

# Helm Hill Junior Fell Relays, Sedbergh, Cumbria inc. FRA English Junior Relay Championships

## 25th September 2005

Results courtesy of Alan Westworth for Helm Hill Runners

Pos	TEAM NAME	Leg 1 Name and Time 1.2 miles, 590ft of climb	Leg 2 Name and Time 1.75 miles, 870ft of climb	Leg 3 Name and Time 2.5 miles, 1115ft of climb	Total Time
1	Helm Hill Runners B	12.53 <b>Fastest Boy Leg 1</b>	17.45	20.07 <b>Fastest Boy Leg 3 - 1st FRA Team</b>	50.45
	Boys <b>1st Boys</b>	Rory Addison	Jos Addison	Tom Addison	
2	Helm Hill Runners A	13.44	18.06	23.31	55.21
	Boys <b>2nd Boys</b>	Jonathan Knox	Tom Doyle	Lewis Robinson	
3	Bingley A	17.10	17.49	20.54 <b>2nd FRA Team</b>	55.53
	Boys <b>3rd Boys</b>	Owen Whelan	Oliver Webster	Sam Webster	
4	Rossendale A	13.50	18.28	24.07 <b>3rd FRA Team</b>	56.25
	Boys <b>4th Boys</b>	Dominic Walton	Sam Tosh	Phil Bolton	
5	Preston Harriers	13.00	21.55	22.57	57.52
	Boys	Matthew Nash	Andrew Harrison	Rob Jackson	
6	Leigh Harriers	14.36	17.43 <b>Fastest Boy Leg 2</b>	26.09	58.28
	Boy	Cameron Adamson	Isaac McCann	Danny Thomas	
7	Lancaster & Morecambe	14.38	18.41	33.19	57.45
	Boys	Adam Bateson	Jack Modley	Jason Middleton	
8	Rossendale B	13.48	20.46	24.38	59.12
	Boys	Joe Johnston	Jonny Sowerby	Aarron Kelly	
9	Settle	17.44	18.44	24.45	61.13
	Mixed A <b>1st Mixed</b>	Mel Morphet	Matthew Fretwell	Ben Morphet	
10	Ilkley	17.04	21.02	25.24	63.30
	Boys	Josh Crane	Harry Liuba-Carmichael	Elliot Dawson	
11	Rossendale	17.35	18.13	28.15	64.03

	C				
	Boys	Luke Gregory	Ashley Kay	Carl Andrew	
12	Rossendale D	15.31	21.45	29.49	67.05
	Boys	Jake Neary	David Parton	Jonny Parton	
13	Helm Hill Runners D	17.45	19.30	30.13	67.28
	Boys	Matthew Cannon	Niall Till	Martin Barnes	
14	Leigh Harriers A	14.06 <b>Fastest Girl Leg 1</b>	24.36	29.24 <b>1st FRA Team</b>	68.06
	Girls <b>1st Girls</b>	Laura Riches	Amy Riley	Danielle Allen	
15	Settle	16.31	20.27	31.27	68.25
	Mixed B <b>2nd Mixed</b>	Amy Fretwell	Matthew Cardus	Chris Tuson	
16	Ilkley Harriers	17.23	23.13	28.44 <b>Fastest Girl Leg 3</b>	69.20
	Girls <b>2nd Girls</b>	Emily Kerr	Fiona Jordan	Jenny Dybeck	
17	Leigh Harriers B	16.45	23.58	39.29 <b>2nd FRA Team</b>	70.12
	Girls <b>3rd Girls</b>	Shannon Johnston	Abigail Howarth	Lauren Howarth	
18	Rossendale A	16.59	21.50	32.31 <b>3rd FRA Team</b>	71.21
	Girls <b>4th Girls</b>	Rebecca Swindells	Katie Ireland	Sarah Yeomans	
19	Preston Harriers A	16.16	22.24	32.42	71.22
	Girls	Ellen Buckley	Nicola Jackson	Sophie Fletcher	
20	Rossendale B	20.18	23.27	29.46	73.31
	Girls	Charlotte Ireland	Fran Gregory	Laura Johnson	
21	Lancaster & Morecambe	17.11	21.23	35.04	73.38
	Girls	Becky Bateson	Hannan Bateson	Melissa Birbeck	
22	Helm Hill Runners B	17.57	24.07	33.58	76.02
	Girls	Alex Lavery-Hoffe	Jenny Addison	Gemma Crowther	
23	Helm Hill Runners A	17.58	20.47 <b>Fastest Girl Leg 2</b>	37.39	76.24
	Girls	Harriet Appleyard	Brooke Vanhinsbergh	Katie Robinson	
24	Pendle B	18.28	22.17	36.21	77.06
	Girls	Lucy Alderman	Emma Thompson	Jade Hartley	

25	Preston Harriers B	18.33	27.49	31.11	77.33
	Girls	Becky Horrocks	Emily Kevan	Aimie Kevan	
26	Bingley	17.56	24.12	36.08	78.16
	Mixed <b>3rd Mixed</b>	Matthew Coffey	Michael Coffey	Holly Ramsden	
27	Sedbergh School	18.39	28.32	32.37	79.48
	Girls	L Butler	E Hirst	S Dutton	
28	Pendle A	30.38	21.02	28.47	80.27
	Girls	Chloe Ellison	Lois Grinstead	Anna Anderson	
29	Rosendale C		32.14	42.31	
	Girls	No Leg 1 Runner	Laura Briggs	Debra Zajac	

### Seniors Race

Pos	Name	Ladies	Vets	Club	Time
1	Alastair Dunn (new record)			Helm Hill	33.54
2	Paul Dugdale		V 40	Kendal AC	36.37
3	Billy Procter		V 40	Helm Hill	38.52
4	Mike Addison		V 40	Helm Hill	41.01
5	Richard Johnson			Swaledale	41.59
6	Russel Cannon		V 40	Helm Hill	42.00
7	Brian Kennedy		V 40	Settle Harriers	42.05
8	Terry Robinson		V 40	Helm Hill	42.12
9	Hugh Symonds		V 50	Kendal AC	42.19
10	Damien Scholes			Keighley & Craven	42.53
11	Dave Richardson		V 50	Helm Hill	42.55
12	Kenny Forster		V 40	Spectrum Striders	42.57
13	Lisa Lacon (new record)	L		Holmfirth Harriers	43.03
14	Paul Tuson		V 40	Helm Hill	43.28
15	Gordon Thompson		V 40	Preston Harriers	43.36
16	James Bird			Taunton AC	43.58
17	Anthony Gotts			Rosendale	44.35
18	Karen Nash	L	V 40	Preston Harriers	44.38
19	Erika Johnson	L		Swaledale	46.10
20	Dave Till		V 40	Helm Hill	47.13
21	Barry Scholes		V 50	Settle Harriers	47.43
22	Karen Forster	L	V 40	Spectrum Striders	48.02
23	Steven Jackson		V 40	Preston Harriers	48.13
24	Paul Modley		V 40	Lancaster & Morecambe	48.23
25	Jim Fisher		V 40	Howgill	48.32
26	Alan Appleby		V 50	Preston Harriers	48.34
27	Les Stephenson		V 50	Keswick	48.37
28	Kevin Walker		V 40		48.46
29	Graham Grinstead		V 40	Skyrac	49.28
30	Mike Leck		V 50	Lancaster & Morecambe	49.42

31	Ashley Hardwell		V 40	Ilkley Harriers	49.43
32	Andrew Crook		V 40	Bowland	51.07
33	David Appleyard		V 40	Helm Hill	52.28
34	Peter Metcalfe		V 50	Wharfedale	53.27
35	Mike Coffey			Bingley Harriers	56.33
36	Samantha Morphet	L		C.F.R	61.27
37	Allan Webster		V 40	Bingley Harriers	64.07
38	Jill Eccleston	L		Settle Harriers	71.05
39	Kerry Pilkington	L		Settle Harriers	71.05

### Under 10

Pos	Name			Club	Time
1	James Knox (new record)			Helm Hill	5.33
2	Harry Modley			Lancaster & Morecambe	6.04
3	Oliver Allsopp			Settle	6.19
4	Loren Appleyard			Helm Hill	6.44
5	Liam Walsh			Darwen D	6.48
6	Andrew Brittleton			Helm Hill	6.56
7	Zoe Barrett			Helm Hill	7.00
8	Sam Wood			Ilkley	7.12
9	Liam Bagg			Helm Hill	7.13
10	Alisha Johnson			Blackpool	7.49
11	Olivia Coffey			Bingley	8.16
12	Danielle Kay			Rosendale	8.28
13	Jode Mountain			Rosendale	8.32
14	Rebecca Forster			Spectrum	10.10
15	Suzannah Forster			Spectrum	22.12

[Back to year index - Top of page](#)