

## Firbank – January 13<sup>th</sup> 2008

### Under 12 Boys

Posn	Name	Club	Time
1	James Hull	Bingley	6.13
2	Ben Johnston	Wharfedale	6.19
3	Thomas Taylor	Kendal	6.26
4	Phil Done	Keighley & Craven	6.45
5	Oliver Willink	Helm Hill	6.55
6	Harry Brooks	Helm Hill	7.05
7	Harry Packham	Helm Hill	7.11
8	Jake Lowther	Helm Hill	7.38
9	Jon Lowther	Helm Hill	7.39
10	Wilf Goodfellow	Dallam	7.41
11	Matthew Horn	Settle	7.53
12	Lee Dryden	Settle	7.57
13	Sam Willink		7.58
14	Oran Swindley	Helm Hill	8.16
15	Joseph Murray	Helm Hill	8.31
16	Lewis Goad	Helm Hill	8.33
17	Robbie Johnston	Wharfedale	8.59
18	Thomas Drinkall	Dallam	9.12
19	J Ferguson		9.25
20	Tom Mason	Helm Hill	10.06
21	Nathan Chadwick	Helm Hill	10.18
22	Nathaniel Walton	Howgill	10.57
23	Alexander Chadwick	Helm Hill	11.19

### Under 12 Girls

Posn	Name	Club	Time
1	Megan Stuart	Helm Hill	7.00
2	Lorna Nunwick	Helm Hill	7.21
3	Charlotte Milligan	Helm Hill	7.43
4	Hannah Smith	Helm Hill	8.19
5	Ellamae Gibson		8.20
6	Sarah Chadwick	Helm Hill	8.22
7	Amber Holt	Helm Hill	8.32
8	Erin Proctor	Howgill	8.40
9	Rosie Dutson		8.52
10	Megan Drinkall	Dallam	9.53

### Under 14 Boys

Posn	Name	Club	Time
1	Rory Addison	Helm Hill	8.25
2	James Knox	Helm Hill	8.37
3	Dale Sutton	Dallam	9.40
4	Jack Walton	Howgill	11.54
5	Aaron Chadwick	Helm Hill	12.15

### Under 14 Girls

Posn	Name	Club	Time
1	Robin Goodfellow	Dallam	10.05
2	Beth Dutson	U/A	10.24
3	Lauren Munro-Bennett	Helm Hill	10.33
4	Jane Gill	Dallam	10.41
5	Reanne Harvey	Dallam	12.07
6	Allysia Hine		13.11

### Under 17 Boys

Posn	Name	Club	Time
1	Ashley Kay	Rossendale	11.36
2	Alex Till	Dallam	11.47
3	Scott Thwaites	Helm Hill	11.52
4	Tom Sessford	Keighley & Craven	11.56
5	Jos Addison	Helm Hill	12.04
6	Jonathan Bradshaw	Wharfdale	12.13
7	Nial Till	Helm Hill	12.21
8	Joe Johnston	Rossendale	12.23
9	Sam Till	Dallam	12.30
10	James Brock	Sedbergh School	12.37
11	Hugo Patterson	Sedbergh School	12.58
12	Peter Harrison	Sedbergh School	13.02
13	Oliver Luckley	Sedbergh School	13.47
14	Matthew Owen	Helm Hill	13.53
15	Richard Marston	Sedbergh School	14.05
16	Jack Stringfellow	Rossendale	14.13
17	Alex Brown	Settle	14.57
18	Sam Jones	Sedbergh School	15.22
19	Scott Baistow	Pendle	15.48
20	Robin Shellcock	Sedbergh School	16.03

### Under 17 Girls

Posn	Name	Club	Time
1	Melanie Hyder	Helm Hill	13.22
2	Jenny Addison	Helm Hill	15.23
3	Cathy Gill	Dallam	16.08
4	Amy Fretwell	Settle	16.40

**Senior Men**

<b>Posn</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b>V40</b>	<b>V50</b>	<b>V60</b>	<b>V70</b>
1	Mark Addison	Helm Hill	22.13				
2	Tom Addison	Helm Hill	22.33				
3	Mike Robinson	Dark Peak	24.04				
4	Dick Gorst	Howgill	24.21	1			
5	Paul Knowles	Ambleside	24.43				
6	John Dryden	Settle	24.45	2			
7	Joss Livesey	Howgill	24.54				
8	Shaun Addison	Helm Hill	25.00	3			
9	Sam Watson	Wharfdale	25.04				
10	Jack Holt	Clayton	25.06		1		
11	Phil Whiting	Kendal	25.35	4			
12	Josh Thompson	Sedbergh School	25.42				
13	David Crayston	Dallam	25.44	5			
14	Olly Fielden	Helm Hill	25.45				
15	Lee Procter	Helm Hill	25.50				
16	Chris Newman	Wharfdale	25.57				
17	Fraser Livesey	Howgill	26.11	6			
18	Dennis Nelson	Dallam	26.18	7			
19	Mike Addison	Helm Hill	26.36	8			
20	James Rollings	Sedbergh School	26.38				
21	Will Manners	Sedbergh School	26.40				
22	Mick Wilson	Helm Hill	26.43		2		
23	Hugh Symonds	Kendal	26.44		3		
24	Damien Scholes	Keighley	26.48				
25	John Richardson	Sedbergh School	26.50				
26	Phil Raikes	Sedbergh School	26.51				
27	Tom Owen		26.53				
28	Dan Harrison	Sedbergh School	27.00				
29	Lee Howson	Sedbergh School	27.19				
30	Danial Colquitt	Sedbergh School	27.21				
31	Michael Murray	Sedbergh School	27.22				
32	David Shepherd	Settle	27.35				
33	Andy bennett	Helm Hill	27.40				
34	Tim Murray	Helm Hill	27.48	9			
35	Ian Robinson	Clayton	27.49		4		
36	Mark Ashburn		28.00				
37	Patrick Willink	Helm Hill	28.02	10			
38	Jonathan Gibson		28.05	11			
39	Kevin Rogan	Wharfdale	28.37		5		
40	Dave Appleyard	Helm Hill	28.42	12			
41	Chris Schofield	Helm Hill	28.43	13			
42	Steve Crook	Howgill	29.02	14			
43	Andy Letheren	Trail Runners	29.34	15			
44	Barry Scholes	Wharfdale	29.39		6		
45	Jim Fisher	Howgill	29.44	16			

46	David Fell	CFR	29.47			1	
47	Geoff Barrett	Helm Hill	30.02	17			
48	Matthew Otway	Helm Hill	30.04				
49	Martin Lucas	Helm Hill	30.06				
50	Dave Till	Helm Hill	30.08	18			
51	Trevor Walton	Howgill	30.24	19			
52	Lyndon Dixon	Helm Hill	30.50	20			
53	Tim Done	Keighley	31.03	21			
54	Jon Walkinshaw		31.32				
55	Mick Nunwick	Helm Hill	31.51		7		
56	Steve Mason	Helm Hill	34.06	22			
57	Peter Williams	Kendal	36.29			2	
58	Dennis Wood	Borrowdale	37.19			3	

### Senior Ladies

Posn	Name	Club	Time
1	Hazel Robinson		26.42
2	Nicola Davies	Borrowdale	29.28
3	Pauline Symonds	Kendal	31.13
4	Cath Finn	Kendal	31.33
5	Kate Rogan	Wharfedale	31.34
6	Wendy Dodds	Clayton	31.43
7	Debbie Thompson	Keswick	31.55
8	Dawn Gill	Dallam	35.20
9	Rhiannon George	Eden	35.44
10	Penny Clay	Eden	37.03
11	Gillian Dean	Eden	38.00