



Supported By
Different Strokes
and
Pete Bland Sports



Birkrigg Common - Results 30 January 2022

Senior Race

Position	First Name	Surname	Cat	Time	Club	Comments
1	Tim	Lamont	Man	20:04	Helm Hill	1st Man
2	Garry	Greenhow	MV40	20:50	Ambleside AC	2nd Man/1st MV40
3	Simon	Bailey	MV40	21:28	Staffordshire Moorlands	3rd Man
4	Lewis	Bowness	Man	21:53	Helm Hill	
5	Dylan	Cater	MU21	21:59	Helm Hill	1st MU21
6	Alfie	Thorpe	MU21	22:03	Ambleside AC	
7	Brian	Pennington	MV40	22:06	Howgill Harriers	
8	Bobby	Gard-Storry	Man	22:11		
9	Phil	Mather	Man	22:16	Lonsdale Fell Runners	
10	Sam	Burnstone	Man	22:18	Helm Hill	
11	Javier	Simon	MV40	22:34	Helm hill	
12	Andy	F	Man	22:36		
13	Jethro	Whitfield	MV40	23:16	Wharfedale harriers	
14	Sam	Harrison	Man	23:31	Bowland	
15	Harvey	Lord	MV40	23:36	Black Combe	
16	David	Goadby	Man	23:39	Helm Hill	
17	Owain	Clark	MU21	23:41	Levan Valley Athletics club	
18	Josh	Murphy	Man	23:44	Black Combe	
19	Simon	Whittaker	MV40	23:50	Helm Hill	
20	Sharon	Taylor	LV40	23:53	Helm Hill Runners	1st Lady/1st LV40
21	Gavin	Lloyd	Man	23:55	Black Combe Runners	
22	Padraig	Spillane	Man	23:56		
23	James	Baron	MV50	23:58	Helm Hill	1st MV50
24	Mike	Holcroft	Man	24:06	Helm Hill	
25	Justin	Tancrel	MV40	24:09	Helm Hill	
26	Jose	Concha	Man	24:12	Helm Hill	
27	Mark	Brightwell	MV40	24:17	Helm Hill	
28	Sam	Almond	MU21	24:23		
29	Michael	Howard	MV40	24:26	Helm Hill	
30	Jacob	Dyer	MV50	24:31	Helm Hill	
31	Rod	Scott	MV40	24:32	Helm Hill Runners	
32	Andrew	Hebson	MV40	24:40	Helm Hill	
33	David	Pease	MV40	24:42	Barlick Fell Runners	
34	Ross	Butler	MV40	24:46	Keswick AC	
35	Ronnie	Haddow	MV50	24:55	Furness Fell Runners	
36	James	Maher	Man	24:56	Furness Fell Runners	
37	Andrew	Douglas	MV40	25:02	Helm Hill	
38	Paul	Dugdale	MV50	25:12	Helm Hill Runners	
39	Ian	Harrington	MV40	25:33	Helm Hill	
40	Peter	German	MV40	25:35	Helm Hill	
41	Tim	Pickering	Man	25:37	Helm Hill	
42	Bianca	Dyer	LV40	25:38	Helm Hill	2nd Lady
43	Adam	Scott	MU21	25:43	Helm Hill Runners	
44	Josh	Phipps	Man	25:46		

45	Sam	Moore	Man	25:48	Millom Striders	
46	Sharon	Dixon	LV50	26:05	Glaxo Hoad Hill Harriers	3rd Lady/1st LV50
47	Peter	Lawson	Man	26:09	Howgill Harriers	
48	Anthony	Bowness	MV50	26:25	Kendal AC	
49	James	Todhunter	MV40	26:27	Helm Hill	
50	Alice	Rea	Lady	26:35	Helm Hill	
51	Alistair	Shawcross	MV40	26:43	Dallam	
52	Mike	Staddon	Man	26:44	Turnbridge Wells	
53	Lucy	Spain	Lady	26:53	Helm Hill	
54	Nick	Walker	MV40	26:55	Keighley & Craven AC	
55	Cathy	Gill	Lady	26:59	Turnbridge Wells	
56	Sean	Robinson	MV40	27:02	Howgill Harriers	
57	Matt	Davis	MV40	27:07	Howgill Harriers	
58	Pete	Bagnall	MV50	27:10	Settle Harriers	
59	Pete	Marston	MV40	27:17	Helm Hill	
60	Sarah	Gerrish	Lady	27:21	Helm Hill	
61	Gary	O'Neil	MV40	27:23	Furness Fell	
62	Ray	Gill	MV60	27:26	Helm Hill Runners	1st MV60
63	Michael	Toman	MV50	27:38	Accrington Road Runners	
64	Graham	Beaumont	MV60	27:40	Dallam	
65	Neil	Robinson	MV40	27:44	COLT	
66	Rebecca	Gledhill	Lady	27:52	Black Combe	
67	Sarah	Atkinson	Lady	27:59		
68	Catherine	White	LV40	28:11	Wharfedale Harriers	
69	Caroline	Holden	LV50	28:26	Helm Hill	
70	Lucie-Ellen	Todhunter	LV40	28:35	Helm Hill	
71	Liz	Mcnally	LV50	28:36	Leven Valley AC	
72	Brian	Thompson	MV60	29:00	Helm Hill Runners	
73	Simon	Waller	MV50	29:02	Dallam	
74	Steve	Wathall	MV60	29:05	Black Combe Runners	
75	Rosie	Parkinson	Lady	29:06	Helm Hill	
76	Angela	Brand-Barker	LV60	29:18	Helm Hill	1st LV60
77	Andy	Bennett	MV50	29:33	Helm Hill	
78	Dicky	Wilkinson	MV60	29:39	Dark Peak	
79	Charlotte	Seward	Lady	29:53		
80	Ellie	Simmonds	LU21	29:58	Hoad Hill	1st LU21
81	Leanne	Scott	LV40	30:11	Leven Valley	
82	Sarah	Welsh	LV40	30:15	Bowland Fell Runners	
83	Joanne	Mcleod	LV50	30:16	Glaxo Hoad Hill Harriers	
84	Ali	Welsh	MV60	30:42	Bowland Fellrunners	
85	Andy	Ward	MV40	30:50	Settle Harriers	
86	Rebecca	Cook	Lady	30:51	Furness Fell Runners	
87	Christopher	Moss	MV40	30:55		
88	Liz	Whitfield	LV40	30:56	Helm Hill Runners	
89	Kit (Mary)	Saunders	LV40	31:26	Helm Hill	
90	Mark	Charnley	MV40	31:52	Settle Harriers	
91	Jo	Wilcox	LV50	32:01	Helm Hill	
92	Peter	Ellwood	MV50	32:04	Settle Harriers	
93	Rowan	Ranner	LV40	32:15	Helm Hill	
94	Caroline	Armitage	LV50	32:24		
95	Daniel	Rayson	MV50	32:25		
96	Richard	Cater	MV50	32:26	Helm Hill	
97	Esther	Lambert	Lady	32:28	Helm Hill	
98	Kate	Brayshaw	LV40	32:32	Helm Hill	
99	Janet	Speight	LV50	32:53		
100	Colin	Valentine	MV60	32:56	Keswick AC	
101	Vicky	Kirkwood	LV50	33:13	Dallam	

102	Richard	Campbell	MV40	33:30	Howgill Harrier	
103	Matt	Atkinson	MV40	33:34		
104	Kelly Jo	Tinkler	Lady	33:36		
105	Pam	Bagot	LV40	33:39	Settle	
106	Judith	Marshall	LV40	34:24	Settle harriers	
107	Peter	Acland	MV60	34:27	Kendal AAC	
108	Vicki	Sherrington	LV50	34:29	Helm Hill	
109	Jen	Henry	Lady	34:37		
110	Mike	Walsh	MV70	34:38	Kendal AAC	1st MV70
111	Dave	Hewitt	MV60	35:18	Dallam	
112	Jo	Taylor	LV50	35:37	Bowland FR	
113	Veronica	Waller	LV50	36:11	Dallam	
114	Louise	Dunn	LV60	36:34		
115	Iain	Crossley	MV60	36:35	Settle Harriers	
116	Natasha	Winder	LV40	36:50		
117	David	Bainbridge	MV40	36:51		
118	John	Taylor	MV70	37:23	Bowland FR	
119	Anna	Stevens	LV50	37:57	Helm Hill	
120	Sian	Norman	LV40	38:11		
121	Lorna	Hewitt	LV50	39:07	Dallam	
122	Katharine	Shrine	LV40	39:36		
123	Sonja	Vietoris	LV60	40:01	Dallam Running Club	
124	Rosanne	Broyd	Lady	40:02	Helm Hill	
125	Rachel	Brummitt	LV40	40:24	Settle Harriers	
126	Alison	Almond	LV50	41:01		
127	Miriam	Rosen	LV70	41:43	Lancaster & Morecambe AC	1st LV70
128	Robert	Massey	MV70	42:27	Blackpool Wyre & Fylde AC	
129	Jill	Gates	LV60	43:52	Settle Harriers	
130	John	Dunn	MV40	47:23	Blackpool Wyre & Fylde AC	
131	Phil	Martin	MV70	51:40	Bowland Fell Runners	

Under 17 Race

Position	First Name	Surname	Cat	Time	Club	Comments
1	Harry	Ewbank	Boy	13:26	Eden Runners	1st Boy
2	Will	Mcnally	Boy	13:41	Leven Valley AC	2nd Boy
3	Rowan	Ashworth	Boy	14:10	Ambleside AC	3rd Boy
4	Oliver	Oldham	Boy	14:14	Leven Valley AC	
5	Oliver	Bailey	Boy	14:19	Staffordshire Moorlands	
6	Logan	Mccredie	Boy	14:37	Barlick Fell Runners	
7	Max	Hazlehurst	Boy	14:55	Levens Valley AC	
8	Edward	Jermy	Boy	16:03		
9	Isaac	Robinson	MU21	16:17	Howgill Harriers	1st MU21
10	Jamie	Waller	Boy	16:24	Lancaster & Morecambe AC	
11	George	Campbell	Boy	16:26	Howgill Harrier	
12	Vicky	Woof	Girl	18:41	Howgill Harriers	1st Girl
13	Connie-May	Scott	Girl	20:03	Helm Hill Runners	2nd Girl

Under 15 Race

Position	First Name	Surname	Cat	Time	Club	Comments
1	Jack	Sanderson	Boy	09:11	Settle Harriers	1st Boy
2	Alfie	Addison	Boy	09:17	Helm Hill	2nd Boy
3	Noah	Wadsworth	Boy	09:34	Helm Hill	3rd Boy
4	Joe	Hilborne	Boy	10:04		
5	Oliver	Ball	Boy	10:11	Bowland Fell Runners	
6	Will	Brayshaw	Boy	10:14	Helm Hill	
7	Toby	Acland	Boy	10:16	Helm Hill	
8	John	Williamson	Boy	10:18	Leven Valley AC	
9	Robbie	Watmough	Boy	10:23	Settle harriers	
10	Joseff	Tancrel	Boy	10:27	Helm Hill	
11	Josh	Todd	Boy	10:29	Ambleside AC	
12	Penelope	Boyle	Girl	10:30	Leven Valley	1st Girl
13	Alfie	Todd	Boy	10:34	Ambleside AC	
14	Zeke	Sumner	Boy	10:36	Ambleside AC	
15	Millie	Jebb	Girl	10:42	Helm Hill Runners	2nd Girl
16	Harvey	Shaw	Boy	10:42	Ambleside AC	
17	Will	Pease	Boy	10:50	Barlick Fell Runners	
18	Alex	Speight	Boy	11:07	Kendal AAC	
19	Lucy	Bagot	Girl	11:20	Settle	3rd Girl
20	Ben	Todhunter	Boy	11:35	Dallam	
21	James	Clarke	Boy	11:37	Levens Valley	
22	Daisy	Fielding	Girl	11:41		
23	Mack	Bagnall	Boy	11:56	Settle Harriers	
24	Tom	Ashworth	Boy	12:04	Ambleside AC	
25	Fraser	Dunn	Boy	12:09	Helm Hill Runners	
26	Theo	Robinson	Boy	12:12	Howgill Harriers	
27	Isla	Pearman	Girl	12:13	Helm Hill	
28	Iona	Barrowdale-Sr	Girl	12:19	Leven Valley AC	
29	Ellie	Todhunter	Girl	12:32	Dallam	
30	Ellen	Douglas	Girl	12:41	Leven Valley	
31	Isabel	Sanderson	Girl	12:44	Helm Hill	
32	Lily-Grace	Clayton	Girl	12:48	Wharfedale Harriers	
33	Hannah	Dyer	Girl	13:14	Helm Hill	
34	Emily	Macpherson-L	Girl	13:27	Bowland FR	
35	Florrie	Haddow	Girl	14:28	Furness Fell Runners	
36	Charlie	Ellwood	Boy	14:38	Settle	
37	Zach	Thomas	Boy	14:39		

Under 13 Race

Position	First Name	Surname	Cat	Time	Club	Comments
1	Cooper	Wadsworth	Boy	05:11	Helm Hill	1st Boy
2	Riley	Scott	Boy	05:20	Leven Valley	2nd Boy
3	Magnus	Foxwell	Boy	05:35	Ambleside	3rd Boy
4	Sam	Oldham	Boy	05:37	Leven Valley AC	
5	Isla	Jebb	Girl	05:39	Helm Hill Runners	1st Girl
6	Bella	Mccredie	Girl	05:41	Clayton-le-Moor Harriers	2nd Girl
7	Joseph	Green	Boy	05:42	Ambleside AC	
8	Oliver	Scott	Boy	05:44	Leven Valley	
9	Joseph	Cook	Boy	05:45	Furness Fell Runners	
10	Ewan	Angus	Boy	05:50	Settle Harriers	
11	Julia	Fielding	Girl	05:51		3rd Girl
12	Arran	Goodall	Boy	05:52	Dallam	
13	Edward	Shawcross	Boy	05:55	Ambleside AC	
14	Fay	Thomas	Girl	05:57	Helm Hill	
15	Demitri	Kyriacou	Boy	05:58	Leven Valley AC	
16	Sophie	Norman	Girl	06:01		
17	Kyran	Harvey	Boy	06:02	Leven Valley	
18	Stan	Marston	Boy	06:04	Helm Hill	
19	Lily	Slater	Girl	06:07	Ambleside AC	
20	Carl	Sanderson	Boy	06:08	Settle Harriers	
21	Holly	Nicholls	Girl	06:08	Wigan & District Harriers	
22	Thomas	Armitage	Boy	06:10	Settle Harriers	
23	Emmy	Ranner	Girl	06:11	Helm Hill	
24	Ghyll	Baker	Boy	06:13	Helm Hill Runners	
25	Francesca	Bagot	Girl	06:19	Settle	
26	Ivan	Winder	Boy	06:22	Sale Harriers	
27	Katelyn	Douglas	Girl	06:30	Hoad Hill Harriers	
28	Rosie	Speight	Girl	06:46		
29	Joss	Wood	Boy	07:00	Helm Hill	
30	Gus	Campbell	Boy	07:05	Howgill Harrier	
31	Ethan	Ward	Boy	07:07	Settle Harriers	
32	Lua	Swami	Girl	07:08	Helm Hill	
33	Harry	Gould	Boy	08:34	Settle Harriers	

Under 11 Race

Position	First Name	Surname	Cat	Time	Club	Comments
1	Harri	Tancred	Boy	05:18	Helm Hill	1st Boy
2	Noah	Cook	Boy	05:20	Furness Fell Runners	2nd Boy
3	Alice	White	Girl	05:43	Skipton AC	1st Girl
4	Jos	Jebb	Boy	05:54	Helm Hill Runners	3rd Boy
5	Herbie	Marston	Boy	05:59	Helm Hill	
6	Ben	Hollows	Boy	06:16	Dallam	
7	Kit	Evans	Boy	06:17	Ambleside AC	
8	Bleu	Bailey	Girl	06:20	Staffordshire Moorlands	2nd Girl
9	James	Skeldon	Boy	06:25	Settle Harriers	
10	Mila	Barron	Girl	06:29	Ambleside AC	3rd Girl
11	Loppy	Wadsworth	Girl	06:34	Helm Hill	
12	Charlie	Butler	Boy	06:38	Keswick AC	
13	Lewis	Dalton	Boy	06:43	Helm Hill	
14	Charlie	Hodgson	Boy	06:53	Helm Hill	
15	James	Mcaleese	Boy	06:55	Ambleside AC	
16	Robert	Watson	Boy	06:56	Ambleside AC	
17	Maisie	Todhunter	Girl	06:57	Dallam	
18	Freya	Hodgson-Jone	Girl	06:58	Ambleside AC	
19	Jessica	Atkinson	Girl	07:01	Helm Hill	
20	Harry	Hearn	Boy	07:06	Helm Hill	
21	Stanley	Evans	Boy	07:09	Settle Harriers	
22	Kitty	Metcalfe	Girl	07:17		
23	Tess	Reedy	Girl	07:18	Ambleside AC	
24	Lana	Fosker	Girl	07:19		
25	Izzy	Leigh	Girl	07:19	Helm Hill	
26	Alexander	O'Neil	Boy	07:20	Furness	
27	Stephen	Watson	Boy	07:22	Ambleside AC	
28	Lucy	Ward	Girl	07:32	Settle Harriers	
29	William	Evans	Boy	07:34	Settle Harriers	
30	Euan	Goodall	Boy	07:37	Dallam	
31	Jessica	Norman	Girl	07:54		
32	Edie	Howson	Girl	08:03	Settle Harriers	
33	Amelie	Angus	Girl	08:04	Settle Harriers	
34	Edie	Alexander	Girl	08:05	Settle Harriers	
35	Danica	Kyriacou	Girl	08:43	Levens Valley	

Birkrigg Common 2022 Category Results

ALL SENIOR MEN

Position	First Name	Surname	Cat	Time	Club	Comments
1	Tim	Lamont	Man	20:04	Helm Hill	1st Man
2	Garry	Greenhow	MV40	20:50	Ambleside AC	2nd Man/1st MV40
3	Simon	Bailey	MV40	21:28	Staffordshire Moorlands	3rd Man
4	Lewis	Bowness	Man	21:53	Helm Hill	
5	Dylan	Cater	MU21	21:59	Helm Hill	1st MU21
6	Alfie	Thorpe	MU21	22:03	Ambleside AC	
7	Brian	Pennington	MV40	22:06	Howgill Harriers	
8	Bobby	Gard-Storry	Man	22:11		
9	Phil	Mather	Man	22:16	Lonsdale Fell Runners	
10	Sam	Burnstone	Man	22:18	Helm Hill	
11	Javier	Simon	MV40	22:34	Helm hill	
12	Andy	F	Man	22:36		
13	Jethro	Whitfield	MV40	23:16	Wharfedale harriers	
14	Sam	Harrison	Man	23:31	Bowland	
15	Harvey	Lord	MV40	23:36	Black Combe	
16	David	Goadby	Man	23:39	Helm Hill	
17	Owain	Clark	MU21	23:41	Levan Valley Athletics club	
18	Josh	Murphy	Man	23:44	Black Combe	
19	Simon	Whittaker	MV40	23:50	Helm Hill	
20	Gavin	Lloyd	Man	23:55	Black Combe Runners	
21	Padraig	Spillane	Man	23:56		
22	James	Baron	MV50	23:58	Helm Hill	1st MV50
23	Mike	Holcroft	Man	24:06	Helm Hill	
24	Justin	Tancred	MV40	24:09	Helm Hill	
25	Jose	Concha	Man	24:12	Helm Hill	
26	Mark	Brightwell	MV40	24:17	Helm Hill	
27	Sam	Almond	MU21	24:23		
28	Michael	Howard	MV40	24:26	Helm Hill	
29	Jacob	Dyer	MV50	24:31	Helm Hill	
30	Rod	Scott	MV40	24:32	Helm Hill Runners	
31	Andrew	Hebson	MV40	24:40	Helm Hill	
32	David	Pease	MV40	24:42	Barlick Fell Runners	
33	Ross	Butler	MV40	24:46	Keswick AC	
34	Ronnie	Haddow	MV50	24:55	Furness Fell Runners	
35	James	Maher	Man	24:56	Furness Fell Runners	
36	Andrew	Douglas	MV40	25:02	Helm Hill	
37	Paul	Dugdale	MV50	25:12	Helm Hill Runners	
38	Ian	Harrington	MV40	25:33	Helm Hill	
39	Peter	German	MV40	25:35	Helm Hill	
40	Tim	Pickering	Man	25:37	Helm Hill	
41	Adam	Scott	MU21	25:43	Helm Hill Runners	
42	Josh	Phipps	Man	25:46		
43	Sam	Moore	Man	25:48	Millom Striders	
44	Peter	Lawson	Man	26:09	Howgill Harriers	
45	Anthony	Bowness	MV50	26:25	Kendal AC	
46	James	Todhunter	MV40	26:27	Helm Hill	
47	Alistair	Shawcross	MV40	26:43	Dallam	
48	Mike	Staddon	Man	26:44	Turnbridge Wells	
49	Nick	Walker	MV40	26:55	Keighley & Craven AC	
50	Sean	Robinson	MV40	27:02	Howgill Harriers	
51	Matt	Davis	MV40	27:07	Howgill Harriers	
52	Pete	Bagnall	MV50	27:10	Settle Harriers	
53	Pete	Marston	MV40	27:17	Helm Hill	

54	Gary	O'Neil	MV40	27:23	Furness Fell	
55	Ray	Gill	MV60	27:26	Helm Hill Runners	1st MV60
56	Michael	Toman	MV50	27:38	Accrington Road Runners	
57	Graham	Beaumont	MV60	27:40	Dallam	
58	Neil	Robinson	MV40	27:44	COLT	
59	Brian	Thompson	MV60	29:00	Helm Hill Runners	
60	Simon	Waller	MV50	29:02	Dallam	
61	Steve	Wathall	MV60	29:05	Black Combe Runners	
62	Andy	Bennett	MV50	29:33	Helm Hill	
63	Dicky	Wilkinson	MV60	29:39	Dark Peak	
64	Ali	Welsh	MV60	30:42	Bowland Fellrunners	
65	Andy	Ward	MV40	30:50	Settle Harriers	
66	Christopher	Moss	MV40	30:55		
67	Mark	Charnley	MV40	31:52	Settle Harriers	
68	Peter	Ellwood	MV50	32:04	Settle Harriers	
69	Daniel	Rayson	MV50	32:25		
70	Richard	Cater	MV50	32:26	Helm Hill	
71	Colin	Valentine	MV60	32:56	Keswick AC	
72	Richard	Campbell	MV40	33:30	Howgill Harrier	
73	Matt	Atkinson	MV40	33:34		
74	Peter	Acland	MV60	34:27	Kendal AAC	
75	Mike	Walsh	MV70	34:38	Kendal AAC	1st MV70
76	Dave	Hewitt	MV60	35:18	Dallam	
77	Iain	Crossley	MV60	36:35	Settle Harriers	
78	David	Bainbridge	MV40	36:51		
79	John	Taylor	MV70	37:23	Bowland FR	
80	Robert	Massey	MV70	42:27	Blackpool Wyre & Fylde AC	
81	John	Dunn	MV40	47:23	Blackpool Wyre & Fylde AC	
82	Phil	Martin	MV70	51:40	Bowland Fell Runners	

MEN

Position	First Name	Surname	Cat	Time	Club	Comments
1	Tim	Lamont	Man	20:04	Helm Hill	1st Man
2	Lewis	Bowness	Man	21:53	Helm Hill	
3	Dylan	Cater	MU21	21:59	Helm Hill	1st MU21
4	Alfie	Thorpe	MU21	22:03	Ambleside AC	
5	Bobby	Gard-Storry	Man	22:11		
6	Phil	Mather	Man	22:16	Lonsdale Fell Runners	
7	Sam	Burnstone	Man	22:18	Helm Hill	
8	Andy	F	Man	22:36		
9	Sam	Harrison	Man	23:31	Bowland	
10	David	Goadby	Man	23:39	Helm Hill	
11	Owain	Clark	MU21	23:41	Levan Valley Athletics club	
12	Josh	Murphy	Man	23:44	Black Combe	
13	Gavin	Lloyd	Man	23:55	Black Combe Runners	
14	Padraig	Spillane	Man	23:56		
15	Mike	Holcroft	Man	24:06	Helm Hill	
16	Jose	Concha	Man	24:12	Helm Hill	
17	Sam	Almond	MU21	24:23		
18	James	Maher	Man	24:56	Furness Fell Runners	
19	Tim	Pickering	Man	25:37	Helm Hill	
20	Adam	Scott	MU21	25:43	Helm Hill Runners	
21	Josh	Phipps	Man	25:46		
22	Sam	Moore	Man	25:48	Millom Striders	
23	Peter	Lawson	Man	26:09	Howgill Harriers	
24	Mike	Staddon	Man	26:44	Turnbridge Wells	

MEN UNDER 21

Position	First Name	Surname	Cat	Time	Club	Comments
1	Dylan	Cater	MU21	21:59	Helm Hill	1st MU21
2	Alfie	Thorpe	MU21	22:03	Ambleside AC	
3	Owain	Clark	MU21	23:41	Levan Valley Athletics club	
4	Sam	Almond	MU21	24:23		
5	Adam	Scott	MU21	25:43	Helm Hill Runners	

MEN - VET 40

Position	First Name	Surname	Cat	Time	Club	Comments
1	Garry	Greenhow	MV40	20:50	Ambleside AC	2nd Man/1st MV40
2	Simon	Bailey	MV40	21:28	Staffordshire Moorlands	3rd Man
3	Brian	Pennington	MV40	22:06	Howgill Harriers	
4	Javier	Simon	MV40	22:34	Helm hill	
5	Jethro	Whitfield	MV40	23:16	Wharfedale harriers	
6	Harvey	Lord	MV40	23:36	Black Combe	
7	Simon	Whittaker	MV40	23:50	Helm Hill	
8	Justin	Tancrel	MV40	24:09	Helm Hill	
9	Mark	Brightwell	MV40	24:17	Helm Hill	
10	Michael	Howard	MV40	24:26	Helm Hill	
11	Rod	Scott	MV40	24:32	Helm Hill Runners	
12	Andrew	Hebson	MV40	24:40	Helm Hill	
13	David	Pease	MV40	24:42	Barlick Fell Runners	
14	Ross	Butler	MV40	24:46	Keswick AC	
15	Andrew	Douglas	MV40	25:02	Helm Hill	
16	Ian	Harrington	MV40	25:33	Helm Hill	
17	Peter	German	MV40	25:35	Helm Hill	
18	James	Todhunter	MV40	26:27	Helm Hill	
19	Alistair	Shawcross	MV40	26:43	Dallam	
20	Nick	Walker	MV40	26:55	Keighley & Craven AC	
21	Sean	Robinson	MV40	27:02	Howgill Harriers	
22	Matt	Davis	MV40	27:07	Howgill Harriers	
23	Pete	Marston	MV40	27:17	Helm Hill	
24	Gary	O'Neil	MV40	27:23	Furness Fell	
25	Neil	Robinson	MV40	27:44	COLT	
26	Andy	Ward	MV40	30:50	Settle Harriers	
27	Christopher	Moss	MV40	30:55		
28	Mark	Charnley	MV40	31:52	Settle Harriers	
29	Richard	Campbell	MV40	33:30	Howgill Harrier	
30	Matt	Atkinson	MV40	33:34		
31	David	Bainbridge	MV40	36:51		
32	John	Dunn	MV40	47:23	Blackpool Wyre & Fylde AC	

MEN - VET 50

Position	First Name	Surname	Cat	Time	Club	Comments
1	James	Baron	MV50	23:58	Helm Hill	1st MV50
2	Jacob	Dyer	MV50	24:31	Helm Hill	
3	Ronnie	Haddow	MV50	24:55	Furness Fell Runners	
4	Paul	Dugdale	MV50	25:12	Helm Hill Runners	
5	Anthony	Bowness	MV50	26:25	Kendal AC	
6	Pete	Bagnall	MV50	27:10	Settle Harriers	
7	Michael	Toman	MV50	27:38	Accrington Road Runners	
8	Simon	Waller	MV50	29:02	Dallam	
9	Andy	Bennett	MV50	29:33	Helm Hill	
10	Peter	Ellwood	MV50	32:04	Settle Harriers	
11	Daniel	Rayson	MV50	32:25		
12	Richard	Cater	MV50	32:26	Helm Hill	

MEN - VET 60

Position	First Name	Surname	Cat	Time	Club	Comments
1	Ray	Gill	MV60	27:26	Helm Hill Runners	1st MV60
2	Graham	Beaumont	MV60	27:40	Dallam	
3	Brian	Thompson	MV60	29:00	Helm Hill Runners	
4	Steve	Wathall	MV60	29:05	Black Combe Runners	
5	Dicky	Wilkinson	MV60	29:39	Dark Peak	
6	Ali	Welsh	MV60	30:42	Bowland Fellrunners	
7	Colin	Valentine	MV60	32:56	Keswick AC	
8	Peter	Acland	MV60	34:27	Kendal AAC	
9	Dave	Hewitt	MV60	35:18	Dallam	
10	Iain	Crossley	MV60	36:35	Settle Harriers	

MEN - VET 70

Position	First Name	Surname	Cat	Time	Club	Comments
1	Mike	Walsh	MV70	34:38	Kendal AAC	1st MV70
2	John	Taylor	MV70	37:23	Bowland FR	
3	Robert	Massey	MV70	42:27	Blackpool Wyre & Fylde AC	
4	Phil	Martin	MV70	51:40	Bowland Fell Runners	

ALL SENIOR LADIES

Position	First Name	Surname	Cat	Time	Club	Comments
1	Sharon	Taylor	LV40	23:53	Helm Hill Runners	1st Lady/1st LV40
2	Bianca	Dyer	LV40	25:38	Helm Hill	2nd Lady
3	Sharon	Dixon	LV50	26:05	Glaxo Hoad Hill Harriers	3rd Lady/1st LV50
4	Alice	Rea	Lady	26:35	Helm Hill	
5	Lucy	Spain	Lady	26:53	Helm Hill	
6	Cathy	Gill	Lady	26:59	Turnbridge Wells	
7	Sarah	Gerrish	Lady	27:21	Helm Hill	
8	Rebecca	Gledhill	Lady	27:52	Black Combe	
9	Sarah	Atkinson	Lady	27:59		
10	Catherine	White	LV40	28:11	Wharfedale Harriers	
11	Caroline	Holden	LV50	28:26	Helm Hill	
12	Lucie-Ellen	Todhunter	LV40	28:35	Helm Hill	
13	Liz	Mcnally	LV50	28:36	Leven Valley AC	
14	Rosie	Parkinson	Lady	29:06	Helm Hill	
15	Angela	Brand-Barker	LV60	29:18	Helm Hill	1st LV60
16	Charlotte	Seward	Lady	29:53		
17	Ellie	Simmonds	LU21	29:58	Hoad Hill	1st LU21
18	Leanne	Scott	LV40	30:11	Leven Valley	
19	Sarah	Welsh	LV40	30:15	Bowland Fell Runners	
20	Joanne	Mcleod	LV50	30:16	Glaxo Hoad Hill Harriers	
21	Rebecca	Cook	Lady	30:51	Furness Fell Runners	
22	Liz	Whitfield	LV40	30:56	Helm Hill Runners	
23	Kit (Mary)	Saunders	LV40	31:26	Helm Hill	
24	Jo	Wilcox	LV50	32:01	Helm Hill	
25	Rowan	Ranner	LV40	32:15	Helm Hill	
26	Caroline	Armitage	LV50	32:24		
27	Esther	Lambert	Lady	32:28	Helm Hill	
28	Kate	Brayshaw	LV40	32:32	Helm Hill	
29	Janet	Speight	LV50	32:53		
30	Vicky	Kirkwood	LV50	33:13	Dallam	
31	Kelly Jo	Tinkler	Lady	33:36		
32	Pam	Bagot	LV40	33:39	Settle	
33	Judith	Marshall	LV40	34:24	Settle harriers	
34	Vicki	Sherrington	LV50	34:29	Helm Hill	
35	Jen	Henry	Lady	34:37		
36	Jo	Taylor	LV50	35:37	Bowland FR	
37	Veronica	Waller	LV50	36:11	Dallam	
38	Louise	Dunn	LV60	36:34		
39	Natasha	Winder	LV40	36:50		
40	Anna	Stevens	LV50	37:57	Helm Hill	
41	Sian	Norman	LV40	38:11		
42	Lorna	Hewitt	LV50	39:07	Dallam	
43	Katharine	Shrine	LV40	39:36		
44	Sonja	Vietoris	LV60	40:01	Dallam Running Club	
45	Rosanne	Broyd	Lady	40:02	Helm Hill	
46	Rachel	Brummitt	LV40	40:24	Settle Harriers	
47	Alison	Almond	LV50	41:01		
48	Miriam	Rosen	LV70	41:43	Lancaster & Morecambe AC	1st LV70
49	Jill	Gates	LV60	43:52	Settle Harriers	

LADIES

Position	First Name	Surname	Cat	Time	Club	Comments
1	Alice	Rea	Lady	26:35	Helm Hill	
2	Lucy	Spain	Lady	26:53	Helm Hill	
3	Cathy	Gill	Lady	26:59	Turnbridge Wells	
4	Sarah	Gerrish	Lady	27:21	Helm Hill	
5	Rebecca	Gledhill	Lady	27:52	Black Combe	
6	Sarah	Atkinson	Lady	27:59		
7	Rosie	Parkinson	Lady	29:06	Helm Hill	
8	Charlotte	Seward	Lady	29:53		
9	Ellie	Simmonds	LU21	29:58	Hoad Hill	1st LU21
10	Rebecca	Cook	Lady	30:51	Furness Fell Runners	
11	Esther	Lambert	Lady	32:28	Helm Hill	
12	Kelly Jo	Tinkler	Lady	33:36		
13	Jen	Henry	Lady	34:37		
14	Rosanne	Broyd	Lady	40:02	Helm Hill	

LADIES UNDER 21

Position	First Name	Surname	Cat	Time	Club	Comments
1	Ellie	Simmonds	LU21	29:58	Hoad Hill	1st LU21

LADIES - VET 40

Position	First Name	Surname	Cat	Time	Club	Comments
1	Sharon	Taylor	LV40	23:53	Helm Hill Runners	1st Lady/1st LV40
2	Bianca	Dyer	LV40	25:38	Helm Hill	2nd Lady
3	Catherine	White	LV40	28:11	Wharfedale Harriers	
4	Lucie-Ellen	Todhunter	LV40	28:35	Helm Hill	
5	Leanne	Scott	LV40	30:11	Leven Valley	
6	Sarah	Welsh	LV40	30:15	Bowland Fell Runners	
7	Liz	Whitfield	LV40	30:56	Helm Hill Runners	
8	Kit (Mary)	Saunders	LV40	31:26	Helm Hill	
9	Rowan	Ranner	LV40	32:15	Helm Hill	
10	Kate	Brayshaw	LV40	32:32	Helm Hill	
11	Pam	Bagot	LV40	33:39	Settle	
12	Judith	Marshall	LV40	34:24	Settle harriers	
13	Natasha	Winder	LV40	36:50		
14	Sian	Norman	LV40	38:11		
15	Katharine	Shrine	LV40	39:36		
16	Rachel	Brummitt	LV40	40:24	Settle Harriers	

LADIES - VET 50

Position	First Name	Surname	Cat	Time	Club	Comments
1	Sharon	Dixon	LV50	26:05	Glaxo Hoad Hill Harriers	3rd Lady/1st LV50
2	Caroline	Holden	LV50	28:26	Helm Hill	
3	Liz	Mcnally	LV50	28:36	Leven Valley AC	
4	Joanne	Mcleod	LV50	30:16	Glaxo Hoad Hill Harriers	
5	Jo	Wilcox	LV50	32:01	Helm Hill	
6	Caroline	Armitage	LV50	32:24		
7	Janet	Speight	LV50	32:53		
8	Vicky	Kirkwood	LV50	33:13	Dallam	
9	Vicki	Sherrington	LV50	34:29	Helm Hill	
10	Jo	Taylor	LV50	35:37	Bowland FR	
11	Veronica	Waller	LV50	36:11	Dallam	
12	Anna	Stevens	LV50	37:57	Helm Hill	
13	Lorna	Hewitt	LV50	39:07	Dallam	
14	Alison	Almond	LV50	41:01		

LADIES - VET 60

Position	First Name	Surname	Cat	Time	Club	Comments
1	Angela	Brand-Barker	LV60	29:18	Helm Hill	1st LV60
2	Louise	Dunn	LV60	36:34		
3	Sonja	Vietoris	LV60	40:01	Dallam Running Club	
4	Jill	Gates	LV60	43:52	Settle Harriers	

LADIES - VET 70

Position	First Name	Surname	Cat	Time	Club	Comments
1	Miriam	Rosen	LV70	41:43	Lancaster & Morecambe AC	1st LV70

UNDER 17 BOYS

Position	First Name	Surname	Cat	Time	Club	Comments
1	Harry	Ewbank	Boy	13:26	Eden Runners	1st Boy
2	Will	Mcnally	Boy	13:41	Leven Valley AC	2nd Boy
3	Rowan	Ashworth	Boy	14:10	Ambleside AC	3rd Boy
4	Oliver	Oldham	Boy	14:14	Leven Valley AC	
5	Oliver	Bailey	Boy	14:19	Staffordshire Moorlands	
6	Logan	Mccredie	Boy	14:37	Barlick Fell Runners	
7	Max	Hazlehurst	Boy	14:55	Levens Valley AC	
8	Edward	Jermy	Boy	16:03		
9	Jamie	Waller	Boy	16:24	Lancaster & Morecambe AC	
10	George	Campbell	Boy	16:26	Howgill Harrier	

UNDER 17 GIRLS

Position	First Name	Surname	Cat	Time	Club	Comments
1	Vicky	Woof	Girl	18:41	Howgill Harriers	1st Girl
2	Connie-May	Scott	Girl	20:03	Helm Hill Runners	2nd Girl

UNDER 15 BOYS

Position	First Name	Surname	Cat	Time	Club	Comments
1	Jack	Sanderson	Boy	09:11	Settle Harriers	1st Boy
2	Alfie	Addison	Boy	09:17	Helm Hill	2nd Boy
3	Noah	Wadsworth	Boy	09:34	Helm Hill	3rd Boy
4	Joe	Hilborne	Boy	10:04		
5	Oliver	Ball	Boy	10:11	Bowland Fell Runners	
6	Will	Brayshaw	Boy	10:14	Helm Hill	
7	Toby	Acland	Boy	10:16	Helm Hill	
8	John	Williamson	Boy	10:18	Leven Valley AC	
9	Robbie	Watmough	Boy	10:23	Settle harriers	
10	Joseff	Tancrel	Boy	10:27	Helm Hill	
11	Josh	Todd	Boy	10:29	Ambleside AC	
12	Alfie	Todd	Boy	10:34	Ambleside AC	
13	Zeke	Sumner	Boy	10:36	Ambleside AC	
14	Harvey	Shaw	Boy	10:42	Ambleside AC	
15	Will	Pease	Boy	10:50	Barlick Fell Runners	
16	Alex	Speight	Boy	11:07	Kendal AAC	
17	Ben	Todhunter	Boy	11:35	Dallam	
18	James	Clarke	Boy	11:37	Levens Valley	
19	Mack	Bagnall	Boy	11:56	Settle Harriers	
20	Tom	Ashworth	Boy	12:04	Ambleside AC	
21	Fraser	Dunn	Boy	12:09	Helm Hill Runners	
22	Theo	Robinson	Boy	12:12	Howgill Harriers	
23	Charlie	Ellwood	Boy	14:38	Settle	
24	Zach	Thomas	Boy	14:39		

UNDER 15 GIRLS

Position	First Name	Surname	Cat	Time	Club	Comments
1	Penelope	Boyle	Girl	10:30	Leven Valley	1st Girl
2	Millie	Jebb	Girl	10:42	Helm Hill Runners	2nd Girl
3	Lucy	Bagot	Girl	11:20	Settle	3rd Girl
4	Daisy	Fielding	Girl	11:41		
5	Isla	Pearman	Girl	12:13	Helm Hill	
6	Iona	Barrowdale-Sr	Girl	12:19	Leven Valley AC	
7	Ellie	Todhunter	Girl	12:32	Dallam	
8	Ellen	Douglas	Girl	12:41	Leven Valley	
9	Isabel	Sanderson	Girl	12:44	Helm Hill	
10	Lily-Grace	Clayton	Girl	12:48	Wharfedale Harriers	
11	Hannah	Dyer	Girl	13:14	Helm Hill	
12	Emily	Macpherson-L	Girl	13:27	Bowland FR	
13	Florrie	Haddow	Girl	14:28	Furness Fell Runners	

UNDER 13 BOYS

Position	First Name	Surname	Cat	Time	Club	Comments
1	Cooper	Wadsworth	Boy	05:11	Helm Hill	1st Boy
2	Riley	Scott	Boy	05:20	Leven Valley	2nd Boy
3	Magnus	Foxwell	Boy	05:35	Ambleside	3rd Boy
4	Sam	Oldham	Boy	05:37	Leven Valley AC	
5	Joseph	Green	Boy	05:42	Ambleside AC	
6	Oliver	Scott	Boy	05:44	Leven Valley	
7	Joseph	Cook	Boy	05:45	Furness Fell Runners	
8	Ewan	Angus	Boy	05:50	Settle Harriers	
9	Arran	Goodall	Boy	05:52	Dallam	
10	Edward	Shawcross	Boy	05:55	Ambleside AC	
11	Demitri	Kyriacou	Boy	05:58	Leven Valley AC	
12	Kyran	Harvey	Boy	06:02	Leven Valley	
13	Stan	Marston	Boy	06:04	Helm Hill	
14	Carl	Sanderson	Boy	06:08	Settle Harriers	
15	Thomas	Armitage	Boy	06:10	Settle Harriers	
16	Ghyll	Baker	Boy	06:13	Helm Hill Runners	
17	Ivan	Winder	Boy	06:22	Sale Harriers	
18	Joss	Wood	Boy	07:00	Helm Hill	
19	Gus	Campbell	Boy	07:05	Howgill Harrier	
20	Ethan	Ward	Boy	07:07	Settle Harriers	
21	Harry	Gould	Boy	08:34	Settle Harriers	

UNDER 13 GIRLS

Position	First Name	Surname	Cat	Time	Club	Comments
1	Isla	Jebb	Girl	05:39	Helm Hill Runners	1st Girl
2	Bella	Mccredie	Girl	05:41	Clayton-le-Moor Harriers	2nd Girl
3	Julia	Fielding	Girl	05:51		3rd Girl
4	Fay	Thomas	Girl	05:57	Helm Hill	
5	Sophie	Norman	Girl	06:01		
6	Lily	Slater	Girl	06:07	Ambleside AC	
7	Holly	Nicholls	Girl	06:08	Wigan & District Harriers	
8	Emmy	Ranner	Girl	06:11	Helm Hill	
9	Francesca	Bagot	Girl	06:19	Settle	
10	Katelyn	Douglas	Girl	06:30	Hoad Hill Harriers	
11	Rosie	Speight	Girl	06:46		
12	Lua	Swami	Girl	07:08	Helm Hill	

UNDER 11 BOYS

Position	First Name	Surname	Cat	Time	Club	Comments
1	Harri	Tancred	Boy	05:18	Helm Hill	1st Boy
2	Noah	Cook	Boy	05:20	Furness Fell Runners	2nd Boy
3	Jos	Jebb	Boy	05:54	Helm Hill Runners	3rd Boy
4	Herbie	Marston	Boy	05:59	Helm Hill	
5	Ben	Hollows	Boy	06:16	Dallam	
6	Kit	Evans	Boy	06:17	Ambleside AC	
7	James	Skeldon	Boy	06:25	Settle Harriers	
8	Charlie	Butler	Boy	06:38	Keswick AC	
9	Lewis	Dalton	Boy	06:43	Helm Hill	
10	Charlie	Hodgson	Boy	06:53	Helm Hill	
11	James	Mcaleese	Boy	06:55	Ambleside AC	
12	Robert	Watson	Boy	06:56	Ambleside AC	
13	Harry	Hearn	Boy	07:06	Helm Hill	
14	Stanley	Evans	Boy	07:09	Settle Harriers	
15	Alexander	O'Neil	Boy	07:20	Furness	
16	Stephen	Watson	Boy	07:22	Ambleside AC	
17	William	Evans	Boy	07:34	Settle Harriers	
18	Euan	Goodall	Boy	07:37	Dallam	

UNDER 11 GIRLS

Position	First Name	Surname	Cat	Time	Club	Comments
1	Alice	White	Girl	05:43	Skipton AC	1st Girl
2	Bleu	Bailey	Girl	06:20	Staffordshire Moorlands	2nd Girl
3	Mila	Barron	Girl	06:29	Ambleside AC	3rd Girl
4	Loppy	Wadsworth	Girl	06:34	Helm Hill	
5	Maisie	Todhunter	Girl	06:57	Dallam	
6	Freya	Hodgson-Jone	Girl	06:58	Ambleside AC	
7	Jessica	Atkinson	Girl	07:01	Helm Hill	
8	Kitty	Metcalfe	Girl	07:17		
9	Tess	Reedy	Girl	07:18	Ambleside AC	
10	Lana	Fosker	Girl	07:19		
11	Izzy	Leigh	Girl	07:19	Helm Hill	
12	Lucy	Ward	Girl	07:32	Settle Harriers	
13	Jessica	Norman	Girl	07:54		
14	Edie	Howson	Girl	08:03	Settle Harriers	
15	Amelie	Angus	Girl	08:04	Settle Harriers	
16	Edie	Alexander	Girl	08:05	Settle Harriers	
17	Danica	Kyriacou	Girl	08:43	Levens Valley	

