

Sedbergh U12

Number	Time	Position	Name	Club	Boys	Girls
23	07:11	1	Jacob Aubrey	Helm Hill Runners	1	
14	07:16	2	Robert Lambert	Wharfedale	2	
8	07:34	3	Logan Hargreves	Wharfedale	3	
313	07:37	4	Tom Willink	Helm Hill Runners	4	
21	07:57	5	Joe Kent	Helm Hill Runners	5	
25	07:59	6	Sarah Atkinson	Helm Hill Runners		1
44	08:08	7	Reuben Copley	Dallam	6	
36	08:10	8	Lewis Bowness	U/A	7	
53	08:11	9	Alfie Walton	Dallam	8	
34	08:12	10	Imogen Burrow	Helm Hill Runners		2
58	08:14	11	Katherine Lawson	Howgill		3
383	08:32	12	Mia Senior	Helm Hill Runners		4
19	08:45	13	Shona Hastings	Wharfedale		5
301	08:56	14	Adam Gibson	Wharfedale	9	
309	09:01	15	Katie Horn	Wharfedale		6
71	09:06	16	Emelia Stevens	Helm Hill Runners		7
94	09:20	17	Bob Evans	Settle	10	
37	09:26	18	Matthew Holroyd	Settle	11	
5	09:27	19	Robert Albion	Broughton Runners	12	
6	09:33	20	Leah Albion	Broughton Runners		8
96	09:40	21	Zoe Sharples	Dallam		9
63	09:46	22	Alice Bowston	U/A		10
381	09:53	23	Olivia Roscoe	U/A		11
83	09:57	24	Jim O'Reilly	Helm Hill Runners	13	
50	10:00	25	Patrick O'Reilly	Helm Hill Runners	14	
387	10:22	26	Kitty Morrison	U/A		12
76	10:24	27	Samual Thom	Keighly and Craven	15	
55	10:55	28	James Maxwell	Settle	16	
346	11:01	29	Ethen Spotswood	Dallam	17	
344	11:03	30	Neve Spotswood	Dallam		13
56	11:07	31	Lucy Maxwell	Settle		14
42	11:20	32	Erin Bagge	Helm Hill Runners		15
381	11:21	33	Olivia Roscoe	U/A		16
7	12:36	34	Ben Albion	U/A	18	
359	12:38	35	Ellie Thomas	Helm Hill Runners		17
386	12:59	36	Alexander Knowles	U/A	19	
45	13:02	37	Rowan Baker	Helm Hill Runners		18
388	15:15	38	Mia Roscoe	U/A		19

Sedbergh U14

Number	Time	Position	Name	Club	Boys	Girls
12	11:04	1	Joshua Newbold	Wharfedale	1	
99	11:28	2	Oliver Willink	Helm Hill Runners	2	
20	11:37	3	Ben Kent	Helm Hill Runners	3	
15	12:14	4	Elle Lambert	Wharfedale		1
390	12:44	5	Michael Hutchinson	Helm Hill Runners	4	
51	13:02	6	Mary O'Reilly	Helm Hill Runners		2
28	13:19	7	Heidi Murray	Helm Hill Runners		3
73	13:30	8	Georgia Stevens	Helm Hill Runners		4
382	13:51	9	Mathew Senior	Helm Hill Runners	5	
41	14:03	10	Tom Harkes	Dallam	6	
384	14:28	11	Max Kennedy	Dallam	7	
77	14:52	12	Hannah Thom	Kighthly and Craven		5
380	15:04	13	Ruban Ketchen	Helm Hill Runners		6
18	15:55	14	Ellamae Gibson	Wharfedale		7
13	16:03	15	Hannah Newbold	Wharfedale		8
52	16:12	16	Maddy Bell	Dallam		9
385	17:06	17	Zoe Baistow	Wharfedale		10
10	17:47	18	Hannah G Foster	Dallam		11
90	18:52	19	Erin Proctor	Howgill		12
66	19:54	20	Rosie Dutson	U/A		13

Sedbergh U17

Number	Time	Position	Name	Club	Boys	Girls
598	13:59	1	Declan Bulmer	Wharfedale	1	
594	14:46	2	David Wilson	Wharfedale	2	
270	15:12	3	Jack Sharples	Dallam	3	
585	15:46	4	Lauren Munro Bennett	Helm Hill Runners		1
132	16:05	5	Ellie Walton	Dallam		2
139	17:32	6	Beth Dutson	Helm Hill Runners		3
314	19:07	7	Sally Handford	Keighley and Craven		4

Sedbergh Seniors

Number	Time	Position	Name	Club	Men	Ladies	v40	v50	v60
165	39:54	1	Mark Addison	Helm Hill Runners	1				
425	42:43	2	Alastair Dunn	Helm Hill Runners	2				
596	43:17	3	Sam Watson	Wharfedale	3				
597	43:37	4	Jonny Bradshaw	Wharfedale	4				
599	45:52	5	Will Smith	Helm Hill Runners	5				
112	46:38	6	Alex Brown	Helm Hill Runners	6				
167	47:09	7	Garry Greenhow	U/A	7				
435	48:48	8	Mike Walsh	Kendal	8				1
195	49:00	9	Gavin Thomas	Kendal	9		1		
105	50:03	10	Billy Proctor	Helm Hill Runners	10			1	
591	51:11	11	Phil Metcalf	U/A	11				
102	51:22	12	Niall Till	Helm Hill Runners	12				
600	51:27	13	Shaun Addison	Helm Hill Runners	13			2	
268	51:42	14	Craig Burrow	Helm Hill Runners	14				
592	52:07	15	Colin Valentine	Keswick	15			3	
119	52:35	16	Anthony Bowness	U/A	16		2		
588	53:43	17	Terry Robinson	U/A	17			4	
593	54:02	18	Andy Holden	Wharfedale	18		3		
703	54:25	19	Sharon McDonald	Settle		1			
116	54:46	20	Roger Aubrey	Helm Hill Runners	19		4		
272	55:26	21	Johnathan Gibson	Wharfedale	20		5		
168	56:07	22	Andrew Hinde	Settle	21			5	
583	56:38	23	Duncan Copley	U/A	22		6		
164	57:18	24	Chris Schofield	Helm Hill Runners	23		7		
705	57:36	25	Jim Fisher	Howgill Harriers	24			6	
589	57:43	26	Paul Tuson	Helm Hill Runners	25			7	
209	57:46	27	Kevin May	Howgill Harriers	26		8		
708	57:47	28	Andrew Dugdale	Clayton	27		9		
149	57:56	29	Patrick Willink	Helm Hill Runners	28		10		
704	58:06	30	Luke Appleyard	Wharfedale	29				
580	58:08	31	Hazel Robinson	Ambleside		2			
228	58:21	32	Tim Done	Wharfedale	30		11		
169	58:31	33	Brian Kennedy	Settle	31		12		
233	58:52	34	Tim Murray	Helm Hill Runners	32		13		
120	59:00	35	Debbie Copley	Dallam		3			
590	59:08	36	Chris Tuson	Helm Hill Runners	33				
587	59:10	37	Ruth Maxwell	Settle		4			
709	59:14	38	Dave Appleyard	Helm Hill Runners	34		14		
706	1:00:19	39	Peter Dugdale	Clayton	35			8	
193	1:00:33	40	Karl Mason	U/A	36				
707	1:01:01	41	Mark Taylor	Clayton	37				
584	1:01:05	42	Barry Scholes	Wharfedale	38			9	
260	1:01:30	43	Paul Jackson	Howgill Harriers	39				
185	1:01:35	44	Caroline Holden	Helm Hill Runners		5			
582	1:02:34	45	Ian Newbold	Wharfedale	40		15		
143	1:02:47	46	Stewart J Johnson	Helm Hill Runners	41				2
128	1:03:28	47	Lynn Whittaker	Wharfedale		6			
565	1:03:34	48	Val Done	Wharfedale		7			
436	1:04:36	49	Mark Chamley	U/A	42				
566	1:04:57	50	Allan Miller	Kendal	43			10	
150	1:05:07	51	Kate Donovan	Howgill Harriers		8			
101	1:05:33	52	Dave Till	Helm Hill Runners	44			11	

198	1:05:40	53	Jenny Edmondson	Dallam		9			
147	1:07:03	54	Trevor Metcalf	Wharfedale	45				3
230	1:07:47	55	Kath Davis	Settle		10			
223	1:08:00	56	Neil Dyson	Ochil	46				4
595	1:08:09	57	Paul Wilson	Wharfedale	47			12	
285	1:10:30	58	Vicky Kirkwood	Dallam		11			
148	1:10:31	59	John Hodgson	Dallam	48				5
210	1:16:42	60	Katie May	Howgill Harriers		12			
106	1:20:33	61	Lynda Hargrieves	Wharfedale		13			