



Supported By
Different Strokes
and
Pete Bland Sports



Cunswick - Results 1 March 2020						
Senior Race						
Position	First Name	Surname	Cat	Time	Club	Comments
1	Matthew	Knowles	MU21	29:59	Lancaster & Morecambe AC	1st Man/1st MU21
2	Charlie	Ing	Man	31:53	Calder Valley Fell Runners	2nd Man
3	Jon	Rylance	MV40	32:51	Ambleside	3rd Man/1st MV40
4	Phil	Mather	Man	33:33	Lonsdale	
5	Victoria	Wilkinson	LV40	34:01	Bingley Harriers	1st Lady/1st LV40
6	Seb	Sillito	Man	34:05	Helm Hill	
7	Brian	Pennington	MV40	34:05	Howgill Harriers	
8	Sean	Leckey	Man	34:11	Ambleside	
9	Rory	Addison	Man	34:22		
10	Andy	F	Man	34:28		
11	Rod	Scott	MV40	34:31	Helm Hill	
12	Josh	Murphy	Man	34:36	Black Combe	
13	Will	Acland	MV40	34:39	Helm Hill	
14	David	Goadby	Man	34:40	Helm Hill	
15	George	Norris	MU21	34:43	Chorley A&T	
16	James	Byrne	MV40	34:59	Ambleside	
17	Jethro	Whitfield	MV40	35:24	Barlick Fell Runners	
18	Charlie	Taylor	MU21	35:37	Rosendale Harriers AC	
19	Ben	Kirkman	MU21	35:48	Rosendale Harriers	
20	Jack	Simpson	Man	36:06	Helm Hill	
21	Joe	Todd	MV40	36:10	Kendal AC	
22	Oliver	Waters	MV40	36:32	Helm Hill	
23	Julian	Simpson	MV40	36:33	Richmond Zetland Harriers	
24	James	Baron	MV50	36:35	Helm Hill	1st MV50
25	Rob	Mortimore	Man	36:40	Helm Hill	
26	Rob	Harper	MV50	36:46	Ambleside	
27	Jacob	Dyer	MV40	36:50	Helm Hill	
28	Tim	Pickering	Man	37:02	Helm Hill	
29	Justin	Tancred	MV40	37:08	Helm Hill	
30	Kelli	Roberts	Lady	37:08	Helm Hill	2nd Lady
31	Andy	Thompson	Man	37:31	Helm Hill	
32	Ross	Butler	MV40	37:36	Keswick AC	
33	Ben	Timbers	MV40	38:01	Keighley and Craven	
34	Peter	German	Man	38:19	Helm Hill	
35	James	Todhunter	MV40	38:23	Helm Hill	
36	David	Griffin	MV60	38:41	Helm Hill	1st MV60
37	Billy	Procter	MV60	38:51	Helm Hill	
38	Peter	Lawson	Man	39:05	Howgill Harriers	
39	Harry	Steele	MU21	39:19		
40	Rhys	Morris	Man	39:23		
41	Alistair	Hearn	MV40	39:29	Helm Hill	
42	Paul	Macfarlane	MV40	39:33		
43	Chris	Green	MV40	39:35	Ambleside	
44	Jim	Andrews	MV50	39:38	Helm Hill	

45	Jess	Ensoll	LU21	39:52	Leven Valley	3rd Lady/1st LU21
46	Adam	Scott	MU21	39:55	Helm Hill	
47	Simon	Wright	MV50	40:00	Bingley Harriers	
48	Sean	Robinson	MV40	40:03	Howgill Harriers	
49	Bianca	Dyer	LV40	40:07	Helm Hill	
50	Janie	Oates	Lady	40:21	Helm Hill	
51	Ellie	Mather	Lady	40:25	Lonsdale	
52	Mark	Cropper	MV40	40:31	Helm Hill	
53	Jenny	Lyon	LV40	40:34	Dallam	
54	Graham	Beaumont	MV60	40:35	Dallam	
55	Chris	Whitfield	MV40	40:58	Sue Me DH Team	
56	Jonny	Marchant	MV40	41:02	Helm Hill	
57	Raymond	Gill	MV50	41:06	Dallam	
58	Andrew	Douglas	MV40	41:13		
59	Lauren	Proctor	Lady	41:18	Wakefield Harriers	
60	Rebecca	Simpson	LV40	41:22	Swaledale Runners	
61	John	Rainford	MV50	41:37	Preston Harriers	
62	Jenny	Rice	Lady	42:05	Helm Hill	
63	Stephanie	Jones	Lady	42:21	Ambleside	
64	Toby	Johnson	MV40	42:38	Helm Hill	
65	Brian	Thompson	MV60	42:40	Helm Hill	
66	Shane	Muller	MV40	42:43	Barlick	
67	Roger	Aubrey	MV50	42:47	Helm Hill	
68	Amy	Pearman	LV40	42:49	Helm Hill	
69	Lorna	Askew	LV50	42:50	Helm Hill	1st LV50
70	Mick	Kirkman	MV50	42:53	Rossendale Harriers	
71	David	Appleyard	MV50	42:57	Helm Hill	
72	Rachel	Simpson	Lady	43:05	Helm Hill	
73	Tim	Murray	MV50	43:38	Helm Hill	
74	Colin	Briffett	MV40	43:50	Lonsdale	
75	Liz	Tapper	LV40	44:17	Helm Hill	
76	Steve	Wathall	MV60	44:31	Black Combe	
77	Andy	Evans	MV60	44:36	Settle Harriers	
78	Matt	Davis	Man	44:53	Howgill Harriers	
79	Andy	Holden	MV50	45:03	FRA	
80	Ken	Taylor	MV70	45:06	Rossendale Harriers	1st MV70
81	Roger	Taylor	MV50	45:12	Preston Harriers	
82	Angela	Brand-Barker	LV50	45:43	Helm Hill	
83	Stefan	Bradley	MV40	45:52		
84	Peter	Singleton	MV60	45:56	blackpool wyre & fylde a.c.	
85	Robert	Crawford	MV40	45:59	Howgill Harriers	
86	Mark	Villiers	MV40	46:06		
87	Peter	Ellwood	MV50	46:11	Settle Harriers	
88	Mark	Charnley	MV40	46:27	Settle harriers	
89	Victoria	Upton	Lady	46:31	Helm Hill	
90	Emily	Simpson	Lady	46:57		
91	Ali	Welsh	MV50	47:01	Bowland	
92	Chris	Pickens	MV40	47:38	Todmorden Harriers	
93	Allan	Miller	MV60	48:00	Kendal	
94	Niki	Rylance	LV40	48:10	Ambleside	
95	Graham	Capper	MV60	48:17		
96	Sarah	Welsh	LV40	48:21		
97	Kate	Brayshaw	LV40	48:23	Helm Hill	
98	Jeremy	Wilkinson	MV50	48:30	Keighley and Craven	
99	Rebecca	Wilson	Lady	48:31	Helm Hill	
100	Michael	McLoughlin	MV60	49:16	Preston Harriers	
101	Jo	Cater	LV40	49:21	Helm Hill	

102	Pete	Coe	MV60	49:22	Helm Hill	
103	Jo	Taylor	LV50	49:39	Bowland	
104	John	Orrell	MV50	49:50	Blackburn Harriers	
105	Denise	Tunstall	LV50	49:54	Durham Fell Runners	
106	Kerry	Cornforth	LV40	49:57	Keswick AC	
107	Chris	Lees	MV40	50:00		
108	Emma	Blundell	Lady	50:29	Lonsdale	
109	Will	Thwaites	Man	50:43	Howgill Harriers	
110	Maria	Hearn	LV40	50:49	Helm Hill	
111	Sarah	Senior	LV50	51:14	Helm Hill	
112	David	Mainwaring	MV50	51:21		
113	Wendy	Dodds	LV60	51:43	Dallam	1st LV60
114	Robyn	Anderson	LV40	51:44	Preston Harriers	
115	John	Taylor	MV70	52:00	Bowland	
116	Louise	Capper	LV50	52:02		
117	Nicola	Muller	LV40	52:32	Barlick	
118	Lindsay	Harrod	LV50	52:40	Helm Hill	
119	Helen	Wilkinson	LV40	53:49	Keighley and Craven	
120	Katy	Thompson	LV60	53:53	Clayton le Moors Harriers	
121	May	Crawford	LV40	54:10	Helm Hill	
122	Ian	Oakey	MV40	54:10	Settle Harriers	
123	Richard	Cookson	MV50	55:21		
124	Miriam	Rosen	LV70	59:05	Lancaster & Morecambe AC	1st LV70
125	Heather	Holden	Lady	59:14		
126	Anna	Obi	Lady	1:00:37		
127	Trevor	Metcalfe	MV60	1:02:17	Wharfedale harriers	
128	Rachel	Brummitt	LV40	1:02:27	Settle Harriers	
129	Sonja	Vietoris	LV60	1:04:49		
130	George	James	MV70	1:04:50	blackpool wyre & fylde a.c.	
131	David	Rosen	MV60	1:17:48	Lancaster & Morecambe AC	

Under 17 Race

Position	First Name	Surname	Cat	Time	Club	Comments
1	Alex	Tallon	Boy	19:04	Helm Hill	1st Boy
2	Henry	Hunter	Boy	19:09	Helm Hill	2nd Boy
3	Jack	Villiers	Boy	19:26	Clayton-le-Moors Harriers	3rd Boy
4	Charlie	Allmond	Boy	19:44	Ambleside	
5	Marcus	Laws	Boy	20:01	Tynedale Harriers & AC	
6	Dylan	Cater	Boy	20:18	Helm Hill	
7	Alexander	Holme	Boy	20:37	Helm Hill	
8	Isaac	Robinson	Boy	22:30	Howgill Harriers	
9	Ella	Dorrington	Girl	23:08	Clayton le Moors Harriers	1st Girl
10	Sophie	Rylance	Girl	24:02	Ambleside	2nd Girl
11	Nathan	Ritchie	Boy	25:05	Leven Valley	
12	Cyrus	Cropper	Boy	25:42	Helm Hill	
13	Ciara	Duffy	Girl	26:08	Barlick	3rd Girl
14	Benjamin	Grundy	Boy	34:40	Wharfedale Harriers	

Under 15 Race

Position	First Name	Surname	Cat	Time	Club	Comments
1	Harry	Ewbank	Boy	15:25	Eden Runners	1st Boy
2	Charlie	Pickens	Boy	15:30	Calder Valley Fell Runners	2nd Boy
3	Oliver	Willoughby	Boy	16:06	Helm Hill	3rd Boy
4	Rowan	Ashworth	Boy	16:14	Ambleside	
5	Oliver	Oldham	Boy	16:42	Leven Valley	
6	Caius	Pennington	Boy	16:44	Howgill Harriers	
7	Sarah	Smith	Girl	17:06	Helm Hill	1st Girl
8	Finn	Houston	Boy	17:17	Helm Hill	
9	Oliva	Aldham	Girl	18:09	Wharfedale Harriers	2nd Girl
10	Ned	Whitaker	Boy	18:11	Settle Harriers	
11	Riley	Merryfield	Boy	18:29	Ambleside	
12	Megan	Wilkinson	Girl	18:32	Keighley and Craven	3rd Girl
13	Jody	Whitfield	Girl	19:12	Barlick	
14	Connie Ma	Scott	Girl	19:24	Helm Hill	
15	Henry	Cookson	Boy	19:45		
16	Vicky	Woof	Girl	20:31	Howgill Harriers	
17	George	Campbell	Boy	21:56	Howgill Harriers	
18	Alicia	Crawford	Girl	22:00	Helm Hill	
19	Amber	Muller	Girl	22:20	Barlick	
20	Rory	Knowles	Boy	24:17	Ambleside	
21	Louie	Earp	Boy	24:29		

Under 13 Race

Position	First Name	Surname	Cat	Time	Club	Comments
1	Archie	Peaker	Boy	08:20	Keighley and Craven	1st Boy
2	Alfie	Addison	Boy	08:50	Helm Hill	2nd Boy
3	Noah	Wadsworth	Boy	08:59	Helm Hill	3rd Boy
4	Jack	Sanderson	Boy	09:05	Settle Harriers	
5	Ewen	Wilkinson	Boy	09:11	Keighley and Craven	
6	Joseff	Tancrel	Boy	09:14	Helm Hill	
7	Lucille	Pickles	Girl	09:21	Barlick	1st Girl
8	Toby	Acland	Boy	09:28	Helm Hill	
9	Daisy	Fielding	Girl	09:40	Sedbergh School RC	2nd Girl
10	Aaron	Smith	Boy	09:51	Howgill Harriers	
11	Leon	Parker	Boy	10:05	Leven Valley	
12	Jack	Pearman	Boy	10:07	Helm Hill	
13	Jude	Evans	Boy	10:13	Ambleside	
14	Millie	Jebb	Girl	10:14	Helm Hill	3rd Girl
15	Will	Brayshaw	Boy	10:16	Helm Hill	
16	Milly	Timbers	Girl	10:18	Keighley and Craven	
17	Ollie	Pickens	Boy	10:28	Calder Valley Fell Runners	
18	Fraser	Dunn	Boy	10:30	Helm Hill	
19	Mack	Bagnall	Boy	10:31	Settle Harriers	
20	Zeke	Sumner	Boy	10:32	Ambleside	
21	Isabella	Wright	Girl	11:03	Wharfedale Harriers	
22	Lucy	Bagot	Girl	11:11	Settle Harriers	
23	Cara	Bradley	Girl	11:18	Ambleside	
24	Ben	Todhunter	Boy	11:20	Dallam	
25	Alex	Speight	Boy	11:22		
26	Thomas	Hearn	Boy	11:27	Helm Hill	
27	Alfie	Muller	Boy	11:34	Barlick	
28	William	Hargreaves	Boy	11:36	Ambleside	
29	Isla	Simpson	Girl	11:38	Richmond Zetland Harriers	
30	Tess	Evans	Girl	11:48	Ambleside	
31	Ellie	Todhunter	Girl	11:48	Dallam	
32	Isabelle	Teal	Girl	11:57	Barlick	
33	Lily-Grace	Clayton	Girl	11:59	Wharfedale Harriers	
34	Theo	Robinson	Boy	12:16	Howgill Harriers	
35	Eve	Briffett	Girl	12:22	Dallam	
36	Jed	Harper	Boy	12:35	Howgill Harriers	
37	Hannah	Dyer	Girl	12:57	Helm Hill	
38	George	Gardiner	Boy	13:00	Helm Hill	
39	Isabel	Sanderson	Girl	13:06	Helm Hill	
40	Jai	Mitchell-White	Boy	13:09	Howgill Harriers	
41	Jessica	Oakey	Girl	13:15	Settle Harriers	
42	Megan	Harris	Girl	13:37	Helm Hill	
43	Alex	Charnley	Boy	14:35		

Under 11 Race

Position	First Name	Surname	Cat	Time	Club	Comments
1	Sam	Oldham	Boy	10:06	Leven Valley	1st Boy
2	Theo	Zaboklicki	Boy	10:20	Hoad Hill Harriers	2nd Boy
3	Evan	Mulvany	Boy	10:24	Helm Hill	3rd Boy
4	Emmy	Ranner	Girl	10:30	Helm Hill	1st Girl
5	Noah	Zaboklicki	Boy	10:40	Hoad Hill Harriers	
6	Joe	Green	Boy	10:42	Ambleside	
7	Carl	Sanderson	Boy	10:44	Settle Harriers	
8	Isla	Jebb	Girl	10:49	Helm Hill	2nd Girl
9	Harry	Fife	Boy	10:55		
10	William	Gornall	Boy	10:56		
11	Floyd	Palmer	Boy	10:59	Helm Hill	
12	Oscar	Timbers	Boy	11:11	Keighley and Craven	
13	Reuben	Fife	Boy	11:12		
14	Gus William	Campbell	Boy	11:16	Howgill Harriers	
15	Annabel	Hinds	Girl	11:33	Settle Harriers	3rd Girl
16	Arran	Goodall	Boy	11:33	Dallam	
17	Joss	Wood	Boy	11:42	Helm Hill	
18	Ghyll	Baker	Boy	12:11	Helm Hill	
19	Dougal	Houston	Boy	12:11	Helm Hill	
20	Arthur	Kirby	Boy	12:22	Ambleside	
21	Rosie	Speight	Girl	12:23		
22	James	Skeldon	Boy	12:25	Settle Harriers	
23	Oscar	Clayton	Boy	12:48	Wharfedale Harriers	
24	Matthew	Nugent	Boy	12:55	Helm Hill	
25	Isla	Douglas	Girl	13:08	Helm Hill	
26	Lua	Swami	Girl	13:29	Helm Hill	
27	Mabel	Whitaker	Girl	13:35	Settle Harriers	
28	Francesca	Bagot	Girl	13:36	Settle Harriers	
29	Freya	Addison	Girl	13:39	Helm Hill	
30	Freddie	Crawford	Boy	13:40	Helm Hill	
31	Joss	Tyson	Boy	14:05	Ambleside	
32	Oliver	Charnley	Boy	14:29		
33	Oliver	Cookson	Boy	14:35		
34	Harry	Gould	Boy	15:53	Settle Harriers	
35	Harry	Hearn	Boy	16:16	Helm Hill	

Cunswick 2020 Category Results

ALL SENIOR MEN

Position	First Name	Surname	Cat	Time	Club	Comments
1	Matthew	Knowles	MU21	29:59	Lancaster & Morecambe AC	1st Man/1st MU21
2	Charlie	Ing	Man	31:53	Calder Valley Fell Runners	2nd Man
3	Jon	Rylance	MV40	32:51	Ambleside	3rd Man/1st MV40
4	Phil	Mather	Man	33:33	Lonsdale	
5	Seb	Sillito	Man	34:05	Helm Hill	
6	Brian	Pennington	MV40	34:05	Howgill Harriers	
7	Sean	Leckey	Man	34:11	Ambleside	
8	Rory	Addison	Man	34:22		
9	Andy	F	Man	34:28		
10	Rod	Scott	MV40	34:31	Helm Hill	
11	Josh	Murphy	Man	34:36	Black Combe	
12	Will	Acland	MV40	34:39	Helm Hill	
13	David	Goadby	Man	34:40	Helm Hill	
14	George	Norris	MU21	34:43	Chorley A&T	
15	James	Byrne	MV40	34:59	Ambleside	
16	Jethro	Whitfield	MV40	35:24	Barlick Fell Runners	
17	Charlie	Taylor	MU21	35:37	Rosendale Harriers AC	
18	Ben	Kirkman	MU21	35:48	Rosendale Harriers	
19	Jack	Simpson	Man	36:06	Helm Hill	
20	Joe	Todd	MV40	36:10	Kendal AC	
21	Oliver	Waters	MV40	36:32	Helm Hill	
22	Julian	Simpson	MV40	36:33	Richmond Zetland Harriers	
23	James	Baron	MV50	36:35	Helm Hill	1st MV50
24	Rob	Mortimore	Man	36:40	Helm Hill	
25	Rob	Harper	MV50	36:46	Ambleside	
26	Jacob	Dyer	MV40	36:50	Helm Hill	
27	Tim	Pickering	Man	37:02	Helm Hill	
28	Justin	Tancred	MV40	37:08	Helm Hill	
29	Andy	Thompson	Man	37:31	Helm Hill	
30	Ross	Butler	MV40	37:36	Keswick AC	
31	Ben	Timbers	MV40	38:01	Keighley and Craven	
32	Peter	German	Man	38:19	Helm Hill	
33	James	Todhunter	MV40	38:23	Helm Hill	
34	David	Griffin	MV60	38:41	Helm Hill	1st MV60
35	Billy	Procter	MV60	38:51	Helm Hill	
36	Peter	Lawson	Man	39:05	Howgill Harriers	
37	Harry	Steele	MU21	39:19		
38	Rhys	Morris	Man	39:23		
39	Alistair	Hearn	MV40	39:29	Helm Hill	
40	Paul	Macfarlane	MV40	39:33		
41	Chris	Green	MV40	39:35	Ambleside	
42	Jim	Andrews	MV50	39:38	Helm Hill	
43	Adam	Scott	MU21	39:55	Helm Hill	
44	Simon	Wright	MV50	40:00	Bingley Harriers	
45	Sean	Robinson	MV40	40:03	Howgill Harriers	
46	Mark	Cropper	MV40	40:31	Helm Hill	
47	Graham	Beaumont	MV60	40:35	Dallam	
48	Chris	Whitfield	MV40	40:58	Sue Me DH Team	
49	Jonny	Marchant	MV40	41:02	Helm Hill	
50	Raymond	Gill	MV50	41:06	Dallam	
51	Andrew	Douglas	MV40	41:13		
52	John	Rainford	MV50	41:37	Preston Harriers	
53	Toby	Johnson	MV40	42:38	Helm Hill	

54	Brian	Thompson	MV60	42:40	Helm Hill	
55	Shane	Muller	MV40	42:43	Barlick	
56	Roger	Aubrey	MV50	42:47	Helm Hill	
57	Mick	Kirkman	MV50	42:53	Rossendale Harriers	
58	David	Appleyard	MV50	42:57	Helm Hill	
59	Tim	Murray	MV50	43:38	Helm Hill	
60	Colin	Briffett	MV40	43:50	Lonsdale	
61	Steve	Wathall	MV60	44:31	Black Combe	
62	Andy	Evans	MV60	44:36	Settle Harriers	
63	Matt	Davis	Man	44:53	Howgill Harriers	
64	Andy	Holden	MV50	45:03	FRA	
65	Ken	Taylor	MV70	45:06	Rossendale Harriers	1st MV70
66	Roger	Taylor	MV50	45:12	Preston Harriers	
67	Stefan	Bradley	MV40	45:52		
68	Peter	Singleton	MV60	45:56	blackpool wyre & fylde a.c.	
69	Robert	Crawford	MV40	45:59	Howgill Harriers	
70	Mark	Villiers	MV40	46:06		
71	Peter	Ellwood	MV50	46:11	Settle Harriers	
72	Mark	Charnley	MV40	46:27	Settle harriers	
73	Ali	Welsh	MV50	47:01	Bowland	
74	Chris	Pickens	MV40	47:38	Todmorden Harriers	
75	Allan	Miller	MV60	48:00	Kendal	
76	Graham	Capper	MV60	48:17		
77	Jeremy	Wilkinson	MV50	48:30	Keighley and Craven	
78	Michael	McLoughlin	MV60	49:16	Preston Harriers	
79	Pete	Coe	MV60	49:22	Helm Hill	
80	John	Orrell	MV50	49:50	Blackburn Harriers	
81	Chris	Lees	MV40	50:00		
82	Will	Thwaites	Man	50:43	Howgill Harriers	
83	David	Mainwaring	MV50	51:21		
84	John	Taylor	MV70	52:00	Bowland	
85	Ian	Oakey	MV40	54:10	Settle Harriers	
86	Richard	Cookson	MV50	55:21		
87	Trevor	Metcalfe	MV60	1:02:17	Wharfedale harriers	
88	George	James	MV70	1:04:50	blackpool wyre & fylde a.c.	
89	David	Rosen	MV60	1:17:48	Lancaster & Morecambe AC	

MEN

Position	First Name	Surname	Cat	Time	Club	Comments
1	Matthew	Knowles	MU21	29:59	Lancaster & Morecambe AC	1st Man/1st MU21
2	Charlie	Ing	Man	31:53	Calder Valley Fell Runners	2nd Man
3	Phil	Mather	Man	33:33	Lonsdale	
4	Seb	Sillito	Man	34:05	Helm Hill	
5	Sean	Leckey	Man	34:11	Ambleside	
6	Rory	Addison	Man	34:22		
7	Andy	F	Man	34:28		
8	Josh	Murphy	Man	34:36	Black Combe	
9	David	Goadby	Man	34:40	Helm Hill	
10	George	Norris	MU21	34:43	Chorley A&T	
11	Charlie	Taylor	MU21	35:37	Rossendale Harriers AC	
12	Ben	Kirkman	MU21	35:48	Rossendale Harriers	
13	Jack	Simpson	Man	36:06	Helm Hill	
14	Rob	Mortimore	Man	36:40	Helm Hill	
15	Tim	Pickering	Man	37:02	Helm Hill	
16	Andy	Thompson	Man	37:31	Helm Hill	
17	Peter	German	Man	38:19	Helm Hill	
18	Peter	Lawson	Man	39:05	Howgill Harriers	
19	Harry	Steele	MU21	39:19		
20	Rhys	Morris	Man	39:23		
21	Adam	Scott	MU21	39:55	Helm Hill	
22	Matt	Davis	Man	44:53	Howgill Harriers	
23	Will	Thwaites	Man	50:43	Howgill Harriers	

MEN UNDER 21

Position	First Name	Surname	Cat	Time	Club	Comments
1	Matthew	Knowles	MU21	29:59	Lancaster & Morecambe AC	1st Man/1st MU21
2	George	Norris	MU21	34:43	Chorley A&T	
3	Charlie	Taylor	MU21	35:37	Rossendale Harriers AC	
4	Ben	Kirkman	MU21	35:48	Rossendale Harriers	
5	Harry	Steele	MU21	39:19		
6	Adam	Scott	MU21	39:55	Helm Hill	

MEN - VET 40

Position	First Name	Surname	Cat	Time	Club	Comments
1	Jon	Rylance	MV40	32:51	Ambleside	3rd Man/1st MV40
2	Brian	Pennington	MV40	34:05	Howgill Harriers	
3	Rod	Scott	MV40	34:31	Helm Hill	
4	Will	Acland	MV40	34:39	Helm Hill	
5	James	Byrne	MV40	34:59	Ambleside	
6	Jethro	Whitfield	MV40	35:24	Barlick Fell Runners	
7	Joe	Todd	MV40	36:10	Kendal AC	
8	Oliver	Waters	MV40	36:32	Helm Hill	
9	Julian	Simpson	MV40	36:33	Richmond Zetland Harriers	
10	Jacob	Dyer	MV40	36:50	Helm Hill	
11	Justin	Tancred	MV40	37:08	Helm Hill	
12	Ross	Butler	MV40	37:36	Keswick AC	
13	Ben	Timbers	MV40	38:01	Keighley and Craven	
14	James	Todhunter	MV40	38:23	Helm Hill	
15	Alistair	Hearn	MV40	39:29	Helm Hill	
16	Paul	Macfarlane	MV40	39:33		
17	Chris	Green	MV40	39:35	Ambleside	
18	Sean	Robinson	MV40	40:03	Howgill Harriers	
19	Mark	Cropper	MV40	40:31	Helm Hill	
20	Chris	Whitfield	MV40	40:58	Sue Me DH Team	
21	Jonny	Marchant	MV40	41:02	Helm Hill	
22	Andrew	Douglas	MV40	41:13		
23	Toby	Johnson	MV40	42:38	Helm Hill	
24	Shane	Muller	MV40	42:43	Barlick	
25	Colin	Briffett	MV40	43:50	Lonsdale	
26	Stefan	Bradley	MV40	45:52		
27	Robert	Crawford	MV40	45:59	Howgill Harriers	
28	Mark	Villiers	MV40	46:06		
29	Mark	Charnley	MV40	46:27	Settle harriers	
30	Chris	Pickens	MV40	47:38	Todmorden Harriers	
31	Chris	Lees	MV40	50:00		
32	Ian	Oakey	MV40	54:10	Settle Harriers	

MEN - VET 50

Position	First Name	Surname	Cat	Time	Club	Comments
1	James	Baron	MV50	36:35	Helm Hill	1st MV50
2	Rob	Harper	MV50	36:46	Ambleside	
3	Jim	Andrews	MV50	39:38	Helm Hill	
4	Simon	Wright	MV50	40:00	Bingley Harriers	
5	Raymond	Gill	MV50	41:06	Dallam	
6	John	Rainford	MV50	41:37	Preston Harriers	
7	Roger	Aubrey	MV50	42:47	Helm Hill	
8	Mick	Kirkman	MV50	42:53	Rossendale Harriers	
9	David	Appleyard	MV50	42:57	Helm Hill	
10	Tim	Murray	MV50	43:38	Helm Hill	
11	Andy	Holden	MV50	45:03	FRA	
12	Roger	Taylor	MV50	45:12	Preston Harriers	
13	Peter	Ellwood	MV50	46:11	Settle Harriers	
14	Ali	Welsh	MV50	47:01	Bowland	
15	Jeremy	Wilkinson	MV50	48:30	Keighley and Craven	
16	John	Orrell	MV50	49:50	Blackburn Harriers	
17	David	Mainwaring	MV50	51:21		
18	Richard	Cookson	MV50	55:21		

MEN - VET 60

Position	First Name	Surname	Cat	Time	Club	Comments
1	David	Griffin	MV60	38:41	Helm Hill	1st MV60
2	Billy	Procter	MV60	38:51	Helm Hill	
3	Graham	Beaumont	MV60	40:35	Dallam	
4	Brian	Thompson	MV60	42:40	Helm Hill	
5	Steve	Wathall	MV60	44:31	Black Combe	
6	Andy	Evans	MV60	44:36	Settle Harriers	
7	Peter	Singleton	MV60	45:56	blackpool wyre & fylde a.c.	
8	Allan	Miller	MV60	48:00	Kendal	
9	Graham	Capper	MV60	48:17		
10	Michael	McLoughlin	MV60	49:16	Preston Harriers	
11	Pete	Coe	MV60	49:22	Helm Hill	
12	Trevor	Metcalfe	MV60	1:02:17	Wharfedale harriers	
13	David	Rosen	MV60	1:17:48	Lancaster & Morecambe AC	

MEN - VET 70

Position	First Name	Surname	Cat	Time	Club	Comments
1	Ken	Taylor	MV70	45:06	Rosendale Harriers	1st MV70
2	John	Taylor	MV70	52:00	Bowland	
3	George	James	MV70	1:04:50	blackpool wyre & fylde a.c.	

ALL SENIOR LADIES

Position	First Name	Surname	Cat	Time	Club	Comments
1	Victoria	Wilkinson	LV40	34:01	Bingley Harriers	1st Lady/1st LV40
2	Kelli	Roberts	Lady	37:08	Helm Hill	2nd Lady
3	Jess	Ensoll	LU21	39:52	Leven Valley	3rd Lady/1st LU21
4	Bianca	Dyer	LV40	40:07	Helm Hill	
5	Janie	Oates	Lady	40:21	Helm Hill	
6	Ellie	Mather	Lady	40:25	Lonsdale	
7	Jenny	Lyon	LV40	40:34	Dallam	
8	Lauren	Proctor	Lady	41:18	Wakefield Harriers	
9	Rebecca	Simpson	LV40	41:22	Swaledale Runners	
10	Jenny	Rice	Lady	42:05	Helm Hill	
11	Stephanie	Jones	Lady	42:21	Ambleside	
12	Amy	Pearman	LV40	42:49	Helm Hill	
13	Lorna	Askew	LV50	42:50	Helm Hill	1st LV50
14	Rachel	Simpson	Lady	43:05	Helm Hill	
15	Liz	Tapper	LV40	44:17	Helm Hill	
16	Angela	Brand-Barker	LV50	45:43	Helm Hill	
17	Victoria	Upton	Lady	46:31	Helm Hill	
18	Emily	Simpson	Lady	46:57		
19	Niki	Rylance	LV40	48:10	Ambleside	
20	Sarah	Welsh	LV40	48:21		
21	Kate	Brayshaw	LV40	48:23	Helm Hill	
22	Rebecca	Wilson	Lady	48:31	Helm Hill	
23	Jo	Cater	LV40	49:21	Helm Hill	
24	Jo	Taylor	LV50	49:39	Bowland	
25	Denise	Tunstall	LV50	49:54	Durham Fell Runners	
26	Kerry	Cornforth	LV40	49:57	Keswick AC	
27	Emma	Blundell	Lady	50:29	Lonsdale	
28	Maria	Hearn	LV40	50:49	Helm Hill	
29	Sarah	Senior	LV50	51:14	Helm Hill	
30	Wendy	Dodds	LV60	51:43	Dallam	1st LV60
31	Robyn	Anderson	LV40	51:44	Preston Harriers	
32	Louise	Capper	LV50	52:02		
33	Nicola	Muller	LV40	52:32	Barlick	
34	Lindsay	Harrod	LV50	52:40	Helm Hill	
35	Helen	Wilkinson	LV40	53:49	Keighley and Craven	
36	Katy	Thompson	LV60	53:53	Clayton le Moors Harriers	
37	May	Crawford	LV40	54:10	Helm Hill	
38	Miriam	Rosen	LV70	59:05	Lancaster & Morecambe AC	1st LV70
39	Heather	Holden	Lady	59:14		
40	Anna	Obi	Lady	1:00:37		
41	Rachel	Brummitt	LV40	1:02:27	Settle Harriers	
42	Sonja	Vietoris	LV60	1:04:49		

LADIES

Position	First Name	Surname	Cat	Time	Club	Comments
1	Kelli	Roberts	Lady	37:08	Helm Hill	2nd Lady
2	Jess	Ensoll	LU21	39:52	Leven Valley	3rd Lady/1st LU21
3	Janie	Oates	Lady	40:21	Helm Hill	
4	Ellie	Mather	Lady	40:25	Lonsdale	
5	Lauren	Proctor	Lady	41:18	Wakefield Harriers	
6	Jenny	Rice	Lady	42:05	Helm Hill	
7	Stephanie	Jones	Lady	42:21	Ambleside	
8	Rachel	Simpson	Lady	43:05	Helm Hill	
9	Victoria	Upton	Lady	46:31	Helm Hill	
10	Emily	Simpson	Lady	46:57		
11	Rebecca	Wilson	Lady	48:31	Helm Hill	
12	Emma	Blundell	Lady	50:29	Lonsdale	
13	Heather	Holden	Lady	59:14		
14	Anna	Obi	Lady	1:00:37		

LADIES UNDER 21

Position	First Name	Surname	Cat	Time	Club	Comments
1	Jess	Ensoll	LU21	39:52	Leven Valley	3rd Lady/1st LU21

LADIES - VET 40

Position	First Name	Surname	Cat	Time	Club	Comments
1	Victoria	Wilkinson	LV40	34:01	Bingley Harriers	1st Lady/1st LV40
2	Bianca	Dyer	LV40	40:07	Helm Hill	
3	Jenny	Lyon	LV40	40:34	Dallam	
4	Rebecca	Simpson	LV40	41:22	Swaledale Runners	
5	Amy	Pearman	LV40	42:49	Helm Hill	
6	Liz	Tapper	LV40	44:17	Helm Hill	
7	Niki	Rylance	LV40	48:10	Ambleside	
8	Sarah	Welsh	LV40	48:21		
9	Kate	Brayshaw	LV40	48:23	Helm Hill	
10	Jo	Cater	LV40	49:21	Helm Hill	
11	Kerry	Cornforth	LV40	49:57	Keswick AC	
12	Maria	Hearn	LV40	50:49	Helm Hill	
13	Robyn	Anderson	LV40	51:44	Preston Harriers	
14	Nicola	Muller	LV40	52:32	Barlick	
15	Helen	Wilkinson	LV40	53:49	Keighley and Craven	
16	May	Crawford	LV40	54:10	Helm Hill	
17	Rachel	Brummitt	LV40	1:02:27	Settle Harriers	

LADIES - VET 50

Position	First Name	Surname	Cat	Time	Club	Comments
1	Lorna	Askew	LV50	42:50	Helm Hill	1st LV50
2	Angela	Brand-Barker	LV50	45:43	Helm Hill	
3	Jo	Taylor	LV50	49:39	Bowland	
4	Denise	Tunstall	LV50	49:54	Durham Fell Runners	
5	Sarah	Senior	LV50	51:14	Helm Hill	
6	Louise	Capper	LV50	52:02		
7	Lindsay	Harrod	LV50	52:40	Helm Hill	

LADIES - VET 60

Position	First Name	Surname	Cat	Time	Club	Comments
1	Wendy	Dodds	LV60	51:43	Dallam	1st LV60
2	Katy	Thompson	LV60	53:53	Clayton le Moors Harriers	
3	Sonja	Vietoris	LV60	1:04:49		

LADIES - VET 70

Position	First Name	Surname	Cat	Time	Club	Comments
1	Miriam	Rosen	LV70	59:05	Lancaster & Morecambe AC	1st LV70

UNDER 17 BOYS

Position	First Name	Surname	Cat	Time	Club	Comments
1	Alex	Tallon	Boy	19:04	Helm Hill	1st Boy
2	Henry	Hunter	Boy	19:09	Helm Hill	2nd Boy
3	Jack	Villiers	Boy	19:26	Clayton-le-Moors Harriers	3rd Boy
4	Charlie	Allmond	Boy	19:44	Ambleside	
5	Marcus	Laws	Boy	20:01	Tynedale Harriers & AC	
6	Dylan	Cater	Boy	20:18	Helm Hill	
7	Alexander	Holme	Boy	20:37	Helm Hill	
8	Isaac	Robinson	Boy	22:30	Howgill Harriers	
9	Nathan	Ritchie	Boy	25:05	Leven Valley	
10	Cyrus	Cropper	Boy	25:42	Helm Hill	
11	Benjamin	Grundy	Boy	34:40	Wharfedale Harriers	

UNDER 17 GIRLS

Position	First Name	Surname	Cat	Time	Club	Comments
1	Ella	Dorrington	Girl	23:08	Clayton le Moors Harriers	1st Girl
2	Sophie	Rylance	Girl	24:02	Ambleside	2nd Girl
3	Ciara	Duffy	Girl	26:08	Barlick	3rd Girl

UNDER 15 BOYS

Position	First Name	Surname	Cat	Time	Club	Comments
1	Harry	Ewbank	Boy	15:25	Eden Runners	1st Boy
2	Charlie	Pickens	Boy	15:30	Calder Valley Fell Runners	2nd Boy
3	Oliver	Willoughby	Boy	16:06	Helm Hill	3rd Boy
4	Rowan	Ashworth	Boy	16:14	Ambleside	
5	Oliver	Oldham	Boy	16:42	Leven Valley	
6	Caius	Pennington	Boy	16:44	Howgill Harriers	
7	Finn	Houston	Boy	17:17	Helm Hill	
8	Ned	Whitaker	Boy	18:11	Settle Harriers	
9	Riley	Merryfield	Boy	18:29	Ambleside	
10	Henry	Cookson	Boy	19:45		
11	George	Campbell	Boy	21:56	Howgill Harriers	
12	Rory	Knowles	Boy	24:17	Ambleside	
13	Louie	Earp	Boy	24:29		

UNDER 15 GIRLS

Position	First Name	Surname	Cat	Time	Club	Comments
1	Sarah	Smith	Girl	17:06	Helm Hill	1st Girl
2	Oliva	Aldham	Girl	18:09	Wharfedale Harriers	2nd Girl
3	Megan	Wilkinson	Girl	18:32	Keighley and Craven	3rd Girl
4	Jody	Whitfield	Girl	19:12	Barlick	
5	Connie Ma	Scott	Girl	19:24	Helm Hill	
6	Vicky	Woof	Girl	20:31	Howgill Harriers	
7	Alicia	Crawford	Girl	22:00	Helm Hill	
8	Amber	Muller	Girl	22:20	Barlick	

UNDER 13 BOYS

Position	First Name	Surname	Cat	Time	Club	Comments
1	Archie	Peaker	Boy	08:20	Keighley and Craven	1st Boy
2	Alfie	Addison	Boy	08:50	Helm Hill	2nd Boy
3	Noah	Wadsworth	Boy	08:59	Helm Hill	3rd Boy
4	Jack	Sanderson	Boy	09:05	Settle Harriers	
5	Ewen	Wilkinson	Boy	09:11	Keighley and Craven	
6	Joseff	Tancrel	Boy	09:14	Helm Hill	
7	Toby	Acland	Boy	09:28	Helm Hill	
8	Aaron	Smith	Boy	09:51	Howgill Harriers	
9	Leon	Parker	Boy	10:05	Leven Valley	
10	Jack	Pearman	Boy	10:07	Helm Hill	
11	Jude	Evans	Boy	10:13	Ambleside	
12	Will	Brayshaw	Boy	10:16	Helm Hill	
13	Ollie	Pickens	Boy	10:28	Calder Valley Fell Runners	
14	Fraser	Dunn	Boy	10:30	Helm Hill	
15	Mack	Bagnall	Boy	10:31	Settle Harriers	
16	Zeke	Sumner	Boy	10:32	Ambleside	
17	Ben	Todhunter	Boy	11:20	Dallam	
18	Alex	Speight	Boy	11:22		
19	Thomas	Hearn	Boy	11:27	Helm Hill	
20	Alfie	Muller	Boy	11:34	Barlick	
21	William	Hargreaves	Boy	11:36	Ambleside	
22	Theo	Robinson	Boy	12:16	Howgill Harriers	
23	Jed	Harper	Boy	12:35	Howgill Harriers	
24	George	Gardiner	Boy	13:00	Helm Hill	
25	Jai	Mitchell-White	Boy	13:09	Howgill Harriers	
26	Alex	Charnley	Boy	14:35		

UNDER 13 GIRLS

Position	First Name	Surname	Cat	Time	Club	Comments
1	Lucille	Pickles	Girl	09:21	Barlick	1st Girl
2	Daisy	Fielding	Girl	09:40	Sedbergh School RC	2nd Girl
3	Millie	Jebb	Girl	10:14	Helm Hill	3rd Girl
4	Milly	Timbers	Girl	10:18	Keighley and Craven	
5	Isabella	Wright	Girl	11:03	Wharfedale Harriers	
6	Lucy	Bagot	Girl	11:11	Settle Harriers	
7	Cara	Bradley	Girl	11:18	Ambleside	
8	Isla	Simpson	Girl	11:38	Richmond Zetland Harriers	
9	Tess	Evans	Girl	11:48	Ambleside	
10	Ellie	Todhunter	Girl	11:48	Dallam	
11	Isabelle	Teal	Girl	11:57	Barlick	
12	Lily-Grace	Clayton	Girl	11:59	Wharfedale Harriers	
13	Eve	Briffett	Girl	12:22	Dallam	
14	Hannah	Dyer	Girl	12:57	Helm Hill	
15	Isabel	Sanderson	Girl	13:06	Helm Hill	
16	Jessica	Oakey	Girl	13:15	Settle Harriers	
17	Megan	Harris	Girl	13:37	Helm Hill	

UNDER 11 BOYS

Position	First Name	Surname	Cat	Time	Club	Comments
1	Sam	Oldham	Boy	10:06	Leven Valley	1st Boy
2	Theo	Zaboklicki	Boy	10:20	Hoad Hill Harriers	2nd Boy
3	Evan	Mulvany	Boy	10:24	Helm Hill	3rd Boy
4	Noah	Zaboklicki	Boy	10:40	Hoad Hill Harriers	
5	Joe	Green	Boy	10:42	Ambleside	
6	Carl	Sanderson	Boy	10:44	Settle Harriers	
7	Harry	Fife	Boy	10:55		
8	William	Gornall	Boy	10:56		
9	Floyd	Palmer	Boy	10:59	Helm Hill	
10	Oscar	Timbers	Boy	11:11	Keighley and Craven	
11	Reuben	Fife	Boy	11:12		
12	Gus William	Campbell	Boy	11:16	Howgill Harriers	
13	Arran	Goodall	Boy	11:33	Dallam	
14	Joss	Wood	Boy	11:42	Helm Hill	
15	Ghyll	Baker	Boy	12:11	Helm Hill	
16	Dougal	Houston	Boy	12:11	Helm Hill	
17	Arthur	Kirby	Boy	12:22	Ambleside	
18	James	Skeldon	Boy	12:25	Settle Harriers	
19	Oscar	Clayton	Boy	12:48	Wharfedale Harriers	
20	Matthew	Nugent	Boy	12:55	Helm Hill	
21	Freddie	Crawford	Boy	13:40	Helm Hill	
22	Joss	Tyson	Boy	14:05	Ambleside	
23	Oliver	Charnley	Boy	14:29		
24	Oliver	Cookson	Boy	14:35		
25	Harry	Gould	Boy	15:53	Settle Harriers	
26	Harry	Hearn	Boy	16:16	Helm Hill	

UNDER 11 GIRLS

Position	First Name	Surname	Cat	Time	Club	Comments
1	Emmy	Ranner	Girl	10:30	Helm Hill	1st Girl
2	Isla	Jebb	Girl	10:49	Helm Hill	2nd Girl
3	Annabel	Hinds	Girl	11:33	Settle Harriers	3rd Girl
4	Rosie	Speight	Girl	12:23		
5	Isla	Douglas	Girl	13:08	Helm Hill	
6	Lua	Swami	Girl	13:29	Helm Hill	
7	Mabel	Whitaker	Girl	13:35	Settle Harriers	
8	Francesca	Bagot	Girl	13:36	Settle Harriers	
9	Freya	Addison	Girl	13:39	Helm Hill	

