

**Birkrigg Common Fell race**  
**25<sup>th</sup> Jan 2009**

**Under 12 Boys Birkrigg Common 2009**

Position	Name	Club	Time
1	Phil Done	Keighley and Craven	5.20
2	Callum Davidson	Rossendale	5.26
3	David Goad	Helm Hill	5.33
4	Ben Kent	Helm Hill	5.34
5	Christopher Richards	Ghyllside	5.45
6	Aaron Champion	Settle	5.47
7	Joshua Newbold	Settle	5.50
8	Rowan Upton	Dallam	5.51
9	Oliver Willink	Helm Hill	5.52
10	Max Kennedy	Dallam	5.57
11	Oliver Coleman	Ghyllside	5.59
12	Jacob Aubrey	Helm Hill	6.03
13	Sam Willink	Helm Hill	6.10
14	Lewis Goad	Helm Hill	6.12
15	Robbie Johnston	Wharfedale	6.21
16	Richard Milligan	Helm Hill	6.23
17	Jack Byrne	Helm Hill	6.24
18	Jamie Gittins	Broughton	6.30
19	Dan Miller	Broughton	6.31
20	Sam Mason	U/A	6.36
21	Tom Harkess	Dallam	6.42
22	Joe Kent	Helm Hill	6.44
23	Lee Dryden	Settle	6.46
24	Ferghas Clavey	Helm Hill	6.47
25	Harry Stringfellow	Rossendale	6.52
26	Nathan Chadwick	Helm Hill	6.54
27	Ruben Foxcopley	U/A	6.57
28	Joshua Robb	Helm Hill	7.04
29	Tom Willink	Helm Hill	7.05
30	Daniel Fishwick	Dallam	7.18
31	David Griffiths	Hoad Hill Harriers	7.27
32	Jack Palmer	U/A	7.28
33	Alex Fitzpatrick	Helm Hill Harriers	7.29
34	Patrick Hall	U/A	7.30
35	Nathaniel Walton	U/A	7.40
36	Sam Johnston	Wharfedale	8.39
37	Alexander Chadwick	Helm Hill	9.35

### Under 12 Girls Birkrigg Common 2009

Position	Name	Club	Time
1	Lorna Nunwick	Helm Hill	5.56
2	Mary O'Reilly	Helm Hill	6.04
3	Daisy Purcell	U/A	6.22
4	Tessa Higgs	U/A	6.26
5	Sophie Seddon	Barrow & Furness	6.28
6	Megan Fitzpatrick	Helm Hill	6.32
7	Sarah Chadwick	Helm Hill	6.40
8	Abigail Howie	Hoad Hill Harriers	6.43
9	Lizzie Goodfellow	Helm Hill	6.45
10	Erin Proctor	Howgill	6.56
11	Zoe Baistow	Wharfedale	7.09
12	Chloe Law	Rosendale	7.10
13	Fiona Bennett	Hoad Hill Harriers	7.11
14	Paris Huitson	Barrow & Furness	7.20
15	Imogen Champion	Settle	7.23
16	Ellamae Gibson	Wharfedale	7.25
17	Eilidh Miller	U/A	7.40
18	Emma Gittins	U/A	8.25
19	Meredith Kennedy	Dallam	8.27
20	Emily Lockhart	Hoad Hill Harriers	9.00

### Under 14 Boys Birkrigg Common 2009

Position	Name	Club	Time
1	James Knox	Helm Hill	9.06
2	Danny Walsh	Rosendale	9.21
3	Ben Johnston	Wharfedale	10.06
4	Jack Walton	Howgill	10.36
5	Harry Packham	Helm Hill	11.08
6	Jack Sharples	Dallam	11.24
7	Oran Swindley	Helm Hill	11.26
8	Sean Penellum	Broughton	13.32

### Under 14 Girls Birkrigg Common 2009

Position	Name	Club	Time
1	Sarah Hodgson	Lancs and Morecambe	10.26
2	Meg Stuart	Helm Hill	10.42
3	Lauren Munro-Bennett	Helm Hill	10.43
4	Loren Appleyard	Helm Hill	11.45
5	Sophie Lenthwaite	Helm Hill	12.14
6	Charlotte Milligan	Helm Hill	12.29
7	Hannah Stanway	Barrow & Furness	14.12

### **Under 17 Boys Birkrigg Common 2009**

Position	Name	Club	Time
1	Ashley Kay	Rossendale	14.51
2	Tom Sessford	Keighley & Craven	15.10
3	Joss Addison	Helm Hill	15.18
4	Tom Doyle	Helm Hill	15.39
5	Niall Till	Helm Hill	15.55
6	Will Marshall	Wharfedale	16.08
7	Rory Addison	Helm Hill	16.20
8	Joe Johnston	Rossendale	16.46
9	Matthew Penellum	Broughton	17.05
10	Nathan Robb	Helm Hill	17.21
11	Jack Stringfellow	Rossendale	17.37
12	Adam Jeffs	Dallam	18.08
13	Sam Walsh	Rossendale	18.33
14	Alex Brown	Settle	18.58
15	Scott Baistow	Wharfedale	20.09

### **Under 17 Girls Birkrigg Common 2009**

Position	Name	Club	Time
1	Melanie Hyder	Helm Hill	17.08
2	Beth Dutsan	U/A	20.07
3	Cathy Gill	Dallam	20.58
4	Jane Gill	Dallam	21.59
5	Reanne Harvey	Dallam	22.56

## Senior Men Birkrigg Common 2009

Position	Name	Club	Time	V40	V50	V60
1	Tom Addison	Helm	18.45			
2	Chris Howie	Hoad Hill	20.33	1		
3	Chris Newman	Wharfedale	20.43			
4	Sam Watson	Wharfedale	20.60			
5	Paul O'Reilly	Helm	20.51	2		
6	Geoff Chadwick	Helm	20.53	3		
7	Paul Knowles	Ambleside	21.05	4		
8	Billy Procter	Helm	21.21		1	
9	Paul Boardman	Horwich	21.46	5		
10	Jack Holt	Clayton	21.51			1
11	Richard Bilton	U/A	22.02			
12	Simon Stanway	Barrow & F	22.05	6		
13	Shaun Addison	Helm	22.10	7		
14	Brian Houghton	U/A	22.20	8		
15	Dennis Nelson	Dallam	22.27	9		
16	Brian Kennedy	Settle	23.00	10		
17	Craig Burrow	U/A	23.12			
18	Mike Addison	Helm	23.26	11		
19	Jim Andrews	U/A	23.33	12		
20	Jonathan Gibson	Wharfedale	23.36	13		
21	John Fitzpatrick	Helm	23.44	14		
22	Simon Milligan	Helm	23.47	15		
23	Jim Robson	Allithwaite	23.51		2	
24	Ian Robinson	Clayton	23.54		3	
25	Andy Bennett	Helm	24.13			
26	Andy Holden	Wharfedale	24.21	16		
27	Simon Kent	Helm	24.33		4	
28	Patrick Willink	Helm	24.37	17		
29	Lyndon Dixon	Helm	24.55		5	
30	Dave Appleyard	Helm	25.03	18		
31	Mike Moss	Howgill	25.21			2
32	Tim Done	Keighley	25.42	19		
33	Stephen Wilson	CFR	25.48	20		
34	Trevor Walton	Howgill	25.52		6	
35	Martin Herbert	U/A	25.53		7	
36	Kevin Rogan	Wharfedale	25.57		8	
37	Dave Fell	CFR	26.00			3
38	Dave Till	Helm	26.01		9	
39	David Ellison	Ambleside	26.05	21		
40	Paul Sessford	Keighley & C	26.22	22		
41	John Hodgson	Dallam	26.26			4
42	Mike Crab	U/A	27.13	23		
43	Peter Metcalfe	Wharfedale	27.55		10	
44	Andy Sharples	Eden	27.37		11	
45	Alan Barton	Ulverston	28.37	24		
46	Paul Coward	Allithwaite	28.42		12	
47	Steve Hodgson	Dallam	29.27			

48	Duncan Richards	U/A	29.56	25		
49	David Binks	Allithwaite	31.45			5
50	Philip Wyatt	Allithwaite	32.32		13	
51	Nigel Rath	Allithwaite	32.37	26		

### Senior Women Birkrigg Common 2009

Position	Name	Club	Time
1	Kate Rogan	Wharfedale	25.40
2	Kath Aubrey	Helm Hill	25.46
3	Jen Mallinson	Howgill	25.58
4	Kate Donovan	U/A	26.52
5	Catherine Bradley	Wharfedale	27.00
6	Lynn Whittaker	Wharfedale	27.55
7	Rhiannon George	Eden	30.54
8	Ella Jeffs	Dallam	31.53
9			