



## HELM HILL WINTER LEAGUE 2023 - Elterwater



DIFFERENT STROKES  
PAINTING & DECORATING LTD

U11 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0268	Iris	Thwaites	u11G	Ambleside A	0:09:49	1
0250	Lana	Fosker	u11G	Bowland Fell Runners	0:10:28	2
0864	Lola	Hodgson	u11G	Ambleside	0:10:30	3
0545	Ivy	Marshall	u11G	Ambleside AC	0:11:19	4
0309	Tabetha	Pell	u11G	Ambleside AC	0:11:37	5
0049	Elodie	Haslett	u11G	Helm Hill	0:12:00	6
0815	Maia	Dacre	u11G	Helm Hill	0:12:21	7

U11 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0639	Calum	McGoldrick	u11B	Settle Harriers	0:08:32	1
0530	Rhys	Price	u11B	Darlington Harriers	0:09:06	2
0449	Kit	Evans	u11B	Ambleside AC	0:09:10	3
0369	Peter	Butler	u11B	Ambleside AC	0:09:47	4
0229	Olly	Fox	u11B	Settle Harriers	0:09:53	5
0269	James	McAleese	u11B	Ambleside AC	0:09:57	6
0771	Charlie	Potter	u11B	Helm Hill Runners	0:10:22	7
0641	Finlay	McGoldrick	u11B	Settle Harriers	0:10:24	8
0919	Lewis	Bell	u11B		0:10:33	9
0233	Dougie	Giles	u11B	Settle Harriers	0:10:46	10
0600	Stanley	Atkinson	u11B	Helm Hil	0:10:50	11
0068	Danny	Nunns	u11B	Helm Hill	0:11:05	12
0519	William	Evans	u11B	Settle Harriers	0:11:10	13
1069	Freddie	Brown	u11B	Settle Harriers	0:11:43	14
0558	Murray	Page	u11B	Helm Hill Runners	0:12:06	15
0893	Jasper	Rose	u11B		0:12:26	16

U13 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0642	Mia	McGoldrick	u13G	Settle Harriers	0:08:55	1
0826	Freya	Hodgson-Jones	u13G	Ambleside	0:11:00	2
0920	Caitlin	Bell	u13G		0:12:18	3

U13 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0875	Ben	Brummitt	u13B	Settle Harriers	0:08:13	1
0668	HARRI	TANCREL	u13B	Helm Hill	0:08:28	2
0742	Rowan	Bradley	u13B	Ambleside	0:09:24	3
0142	Ghyll	Baker	u13B	Helm Hill Runners	0:09:44	4
0270	F	D	u13B	Ambleside AC	0:10:08	5
0207	Joss	Wood	u13B	Helm hill	0:10:56	6
0658	Gus	Campbell	u13B	Howgill Harrier	0:12:08	7

U15 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0126	Isla	Pearman	u15G	Helm Hill	00:11:43	1
0606	Cara	Bradley	u15G	Ambleside AC	00:11:51	2
0384	Holly	Fitch	u15G	Wharfedale Harriers	00:12:18	3
0507	Lily	Slater	u15G	Ambleside	00:12:28	4
0682	Rosie	Scott	u15G	Ambleside	00:12:34	5
0192	Katelyn	Douglas	u15G	Leven valley ac	00:13:05	6
0484	Francesca	Bagot	u15G	Settle	00:13:10	7
0291	Lydia	Benson	u15G	Settle Harriers	00:13:46	8
0688	Ava	Brierley	u15G	Ambleside Athletics Juniors	00:14:11	9

U15 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0538	Zeke	Sumner	u15B	Ambleside AC	00:10:35	1
0300	Will	Pease	u15B	Barlick Fell Runners	00:10:36	2
0667	JOSEFF	TANCREL	u15B	Helm Hill	00:10:52	3
0044	Fraser	Dunn	u15B	Helm Hill Runners	00:11:16	4
0932	Tom	Ashworth	u15B	Ambleside AC	00:11:36	5
0286	Riley	Scott	u15B	Leven valley	00:11:58	6
0026	Edward	Shawcross	u15B	Ambleside	00:12:11	7
0468	Thomas	Iveson	u15B	Ambleside	00:12:12	8
0285	Oliver	Scott	u15B	Leven valley	00:12:24	9
0292	Carl	Sanderson	u15B	Settle Harriers	00:12:58	10
0070	Oscar	Clayton	u15B	Wharfedale Harriers	00:13:52	11
0380	Henry	Murray	u15B	Levens Valley	00:13:56	12

U17 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0406	Katie	Sandham	u17G	Ambleside AC	00:15:07	1
0358	Marina	Bailey	u17G	Leven Valley AC	00:15:22	2
0021	Olivia	Aldham	u17G	Wharfedale Harriers	00:16:37	3
0191	Ellen	Douglas	u17G	Leven valley ac	00:17:12	4
0056	Lily-Grace	Clayton	u17G	Wharfedale Harriers	00:18:52	5
0085	Emily	MacPherson-Littler	u17G	Bowland Fell Runners	00:18:56	6
0702	Lucy	Howard	u17G	Preston Harriers	00:21:55	7



U17 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0931	Rowan	Ashworth	u17B	Ambleside AC	00:12:21	1
0087	Oliver	Oldham	u17B	Leven Valley AC	00:12:46	2
0585	Edward	Jermy	u17B	Howgill Harriers	00:14:47	3
0265	John	Williamson	u17B	Leven Valley AC	00:15:10	4
0154	Toby	Acland	u17B	Helm Hill Runners	00:15:14	5
0340	Alex	Speight	u17B	Helm Hill Runners	00:15:18	6

U21 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
#N/A						#N/A

U21 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0374	James	Bowen	MU21	Ambleside	0:27:09	1
0336	Harry	Bowen	MU21	Kendal AC	0:27:39	2
0050	Benji	Grundy	MU21	Wharfedale Harriers	0:44:01	3

OVERALL WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0480	Ellie	Mather	FSEN	Lonsdale Fell Runners	0:34:23	1
0456	Lisa	Parker	FV40	Rosendale Harriers	0:35:01	2
0375	Emma	Kearsey	FSEN	Helm Hill Runners	0:36:16	3
0474	Lorna	Askew	FV50	Helm Hill	0:36:54	4
0556	Rhiannon	Page	FSEN	Lonsdale Fell Runners	0:37:15	5
0800	Karen	Bridge	FV50	Eden Runners	0:38:59	6
0047	Charlotte	Seward	FSEN		0:39:22	7
0076	Leanne	Scott	FV40	Leven valley	0:39:49	8
0249	Sophie	Fosker	FV40	Bowland Fell Runers	0:39:53	9
0503	Katie	Milburn	FSEN	Eden Runners	0:40:34	10
0721	Rachael	Mellor	FV50	Howgill Harriers	0:40:59	11
0781	Sarah	Batten	FSEN	Helm Hill	0:41:50	12
0400	Esther	Lambert	FSEN	Helm Hill	0:42:45	13
0334	Eleanor	Knowles	FV50	Ambleside AC	0:42:50	14
0844	Caroline	D'Arcy	FV50	Helm Hill	0:42:58	15
0030	Wendy	Dodds	FV70	Dallam Running Club	0:43:15	16
1079	Kath	Finn	FV50	Kendal tri club	0:43:51	17
0525	Libby	DIXON	FV40	Ambleside AC	0:45:38	18
0017	Suzanne	Budgett	FV60	Horwich RMI Harriers	0:45:41	19
0015	Lynn	Whittaker	FV60	Wharfedale Harriers	0:45:51	20
0486	Paula	Bowen	FV50	Ambleside	0:46:31	21
0482	Pam	Bagot	FV40	Settle	0:47:40	22
0626	Ruth	Webster	FV50	non	0:48:58	23
0093	Jill	Libby	FV60	Eden Runners	0:49:14	24
0744	Eve	Howard	FV40		0:49:54	25
0114	Fliss	Milner	FV50	Helm Hill	0:50:19	26
0088	Colleen	Oldham	FV40	Leven Valley AC	0:50:34	27
0339	vicki	sherrington	FV50	Helm Hill	0:50:41	28
0177	Sonia	Woods	FV50	Bowland Fell Runners	0:50:45	29
0199	Elena	Parsons	FSEN	Helm Hill	0:52:42	30

0528	Sonja	Vietoris	FV60	Dallam Running	0:52:57	31
0687	Veronica	Waller	FV50	Dallam	0:53:02	32
0016	Jill	Gates	FV60	Settle Harriers	0:54:40	33
0847	Jayne	Scott	FV50		0:55:57	34
0141	Anna	Baker	FV40	Helm Hill Runners	0:56:50	35
0665	ALISON	TANCREL	FV50	Helm Hill	0:57:41	36

OVERALL MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0196	Peter	Stock	MSEN	Helm Hill	0:26:08	1
0264	Lewis	Bowness	MSEN	Helm Hill	0:26:34	2
1065	Adam	Perry	MSEN	Helm Hill	0:26:39	3
0042	Alastair	Dunn	MV50	Helm Hill Runners	0:26:53	4
0548	Bobby	Gard-Storry	MSEN	Ochil Hill Runners	0:27:05	5
0374	James	Bowen	MU21	Ambleside	0:27:09	6
0450	Jose	Concha	MSEN	Helm Hill Runners	0:27:36	7
1078	Ben	Jackson	MV40	Eden Runners	0:27:37	8
0336	Harry	Bowen	MU21	Kendal AC	0:27:39	9
0061	Jack	Eyre	MSEN	Eden Runners	0:27:58	10
0165	Padraig	Spillane	MSEN	Helm Hill	0:28:24	11
0009	Andy	F	MSEN	Unaffiliated	0:28:52	12
0891	Scott	Rose	MV40		0:28:59	13
0209	Jos	Addison	MSEN	Helm Hill	0:29:13	14
0308	James	Pell	MSEN	Helm Hill	0:29:29	15
0673	Will	Acland	MV40	Helm hill runners	0:29:33	16
0564	Stephen	Pearce	MV40	Eden Runners	0:29:57	17
0460	John	Horrocks	MSEN	Blackburn Harriers	0:30:00	18
0643	Mark	McGoldrick	MV40	Settle Harriers	0:30:29	19
0039	Rory	Addison	MSEN	Helm Hill	0:30:41	20
0190	Ben	Wilson	MSEN	Bowland	0:30:46	21
0089	Ben	Oldham	MV40	Leven Valley AC	0:30:52	22
0582	John	Millen	MV40	Helm Hill	0:31:39	23
0211	Nigel	Wood	MV40	Helmhill	0:32:22	24
0230	Billy	Procter	MV60	Helm Hill	0:32:30	25
0645	Will	Howard	MSEN		0:32:46	26
0356	James	Bailey	MV50	Leven Valley AC	0:32:56	27
0178	David	Wilson	MV50	Bowland	0:33:13	28
0124	Matthew	Pearman	MV40	Helm Hill	0:33:44	29
0457	Michael	Toman	MV50	Rosendale Harriers	0:33:57	30

0521	Peter	Lawson	MSEN	Howgill Harriers	0:34:13	31
0073	Joe	Hobbs	MSEN	Lonsdale Fell Runners	0:34:16	32
0073	Joe	Hobbs	MSEN	Lonsdale Fell Runners	0:34:16	33
0910	Jonathan	Hardman	MSEN	Cheshire hill racers	0:34:46	34
0617	ANDY	HOLDEN	MV50	Achille Ratti CC	0:36:07	35
0975	Anthony	Bowness	MV50	Kendal AC	0:36:13	36
0971	Declan	Bulmer	MSEN	Wharfedale harriers	0:36:29	37
0094	Ray	Gill	MV60	Helm Hill	0:36:44	38
0045	Steve	King	MV50	Helm Hill	0:36:49	39
0342	Chris	Speight	MV60	Kendal AAC	0:36:57	40
0018	Paul	Revell	MV60		0:38:30	41
0368	Peter	Ellwood	MV50	Settle Harriers	0:39:42	42
1032	Ian	Hewitt	MV40	Eden Runners	0:39:56	43
0747	Stefan	Bradley	MV40	Unattached	0:39:58	44
0091	John	Jones	MV60	Helm Hill	0:40:00	45
0550	John	Orrell	MV50	Hoghton Flyers	0:40:17	46
0326	Jonathan	Tombs	MV50	Eden Runners	0:40:50	47
1076	Tim	Field	MV50		0:40:55	48
0584	Colin	Valentine	MV60	Keswick	0:41:16	49
0188	Alistair	Welsh	MV60	Bowland Fell Runners	0:41:43	50
1007	Mark	Pannone	MV50	Eden Runners	0:42:09	51
0393	Mark	Charnley	MV50	Settle Harriers	0:43:03	52
0050	Benji	Grundy	MU21	Wharfedale Harriers	0:44:01	53
0661	Richard	Campbell	MV40	Howgill Harrier	0:44:20	54
0043	Keith	Masser	MV60	Helm Hill Runners	0:44:26	55
0560	Graham	Capper	MV60	Helm Hill	0:44:43	56
0804	Simon	Thomas	MV40	Eden Runners	0:45:11	57
0363	John	Taylor	MV70	Bowland FR	0:45:42	58
0240	Andy	Ward	MV40	Settle Harriers	0:46:55	59
0079	Stephen	Libby	MV60	Eden Runners	0:47:49	60
0256	Andy	Connor	MV50	Ambleside	0:54:35	61

FV40 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0456	Lisa	Parker	FV40	Rosendale Harriers	0:35:01	1
0076	Leanne	Scott	FV40	Leven valley	0:39:49	2
0249	Sophie	Fosker	FV40	Bowland Fell Runers	0:39:53	3
0525	Libby	DIXON	FV40	Ambleside AC	0:45:38	4
0482	Pam	Bagot	FV40	Settle	0:47:40	5
0744	Eve	Howard	FV40		0:49:54	6
0088	Colleen	Oldham	FV40	Leven Valley AC	0:50:34	7
0141	Anna	Baker	FV40	Helm Hill Runners	0:56:50	8



MV40 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
1078	Ben	Jackson	MV40	Eden Runners	0:27:37	1
0891	Scott	Rose	MV40		0:28:59	2
0673	Will	Acland	MV40	Helm hill runners	0:29:33	3
0564	Stephen	Pearce	MV40	Eden Runners	0:29:57	4
0643	Mark	McGoldrick	MV40	Settle Harriers	0:30:29	5
0089	Ben	Oldham	MV40	Leven Valley AC	0:30:52	6
0582	John	Millen	MV40	Helm Hill	0:31:39	7
0211	Nigel	Wood	MV40	Helmhill	0:32:22	8
0124	Matthew	Pearman	MV40	Helm Hill	0:33:44	9
1032	Ian	Hewitt	MV40	Eden Runners	0:39:56	10
0747	Stefan	Bradley	MV40	Unattached	0:39:58	11
0661	Richard	Campbell	MV40	Howgill Harrier	0:44:20	12
0804	Simon	Thomas	MV40	Eden Runners	0:45:11	13
0240	Andy	Ward	MV40	Settle Harriers	0:46:55	14

FV50 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0474	Lorna	Askew	FV50	Helm Hill	0:36:54	1
0800	Karen	Bridge	FV50	Eden Runners	0:38:59	2
0721	Rachael	Mellor	FV50	Howgill Harriers	0:40:59	3
0334	Eleanor	Knowles	FV50	Ambleside AC	0:42:50	4
0844	Caroline	D'Arcy	FV50	Helm Hill	0:42:58	5
1079	Kath	Finn	FV50	Kendal tri club	0:43:51	6
0486	Paula	Bowen	FV50	Ambleside	0:46:31	7
0626	Ruth	Webster	FV50	non	0:48:58	8
0114	Fliss	Milner	FV50	Helm Hill	0:50:19	9
0339	vicki	sherrington	FV50	Helm Hill	0:50:41	10
0177	Sonia	Woods	FV50	Bowland Fell Runners	0:50:45	11
0687	Veronica	Waller	FV50	Dallam	0:53:02	12
0847	Jayne	Scott	FV50		0:55:57	13
0665	ALISON	TANCREL	FV50	Helm Hill	0:57:41	14

MV50 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0042	Alastair	Dunn	MV50	Helm Hill Runners	0:26:53	1
0356	James	Bailey	MV50	Leven Valley AC	0:32:56	2
0178	David	Wilson	MV50	Bowland	0:33:13	3
0457	Michael	Toman	MV50	Rosendale Harriers	0:33:57	4
0617	ANDY	HOLDEN	MV50	Achille Ratti CC	0:36:07	5
0975	Anthony	Bowness	MV50	Kendal AC	0:36:13	6
0045	Steve	King	MV50	Helm Hill	0:36:49	7
0368	Peter	Ellwood	MV50	Settle Harriers	0:39:42	8
0550	John	Orrell	MV50	Hoghton Flyers	0:40:17	9
0326	Jonathan	Tombs	MV50	Eden Runners	0:40:50	10
1076	Tim	Field	MV50		0:40:55	11
1007	Mark	Pannone	MV50	Eden Runners	0:42:09	12
0393	Mark	Charnley	MV50	Settle Harriers	0:43:03	13
0256	Andy	Connor	MV50	Ambleside	0:54:35	14

FV60 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0017	Suzanne	Budgett	FV60	Horwich RMI Harriers	0:45:41	1
0015	Lynn	Whittaker	FV60	Wharfedale Harriers	0:45:51	2
0093	Jill	Libby	FV60	Eden Runners	0:49:14	3
0528	Sonja	Vietoris	FV60	Dallam Running	0:52:57	4
0016	Jill	Gates	FV60	Settle Harriers	0:54:40	5

MV60 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0230	Billy	Procter	MV60	Helm Hill	0:32:30	1
0094	Ray	Gill	MV60	Helm Hill	0:36:44	2
0342	Chris	Speight	MV60	Kendal AAC	0:36:57	3
0018	Paul	Revell	MV60		0:38:30	4
0091	John	Jones	MV60	Helm Hill	0:40:00	5
0584	Colin	Valentine	MV60	Keswick	0:41:16	6
0188	Alistair	Welsh	MV60	Bowland Fell Runners	0:41:43	7
0043	Keith	Masser	MV60	Helm Hill Runners	0:44:26	8
0560	Graham	Capper	MV60	Helm Hill	0:44:43	9
0079	Stephen	Libby	MV60	Eden Runners	0:47:49	10

FV70 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0030	Wendy	Dodds	FV70	Dallam Running Club	0:43:15	1

MV70 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0363	John	Taylor	MV70	Bowland FR	0:45:42	1