

Helm Hill Winter League

Birkrigg Common, Ulverston Race Results 2008

U 12

Position	Name	Club	Time	M/F		
1	Ben Johnstone	Wharfedale	5.04			
2	Thomas Taylor	Kendal	5.14			
3	David Goad	Helm	5.26			
4	Megan Stuart	Helm	5.36	F 1st		
5	Jonathon Mells	Howgill	5.44			
6	Lorna Nunwilk	Helm	5.45	F 2nd		
7	Jake Lowther	helm	5.53			
8	Freya Sadler	Furness	6.04	F 3rd		
9	Jon Lowther	Helm	6.07			
10	Lewis Goad	Helm	6.14			
11	Wilf Goodfellow	Dallam	6.17			
12	Lee Dryden	Settle	6.18			
13	Lauren Appleby	Helm	6.24	F 4th		
14	Orin Grindley	Helm	6.24			
15	James Quinn	Helm	6.29			
16	Liam Bagge	Helm	6.31			
17	Charlotte Milligan	Helm		F 5th		
18	Megan Fitzpatrick	Helm		F 6th		
19	Dan Miller	Broughton				
20	Thomas Drinkall	Dallam				
21	Nathan Chadwick	Helm				

22	Amber Holt Manville	Helm		F 7th		
23	Parris	Furness		F 8th		
24	Zana messenger Jones	Broughton		F 9th		
25	Sarah Chadwick	Helm		F 10th		
26	Josh Robb	Helm				
27	Elizabeth Goodfellow	Dallam		F 11		
28	Luke Smithurst	Broughton				
29	Jay Ferguson	Helm				
30	Charlotte Servante	Broughton		F 12		
31	Levon Bates	Wesham				
32	Megan Drinkall	Dallam		F 13		
33	Roisin Bagge	Helm		F 14		
34	Chloe Law	Rossendale		F 15		
35	Alexander Chadwick	Helm				
36	Rosanna Quinn	Helm		F 16		
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Birkkrigg Common, Ulverston Race Results 2008

U 14

Position	Name	Club	Time	M/ F		
1	Rory Addison	Helm	9.05			
2	Daniel Walsh	Rosendale	9.20			
3	Theo Messenger Jones	Broughton	9.27			
4	Elliot Wylie	Rosendale	9.31			
5	Sam Storey	Barrow	9.41			
6	Nathan Robb	Helm	10.02			
7	Robin Goodfellow	Dallam	10.12	F 1st		
8	Lauren Munro-Bennett	Helm	11.03	F 2nd		
9	Dale Sutton	Dallam	11.10			
10	Joelle Campbell	Kendal	11.11	F 3rd		
11	Jane Gill	Dallam	11.33	F 4th		
12	Aaron Chadwick	Helm	12.21			
13	Reanne Harvey	Dallam	12.34	F 5th		
14	Allysia Hine	Helm	12.45	F 6th		

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U 17

Position	Name	Club	Time	M / F		
1	Ashley Lay	Rossendale	15.07			
2	Alex Till	Dallam	15.15			
3	Scott Thwaites	Helm	15.23			
4	Joss Addison	Helm	15.32			
5	Niall Till	Helm	16.06			
6	Joe Johnston	Rossendale	16.10			
7	Matthew Fretwell	Settle	16.17			
8	Sam Till	Dallam	16.29			
9	Melanie Hyder	Helm	17.05	F 1st		
10	Yngwie Vanhoucke	Flanders A.C	17.11			
11	Jack Stringfellow	Rossendale	18.01			
12	Liam Stainton	Helm	18.19			
13	Adam Jeffs	Dallam	18.30			
14	Andrew Leach	Howgill	19.01			
15	Alex Brown	Settle	19.43			
16	Chessie Messenger-Jones	Broughton	20.05	F 2nd		
17	Cathy Gill	Dallam	20.29	F 3rd		
18	Amy Fretwell	Settle	20.35	F 4th		
19	Emily Taylor	Broughton	21.47	F 5th		
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Seniors

Position	Name	Club	Time	M / F	V40	V50	V60
1	Mark Addison	Helm	18.21				
2	John Deegan	Ambleside	18.47		1 st V 40		
3	Tom Addison	Helm	18.54				
4	Alistair Murray	Horwich	19.09				
5	Mike Robinson	Dark Peak	19.33				
6	Jeff Chadwick	Helm	19.43				
7	David Crayston	U/A	19.58		2 nd V 40		
8	Paul Knowles	Ambleside	20.08				
9	Andy McWade	Clayton	20.10				
10	John Dryden	Settle	20.18		3 rd V40		
11	Billy Proctor	Helm	20.21			1stV50	
12	Jos livesey	Howgill	20.31				
13	Jack Holt	Clayton	20.33			2 nd V50	
14	Sam Radcliffe	Helm	20.46				
15	Ged Walsh	Rosendale	20.50				
16	Olly Fielden	Helm	20.56				
17	Shaun Addison	Helm	21.38		4 th V40		
18	Mike Vogler	Ambleside	21.44				
19	Fraser Livesey	Howgill	21.49		5thV40		
20	Dennis Nelson	Dallam	21.51		6 th V40		
21	Mike Addison	Helm	21.55		7 th V40		

22	Hazel Robinson	U/A	21.57	1 st F			
23	Stuart Gillies		22.08				
24	Brian Kennedy	Settle	22.38		8 th V40		
25	David Shepherd	Settle	22.43				
26	John Fitzpatrick	Helm	22.46		9 th V40		
27	Mark Ashburn	U/A	22.50				
28	Craig Burrow	U/A	23.00				
29	Martin Bates	Wesham	23.10			3 rd V50	
30	Andy Bennet	Helm	23.17				
31	Simon Milligan	Helm	23.26		10 th V40		
32	Ian Robinson	Clayton	23.34			4 th V50	
33	Patrick Willink	Helm	23.39		11th V40		
34	Kevin Rogan	Wharfedale	23.43			5 th V50	
35	Tim Murray	Helm	23.51		12 th v40		
36	Ben Proctor	Helm	24.16				
37	Anthony Shepherd	Settle	24.22			6 th V50	
38	Matthew Otway	Helm	24.26				
39	Chris Schofield	helm	24.27		13 th V40		
40	Benoit Bessenay	France	24.29				
41	Geoff Barret	Helm	25.01		14thV40		
42	Lyndon Dixon	Helm	25.12		15 th V40		
43	Dave Till	Helm	25.15		16 th v40		
44	Neil Taylor	Wharfedale	25.18		17 th V40		
45	Chris Stokes	U/A	25.23		18 th V40		
46	David Fell	CFR	25.27				1 st v60
47	Ray Gill	Dallam	25.44		19 th V 40		

48	Martin Lucas	Helm	26.08				
49	Paul Tuson	Helm	26.48		20 th v40		
50	Peter Metcalfe	Wharfedale	27.08			7 th V50	
51	Kate Rogan	Wharfedale	27.27	F			
52	Dave Rogers	U/A	27.53			8 th V50	
53	Lynn Whittaker	Wharfedale	28.20	2 nd F 1 st V40			
54	Robin Smithurst	Blackcoombe	28.50		21 st V40		
55	Trevor Metcalfe	Wharfedale	29.02			9 th V50	
56	Catherine Freestone	U/A	29.05	3 rd F			
57	Ruth Webster	Dallam	29.19	4 th F			
58	George James	Blackpool	29.53				2 nd V60
59	Dawn Gill	Dallam	29.58	5 th F 2 nd V40			
60	Rhiannon George	Eden	30.43	6 th F			
61	Peter Williams	Kendal	31.23				3rdV60
62	Nicola Park	Helm	31.52	7 th F			
63	Lois White	U/A	32.33	8 th F			
64	Duncan Campbell	Helm	32.42		22 nd V40		
65	Dennis Wood	Borrowdale	33.45				4 th V60