



HELM HILL WINTER LEAGUE - Cunswick



DIFFERENT STROKES
PAINTING & DECORATING LTD

U11 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0066	Lola	Hodgson	u11G	Ambleside AC	0:10:03	1
0355	Teigan	Wilcock	u11G	Ambleside AC	0:10:32	2
0582	Romy	Barron	u11G	Ambleside	0:10:47	3
0191	Isla	Dalton	u11G	Helm Hill	0:10:59	4
0966	Hannah	Nicholls	u11G	gan and district harriers and	0:11:07	5
0194	Gabrielle	Murray	u11G	Leven Valley	0:11:17	6
1007	Cecily	Kinloch	u11G	Helm Hill	0:11:19	7
0565	Iris	Lodge	u11G	Settle Harriers	0:11:21	8
0690	Amika Rose	Gregory	u11G	Helm Hill	0:11:31	9
0436	Matilda	Upton	u11G		0:11:32	10
0853	Izzy	Lambert	u11G	Settle Harriers	0:11:33	11
0322	Beau	Smith	u11G	Ambleside AC	0:11:40	12
1009	Fabian	Bulprich	u11G	Ambleside	0:11:53	13
0594	Harriet Lily	Coward	u11G	Ambleside AC	0:12:11	14
0284	Sienna	Bousfield-Evans	u11G	Settle Harriers	0:12:15	15
0213	Flo	Evans	u11G	Settle Harriers	0:12:30	16
0536	Nieve	Stephenson	u11G	Ambleside AC	0:12:32	17
1013	Evie	Greenwood	u11G	None	0:12:40	18
0382	Celeste	Whittington	u11G	Helme Hill	0:12:41	19
0383	Jessie	Whittington	u11G	Helme Hill	0:13:12	20

U11 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0474	Calum	McGoldrick	u11B	Settle Harriers	0:09:15	1
0458	Luca	Crawshaw	u11B	Bowland Fell Runners	0:09:24	2
0096	Sean	Wild -Garcia	u11B	Kendal athletics club	0:09:59	3
0926	Harrison	Reid	u11B	N/a	0:10:01	4
0236	Dougie	Giles	u11B	Settle Harriers	0:10:02	5
0052	Danny	Nunns	u11B	Helm Hill	0:10:05	6
0333	Haris	Riaz	u11B	Sedbergh School	0:10:10	7
0475	Finlay	McGoldrick	u11B	Settle Harriers	0:10:12	8
0328	Bobby	France	u11B	Settle Harriers	0:10:14	9
0281	Oly	Fox	u11B	Settle Harriers	0:10:18	10
0539	Judah	Basham	u11B	Ambleside AC	0:10:20	11
0171	Callum	Ainsworth	u11B	Helm Hill	0:10:33	12
0329	Rowan	Griffiths	u11B	Furness Fell Runners	0:10:38	13
0299	Freddie	Fretwell	u11B	Settle Harriers	0:10:42	14
0334	Freddie	Brown	u11B	Settle Harriers	0:10:49	15
0032	Ted	McAleese	u11B	Ambleside AC	0:11:04	16
0849	George	Lowde	u11B	Clayton Le Moors Harriers	0:11:09	17
0136	Jasper	Rose	u11B	Helm Hill	0:12:00	18
0018	Andrew	Skeldon	u11B	Settle Harriers	0:12:37	19
0282	Seth	Parker	u11B	Settle Harriers	0:12:39	20

U13 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0584	Mila	Barron	u13G	Ambleside	0:08:48	1
0016	Charlotte	Richardson	u13G	Helm Hill	0:09:51	2
0107	Imogen	Moore	u13G	Leven Valley	0:10:06	3
1001	Ella	Cagatay	u13G	Helm Hill	0:10:41	4
0665	Rona	Houston	u13G	Helm Hill	0:10:44	5
0087	Silvie	Parsons	u13G	Helm Hill	0:10:50	6
0055	Elodie	Haslett	u13G	Helm Hill	0:10:51	7
0094	Maia	Dacre	u13G	Helm Hill	0:10:56	8
0277	Tess	Reedy	u13G	Ambleside AC	0:11:05	9
0746	Izzy	Leigh	u13G	Helm Hill	0:11:16	10
0651	Freya	Hodgson-Jones	u13G	Ambleside AC	0:11:41	11
0268	Megan	Wright	u13G	Settle Harriers	0:11:43	12
0140	Martha	Johnson	u13G	Helm Hill	0:11:45	13
0992	Poppy	Carlton	u13G		0:11:46	14
0615	Islay	Atkinson	u13G	None	0:11:55	15
0857	Clara	Jones	u13G	Helm Hill	0:12:01	16
0447	Tabetha	Pell	u13G	Ambleside AC	0:12:05	17
0172	Jessica	Ainsworth	u13G	Helm Hill	0:12:07	18
0648	Violet	Benson	u13G	Helm Hill	0:12:09	19
0104	Lana	Fosker	u13G	Bowland Fell Runners	0:12:20	20
0836	Lily	Neville	u13G	None	0:12:22	21

U13 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0095	Tom	Craker	u13B	Ambleside AC	0:08:27	1
0401	Jos	Jebb	u13B	Helm Hill Runners	0:08:32	2
0310	Harri	Tancrel	u13B	Helm Hill	0:08:35	3
0131	Charlie	Hodgson	u13B	Helm Hill	0:08:40	4
0393	Kit	Evans	u13B	Ambleside AC	0:08:43	5
0183	Charlie	Potter	u13B	Helm Hill	0:08:53	6
0005	Rhys	Price	u13B	Darlington Harriers	0:09:18	7
0017	James	Skeldon	u13B	Settle Harriers	0:09:21	8
0112	Lawrie	Belshaw	u13B	Ambleside	0:09:29	9
0346	Ben	Ryan	u13B	Helm Hill	0:09:33	10
0637	Peter	Butler	u13B	Ambleside AC	0:09:35	11
0839	George	Bromley	u13B	Settle Harriers	0:09:43	12
0444	Jonty	Brodie	u13B	Helm Hill	0:09:54	13
0031	James	McAleese	u13B	Ambleside AC	0:09:58	14
0670	Philip	Bolland	u13B	Helm Hill	0:10:16	15
0848	Harry	Lowde	u13B	Clayton Le Moors Harriers	0:10:25	16
0212	Stanley	Evans	u13B	Settle Harriers	0:10:48	17
0573	Harry	Hearn	u13B	Helm	0:11:28	18
0531	Stanley	Atkinson	u13B	Helm	0:11:37	19
0235	Rhuari	Trott	u13B	Helm Hill	0:12:10	20
0385	Kit	Grandison	u13B	Helm Hill	0:12:12	21
0337	Murray	Page	u13B	Helm Hill	0:12:29	22

U15 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0473	Mia	McGoldrick	u15G	Settle Harriers	00:15:15	1
0402	Isla	Jebb	u15G	Helm Hill Runners	00:15:44	2
0004	Maisie	Oddy	u15G	Keighley and Craven	00:16:07	3
0618	Camilla	Hart	u15G	Settle Harriers	00:16:16	4
0006	Lily	Slater	u15G	Ambleside AC	00:17:14	5
0967	Holly	Nicholls	u15G	gan and district harriers and	00:17:26	6
0176	Katelyn	Douglas	u15G	Leven valley ac	00:17:51	7
0222	Rosie	Scott	u15G	Ambleside	00:18:08	8
0585	Francesca	Bagot	u15G	Settle	00:18:10	9
0562	Ava	Brierley	u15G	Ambleside AC	00:18:39	10

U15 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0221	Joseph	Green	u15B	Ambleside AC	00:14:37	1
0232	Evan	Mulvany	u15B	Helm Hill Runners	00:14:38	2
0420	Edward	Shawcross	u15B	Ambleside AC	00:14:44	3
0251	Riley	Scott	u15B	Leven valley	00:15:36	4
0250	Oliver	Scott	u15B	Leven valley	00:15:40	5
0301	Thomas	Iveson	u15B	Ambleside AC	00:15:55	6
0193	Henry	Murray	u15B	Leven Valley	00:16:02	7
0790	Ryan	Birt Reed	u15B	Leven Valley	00:16:08	8
0437	Stan	Marston	u15B	Helm Hill	00:16:52	9
0127	Carl	Sanderson	u15B	Settle Harriers	00:17:23	10
0015	Aaron	Richardson	u15B	Helm Hill	00:17:56	11
0451	Joss	Wood	u15B	Helm Hill Runners	00:18:16	12
0942	Ben	Rixom	u15B	Leven Valley	00:19:15	13
0135	Austin	Rose	u15B	Helm Hill	00:20:22	14

U17 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
1012	Penelope	Boyle	u17G	Leven Valley AC	00:20:20	1
0403	Millie	Jebb	u17G	Helm Hill Runners	00:21:14	2
1018	Izzy	Wright	u17G	Keighley and Craven AC	00:21:20	3
0911	Marina	Bailey	u17G	Leven Valley AC	00:21:23	4
0316	Isla	Pearman	u17G	Helm hill	00:22:01	5
0611	Cara	Bradley	u17G	Ambleside	00:22:22	6
0439	Holly	Fitch	u17G	Wharfedale Harriers	00:23:14	7
0394	Tess	Evans	u17G	Ambleside AC	00:23:49	8
0583	Lucy	Bagot	u17G	Settle	00:23:50	9
0517	Iona	Barrowdale-Smith	u17G	Leven Valley AC	00:24:22	10
0008	Emily	MacPherson-Littler	u17G	Bowland Fell Runners	00:24:26	11
0331	Lydia	Benson	u17G	Settle Harriers	00:25:44	12
0358	Bridget	Atkinson	u17G	Howgill Harriers	00:26:44	13
0985	Anika	Blood	u17G	Furness Fell Runners	00:30:36	14

U17 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0119	Jack	Sanderson	u17B	Settle Harriers	00:17:24	1
0503	Alfie	Addison	u17B	Kendal AAC	00:18:49	2
0350	Joe	Hilborne	u17B	Helm Hill	00:19:16	3
0215	Will	Brayshaw	u17B	Helm Hill	00:19:18	4
0502	Zeke	Sumner	u17B	Ambleside AC	00:19:47	5
0294	Robbie	Watmough	u17B	Settle harriers	00:19:56	6
0040	Fraser	Dunn	u17B	Helm Hill Runners	00:20:46	7
0048	Alex	Speight	u17B	Helm Hill Runners	00:20:56	8
0354	Joseph	Smith	u17B	Wharfedale harriers	00:21:28	9
0117	Toby	Acland	u17B	Helm Hill Runners	00:22:14	10
0569	Ben	Todhunter	u17B	Helm Hill	00:22:37	11
0309	Joseff	Tancrel	u17B	Helm Hill	00:23:56	12
0713	Theo	Robinson	u17B	Howgill Harriers	00:26:37	13

U21 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0121	Vicky	Woof	FU21	Howgill Harriers	0:47:24	1

U21 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0632	Will	McNally	MU21	Leven Valley AC	0:31:47	1
0605	George	Campbell	MU21	Howgill Harrier	0:39:07	2
0663	Edward	Jermy	MU21	Howgill Harriers	0:41:06	3
0712	Isaac	Robinson	MU21	Howgill Harriers	0:43:58	4
0361	Benji	Grundy	MU21	Wharfedale Harriers	0:47:21	5

Seniors' Race						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
1016	Chris	Smithard	MSEN	Forth Valley Orienteers	0:30:11	1
0314	Rupert	Allison	MSEN	Dark Peak Fell Runners	0:31:08	2
0035	Peter	Stock	MSEN	Helm Hill	0:31:33	3
0632	Will	McNally	MU21	Leven Valley AC	0:31:47	4
0303	Laurence	Hill	MSEN	Helm Hill Runners	0:31:52	5
0639	Phil	Mather	MV40	Lonsdale Fell Runners	0:32:37	6
0629	Gary	Gregory	MV40	Helm hill	0:33:00	7
0529	James	Byrne	MV40	Ambleside AC	0:33:58	8
0999	Ewen	Malloch	MV40	Ambleside AC	0:34:52	9
0889	Matt	Fleming	MSEN	Kendal AAC	0:35:05	10
0085	James	Parsons	MV40	Helm Hill	0:36:12	11
1008	Laurentiu	Bulprich	MSEN	Ambleside AC	0:36:22	12
0185	Matthew	Lovesey	MV40	Helm Hill Runners	0:36:28	13
1005	Kelli	Roberts	FSEN	Helm Hill	0:36:47	14
0244	Jacob	Dyer	MV50	Helm Hill	0:37:03	15
0680	Martin	Barnes	MSEN	Helm hill	0:37:17	16
0452	Nigel	Wood	MV40	Helm Hill Runners	0:37:28	17
0033	James	Baron	MV50	Helm Hill	0:37:30	18
0734	James	Cater	MV50	Helm Hill	0:37:42	19
0446	James	Pell	MSEN	Helm Hill	0:38:10	20
0747	Mike	Berners-Lee	MV50	Helm Hill	0:38:21	21
0666	Peter	Rigby	MSEN	Helm hill	0:38:37	22
0605	George	Campbell	MU21	Howgill Harrier	0:39:07	23
0600	James	Edwards	MV40	Dallam	0:39:18	24
0155	Rosie	Parkinson	FSEN	Helm Hill Runners	0:39:25	25
1017	Sam	Corbett	MSEN		0:39:37	26
0630	Adam	Oliver	MV40	Helm Hill	0:39:39	27
0421	Alistair	Shawcross	MV40	Dallam	0:40:10	28

0777	Neil	Robinson	MV50	COLT	0:40:18	29
0116	David	Wilson	MV50	Bowland Fell Runners	0:40:20	30
0364	Emma	Kearsey	FSEN	Helm Hill Runners	0:40:21	31
0161	Peter	German	MV40	Helm Hill	0:40:29	32
1022	Joe	Stevens	MV40		0:40:45	33
0514	Peter	Lawson	MSEN	Howgill Harriers	0:40:47	34
0614	Paul	Atkinson	MV40	None	0:40:49	35
0348	Joe	Blackett	MV60	DarkPeakFellRunners	0:40:58	36
0243	Bianca	Dyer	FV50	Helm Hill	0:41:05	37
0663	Edward	Jermy	MU21	Howgill Harriers	0:41:06	38
0490	Rebecca	Hare	FSEN	Ambleside	0:41:13	39
0011	James	Bellarby	MV50	Bowland Fell Runners	0:41:15	40
0053	Brian	Thompson	MV60	Helm Hill	0:41:37	41
0710	Sean	Robinson	MV40	Howgill Harriers	0:41:43	42
0965	Stephen	Nicholls	MV40	and District Harriers a	0:41:50	43
0206	Paul	Revell	MV60	FRA	0:41:51	44
1029	Esther	Benson	FSEN		0:41:52	45
0497	Gemma	Lane	FSEN	Eden	0:41:55	46
0501	Charlotte	Seward	FSEN	Unaffiliated	0:41:57	47
0986	Joe	Hacker	MSEN		0:41:59	48
0631	Liz	McNally	FV50	Leven Valley ac	0:42:02	49
0335	Rhiannon	Page	FV40	Lonsdale Fell Runners	0:42:05	50
0054	Ray	Gill	MV60	Helm Hill	0:42:07	51
0988	Stuart	Blood	MV40	N/a	0:42:23	52
0568	Lucie-Ellen	Todhunter	FV40	Helm Hill	0:42:24	53
0522	Tom	Willox	MSEN	Helm Hill	0:42:26	54
1003	John	Bagge	MV60	Helm Hill	0:42:29	55
0156	Ruth	Bell	FSEN	Helm Hill	0:42:34	56
0457	Rebecca	Crawshaw	FV40	BOWLAND FELL Runners	0:42:55	57
1020	Sam	Shaw	FV40	Helm Hill	0:42:57	58

0532	Graham	Beaumont	MV60	Dallam	0:43:15	59
0275	Jane	Reedy	FV40	Ambleside AC	0:43:19	60
0249	Leanne	Scott	FV40	Leven valley	0:43:23	61
0289	Pete	Marston	MV40	Helm Hill	0:43:34	62
0656	Steph	Jones	FV40	Ambleside ac	0:43:37	63
0888	Jonny	Marchant	FV50	Na	0:43:42	64
0082	Matt	Davis	MV40	Howgill Harriers	0:43:52	65
0712	Isaac	Robinson	MU21	Howgill Harriers	0:43:58	66
0599	Paul	Trott	MV50	Helm Hill	0:44:08	67
0566	Charlotte	Williamson	FSEN	Helm Hill	0:44:26	68
0551	Jamie	Jephcott	MV50	Eden Runners	0:44:49	69
0489	Lucy	Varney	FV50	Unattached	0:44:55	70
0201	Mike	Falgate	MV60	Helm Hill	0:45:10	71
0453	Debbie	Copley	FV50	Dallam Running Club	0:45:23	72
0579	Andy	Stokes	MV70	Dallam	0:45:25	73
0286	Chris	Moore	MV40	Leven Valley AC	0:45:26	74
0220	Chris	Green	MV40	Ambleside AC	0:45:33	75
0520	Jonathan	Tombs	MV50	Eden Runners	0:45:40	76
0051	Corrin	Stock	FSEN	Helm Hill	0:45:45	77
0196	Stuart	Lockton	MV60	Helm Hill Runners	0:46:01	78
0103	Sophie	Fosker	FV40	Bowland Fell Runners	0:46:27	79
0608	Stefan	Bradley	MV40		0:46:51	80
0128	Tim	Field	MV50	Helm Hill Runners	0:47:06	81
0674	Nick	Kitching	MV50	None	0:47:08	82
0001	David	Appleyard	MV60	Helm Hill	0:47:10	83
0528	Andy	Evans	MV60	Settle Harriers	0:47:13	84
0361	Benji	Grundy	MU21	Wharfedale Harriers	0:47:21	85
0121	Vicky	Woof	FU21	Howgill Harriers	0:47:24	86
0234	Stuart	Bell	MV60	Kendal AAC	0:47:31	87
0010	Jo	Cater	FV50	Helm Hill	0:47:36	88

0211	Beth	Evans	FSEN	Settle Harriers	0:47:52	89
0413	Mark	Charnley	MV50	Settle Harriers	0:48:10	90
0226	Chris	Heaton	MV40	Lakeland Orienteering Club	0:48:14	91
0924	Carol	Evans	FV60	Settle Harriers	0:48:16	92
0624	Max	Nicholson	MSEN		0:48:22	93
0812	Angela	Brand-Barker	FV60	Helm Hill	0:48:23	94
1014	Kat	Bonney	FSEN	Dallam	0:48:25	95
0205	Suzanne	Budgett	FV60	Horwich RMI Harriers	0:48:26	96
0386	Diane	Grandison	FV40	Helm Hill	0:48:34	97
0435	Victoria	Upton	FV40	Helm Hill	0:48:42	98
0754	Steve	Wathall	MV60		0:48:45	99
1011	Neil	Smith	MV50	Leven Valley AC	0:48:52	100
0363	Esther	Lambert	FSEN	Helm Hill	0:49:11	101
0208	Mark	Cottam	MSEN	None	0:49:52	102
0356	Rebecca	Atkinson	FV40	Howgill Harriers	0:50:29	103
0067	Simon	Thomas	MV40	Eden Runners	0:50:35	104
0397	Lynn	Whittaker	FV60	Wharfedale Harriers	0:50:51	105
1004	Cliff	Etherden	MV70	Lakeland Orienteering Club	0:51:07	106
0563	Adrian	Dixon	MV60		0:51:15	107
0369	John	Taylor	MV70	Bowland FR	0:51:23	108
1000	Beth	Lightburn	FSEN		0:51:41	109
0468	Libby	Dixon	FV40	Ambleside AC	0:51:52	110
0645	Ruth	Webster	FV50	Non	0:52:05	111
0139	Jane	Morgan	FV60	Helm Hill	0:52:13	112
0657	Caroline	D'Arcy	FV50	Helm Hill	0:52:23	113
0511	Vicky	Kirkwood	FV50	Dallam	0:52:50	114
0739	Allan	Miller	MV60	N/a	0:53:28	115
0649	daniel	rayson	MV50	none	0:53:50	116
0709	Zoe	Robinson	FV40	Howgill Harrier	0:54:07	117
0050	Colin	Valentine	MV60	Keswick	0:54:45	118

0370	Jo	Taylor	FV60	Bowland FR	0:55:08	119
0456	Denise	Tunstall	FV50	Durham Fell Runners	0:55:46	120
0023	Sonia	Woods	FV50	Bowland Fell Runners	0:56:02	121
0498	Lyn	Richardson	FV50	Helm Hill	0:56:11	122
0715	Veronica	Waller	FV50	Dallam	0:56:31	123
0533	Debbie	Thompson	FV60	Eden runners	0:56:55	124
0075	Katharine	Shrine	FV40	Helm Hill	0:57:33	125
0706	Sonja	Vietoris	FV60	Dallam Running Club	0:58:20	126
0679	Anna	Stevens	FV50	Helm Hill	0:58:54	127
0019	Hilary	Coates	FV40	None	1:00:05	128
0223	Jayne	Scott	FV50	Helm Hill	1:01:39	129
0293	Jill	Gates	FV60	Settle Harriers	1:03:19	130
0308	Alison	Tancrel	FV50	Helm Hill	1:08:42	131
0881	David	Ashton	MV60	Todmorden Harriers	1:12:21	132
0445	Phil	Kirby	MV70	Coniston	1:17:32	133

OVERALL WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
1005	Kelli	Roberts	FSEN	Helm Hill	0:36:47	1
0155	Rosie	Parkinson	FSEN	Helm Hill Runners	0:39:25	2
0364	Emma	Kearsey	FSEN	Helm Hill Runners	0:40:21	3
0243	Bianca	Dyer	FV50	Helm Hill	0:41:05	4
0490	Rebecca	Hare	FSEN	Ambleside	0:41:13	5
1029	Esther	Benson	FSEN		0:41:52	6
0497	Gemma	Lane	FSEN	Eden	0:41:55	7
0501	Charlotte	Seward	FSEN	Unaffiliated	0:41:57	8
0631	Liz	McNally	FV50	Leven Valley ac	0:42:02	9
0335	Rhiannon	Page	FV40	Lonsdale Fell Runners	0:42:05	10
0568	Lucie-Eller	Todhunter	FV40	Helm Hill	0:42:24	11
0156	Ruth	Bell	FSEN	Helm Hill	0:42:34	12
0457	Rebecca	Crawshaw	FV40	BOWLAND FELL Runners	0:42:55	13
1020	Sam	Shaw	FV40	Helm Hill	0:42:57	14
0275	Jane	Reedy	FV40	Ambleside AC	0:43:19	15
0249	Leanne	Scott	FV40	Leven valley	0:43:23	16
0656	Steph	Jones	FV40	Ambleside ac	0:43:37	17
0888	Jonny	Marchant	FV50	Na	0:43:42	18
0566	Charlotte	Williamson	FSEN	Helm Hill	0:44:26	19
0489	Lucy	Varney	FV50	Unattached	0:44:55	20
0453	Debbie	Copley	FV50	Dallam Running Club	0:45:23	21
0051	Corrin	Stock	FSEN	Helm Hill	0:45:45	22
0103	Sophie	Fosker	FV40	Bowland Fell Runners	0:46:27	23
0121	Vicky	Woof	FU21	Howgill Harriers	0:47:24	24
0010	Jo	Cater	FV50	Helm Hill	0:47:36	25
0211	Beth	Evans	FSEN	Settle Harriers	0:47:52	26
0924	Carol	Evans	FV60	Settle Harriers	0:48:16	27
0812	Angela	Brand-Barker	FV60	Helm Hill	0:48:23	28

1014	Kat	Bonney	FSEN	Dallam	0:48:25	29
0205	Suzanne	Budgett	FV60	Horwich RMI Harriers	0:48:26	30
0386	Diane	Grandison	FV40	Helm Hill	0:48:34	31
0435	Victoria	Upton	FV40	Helm Hill	0:48:42	32
0363	Esther	Lambert	FSEN	Helm Hill	0:49:11	33
0356	Rebecca	Atkinson	FV40	Howgill Harriers	0:50:29	34
0397	Lynn	Whittaker	FV60	Wharfedale Harriers	0:50:51	35
1000	Beth	Lightburn	FSEN		0:51:41	36
0468	Libby	Dixon	FV40	Ambleside AC	0:51:52	37
0645	Ruth	Webster	FV50	Non	0:52:05	38
0139	Jane	Morgan	FV60	Helm Hill	0:52:13	39
0657	Caroline	D'Arcy	FV50	Helm Hill	0:52:23	40
0511	Vicky	Kirkwood	FV50	Dallam	0:52:50	41
0709	Zoe	Robinson	FV40	Howgill Harrier	0:54:07	42
0370	Jo	Taylor	FV60	Bowland FR	0:55:08	43
0456	Denise	Tunstall	FV50	Durham Fell Runners	0:55:46	44
0023	Sonia	Woods	FV50	Bowland Fell Runners	0:56:02	45
0498	Lyn	Richardson	FV50	Helm Hill	0:56:11	46
0715	Veronica	Waller	FV50	Dallam	0:56:31	47
0533	Debbie	Thompson	FV60	Eden runners	0:56:55	48
0075	Katharine	Shrine	FV40	Helm Hill	0:57:33	49
0706	Sonja	Vietoris	FV60	Dallam Running Club	0:58:20	50
0679	Anna	Stevens	FV50	Helm Hill	0:58:54	51
0019	Hilary	Coates	FV40	None	1:00:05	52
0223	Jayne	Scott	FV50	Helm Hill	1:01:39	53
0293	Jill	Gates	FV60	Settle Harriers	1:03:19	54
0308	Alison	Tancrel	FV50	Helm Hill	1:08:42	55

OVERALL MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
1016	Chris	Smithard	MSEN	Forth Valley Orienteers	0:30:11	1
0314	Rupert	Allison	MSEN	Dark Peak Fell Runners	0:31:08	2
0035	Peter	Stock	MSEN	Helm Hill	0:31:33	3
0632	Will	McNally	MU21	Leven Valley AC	0:31:47	4
0303	Laurence	Hill	MSEN	Helm Hill Runners	0:31:52	5
0639	Phil	Mather	MV40	Lonsdale Fell Runners	0:32:37	6
0629	Gary	Gregory	MV40	Helm hill	0:33:00	7
0529	James	Byrne	MV40	Ambleside AC	0:33:58	8
0999	Ewen	Malloch	MV40	Ambleside AC	0:34:52	9
0889	Matt	Fleming	MSEN	Kendal AAC	0:35:05	10
0085	James	Parsons	MV40	Helm Hill	0:36:12	11
1008	Laurentiu	Bulprich	MSEN	Ambleside AC	0:36:22	12
0185	Matthew	Lovesey	MV40	Helm Hill Runners	0:36:28	13
0244	Jacob	Dyer	MV50	Helm Hill	0:37:03	14
0680	Martin	Barnes	MSEN	Helm hill	0:37:17	15
0452	Nigel	Wood	MV40	Helm Hill Runners	0:37:28	16
0033	James	Baron	MV50	Helm Hill	0:37:30	17
0734	James	Cater	MV50	Helm Hill	0:37:42	18
0446	James	Pell	MSEN	Helm Hill	0:38:10	19
0747	Mike	Berners-Lee	MV50	Helm Hill	0:38:21	20
0666	Peter	Rigby	MSEN	Helm hill	0:38:37	21
0605	George	Campbell	MU21	Howgill Harrier	0:39:07	22
0600	James	Edwards	MV40	Dallam	0:39:18	23
1017	Sam	Corbett	MSEN		0:39:37	24
0630	Adam	Oliver	MV40	Helm Hill	0:39:39	25
0421	Alistair	Shawcross	MV40	Dallam	0:40:10	26
0777	Neil	Robinson	MV50	COLT	0:40:18	27
0116	David	Wilson	MV50	Bowland Fell Runners	0:40:20	28

0161	Peter	German	MV40	Helm Hill	0:40:29	29
1022	Joe	Stevens	MV40		0:40:45	30
0514	Peter	Lawson	MSEN	Howgill Harriers	0:40:47	31
0614	Paul	Atkinson	MV40	None	0:40:49	32
0348	Joe	Blackett	MV60	DarkPeakFellRunners	0:40:58	33
0663	Edward	Jermy	MU21	Howgill Harriers	0:41:06	34
0011	James	Bellarby	MV50	Bowland Fell Runners	0:41:15	35
0053	Brian	Thompson	MV60	Helm Hill	0:41:37	36
0710	Sean	Robinson	MV40	Howgill Harriers	0:41:43	37
0965	Stephen	Nicholls	MV40	an and District Harriers and	0:41:50	38
0206	Paul	Revell	MV60	FRA	0:41:51	39
0986	Joe	Hacker	MSEN		0:41:59	40
0054	Ray	Gill	MV60	Helm Hill	0:42:07	41
0988	Stuart	Blood	MV40	N/a	0:42:23	42
0522	Tom	Wilcox	MSEN	Helm Hill	0:42:26	43
1003	John	Bagge	MV60	Helm Hill	0:42:29	44
0532	Graham	Beaumont	MV60	Dallam	0:43:15	45
0289	Pete	Marston	MV40	Helm Hill	0:43:34	46
0082	Matt	Davis	MV40	Howgill Harriers	0:43:52	47
0712	Isaac	Robinson	MU21	Howgill Harriers	0:43:58	48
0599	Paul	Trott	MV50	Helm Hill	0:44:08	49
0551	Jamie	Jephcott	MV50	Eden Runners	0:44:49	50
0201	Mike	Falgate	MV60	Helm Hill	0:45:10	51
0579	Andy	Stokes	MV70	Dallam	0:45:25	52
0286	Chris	Moore	MV40	Leven Valley AC	0:45:26	53
0220	Chris	Green	MV40	Ambleside AC	0:45:33	54
0520	Jonathan	Tombs	MV50	Eden Runners	0:45:40	55
0196	Stuart	Lockton	MV60	Helm Hill Runners	0:46:01	56
0608	Stefan	Bradley	MV40		0:46:51	57
0128	Tim	Field	MV50	Helm Hill Runners	0:47:06	58

0674	Nick	Kitching	MV50	None	0:47:08	59
0001	David	Appleyard	MV60	Helm Hill	0:47:10	60
0528	Andy	Evans	MV60	Settle Harriers	0:47:13	61
0361	Benji	Grundy	MU21	Wharfedale Harriers	0:47:21	62
0234	Stuart	Bell	MV60	Kendal AAC	0:47:31	63
0413	Mark	Charnley	MV50	Settle Harriers	0:48:10	64
0226	Chris	Heaton	MV40	Lakeland Orienteering Club	0:48:14	65
0624	Max	Nicholson	MSEN		0:48:22	66
0754	Steve	Wathall	MV60		0:48:45	67
1011	Neil	Smith	MV50	Leven Valley AC	0:48:52	68
0208	Mark	Cottam	MSEN	None	0:49:52	69
0067	Simon	Thomas	MV40	Eden Runners	0:50:35	70
1004	Cliff	Etherden	MV70	Lakeland Orienteering Club	0:51:07	71
0563	Adrian	Dixon	MV60		0:51:15	72
0369	John	Taylor	MV70	Bowland FR	0:51:23	73
0739	Allan	Miller	MV60	N/a	0:53:28	74
0649	daniel	rayson	MV50	none	0:53:50	75
0050	Colin	Valentine	MV60	Keswick	0:54:45	76
0881	David	Ashton	MV60	Todmorden Harriers	1:12:21	77
0445	Phil	Kirby	MV70	Coniston	1:17:32	78

FV40 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0335	Rhiannon	Page	FV40	Lonsdale Fell Runners	0:42:05	1
0568	Lucie-Ellen	Todhunter	FV40	Helm Hill	0:42:24	2
0457	Rebecca	Crawshaw	FV40	BOWLAND FELL Runners	0:42:55	3
1020	Sam	Shaw	FV40	Helm Hill	0:42:57	4
0275	Jane	Reedy	FV40	Ambleside AC	0:43:19	5
0249	Leanne	Scott	FV40	Leven valley	0:43:23	6
0656	Steph	Jones	FV40	Ambleside ac	0:43:37	7
0103	Sophie	Fosker	FV40	Bowland Fell Runners	0:46:27	8
0386	Diane	Grandison	FV40	Helm Hill	0:48:34	9
0435	Victoria	Upton	FV40	Helm Hill	0:48:42	10
0356	Rebecca	Atkinson	FV40	Howgill Harriers	0:50:29	11
0468	Libby	Dixon	FV40	Ambleside AC	0:51:52	12
0709	Zoe	Robinson	FV40	Howgill Harrier	0:54:07	13
0075	Katharine	Shrine	FV40	Helm Hill	0:57:33	14
0019	Hilary	Coates	FV40	None	1:00:05	15

MV40 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0639	Phil	Mather	MV40	Lonsdale Fell Runners	0:32:37	1
0629	Gary	Gregory	MV40	Helm hill	0:33:00	2
0529	James	Byrne	MV40	Ambleside AC	0:33:58	3
0999	Ewen	Malloch	MV40	Ambleside AC	0:34:52	4
0085	James	Parsons	MV40	Helm Hill	0:36:12	5
0185	Matthew	Lovesey	MV40	Helm Hill Runners	0:36:28	6
0452	Nigel	Wood	MV40	Helm Hill Runners	0:37:28	7
0600	James	Edwards	MV40	Dallam	0:39:18	8
0630	Adam	Oliver	MV40	Helm Hill	0:39:39	9
0421	Alistair	Shawcross	MV40	Dallam	0:40:10	10
0161	Peter	German	MV40	Helm Hill	0:40:29	11
1022	Joe	Stevens	MV40		0:40:45	12
0614	Paul	Atkinson	MV40	None	0:40:49	13
0710	Sean	Robinson	MV40	Howgill Harriers	0:41:43	14
0965	Stephen	Nicholls	MV40	gan and District Harriers and	0:41:50	15
0988	Stuart	Blood	MV40	N/a	0:42:23	16
0289	Pete	Marston	MV40	Helm Hill	0:43:34	17
0082	Matt	Davis	MV40	Howgill Harriers	0:43:52	18
0286	Chris	Moore	MV40	Leven Valley AC	0:45:26	19
0220	Chris	Green	MV40	Ambleside AC	0:45:33	20
0608	Stefan	Bradley	MV40		0:46:51	21
0226	Chris	Heaton	MV40	Lakeland Orienteering Club	0:48:14	22
0067	Simon	Thomas	MV40	Eden Runners	0:50:35	23

FV50 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0243	Bianca	Dyer	FV50	Helm Hill	0:41:05	1
0631	Liz	McNally	FV50	Leven Valley ac	0:42:02	2
0888	Jonny	Marchant	FV50	Na	0:43:42	3
0489	Lucy	Varney	FV50	Unattached	0:44:55	4
0453	Debbie	Copley	FV50	Dallam Running Club	0:45:23	5
0010	Jo	Cater	FV50	Helm Hill	0:47:36	6
0645	Ruth	Webster	FV50	Non	0:52:05	7
0657	Caroline	D'Arcy	FV50	Helm Hill	0:52:23	8
0511	Vicky	Kirkwood	FV50	Dallam	0:52:50	9
0456	Denise	Tunstall	FV50	Durham Fell Runners	0:55:46	10
0023	Sonia	Woods	FV50	Bowland Fell Runners	0:56:02	11
0498	Lyn	Richardson	FV50	Helm Hill	0:56:11	12
0715	Veronica	Waller	FV50	Dallam	0:56:31	13
0679	Anna	Stevens	FV50	Helm Hill	0:58:54	14
0223	Jayne	Scott	FV50	Helm Hill	1:01:39	15
0308	Alison	Tancred	FV50	Helm Hill	1:08:42	16

MV50 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0244	Jacob	Dyer	MV50	Helm Hill	0:37:03	1
0033	James	Baron	MV50	Helm Hill	0:37:30	2
0734	James	Cater	MV50	Helm Hill	0:37:42	3
0747	Mike	Berners-Lee	MV50	Helm Hill	0:38:21	4
0777	Neil	Robinson	MV50	COLT	0:40:18	5
0116	David	Wilson	MV50	Bowland Fell Runners	0:40:20	6
0011	James	Bellarby	MV50	Bowland Fell Runners	0:41:15	7
0599	Paul	Trott	MV50	Helm Hill	0:44:08	8
0551	Jamie	Jephcott	MV50	Eden Runners	0:44:49	9
0520	Jonathan	Tombs	MV50	Eden Runners	0:45:40	10
0128	Tim	Field	MV50	Helm Hill Runners	0:47:06	11
0674	Nick	Kitching	MV50	None	0:47:08	12
0413	Mark	Charnley	MV50	Settle Harriers	0:48:10	13
1011	Neil	Smith	MV50	Leven Valley AC	0:48:52	14
0649	daniel	rayson	MV50	none	0:53:50	15

FV60 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0924	Carol	Evans	FV60	Settle Harriers	0:48:16	1
0812	Angela	Brand-Barker	FV60	Helm Hill	0:48:23	2
0205	Suzanne	Budgett	FV60	Horwich RMI Harriers	0:48:26	3
0397	Lynn	Whittaker	FV60	Wharfedale Harriers	0:50:51	4
0139	Jane	Morgan	FV60	Helm Hill	0:52:13	5
0370	Jo	Taylor	FV60	Bowland FR	0:55:08	6
0533	Debbie	Thompson	FV60	Eden runners	0:56:55	7
0706	Sonja	Vietoris	FV60	Dallam Running Club	0:58:20	8
0293	Jill	Gates	FV60	Settle Harriers	1:03:19	9

MV60 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0348	Joe	Blackett	MV60	DarkPeakFellRunners	0:40:58	1
0053	Brian	Thompson	MV60	Helm Hill	0:41:37	2
0206	Paul	Revell	MV60	FRA	0:41:51	3
0054	Ray	Gill	MV60	Helm Hill	0:42:07	4
1003	John	Bagge	MV60	Helm Hill	0:42:29	5
0532	Graham	Beaumont	MV60	Dallam	0:43:15	6
0201	Mike	Falgate	MV60	Helm Hill	0:45:10	7
0196	Stuart	Lockton	MV60	Helm Hill Runners	0:46:01	8
0001	David	Appleyard	MV60	Helm Hill	0:47:10	9
0528	Andy	Evans	MV60	Settle Harriers	0:47:13	10
0234	Stuart	Bell	MV60	Kendal AAC	0:47:31	11
0754	Steve	Wathall	MV60		0:48:45	12
0563	Adrian	Dixon	MV60		0:51:15	13
0739	Allan	Miller	MV60	N/a	0:53:28	14
0050	Colin	Valentine	MV60	Keswick	0:54:45	15
0881	David	Ashton	MV60	Todmorden Harriers	1:12:21	16

FV70 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
#N/A						#N/A

MV70 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0579	Andy	Stokes	MV70	Dallam	0:45:25	1
1004	Cliff	Etherden	MV70	Lakeland Orienteering Club	0:51:07	2
0369	John	Taylor	MV70	Bowland FR	0:51:23	3
0445	Phil	Kirby	MV70	Coniston	1:17:32	4