



Supported by Different Strokes

## Cunswick - Results 4 March 2018

### Senior Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	51	Tom	Addison	Man	30:20	Helm Hill	1st Man
2	4	Michael	Ainsworth	Man	30:53	Helm Hill	2nd Man
3	29	Jon	Rylance	MV40	31:28	Ambleside	3rd Man/1st MV40
4	1152	Benjamin	Forrest	MU21	32:11	Rossendale	1st MU21
5	185	Jacob	Aubrey	MU21	32:56	Helm Hill	
6	280	Harvey	Lord	Man	33:08	Black Combe	
7	172	Paul	Reilly	MV40	33:16	Helm hill	
8	99	Phil	Mather	Man	33:45	Lonsdale	
9	95	Jonathon	Lowther	Man	33:51	Helm Hill	
10	253	Jack	Simpson	Man	33:56	Helm Hill	
11	30	Brian	Pennington	MV40	34:05	Howgill Harriers	
12	477	Robin	Stones	Man	34:09	Helm Hill	
13	228	Peter	Rigby	Man	34:24		
14	414	Simon	Mounsey	MV40	34:28	Howgill Harriers	
15	363	Simon	Whittaker	Man	34:47	Helm Hill	
16	422	Oliver	Waters	MV40	34:54	Helm Hill	
17	74	Rick	Stuart	MV50	35:08	Helm Hill	1st MV50
18	47	Will	Acland	MV40	35:15	Helm Hill	
19	36	Joe	Todd	MV40	35:18	Kendal	
20	143	Lewis	Bowness	MU21	35:22	Helm Hill	
21	50	Rob	Harper	MV40	35:26	Ambleside	
22	225	Kelli	Roberts	Lady	35:26	Helm Hill	1st Lady
23	73	Rod	Scott	MV40	35:31		
24	1138	David	Goadby	Man	35:34	Helm Hill	
25	471	Kieran	Hodgson	MV40	35:38	Helm Hill	
26	308	Stephen	Nicholls	Man	35:48	Wigan & District	
27	26	Daniel	Malcolm	MV40	35:53	Helm Hill	
28	49	Jacob	Dyer	MV40	36:01	Helm Hill	
29	329	Mark	Wildsmith	MV40	36:03	Settle	
30	284	Justin	Tancrel	MV40	36:04		
31	462	Sam	Moon	MV40	36:13	Helm Hill	
32	115	Matt	Wilson	MV40	36:43	Kendal AC	
33	469	Ian	Palmer	MV40	36:57		
34	45	James	Baron	MV50	36:58	Helm Hill	
35	474	David	Wilson	MV50	37:02	Bowland	
36	145	Anthony	Bowness	MV40	37:07	Kendal AC	
37	1190	Ben	Kirkman	MU21	37:08	Rossendale	
38	53	Steven	Middleton	MV40	37:14	Howgill Harriers	
39	430	Jenny	Rice	Lady	37:20	Helm Hill	2nd Lady
40	137	Richard	Wilson	Man	37:26	Kendal	
41	362	Mark	Cropper	MV40	37:31	Helm Hill	
42	23	Imogen	Burrow	LU21	37:40	Helm Hill	3rd Lady/1st LU21
43	71	Sean	Robinson	Man	37:42	Howgill Harriers	
44	146	Martin	Askew	MU21	37:44	Helm Hill	
45	261	Emma	Johnston	Lady	37:51	Helm Hill	
46	237	James	Todhunter	Man	37:59	Helm Hill	
47	177	David	Griffin	MV50	38:07	Dallam	
48	192	Brian	Thompson	MV60	38:15	Helm Hill	1st MV60
49	98	Rowan	Wood	Man	38:24	Lonsdale	
50	263	Tim	Pickering	Man	38:27	Helm Hill	
51	117	Simon	Fox	MV50	38:28	Darwen Dashers	
52	314	Ray	Gill	MV50	38:43	Dallam	
53	478	Jack	Coleman	Man	38:54		

54	48	Bianca	Dyer	LV40	38:55	Helm Hill	1st LV40
55	17	Ali	Richards	LV40	38:57	Helm Hill	
56	267	Carol	Evans	LV50	39:09	Settle	1st LV50
57	25	Tom	Matthew	MV40	39:17	Bowland	
58	473	Alex	Kendall	Man	39:26	Howgill Harriers	
59	203	Toby	Johnson	MV40	40:08	Helm Hill	
60	194	Dominic	Merchant	Man	40:33	Helm Hill	
61	475	Stuart	Allan	MV40	40:36	Helm Hill	
62	9	Philip	Rigby	MV50	40:39	Helm Hill	
63	62	David	Appleyard	MV50	41:07	Helm Hill	
64	436	David	Hunter	MV50	41:27	Helm Hill	
65	85	Ian	Hutchinson	MV50	41:29	Bowland Fell Runners	
66	439	Sarah	Gerrish	Lady	41:32	Helm Hill	
67	1209	Thomas	Ward	MU21	41:35	Helm Hill	
68	266	Andy	Evans	MV50	41:44	Settle	
69	300	Andy	Bennett	MV40	42:00	Helm Hill	
70	205	Ronald	Hummelink	Man	42:04	Lonsdale	
71	461	Christopher	Green	MV40	42:10	Ambleside	
72	106	Peter	Singleton	MV60	42:13	Blackpool	
73	421	Keeley	Smith	Lady	42:23	Helm Hill	
74	178	Caroline	Lambert	LV40	42:28		
75	472	Sally	Ozanne	Lady	42:44		
76	466	Fi	Taylor	Lady	42:47		
77	75	Andy	Mingay	Man	42:58	Eden Runners	
78	8	Jayne	Rigby	LV40	43:01	Helm Hill	
79	352	Edwin	Sherstone	MV50	43:08	Deeside OC	
80	6	David	Barnes	MV60	43:13	Horwich	
81	391	Richard	Wilkinson	MV50	43:28	Longeaton	
82	44	Sam	Gibbs	MV40	43:40	Helm Hill	
83	476	Chloe	Burton	Lady	43:50	Howgill Harriers	
84	201	Katie	Palmer	LV40	43:59	Helm Hill	
85	150	Darren	Woodhams	MV40	44:06		
86	33	Leah	Albion	LU21	44:12	Broughton	
87	470	Matthew	Glendenning	Man	44:19		
88	286	Pete	Coe	MV60	44:26	Helm Hill	
89	353	Jo	Wilcox	LV50	44:36	Helm Hill	
90	141	Lorna	Askew	LV40	44:42	Helm Hill	
91	102	Jo	Taylor	LV50	45:01	Bowland	
92	271	Amanda	Burrow	LV40	45:34	Helm Hill	
93	119	Mark	Charnley	MV40	45:35	Settle	
94	467	Kerri	Wadsworth	LV40	45:35		
95	65	Katherine	France	LV40	45:43	Helm Hill	
96	264	Anne Marie	Swallow	LV40	45:45		
97	313	Vicky	Kirkwood	LV40	45:48	Dallam	
98	28	Niki	Rylance	LV40	46:16	Ambleside	
99	179	Wendy	Dodds	LV60	46:19	Clayton Le Moors Harriers	1st LV60
100	305	Steve	Taylor	MV60	46:36	Preston Harriers	
101	463	Cliff	Etherden	MV60	46:37	LOC	
102	468	David	Downes	MV60	47:05		
103	465	Rhiannon	Page	Lady	47:07		
104	435	Judith	Marshall	LV40	47:32	Settle	
105	64	Kate	Brayshaw	LV40	47:34	Helm Hill	
106	103	John	Taylor	MV60	47:41	Bowland	
107	285	Vicky	Atkinson	LV40	48:03	Helm Hill	
108	121	Gill	Ramsay	LV50	48:04	Helm Hill	
109	37	Jo	Cater	Lady	48:10	Helm Hill	
110	245	Patty	Davies	LV50	48:52	Helm Hill	
111	72	Zoe	Robinson	Lady	49:15	Howgill Harriers	
112	275	Helen	Greenep	LV50	49:24	Settle	
113	118	Katy	Thompson	LV60	49:25	Clayton le Moors	
114	464	Norman	French	MV70	49:49	LOC	1st MV70
115	39	Joanne	Grisedale	LV40	50:22	Helm Hill	

116	40	Jonny	Grisedale	MV40	50:24	Helm Hill	
117	334	Elizabeth	Adams	LV40	50:33	Helm Hill	
118	281	Iain	Crossley	MV60	50:52	Achille Ratti	
119	230	Ian	Peters	MV60	51:15	Glaxo	
120	3	May	Crawford	Lady	51:21	Helm Hill	
121	82	Graham	Breeze	MV70	52:24	Wharfedale	
122	262	Lindsay	Harrod	LV50	52:35	Helm Hill	
123	83	Rebecca	Atkinson	Lady	52:49		
124	93	Jill	Gates	LV50	56:42	Settle	
125	2	Wendy	Smith	LV40	57:06	Helm Hill	
126	371	Jo	Matthew	LV40	59:50		
127	198	Richard	Handford	MV60	1:05:28	Settle	
128	15	Denis	Wood	MV70	1:09:50	Borrowdale	

### Under 17 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	1081	Matthew	Knowles	Boy	17:15	Lancaster & Morecambe	1st Boy
2	1151	Sebastian	Segger-Stave	Boy	17:55	Settle	2nd Boy
3	1239	Thomas	Marshall	Boy	19:30	Settle	3rd Boy
4	1189	Eric	Beaumont	Boy	20:03	KCAC	
5	1029	Chloe	Rylance	Girl	20:03	Ambleside	1st Girl
6	1231	Oliver	Saxon	Boy	20:57	Eden Runners	
7	1154	Daniel	Harris	Boy	22:08	Helm Hill	
8	1120	Adam	Scott	Boy	22:28	Kendal	
9	1074	Maia	Doherty	Girl	22:45	Helm Hill	2nd Girl
10	1097	Lottie	Beardwood	Girl	22:56	Helm Hill	3rd Girl
11	1007	Vaughan	Samson	Boy	23:48	Helm Hill	
12	1073	Becky	Dyer	Girl	27:03	Helm Hill	
13	1101	Annabelle	Taylor	Girl	27:56	Helm Hill	
14	1034	Tyla	Crook	Girl	28:22	Helm Hill	
15	1134	Emily	Crossley	Girl	29:49	Settle	
16	1015	Simone	Rigby	Girl	29:50	Settle	

### Under 15 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	1159	James	Bowen	Boy	13:52	Ambleside	1st Boy
2	1179	Jack	Villiers	Boy	14:16	Barlick Fell Runners	2nd Boy
3	1037	Ben	Smith	Boy	14:21	Helm Hill	3rd Boy
4	1006	Ollie	Sanders	Boy	14:28	Helm Hill	
5	1054	Alex	Tallon	Boy	14:31	Helm Hill	
6	1225	Charlie	Allmond	Boy	14:44	Ambleside	
7	1180	Sonny	Ashton-Fitch	Boy	14:55	Settle	
8	1088	Ben	Greenep	Boy	15:03	Settle	
9	1045	Dylan	Cater	Boy	15:15	Helm Hill	
10	1040	John	Bardsley	Boy	15:29	Unattached	
11	1261	Evan	Allan	Boy	15:33	Helm Hill	
12	1003	Henry	Hunter	Boy	15:53	Helm Hill	
13	1030	Sophie	Rylance	Girl	15:55	Ambleside	1st Girl
14	1017	Elodie	Malcolm	Girl	16:08	Helm Hill	2nd Girl
15	1028	Holly	Dobson	Girl	16:45	Ambleside	3rd Girl
16	1150	Douglas	Segger-Stave	Boy	16:47	Settle	
17	1053	Christopher	Brown	Boy	16:53	Clayton le Moors	
18	1167	Alex	Matthew	Boy	16:57		
19	1100	Joe	Clayton	Boy	17:15	Helm Hill	
20	1084	Jack	Collett	Boy	17:28	Lancaster & Morecambe	
21	1098	Ella	Beardwood	Girl	17:55	Helm Hill	
22	1126	Freya	Richards	Girl	19:24	Helm Hill	
23	1051	Finley	Grisedale	Boy	20:08	Helm Hill	
24	1258	Emily	Turner	Girl	21:01		
25	1104	Jacob	Saunders	Boy	21:14		

### Under 13 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	1211	Oliver	Smith	Boy	08:24	Helm Hill	1st Boy
2	1192	Louis	Bigland	Boy	08:31	Kendal	2nd Boy
3	1025	Rowan	Ashworth	Boy	08:34	Ambleside	3rd Boy
4	1001	Joseph	Rigby	Boy	08:40	Helm Hill	
5	1009	Luke	Carrington	Boy	08:42	East Cheshire Harriers	
6	1165	Jack	Dixon	Boy	08:51	Ambleside	
7	1164	Harry	Ewbank	Boy	08:52	Eden	
8	1002	Simon	Rigby	Boy	08:55	Helm Hill	
9	1013	Cal	McVey	Boy	08:57	Ambleside	
10	1035	Sarah	Smith	Girl	09:01	Helm Hill	1st Girl
11	1141	Alex	Graham	Boy	09:04	Ambleside	
12	1135	Jamie	Waller	Boy	09:05	Dallam	
13	1145	Alfie	Addison	Boy	09:12	Helm Hill	
14	1052	Harvey	Shaw	Boy	09:24	Ambleside	
15	1056	Elise	Tallon	Girl	09:26	Helm Hill	2nd Girl
16	1106	Charlie	Barry	Boy	09:28	Settle	
17	1062	Bethan	Saunders	Girl	09:41	Leven Valley	3rd Girl
18	1174	Sam	Greenep	Boy	09:46	Settle	
19	1210	Ben	Allmond	Boy	09:46	Ambleside	
20	1148	Jack	Sanderson	Boy	09:47	Settle	
21	1057	Toby	Acland	Boy	09:59	Helm Hill	
22	1184	Joseff	Tancrel	Boy	10:00		
23	1229	Amelie	Lane	Girl	10:00	Wharfedale	
24	1091	Ella	Martindale	Girl	10:01	Helm Hill	
25	1032	Aaron	Smith	Boy	10:13	Howgill Harriers	
26	1067	Marvin	Gibbs	Boy	10:18	Helm Hill	
27	1022	Jamie	Graham	Boy	10:21	Ambleside	
28	1259	Tara	Allan	Girl	10:22	Helm Hill	
29	1004	Luke	Campbell	Boy	10:24	Ambleside	
30	1014	Martha	Rigby	Girl	10:25	Settle	
31	1115	Samuel	Jackson	Boy	10:37	Helm Hill	
32	1160	Oliver	Park	Boy	10:39	Helm Hill	
33	1103	Joel	Saunders	Boy	10:42	Helm Hill	
34	1111	Jude	Evans	Boy	10:45	Ambleside	
35	1099	Charlie	Clayton	Boy	10:47	Helm Hill	
36	1117	Lucy	Bagot	Girl	10:50	Settle	
37	1185	Millie	Jebb	Girl	10:53	Helm Hill	
38	1021	Ruby	Duxbury	Girl	10:54	Ambleside	
39	1019	Emma	Duxbury	Girl	10:57	Ambleside	
40	1041	Oliver	Willoughby	Boy	11:02	Helm Hill	
41	1033	Ellen	Dickson	Girl	11:07	Ambleside	
42	1238	Roan	Saunders	Boy	11:13	Ambleside	
43	1095	Thomas	Hearn	Boy	11:22	Helm Hill	
44	1092	Madeleine	Martindale	Girl	11:26		
45	1153	Finlay	Aitken	Boy	11:35	Helm Hill	
46	1221	Jack	Moon	Boy	11:50	Helm Hill	
47	1124	Tess	Evans	Girl	12:04	Ambleside	
48	1172	Arran	Goodall	Boy	12:05		
49	1216	Ellie	Todhunter	Girl	12:14		
50	1260	Rosie	Scott	Girl	12:15		
51	1237	Zach	Thomas	Boy	12:30		
52	1168	Broadie	Revill	Boy	12:30	Helm Hill	
53	1016	Cate	Matthew	Girl	12:37		
54	1235	Jem	Cropper	Boy	12:49	Helm Hill	
55	1071	Hannah	Dyer	Girl	12:50	Helm Hill	
56	1070	Seren	Green	Girl	12:51	Ambleside	
57	1105	Sophie	Goodall	Girl	12:53		
58	1132	Bridget	Atkinson	Girl	12:56		
59	1023	Patrick	Wood	Boy	13:05	Ambleside	
60	1109	Poppy	Scott	Girl	13:06		

61	1072	Noa	Calman	Girl	13:07	Ambleside	
62	1094	Sophie	Hearn	Girl	13:18		
63	1096	Alicia	Crawford	Girl	13:30	Helm Hill	
64	1055	Megan	Harris	Girl	13:32	Helm Hill	
65	1043	Poppy	Cater	Girl	14:33	Helm Hill	
66	1118	Connie-May	Scott	Girl	14:39	Kendal	

# Cunswick 2018 Category Results

## ALL SENIOR MEN

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	51	Tom	Addison	Man	30:20	Helm Hill	1st Man
2	4	Michael	Ainsworth	Man	30:53	Helm Hill	2nd Man
3	29	Jon	Rylance	MV40	31:28	Ambleside	3rd Man/1st MV40
4	1152	Benjamin	Forrest	MU21	32:11	Rossendale	1st MU21
5	185	Jacob	Aubrey	MU21	32:56	Helm Hill	
6	280	Harvey	Lord	Man	33:08	Black Combe	
7	172	Paul	Reilly	MV40	33:16	Helm hill	
8	99	Phil	Mather	Man	33:45	Lonsdale	
9	95	Jonathon	Lowther	Man	33:51	Helm Hill	
10	253	Jack	Simpson	Man	33:56	Helm Hill	
11	30	Brian	Pennington	MV40	34:05	Howgill Harriers	
12	477	Robin	Stones	Man	34:09	Helm Hill	
13	228	Peter	Rigby	Man	34:24		
14	414	Simon	Mounsey	MV40	34:28	Howgill Harriers	
15	363	Simon	Whittaker	Man	34:47	Helm Hill	
16	422	Oliver	Waters	MV40	34:54	Helm Hill	
17	74	Rick	Stuart	MV50	35:08	Helm Hill	1st MV50
18	47	Will	Acland	MV40	35:15	Helm Hill	
19	36	Joe	Todd	MV40	35:18	Kendal	
20	143	Lewis	Bowness	MU21	35:22	Helm Hill	
21	50	Rob	Harper	MV40	35:26	Ambleside	
22	73	Rod	Scott	MV40	35:31		
23	1138	David	Goadby	Man	35:34	Helm Hill	
24	471	Kieran	Hodgson	MV40	35:38	Helm Hill	
25	308	Stephen	Nicholls	Man	35:48	Wigan & District	
26	26	Daniel	Malcolm	MV40	35:53	Helm Hill	
27	49	Jacob	Dyer	MV40	36:01	Helm Hill	
28	329	Mark	Wildsmith	MV40	36:03	Settle	
29	284	Justin	Tancrel	MV40	36:04		
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39	362	Mark	Cropper	MV40	37:31	Helm Hill	
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41	146	Martin	Askew	MU21	37:44	Helm Hill	
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43	177	David	Griffin	MV50	38:07	Dallam	
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45	98	Rowan	Wood	Man	38:24	Lonsdale	
46	263	Tim	Pickering	Man	38:27	Helm Hill	
47	117	Simon	Fox	MV50	38:28	Darwen Dashers	
48	314	Ray	Gill	MV50	38:43	Dallam	
49	478	Jack	Coleman	Man	38:54		
50	25	Tom	Matthew	MV40	39:17	Bowland	
51	473	Alex	Kendall	Man	39:26	Howgill Harriers	
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53	194	Dominic	Merchant	Man	40:33	Helm Hill	
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63	461	Christopher	Green	MV40	42:10	Ambleside	
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69	44	Sam	Gibbs	MV40	43:40	Helm Hill	
70	150	Darren	Woodhams	MV40	44:06		
71	470	Matthew	Glendenning	Man	44:19		
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73	119	Mark	Charnley	MV40	45:35	Settle	
74	305	Steve	Taylor	MV60	46:36	Preston Harriers	
75	463	Cliff	Etherden	MV60	46:37	LOC	
76	468	David	Downes	MV60	47:05		
77	103	John	Taylor	MV60	47:41	Bowland	
78	464	Norman	French	MV70	49:49	LOC	1st MV70
79	40	Jonny	Grisedale	MV40	50:24	Helm Hill	
80	281	Iain	Crossley	MV60	50:52	Achille Ratti	
81	230	Ian	Peters	MV60	51:15	Glaxo	
82	82	Graham	Breeze	MV70	52:24	Wharfedale	
83	198	Richard	Handford	MV60	1:05:28	Settle	
84	15	Denis	Wood	MV70	1:09:50	Borrowdale	

**MEN**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	51	Tom	Addison	Man	30:20	Helm Hill	1st Man
2	4	Michael	Ainsworth	Man	30:53	Helm Hill	2nd Man
3	1152	Benjamin	Forrest	MU21	32:11	Rosendale	1st MU21
4	185	Jacob	Aubrey	MU21	32:56	Helm Hill	
5	280	Harvey	Lord	Man	33:08	Black Combe	
6	99	Phil	Mather	Man	33:45	Lonsdale	
7	95	Jonathon	Lowther	Man	33:51	Helm Hill	
8	253	Jack	Simpson	Man	33:56	Helm Hill	
9	477	Robin	Stones	Man	34:09	Helm Hill	
10	228	Peter	Rigby	Man	34:24		
11	363	Simon	Whittaker	Man	34:47	Helm Hill	
12	143	Lewis	Bowness	MU21	35:22	Helm Hill	
13	1138	David	Goadby	Man	35:34	Helm Hill	
14	308	Stephen	Nicholls	Man	35:48	Wigan & District	
15	1190	Ben	Kirkman	MU21	37:08	Rosendale	
16	137	Richard	Wilson	Man	37:26	Kendal	
17	71	Sean	Robinson	Man	37:42	Howgill Harriers	
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24	194	Dominic	Merchant	Man	40:33	Helm Hill	
25	1209	Thomas	Ward	MU21	41:35	Helm Hill	
26	205	Ronald	Hummelink	Man	42:04	Lonsdale	
27	75	Andy	Mingay	Man	42:58	Eden Runners	
28	470	Matthew	Glendenning	Man	44:19		

**MEN UNDER 21**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	1152	Benjamin	Forrest	MU21	32:11	Rossendale	1st MU21
2	185	Jacob	Aubrey	MU21	32:56	Helm Hill	
3	143	Lewis	Bowness	MU21	35:22	Helm Hill	
4	1190	Ben	Kirkman	MU21	37:08	Rossendale	
5	146	Martin	Askew	MU21	37:44	Helm Hill	
6	1209	Thomas	Ward	MU21	41:35	Helm Hill	

**MEN - VET 40**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	29	Jon	Rylance	MV40	31:28	Ambleside	3rd Man/1st MV40
2	172	Paul	Reilly	MV40	33:16	Helm hill	
3	30	Brian	Pennington	MV40	34:05	Howgill Harriers	
4	414	Simon	Mounsey	MV40	34:28	Howgill Harriers	
5	422	Oliver	Waters	MV40	34:54	Helm Hill	
6	47	Will	Acland	MV40	35:15	Helm Hill	
7	36	Joe	Todd	MV40	35:18	Kendal	
8	50	Rob	Harper	MV40	35:26	Ambleside	
9	73	Rod	Scott	MV40	35:31		
10	471	Kieran	Hodgson	MV40	35:38	Helm Hill	
11	26	Daniel	Malcolm	MV40	35:53	Helm Hill	
12	49	Jacob	Dyer	MV40	36:01	Helm Hill	
13	329	Mark	Wildsmith	MV40	36:03	Settle	
14	284	Justin	Tancrel	MV40	36:04		
15	462	Sam	Moon	MV40	36:13	Helm Hill	
16	115	Matt	Wilson	MV40	36:43	Kendal AC	
17	469	Ian	Palmer	MV40	36:57		
18	145	Anthony	Bowness	MV40	37:07	Kendal AC	
19	53	Steven	Middleton	MV40	37:14	Howgill Harriers	
20	362	Mark	Cropper	MV40	37:31	Helm Hill	
21	25	Tom	Matthew	MV40	39:17	Bowland	
22	203	Toby	Johnson	MV40	40:08	Helm Hill	
23	475	Stuart	Allan	MV40	40:36	Helm Hill	
24	300	Andy	Bennett	MV40	42:00	Helm Hill	
25	461	Christopher	Green	MV40	42:10	Ambleside	
26	44	Sam	Gibbs	MV40	43:40	Helm Hill	
27	150	Darren	Woodhams	MV40	44:06		
28	119	Mark	Charnley	MV40	45:35	Settle	
29	40	Jonny	Grisedale	MV40	50:24	Helm Hill	

**MEN - VET 50**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	74	Rick	Stuart	MV50	35:08	Helm Hill	1st MV50
2	45	James	Baron	MV50	36:58	Helm Hill	
3	474	David	Wilson	MV50	37:02	Bowland	
4	177	David	Griffin	MV50	38:07	Dallam	
5	117	Simon	Fox	MV50	38:28	Darwen Dashers	
6	314	Ray	Gill	MV50	38:43	Dallam	
7	9	Philip	Rigby	MV50	40:39	Helm Hill	
8	62	David	Appleyard	MV50	41:07	Helm Hill	
9	436	David	Hunter	MV50	41:27	Helm Hill	
10	85	Ian	Hutchinson	MV50	41:29	Bowland Fell Runners	
11	266	Andy	Evans	MV50	41:44	Settle	
12	352	Edwin	Sherstone	MV50	43:08	Deeside OC	
13	391	Richard	Wilkinson	MV50	43:28	Longeaton	

**MEN - VET 60**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	192	Brian	Thompson	MV60	38:15	Helm Hill	1st MV60
2	106	Peter	Singleton	MV60	42:13	Blackpool	
3	6	David	Barnes	MV60	43:13	Horwich	
4	286	Pete	Coe	MV60	44:26	Helm Hill	
5	305	Steve	Taylor	MV60	46:36	Preston Harriers	
6	463	Cliff	Etherden	MV60	46:37	LOC	
7	468	David	Downes	MV60	47:05		
8	103	John	Taylor	MV60	47:41	Bowland	
9	281	Iain	Crossley	MV60	50:52	Achille Ratti	
10	230	Ian	Peters	MV60	51:15	Glaxo	
11	198	Richard	Handford	MV60	1:05:28	Settle	

**MEN - VET 70**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	464	Norman	French	MV70	49:49	LOC	1st MV70
2	82	Graham	Breeze	MV70	52:24	Wharfedale	
3	15	Denis	Wood	MV70	1:09:50	Borrowdale	

**ALL SENIOR LADIES**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	225	Kelli	Roberts	Lady	35:26	Helm Hill	1st Lady
2	430	Jenny	Rice	Lady	37:20	Helm Hill	2nd Lady
3	23	Imogen	Burrow	LU21	37:40	Helm Hill	3rd Lady/1st LU21
4	261	Emma	Johnston	Lady	37:51	Helm Hill	
5	48	Bianca	Dyer	LV40	38:55	Helm Hill	1st LV40
6	17	Ali	Richards	LV40	38:57	Helm Hill	
7	267	Carol	Evans	LV50	39:09	Settle	1st LV50
8	439	Sarah	Gerrish	Lady	41:32	Helm Hill	
9	421	Keeley	Smith	Lady	42:23	Helm Hill	
10	178	Caroline	Lambert	LV40	42:28		
11	472	Sally	Ozanne	Lady	42:44		
12	466	Fi	Taylor	Lady	42:47		
13	8	Jayne	Rigby	LV40	43:01	Helm Hill	
14	476	Chloe	Burton	Lady	43:50	Howgill Harriers	
15	201	Katie	Palmer	LV40	43:59	Helm Hill	
16	33	Leah	Albion	LU21	44:12	Broughton	
17	353	Jo	Wilcox	LV50	44:36	Helm Hill	
18	141	Lorna	Askew	LV40	44:42	Helm Hill	
19	102	Jo	Taylor	LV50	45:01	Bowland	
20	271	Amanda	Burrow	LV40	45:34	Helm Hill	
21	467	Kerri	Wadsworth	LV40	45:35		
22	65	Katherine	France	LV40	45:43	Helm Hill	
23	264	Anne Marie	Swallow	LV40	45:45		
24	313	Vicky	Kirkwood	LV40	45:48	Dallam	
25	28	Niki	Rylance	LV40	46:16	Ambleside	
26	179	Wendy	Dodds	LV60	46:19	Clayton Le Moors Harriers	1st LV60
27	465	Rhiannon	Page	Lady	47:07		
28	435	Judith	Marshall	LV40	47:32	Settle	
29	64	Kate	Brayshaw	LV40	47:34	Helm Hill	
30	285	Vicky	Atkinson	LV40	48:03	Helm Hill	
31	121	Gill	Ramsay	LV50	48:04	Helm Hill	
32	37	Jo	Cater	Lady	48:10	Helm Hill	
33	245	Patty	Davies	LV50	48:52	Helm Hill	
34	72	Zoe	Robinson	Lady	49:15	Howgill Harriers	
35	275	Helen	Greenep	LV50	49:24	Settle	
36	118	Katy	Thompson	LV60	49:25	Clayton le Moors	
37	39	Joanne	Grisedale	LV40	50:22	Helm Hill	
38	334	Elizabeth	Adams	LV40	50:33	Helm Hill	
39	3	May	Crawford	Lady	51:21	Helm Hill	
40	262	Lindsay	Harrod	LV50	52:35	Helm Hill	
41	83	Rebecca	Atkinson	Lady	52:49		
42	93	Jill	Gates	LV50	56:42	Settle	
43	2	Wendy	Smith	LV40	57:06	Helm Hill	
44	371	Jo	Matthew	LV40	59:50		



**LADIES**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	225	Kelli	Roberts	Lady	35:26	Helm Hill	1st Lady
2	430	Jenny	Rice	Lady	37:20	Helm Hill	2nd Lady
3	23	Imogen	Burrow	LU21	37:40	Helm Hill	3rd Lady/1st LU21
4	261	Emma	Johnston	Lady	37:51	Helm Hill	
5	439	Sarah	Gerrish	Lady	41:32	Helm Hill	
6	421	Keeley	Smith	Lady	42:23	Helm Hill	
7	472	Sally	Ozanne	Lady	42:44		
8	466	Fi	Taylor	Lady	42:47		
9	476	Chloe	Burton	Lady	43:50	Howgill Harriers	
10	33	Leah	Albion	LU21	44:12	Broughton	
11	465	Rhiannon	Page	Lady	47:07		
12	37	Jo	Cater	Lady	48:10	Helm Hill	
13	72	Zoe	Robinson	Lady	49:15	Howgill Harriers	
14	3	May	Crawford	Lady	51:21	Helm Hill	
15	83	Rebecca	Atkinson	Lady	52:49		

**LADIES UNDER 21**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	23	Imogen	Burrow	LU21	37:40	Helm Hill	3rd Lady/1st LU21
2	33	Leah	Albion	LU21	44:12	Broughton	

**LADIES - VET 40**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	48	Bianca	Dyer	LV40	38:55	Helm Hill	1st LV40
2	17	Ali	Richards	LV40	38:57	Helm Hill	
3	178	Caroline	Lambert	LV40	42:28		
4	8	Jayne	Rigby	LV40	43:01	Helm Hill	
5	201	Katie	Palmer	LV40	43:59	Helm Hill	
6	141	Lorna	Askew	LV40	44:42	Helm Hill	
7	271	Amanda	Burrow	LV40	45:34	Helm Hill	
8	467	Kerri	Wadsworth	LV40	45:35		
9	65	Katherine	France	LV40	45:43	Helm Hill	
10	264	Anne Marie	Swallow	LV40	45:45		
11	313	Vicky	Kirkwood	LV40	45:48	Dallam	
12	28	Niki	Rylance	LV40	46:16	Ambleside	
13	435	Judith	Marshall	LV40	47:32	Settle	
14	64	Kate	Brayshaw	LV40	47:34	Helm Hill	
15	285	Vicky	Atkinson	LV40	48:03	Helm Hill	
16	39	Joanne	Grisedale	LV40	50:22	Helm Hill	
17	334	Elizabeth	Adams	LV40	50:33	Helm Hill	
18	2	Wendy	Smith	LV40	57:06	Helm Hill	
19	371	Jo	Matthew	LV40	59:50		

**LADIES - VET 50**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	267	Carol	Evans	LV50	39:09	Settle	1st LV50
2	353	Jo	Wilcox	LV50	44:36	Helm Hill	
3	102	Jo	Taylor	LV50	45:01	Bowland	
4	121	Gill	Ramsay	LV50	48:04	Helm Hill	
5	245	Patty	Davies	LV50	48:52	Helm Hill	
6	275	Helen	Greenep	LV50	49:24	Settle	
7	262	Lindsay	Harrod	LV50	52:35	Helm Hill	
8	93	Jill	Gates	LV50	56:42	Settle	

**LADIES - VET 60**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	179	Wendy	Dodds	LV60	46:19	Clayton Le Moors Harriers	1st LV60
2	118	Katy	Thompson	LV60	49:25	Clayton le Moors	

**UNDER 17 BOYS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	1081	Matthew	Knowles	Boy	17:15	Lancaster & Morecambe	1st Boy
2	1151	Sebastian	Segger-Stave	Boy	17:55	Settle	2nd Boy
3	1239	Thomas	Marshall	Boy	19:30	Settle	3rd Boy
4	1189	Eric	Beaumont	Boy	20:03	KCAC	
5	1231	Oliver	Saxon	Boy	20:57	Eden Runners	
6	1154	Daniel	Harris	Boy	22:08	Helm Hill	
7	1120	Adam	Scott	Boy	22:28	Kendal	
8	1007	Vaughan	Samson	Boy	23:48	Helm Hill	

**UNDER 17 GIRLS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	1029	Chloe	Rylance	Girl	20:03	Ambleside	1st Girl
2	1074	Maia	Doherty	Girl	22:45	Helm Hill	2nd Girl
3	1097	Lottie	Beardwood	Girl	22:56	Helm Hill	3rd Girl
4	1073	Becky	Dyer	Girl	27:03	Helm Hill	
5	1101	Annabelle	Taylor	Girl	27:56	Helm Hill	
6	1034	Tyla	Crook	Girl	28:22	Helm Hill	
7	1134	Emily	Crossley	Girl	29:49	Settle	
8	1015	Simone	Rigby	Girl	29:50	Settle	

**UNDER 15 BOYS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	1159	James	Bowen	Boy	13:52	Ambleside	1st Boy
2	1179	Jack	Villiers	Boy	14:16	Barlick Fell Runners	2nd Boy
3	1037	Ben	Smith	Boy	14:21	Helm Hill	3rd Boy
4	1006	Ollie	Sanders	Boy	14:28	Helm Hill	
5	1054	Alex	Tallon	Boy	14:31	Helm Hill	
6	1225	Charlie	Allmond	Boy	14:44	Ambleside	
7	1180	Sonny	Ashton-Fitch	Boy	14:55	Settle	
8	1088	Ben	Greenep	Boy	15:03	Settle	
9	1045	Dylan	Cater	Boy	15:15	Helm Hill	
10	1040	John	Bardsley	Boy	15:29	Unattached	
11	1261	Evan	Allan	Boy	15:33	Helm Hill	
12	1003	Henry	Hunter	Boy	15:53	Helm Hill	
13	1150	Douglas	Segger-Stave	Boy	16:47	Settle	
14	1053	Christopher	Brown	Boy	16:53	Clayton le Moors	
15	1167	Alex	Matthew	Boy	16:57		
16	1100	Joe	Clayton	Boy	17:15	Helm Hill	
17	1084	Jack	Collett	Boy	17:28	Lancaster & Morecambe	
18	1051	Finley	Grisedale	Boy	20:08	Helm Hill	
19	1104	Jacob	Saunders	Boy	21:14		



**UNDER 15 GIRLS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	1030	Sophie	Rylance	Girl	15:55	Ambleside	1st Girl
2	1017	Elodie	Malcolm	Girl	16:08	Helm Hill	2nd Girl
3	1028	Holly	Dobson	Girl	16:45	Ambleside	3rd Girl
4	1098	Ella	Beardwood	Girl	17:55	Helm Hill	
5	1126	Freya	Richards	Girl	19:24	Helm Hill	
6	1258	Emily	Turner	Girl	21:01		

**UNDER 13 BOYS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	1211	Oliver	Smith	Boy	08:24	Helm Hill	1st Boy
2	1192	Louis	Bigland	Boy	08:31	Kendal	2nd Boy
3	1025	Rowan	Ashworth	Boy	08:34	Ambleside	3rd Boy
4	1001	Joseph	Rigby	Boy	08:40	Helm Hill	
5	1009	Luke	Carrington	Boy	08:42	East Cheshire Harriers	
6	1165	Jack	Dixon	Boy	08:51	Ambleside	
7	1164	Harry	Ewbank	Boy	08:52	Eden	
8	1002	Simon	Rigby	Boy	08:55	Helm Hill	
9	1013	Cal	McVey	Boy	08:57	Ambleside	
10	1141	Alex	Graham	Boy	09:04	Ambleside	
11	1135	Jamie	Waller	Boy	09:05	Dallam	
12	1145	Alfie	Addison	Boy	09:12	Helm Hill	
13	1052	Harvey	Shaw	Boy	09:24	Ambleside	
14	1106	Charlie	Barry	Boy	09:28	Settle	
15	1174	Sam	Greenep	Boy	09:46	Settle	
16	1210	Ben	Allmond	Boy	09:46	Ambleside	
17	1148	Jack	Sanderson	Boy	09:47	Settle	
18	1057	Toby	Acland	Boy	09:59	Helm Hill	
19	1184	Joseff	Tancrel	Boy	10:00		
20	1032	Aaron	Smith	Boy	10:13	Howgill Harriers	
21	1067	Marvin	Gibbs	Boy	10:18	Helm Hill	
22	1022	Jamie	Graham	Boy	10:21	Ambleside	
23	1004	Luke	Campbell	Boy	10:24	Ambleside	
24	1115	Samuel	Jackson	Boy	10:37	Helm Hill	
25	1160	Oliver	Park	Boy	10:39	Helm Hill	
26	1103	Joel	Saunders	Boy	10:42	Helm Hill	
27	1111	Jude	Evans	Boy	10:45	Ambleside	
28	1099	Charlie	Clayton	Boy	10:47	Helm Hill	
29	1041	Oliver	Willoughby	Boy	11:02	Helm Hill	
30	1238	Roan	Saunders	Boy	11:13	Ambleside	
31	1095	Thomas	Hearn	Boy	11:22	Helm Hill	
32	1153	Finlay	Aitken	Boy	11:35	Helm Hill	
33	1221	Jack	Moon	Boy	11:50	Helm Hill	
34	1172	Arran	Goodall	Boy	12:05		
35	1237	Zach	Thomas	Boy	12:30		
36	1168	Broadie	Revill	Boy	12:30	Helm Hill	
37	1235	Jem	Cropper	Boy	12:49	Helm Hill	
38	1023	Patrick	Wood	Boy	13:05	Ambleside	

### UNDER 13 GIRLS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	1035	Sarah	Smith	Girl	09:01	Helm Hill	1st Girl
2	1056	Elise	Tallon	Girl	09:26	Helm Hill	2nd Girl
3	1062	Bethan	Saunders	Girl	09:41	Leven Valley	3rd Girl
4	1229	Amelie	Lane	Girl	10:00	Wharfedale	
5	1091	Ella	Martindale	Girl	10:01	Helm Hill	
6	1259	Tara	Allan	Girl	10:22	Helm Hill	
7	1014	Martha	Rigby	Girl	10:25	Settle	
8	1117	Lucy	Bagot	Girl	10:50	Settle	
9	1185	Millie	Jebb	Girl	10:53	Helm Hill	
10	1021	Ruby	Duxbury	Girl	10:54	Ambleside	
11	1019	Emma	Duxbury	Girl	10:57	Ambleside	
12	1033	Ellen	Dickson	Girl	11:07	Ambleside	
13	1092	Madeleine	Martindale	Girl	11:26		
14	1124	Tess	Evans	Girl	12:04	Ambleside	
15	1216	Ellie	Todhunter	Girl	12:14		
16	1260	Rosie	Scott	Girl	12:15		
17	1016	Cate	Matthew	Girl	12:37		
18	1071	Hannah	Dyer	Girl	12:50	Helm Hill	
19	1070	Seren	Green	Girl	12:51	Ambleside	
20	1105	Sophie	Goodall	Girl	12:53		
21	1132	Bridget	Atkinson	Girl	12:56		
22	1109	Poppy	Scott	Girl	13:06		
23	1072	Noa	Calman	Girl	13:07	Ambleside	
24	1094	Sophie	Hearn	Girl	13:18		
25	1096	Alicia	Crawford	Girl	13:30	Helm Hill	
26	1055	Megan	Harris	Girl	13:32	Helm Hill	
27	1043	Poppy	Cater	Girl	14:33	Helm Hill	
28	1118	Connie-May	Scott	Girl	14:39	Kendal	