



## HELM HILL WINTER LEAGUE 2023 - Cautley



DIFFERENT STROKES  
PAINTING & DECORATING LTD

U11 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0268	Iris	Thwaites	u11G	Ambleside A	0:12:55	1
0864	Lola	Hodgson	u11G	Ambleside	0:14:24	2
0200	Silvia	Parsons	u11G	Helm Hill	0:14:52	3
0219	Sophie	Wright	u11G	Settle Harriers	0:15:01	4
0250	Lana	Fosker	u11G	Bowland Fell Runners	0:15:06	5
0514	Maya	Zaboklicka	u11G	Furness Fell Runners	0:16:52	6
0815	Maia	Dacre	u11G	Helm Hill	0:17:26	7
0280	Flo	Evans	u11G	Settle Harriers	0:17:31	8

U11 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0323	Jos	Jebb	u11B	Helm Hill Runners	0:10:49	1
0267	Dallas	Machell	u11B	Ambleside	0:11:07	2
0449	Kit	Evans	u11B	Ambleside AC	0:11:54	3
0369	Peter	Butler	u11B	Ambleside AC	0:12:47	4
0771	Charlie	Potter	u11B	Helm Hill Runners	0:13:36	5
0919	Lewis	Bell	u11B		0:14:21	6
0068	Danny	Nunns	u11B	Helm Hill	0:14:58	7
0813	ROWAN	Griffiths	u11B	Furness Fell Runners	0:16:14	8

U13 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0322	Isla	Jebb	u13G	Helm Hill Runners	0:10:25	1
0642	Mia	McGoldrick	u13G	Settle Harriers	0:11:34	2
0348	Maisie	Oddy	u13G	Wharfedale Harriers	0:12:43	3
0826	Freya	Hodgson-Jones	u13G	Ambleside	0:14:28	4
0444	Tess	Reedy	u13G	Ambleside AC	0:15:04	5
0851	Lua	Swami	u13G	Helm	0:15:16	6
0920	Caitlin	Bell	u13G		0:16:28	7
0741	Maisie	Todhunter	u13G	Helm Hill	0:16:43	8

U13 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0875	Ben	Brummitt	u13B	Settle Harriers	0:10:17	1
0668	HARRI	TANCREL	u13B	Helm Hill	0:10:45	2
0464	Theo	Zaboklicki	u13B	Furness Fell Runners	0:10:52	3
0840	Dougal	Houston	u13B	Helm Hill	0:11:13	4
0142	Ghyll	Baker	u13B	Helm Hill Runners	0:11:47	5
0742	Rowan	Bradley	u13B	Ambleside	0:12:37	6
0041	Lewis	Dalton	u13B	Helm Hill	0:12:51	7
0270	F	D	u13B	Ambleside AC	0:13:31	8
0723	Rhuari	Trott	u13B	unattached	0:18:00	9

U15 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0321	Millie	Jebb	u15G	Helm Hill Runners	00:15:42	1
0126	Isla	Pearman	u15G	Helm Hill	00:16:23	2
0606	Cara	Bradley	u15G	Ambleside AC	00:16:32	3
0682	Rosie	Scott	u15G	Ambleside	00:17:21	4
0384	Holly	Fitch	u15G	Wharfedale Harriers	00:17:58	5
0507	Lily	Slater	u15G	Ambleside	00:18:11	6
0378	Isabel	Sanderson	u15G	Helm hill runners	00:18:39	7
0495	Bridget	Atkinson	u15G	Howgill Harrier	00:18:43	8
0484	Francesca	Bagot	u15G	Settle	00:19:03	9
1053	Tamzin	Osborne	u15G	Blackburn harriers	00:21:15	10
0343	Eleanor	King	u15G	Helm Hill	00:21:40	11

U15 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0667	JOSEFF	TANCREL	u15B	Helm Hill	00:14:49	1
0345	Oscar	Timbers	u15B	Keighley and Craven	00:15:39	2
0044	Fraser	Dunn	u15B	Helm Hill Runners	00:15:56	3
0463	Noah	Zaboklicki	u15B	Furness Fell Runners	00:16:09	4
0285	Oliver	Scott	u15B	Leven valley	00:16:35	5
0292	Carl	Sanderson	u15B	Settle Harriers	00:16:41	6
0286	Riley	Scott	u15B	Leven valley	00:16:45	7
0380	Henry	Murray	u15B	Levens Valley	00:20:06	8
0034	Freddie	Crawford	u15B	Helm Hill Runners	00:21:30	9

U17 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0056	Lily-Grace	Clayton	u17G	Wharfedale Harriers	00:38:07	1



U17 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0931	Rowan	Ashworth	u17B	Ambleside AC	00:23:40	1
0087	Oliver	Oldham	u17B	Leven Valley AC	00:25:29	2
0817	Jahryn	MAY	u17B	HELM HILL	00:27:18	3
0340	Alex	Speight	u17B	Helm Hill Runners	00:27:34	4
0239	Thomas	Hearn	u17B	Helm Hill	00:30:18	5
0738	Ben	Todhunter	u17B	Helm Hill	00:32:59	6

U21 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0055	Vicky	Woof	FU21	Howgill Harriers	0:53:11	1

U21 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0086	Harry	Ewbank	MU21	Eden Runners	0:37:46	1

OVERALL WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0663	Victoria	Wilkinson	FV40	Bingley Harriers	0:32:42	1
1067	Hannah	Russell	FSEN	Helm Hill	0:33:32	2
0490	Connie	Hurton	FSEN	Eden Runners	0:37:30	3
0103	Bianca	Dyer	FV40	Helm Hill Runners	0:38:25	4
0480	Ellie	Mather	FSEN	Lonsdale Fell Runners	0:40:07	5
0147	Alice	Rea	FSEN	Helm Hill	0:41:04	6
0456	Lisa	Parker	FV40	Rossendale Harriers	0:41:21	7
0445	Jane	Reedy	FV40	Ambleside AC	0:42:13	8
0148	Deborah	Gowans	FV50	Todmorden Harriers	0:44:05	9
0379	Catherine	Cullinane	FV50	Helm hill	0:44:27	10
0474	Lorna	Askew	FV50	Helm Hill	0:44:30	11
0076	Leanne	Scott	FV40	Leven valley	0:47:39	12
0030	Wendy	Dodds	FV70	Dallam Running Club	0:48:52	13
0156	Kirsten	Angus	FV40	Settle Harriers	0:49:09	14
0721	Rachael	Mellor	FV50	Howgill Harriers	0:49:33	15
0237	Maria	Hearn	FV40	Helm Hill	0:49:38	16
0603	Alice	Fellbaum	FSEN	Ambleside AC	0:50:05	17
0281	Beth	Evans	FSEN	Settle Harriers	0:50:51	18
0015	Lynn	Whittaker	FV60	Wharfedale Harriers	0:51:36	19
0055	Vicky	Woof	FU21	Howgill Harriers	0:53:11	20
0400	Esther	Lambert	FSEN	Helm Hill	0:53:53	21
0781	Sarah	Batten	FSEN	Helm Hill	0:55:32	22
0017	Suzanne	Budgett	FV60	Horwich RMI Harriers	0:55:38	23
0092	Denise	Tunstall	FV50	Durham Fell Runners	0:55:49	24
0679	Judith	Marshall	FV40	Settle harriers	0:56:12	25
0844	Caroline	D'Arcy	FV50	Helm Hill	0:57:41	26
0810	Emma	Griffiths	FV40	Furness Fell Runners	0:59:15	27
0088	Colleen	Oldham	FV40	Leven Valley AC	1:00:40	28
0482	Pam	Bagot	FV40	Settle	1:03:12	29
0626	Ruth	Webster	FV50	non	1:03:48	30

0016	Jill	Gates	FV60	Settle Harriers	1:04:02	31
0687	Veronica	Waller	FV50	Dallam	1:06:23	32
0492	Rebecca	Atkinson	FV40		1:08:47	33
0665	ALISON	TANCREL	FV50	Helm Hill	1:17:34	34
0199	Elena	Parsons	FSEN	Helm Hill	1:20:24	35
0528	Sonja	Vietoris	FV60	Dallam Running	1:20:45	36
1066	Olga	Wiggins	FV40	Preston Harriers	1:21:26	37

OVERALL MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
1064	Jack	Wright	MSEN	Ambleside AC	0:30:48	1
0098	Sam	Burnstone	MSEN	Helm Hill	0:31:25	2
0061	Jack	Eyre	MSEN	Eden Runners	0:32:00	3
0643	Mark	McGoldrick	MV40	Settle Harriers	0:32:04	4
0042	Alastair	Dunn	MV50	Helm Hill Runners	0:32:19	5
1065	Adam	Perry	MSEN	Helm Hill	0:33:16	6
0481	Phil	Mather	MSEN	Lonsdale Fell Runners	0:33:44	7
0209	Jos	Addison	MSEN	Helm Hill	0:34:35	8
0275	derek	hurton	MV50	Eden Runners	0:35:24	9
0038	Javier	Simon	MV40	Helm hill	0:35:50	10
0638	Sam	Harrison	MSEN	Bowland Fell Runners	0:36:34	11
0009	Andy	F	MSEN	Unaffiliated	0:36:47	12
0033	James	Baron	MV50	Helm Hill	0:37:12	13
0086	Harry	Ewbank	MU21	Eden Runners	0:37:46	14
0230	Billy	Procter	MV60	Helm Hill	0:38:41	15
0195	Craig	Burrow	MV40	Helm hill runners	0:39:26	16
0178	David	Wilson	MV50	Bowland	0:39:41	17
0124	Matthew	Pearman	MV40	Helm Hill	0:40:15	18
0521	Peter	Lawson	MSEN	Howgill Harriers	0:40:22	19
0457	Michael	Toman	MV50	Rosendale Harriers	0:40:25	20
0025	Alistair	Shawcross	MV40	Dallam	0:41:34	21
0150	Brian	Hickey	MV60	Cheshire Hill Racers	0:41:52	22
0018	Paul	Revell	MV60		0:42:19	23
0903	Rob	Crawford	MV40	Howgil	0:43:02	24
0040	David	Griffin	MV60	Helm Hill Runners	0:43:28	25
0856	Henry	James	MSEN	Helm Hill	0:43:45	26
0437	Sean	Robinson	MV40	Howgill Harriers	0:44:35	27
0617	ANDY	HOLDEN	MV50	Achille Ratti CC	0:45:10	28
0182	Mark	Cropper	MV40	Helm Hill	0:45:48	29
0094	Ray	Gill	MV60	Helm Hill	0:46:39	30

0735	James	Todhunter	MV40	Helm Hill	0:46:46	31
0045	Steve	King	MV50	Helm Hill	0:46:56	32
0584	Colin	Valentine	MV60	Keswick	0:47:10	33
0091	John	Jones	MV60	Helm Hill	0:47:28	34
0311	Andrew	Russell	MV50	Helm Hill	0:47:31	35
0116	Stuart	Lockton	MV50	Helm Hill	0:47:44	36
0368	Peter	Ellwood	MV50	Settle Harriers	0:49:12	37
0188	Alistair	Welsh	MV60	Bowland Fell Runners	0:50:27	38
0381	Russell	Cannon	MV60	Helm Hill Runners	0:50:34	39
1048	David	Sexton	MV50	Settle harriers	0:52:47	40
0043	Keith	Masser	MV60	Helm Hill Runners	0:54:06	41
0013	Michael	McLoughlin	MV70	Preston Harriers	0:54:53	42
0326	Jonathan	Tombs	MV50	Eden Runners	0:55:14	43
0363	John	Taylor	MV70	Bowland FR	0:55:23	44
0661	Richard	Campbell	MV40	Howgill Harrier	0:58:47	45
0132	Phil	Davies	MV50	Preston Harriers	1:03:35	46
0315	David	Rosen	MV60	Lancaster & Morecambe AC	1:15:17	47

FV40 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0663	Victoria	Wilkinson	FV40	Bingley Harriers	0:32:42	1
0103	Bianca	Dyer	FV40	Helm Hill Runners	0:38:25	2
0456	Lisa	Parker	FV40	Rosendale Harriers	0:41:21	3
0445	Jane	Reedy	FV40	Ambleside AC	0:42:13	4
0076	Leanne	Scott	FV40	Leven valley	0:47:39	5
0156	Kirsten	Angus	FV40	Settle Harriers	0:49:09	6
0237	Maria	Hearn	FV40	Helm Hill	0:49:38	7
0679	Judith	Marshall	FV40	Settle harriers	0:56:12	8
0810	Emma	Griffiths	FV40	Furness Fell Runners	0:59:15	9
0088	Colleen	Oldham	FV40	Leven Valley AC	1:00:40	10
0482	Pam	Bagot	FV40	Settle	1:03:12	11
0492	Rebecca	Atkinson	FV40		1:08:47	12
1066	Olga	Wiggins	FV40	Preston Harriers	1:21:26	13



MV40 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0643	Mark	McGoldrick	MV40	Settle Harriers	0:32:04	1
0038	Javier	Simon	MV40	Helm hill	0:35:50	2
0195	Craig	Burrow	MV40	Helm hill runners	0:39:26	3
0124	Matthew	Pearman	MV40	Helm Hill	0:40:15	4
0025	Alistair	Shawcross	MV40	Dallam	0:41:34	5
0903	Rob	Crawford	MV40	Howgil	0:43:02	6
0437	Sean	Robinson	MV40	Howgill Harriers	0:44:35	7
0182	Mark	Cropper	MV40	Helm Hill	0:45:48	8
0735	James	Todhunter	MV40	Helm Hill	0:46:46	9
0661	Richard	Campbell	MV40	Howgill Harrier	0:58:47	10

FV50 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0148	Deborah	Gowans	FV50	Todmorden Harriers	0:44:05	1
0379	Catherine	Cullinane	FV50	Helm hill	0:44:27	2
0474	Lorna	Askew	FV50	Helm Hill	0:44:30	3
0721	Rachael	Mellor	FV50	Howgill Harriers	0:49:33	4
0092	Denise	Tunstall	FV50	Durham Fell Runners	0:55:49	5
0844	Caroline	D'Arcy	FV50	Helm Hill	0:57:41	6
0626	Ruth	Webster	FV50	non	1:03:48	7
0687	Veronica	Waller	FV50	Dallam	1:06:23	8
0665	ALISON	TANCREL	FV50	Helm Hill	1:17:34	9

MV50 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0042	Alastair	Dunn	MV50	Helm Hill Runners	0:32:19	1
0275	derek	hurton	MV50	Eden Runners	0:35:24	2
0033	James	Baron	MV50	Helm Hill	0:37:12	3
0178	David	Wilson	MV50	Bowland	0:39:41	4
0457	Michael	Toman	MV50	Rosendale Harriers	0:40:25	5
0617	ANDY	HOLDEN	MV50	Achille Ratti CC	0:45:10	6
0045	Steve	King	MV50	Helm Hill	0:46:56	7
0311	Andrew	Russell	MV50	Helm Hill	0:47:31	8
0116	Stuart	Lockton	MV50	Helm Hill	0:47:44	9
0368	Peter	Ellwood	MV50	Settle Harriers	0:49:12	10
1048	David	Sexton	MV50	Settle harriers	0:52:47	11
0326	Jonathan	Tombs	MV50	Eden Runners	0:55:14	12
0132	Phil	Davies	MV50	Preston Harriers	1:03:35	13

FV60 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0015	Lynn	Whittaker	FV60	Wharfedale Harriers	0:51:36	1
0017	Suzanne	Budgett	FV60	Horwich RMI Harriers	0:55:38	2
0016	Jill	Gates	FV60	Settle Harriers	1:04:02	3
0528	Sonja	Vietoris	FV60	Dallam Running	1:20:45	4

MV60 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0230	Billy	Procter	MV60	Helm Hill	0:38:41	1
0150	Brian	Hickey	MV60	Cheshire Hill Racers	0:41:52	2
0018	Paul	Revell	MV60		0:42:19	3
0040	David	Griffin	MV60	Helm Hill Runners	0:43:28	4
0094	Ray	Gill	MV60	Helm Hill	0:46:39	5
0584	Colin	Valentine	MV60	Keswick	0:47:10	6
0091	John	Jones	MV60	Helm Hill	0:47:28	7
0188	Alistair	Welsh	MV60	Bowland Fell Runners	0:50:27	8
0381	Russell	Cannon	MV60	Helm Hill Runners	0:50:34	9
0043	Keith	Masser	MV60	Helm Hill Runners	0:54:06	10
0315	David	Rosen	MV60	Lancaster & Morecambe AC	1:15:17	11

FV70 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0030	Wendy	Dodds	FV70	Dallam Running Club	0:48:52	1

MV70 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0013	Michael	McLoughlin	MV70	Preston Harriers	0:54:53	1
0363	John	Taylor	MV70	Bowland FR	0:55:23	2