	Settle	
28	560	Toby	Harper	Boy	09:21	Ambleside	
29	545	Luke	Lofthouse	Boy	09:23	Helm Hill	
30	583	Simon	Rigby	Boy	09:24	Helm Hill	
31	510	Nathan	Ritchie	Boy	09:38	Glaxo Hoad Hill Harriers	
32	746	Matthew	Gornall	Boy	09:41	Kendal	
33	646	Joel	Saunders	Boy	09:52	Helm Hill	
34	566	Aaron	Smith	Boy	10:13	Helm Hill	
35	589	Oliver	Park	Boy	10:22	Helm Hill	
36	673	Charlie	Clayton	Boy	10:28	Helm Hill	
37	638	Finley	Grisedale	Boy	10:44	Helm Hill	
38	628	Paddy	Wood	Boy	10:45	Ambleside	
39	637	Jude	Evans	Boy	11:29	Helm Hill	
40	676	Dylan	Sampson	Boy	11:34	Settle	
41	771	Louis	Hollingham	Boy	11:57	Kendal Tri Club	

**UNDER 13 GIRLS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	532	Sophie	Rylance	Girl	08:17	Ambleside	1st Girl
2	520	Clara	Samson	Girl	08:25	Helm Hill	2nd Girl
3	550	Elise	Tallon	Girl	08:40	Helm Hill	3rd Girl
4	526	Sarah	Smith	Girl	08:59	Helm Hill	
5	518	Elodie	Malcolm	Girl	09:01	Helm Hill	
6	620	Gemma	O'Dowd	Girl	09:12	Northern Fells	
7	667	Evie	Taylor	Girl	09:24	Rossendale	
8	745	Fayth	Bowness	Girl	09:25	CFR	
9	613	Vicky	Woof	Girl	09:26	Howgill Harriers	
10	573	Bethan	Saunders	Girl	09:29	Leven Valley	
11	559	Charlotte	Pearl	Girl	09:44	Settle	
12	513	Jessica	Edmondson	Girl	09:45	Ambleside	
13	508	Olivia	Swarbrick	Girl	09:47	CFR	
14	593	Grace	Wells	Girl	09:47	Howgill Harriers	
15	615	Ella	Martindale	Girl	10:12	Helm Hill	
16	534	Martha	Rigby	Girl	10:24	Settle	
17	601	Connie	Maye-Scott	Girl	10:41	Unattached	
18	714	Amelie	Lane	Girl	10:57	Wharfedale	
19	639	Minnie	Mills	Girl	11:10	Settle	
20	632	Lola	Ashton-Fitch	Girl	11:35	Settle	
21	548	Cate	Matthew	Girl	11:39	Lancaster & Morecambe	
22	506	Alicia	Crawford	Girl	12:09	Helm Hill	
23	629	Seren	Green	Girl	12:18	Ambleside	
24	769	Hattie	Eastwood	Girl	12:22	Helm Hill	
25	768	Charlotte	Madley	Girl	12:32	Unattached	
26	740	Noa	Calman	Girl	12:47	Ambleside	
27	611	Katie	Lowis	Girl	13:14	Howgill Harriers	
28	599	Hannah	Dyer	Girl	13:55	Helm Hill	
DNF	622	Grace	Allan	Girl	DNF	Howgill Harriers	