

# Troutbeck Fell Race, Kendal Winter League

## 29th February 2004

Results courtesy of Alan Westworth

### LADIES - 3.5 MILES 1200 F OF C

RECORD TIME BY KAREN SLATER - 34.28 29/02/04

Pos	NAME	CLUB	TIME
1	KAREN SLATER	Settle	34.28
2	NICKY LAVERY	Helm Hill	35.36
3	WENDY DODDS	Clayton	37.13
4	SUE HARDING	Bowland	37.31
5	BRITTA SENDLHOFFER	T/R/Runner	37.37
6	SHERYL SLATER	Settle	38.23
7	YVONNE PROCTER	Helm Hill	41.07
8	PENNY BIBBY	U/A	41.24
9	TAMARA HIRD	Wharfedale	43.15
10	LYNN WHITTAKER	Wharfedale	43.46
11	NICOLE SLATER	Settle	47.09
12	JULIE LUND	U/A	Retired

### GIRLS UNDER 17 - 2 MILES 900 F OF C

NEW RECORD TIME BY ROSIE PARKINSON - 22.27  
29/02/04

Pos	NAME	CLUB	TIME
1	ROSIE PARKINSON	Helm Hill	22.27
2	EMILY KNOX	Keswick	23.05
3	ASHLEIGH TALLON	Helm Hill	24.10
4	GRACE BIDDLE	Pendle	24.36
5	SAMANTHA MORPHET	C.F.R	25.48
6	KATIE ROBINSON	Helm Hill	25.51

### GIRLS UNDER 14 - 1.5 MILES 450 F OF C

RECORD TIME BY GEMMA CROWTHER - 7.25 23/02/03

Pos	NAME	CLUB	TIME
1	BRIDGET PENELLOM	Broughton	8.01
2	JESSICA BIBBY	Keswick	8.07
3	REBECCA KNIPE	Barrow	8.23
4	ROSANNA CORNTHWAITE	Keswick	8.26

### GIRLS UNDER 12 - 1 MILE 400 F OF C

RECORD TIME BY JENNY ADDISON - 5.57 23/02/03

Pos	NAME	CLUB	TIME
1	JENNY ADDISON	Helm Hill	6.14
2	LAUREN MOOREHEAD	Pendle	7.04
3	ZOE HARDING	Bowland	7.24
4	LAURA VAILLANT	Keswick	7.25
5	MELANIE MORPHET	C.F.R	7.32

6	ALEX LAVERY HOFFE	Helm Hill	7.34
7	SHANNON MOOREHEAD	Settle	7.36
8	KATE VAILLANT	Keswick	7.37
9	AMY FRETWELL	U/A	7.41
10	ZOE BARRETT	Helm Hill	7.58
11	HARRIET APPELYARD	Helm Hill	8.04
12	KATRIN HARDING	Bowland	8.12
13	SIOBHAN LAMB	Keswick	8.14
14	KATIE WRIGHT	Broughton	8.17
15	SAMANTHA QUAIL	Keswick	8.30
16	FAITH BIDDLE	Pendle	8.32
17	LOREN APPELYARD	Helm Hill	8.43
18	VICKY BEATY	U/A	9.09
19	JO LAVERY HOFFE	Helm Hill	9.11
20	OLIVIA COFFEY	Wharfedale	9.13

### BOYS UNDER 17 - 2 MILES 900 F OF C

RECORD TIME BY DAVID SHEPHERD - 17.00 29/02/04

Pos	NAME	CLUB	TIME
1	DAVID SHEPHERD	Settle	17.00
2	BEN FARRELL	Keswick	17.14
3	MARK ADDISON	Helm Hill	18.17
4	RYAN THORNBORROW	Helm Hill	18.30
5	TOM ADDISON	Helm Hill	18.38
6	SAM WATSON	Wharfedale	18.53
7	MATTHEW OTWAY	Helm Hill	20.09
8	LINDSAY McCRAE	Broughton	20.24
9	KIERAN ALDERSON	Helm Hill	21.34
10	LIAM REDFERN	Ambleside	31.50

### BOYS UNDER 14 - 1.5 MILES 450 F OF C

NEW RECORD TIME BY SAM TOSH - 6.34 29/02/04

Pos	NAME	CLUB	TIME
1	SAM TOSH	Rosendale	6.34
2	BEN MORPHET	C.F.R	6.37
3	JAMIE STUART	C.F.R	6.41
4	MATTHEW FRETWELL	U/A	6.45
5	JOHN JARDINE	Broughton	6.50
6	LEWIS ROBINSON	Helm Hill	7.11
7	CHRISTOPHER TUSON	Helm Hill	7.16
8	TOM STRONG	Keswick	7.22
9	KYLE BIDDLE	Pendle	7.35
10	MARTIN BARNES	Helm Hill	8.05
11	CHRIS BRAND BARKER	Keswick	8.06
12	MICHAEL COFFEY	Bingley	8.21
13	PHILIP BARNES	Helm Hill	9.27

### BOYS UNDER 12 - 1 MILE 400 F OF C

RECORD TIME BY JAMIE STUART - 5.46 23/02/03

Pos	NAME	CLUB	TIME
1	TOM DOYLE	Helm Hill	5.50

2	NAILL TILL	Helm Hill	6.01
3	ANDREW HARRISON	Preston	6.03
4	RORY ADDISON	Helm Hill	6.07
5	DOUGLAS JARDINE	Broughton	6.26
6	MATTHEW McVEY	U/A	6.30
7	JOSEPH QUAIL	Keswick	6.34
8	PHILIP METCALFE	Broughton	6.40
9	DUNCAN LUND	Settle	6.41
10	RORY ALDERSON	Helm Hill	6.50
11	MATTHEW ATKINSON	Keswick	6.52
12	JAMES KNOX	Helm Hill	6.53
13	JACK WRIGHT	Broughton	6.56
14	RYAN WADDINGTON	Helm Hill	7.00
15	MATTHEW COFFEY	Bingley	7.11
16	JOSHUA PARKINSON	Helm Hill	7.18
17	KHRISTOPHER LUND	Settle	7.22
18	OLIVER BIBBY	Keswick	7.23
19	NATHAN METCALFE	Broughton	7.35
20	NATHAN ROBB	Helm Hill	7.47
21	MATTHEW CANNON	Helm Hill	8.24

### SENIORS - 3.5 MILES 1200 F OF C

NEW RECORD TIME BY BILLY PROCTER - 27.24 29/02/04

Pos	NAME	V.40	V.50	CLUB	TIME
1	BILLY PROCTER	1.v		Helm Hill	27.24
2	RICKY LIGHTFOOT			C.F.R	27.56
3	MICK HOFFE		1.v	Helm Hill	28.23
4	QUENTIN HARDING	2.v		Bowland	28.36
5	BEN LONSDALE			Settle	30.06
6	SHAUN ADDISON	3.v		Helm Hill	30.14
7	IAN ATKINSON			Helm Hill	30.26
8	MIKE ADDISON	4.v		Helm Hill	30.39
9	ANDY HOLDEN			Wharfedale	30.48
10	PETER McWADE		2.v	Clayton	31.05
11	DAMIEN SCHOLES			K & C	31.40
12	IAN ROBINSON		3.v	Clayton	31.47
13	MARK McGOLDRICK			Settle	32.15
14	RUSSELL CANNON	5.v		Helm Hill	32.27
15	COLIN VALENTINE	6.v		Keswick	32.30
16	PAUL TUSON	7.v		Kendal	32.38
17	GRAEME PYLE	8.v		U/A	32.40
18	ALAN MILLER	9.v		Kendal	33.19
19	STEVE FLETCHER	10.v		Keswick	33.27
20	BARRY SCHOLES		4.v	Settle	33.52
21	RICHARD DRINKALL			U/A	34.25
22	TERRY ROBINSON	11.v		Helm Hill	35.03
23	LYNDON DIXON	12.v		Helm Hill	35.32
24	DAVID JONES			U/A	36.28
25	KEVIN ROGAN	13.v		Wharfedale	37.06
26	DAVE TILL	14.v		Helm Hill	37.09
27	DAVID APPLEYARD	15.v		Helm Hill	38.09
28	SELWYN WRIGHT	16.v		Ambleside	38.28

29	PETER METCALFE	17.v		U/A	39.08
30	STEFFAN JOHNSON			C.F.R	39.19
31	RAYMOND JOHNSON		5.v	C.F.R	40.40
32	JOHN KING		6.v	Helm Hill	41.39
33	TOM TARGETT		7.v	Clayton	42.03
34	ANDREW BIDDLE		8.v	W.Pennine	42.27
35	MICK COFFEY			Bingley	42.43
36	MICHAEL MOOREHEAD	18.v		Settle	52.57

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