



HELM HILL WINTER LEAGUE - Cunswick

2025



DIFFERENT STROKES
PAINTING & DECORATING LTD

U11 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0061	Mila	Sillito	u11G	Helm Hill Runners	0:09:48	1
0258	Romy	Barron	u11G	Ambleside AC	0:09:49	2
0013	Gabrielle	Murray	u11G	Leven Valley AC	0:09:56	3
0475	Lyra	Haslett	u11G	Helm Hill Runners	0:10:00	4
0351	Isla	Dalton	u11G	Helm Hill	0:10:14	5
0030	Elena	Procter	u11G	Leven Valley Ac	0:10:16	6
0088	Harriet	Edwards	u11G	Dallam	0:10:36	7
0205	Teigan	Wilcock	u11G	Ambleside	0:10:45	8
0667	Jacy	Jewitt	u11G	Furness Fell Runners	0:11:35	9
0877	Harry	Briggs	u11G	Ambleside running club	0:11:44	10
0680	Ava	Grandison	u11G	Helm hill	0:12:35	11
0377	Mia	Kourkoulos	u11G	Settle Harriers	0:12:40	12
0771	Nieve	Stephenson	u11G	Ambleside	0:13:26	13
0193	Emilia	Nunns	u11G	Helm Hill	0:13:27	14

U11 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0822	Harrison	Reid	u11B	Kendal amateur athletic club	0:09:11	1
0541	Freddie	Fretwell	u11B	Settle Harriers	0:09:16	2
0394	Bobby	France	u11B	Settle Harriers	0:09:24	3
0539	Judah	Basham	u11B	Ambleside	0:09:27	4
0493	Ted	McAleese	u11B	Ambleside AC	0:09:43	5
0295	Callum	Ainsworth	u11B	Helm Hill	0:09:46	6
0272	Freddie	Brown	u11B	Settle Harriers	0:10:21	7
0089	Lewis	Edwards	u11B	Dallam	0:10:38	8
0867	Stanley	Johnson	u11B	Helm Hill	0:10:51	9
0003	James	Dennis	u11B	Bingley Harriers	0:10:53	10
0285	Lewis	McKim	u11B	Ambleside AC	0:11:04	11
0062	Arlo	Sillito	u11B	Helm Hill Runners	0:11:09	12
0117	Matt	Wild-Garcia	u11B	Ambleside	0:11:11	13
0386	Toby	Lawton	u11B	Helm Hill	0:11:30	14
0756	Jack	Lawson	u11B	Ambleside Athletics Club	0:11:48	15
0356	Elliot	Lowrie	u11B	Helm Hill	0:12:20	16

U13 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0002	Hannah	Dennis	u13G	Bingley Harriers	0:09:12	1
0678	Elsie	Duffy	u13G	Rosendale Harriers	0:09:33	2
0228	Lola	Hodgson	u13G	Ambleside AC	0:09:40	3
0033	Charlotte	Richardson	u13G	Helm Hill Runners	0:10:09	4
0274	Sophie	Wright	u13G	Settle Harriers	0:10:26	5
0235	Hattie	Blunt	u13G	Ambleside	0:10:40	6
0474	Elodie	Haslett	u13G	Helm Hill Runners	0:10:43	7
0148	Lucy	Ward	u13G	Settle Harriers	0:10:47	8
0437	Matilda	Upton	u13G	N/A	0:10:48	9
0755	Sophie	Lawson	u13G	Ambleside Athletics Club	0:11:06	10
0140	Lana	Fosker	u13G	Bowland Fell Runners	0:11:26	11
0223	Harriet	Coward	u13G	Ambleside AC	0:11:50	12
0876	Rosa-Mae	Crompton	u13G	Ambleside	0:11:54	13
0129	Flo	Evans	u13G	Settle Harriers	0:12:28	14
0683	Ruby	Taylforth	u13G	Ambleside	0:12:32	15
0823	Bessie	Lord	u13G		0:12:37	16
0699	Mila	Lefton	u13G	Ambleside	0:12:41	17
0478	Evie	Dean	u13G	Helm Hill	0:13:25	18

U13 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0442	Jos	Jebb	u13B	Helm Hill Runners	0:08:05	1
0279	Rhys	Price	u13B	Darlington Harriers	0:08:32	2
0341	Kit	Evans	u13B	Ambleside AC	0:08:34	3
0172	Ben	Ryan	u13B	Helm Hill	0:08:38	4
0664	Charlie	Potter	u13B	Helm Hill Runners	0:08:39	5
0116	Sean	Wild-Garcia	u13B	Ambleside	0:08:44	6
0331	Ethan	Douthwaite	u13B	Helm Hill	0:09:03	7
0359	Jonty	Brodie	u13B	Helm Hill	0:09:18	8
0492	James	McAleese	u13B	Ambleside AC	0:09:22	9
0436	Peter	Butler	u13B	Ambleside AC	0:09:29	10
0845	Philip	Bolland	u13B	Helm Hill	0:09:31	11
0128	Stanley	Evans	u13B	Settle Harriers	0:09:44	12
0329	Fraser	Hall	u13B	Pudsey and Bramley	0:09:50	13
0479	Haris	Riaz	u13B	Ambleside AC	0:09:55	14
0817	Alfred	Heath	u13B	Helm	0:10:05	15
0190	Danny	Nunns	u13B	Helm Hill	0:10:07	16
0694	Rhys	Moffat	u13B	None	0:10:10	17
0497	Rhys	Crowther	u13B	Ambleside	0:10:18	18
0097	Rowan	Griffiths	u13B	Furness Fell Runners	0:10:23	19
0398	Stanley	Atkinson	u13B	Helm Hill	0:10:28	20
0241	Stan	Rushton	u13B	Helm Hill	0:10:30	21
0887	Barney	Woodhouse	u13B		0:11:08	22
0489	Fabian	Bulprich	u13B	Ambleside AC	0:11:21	23
0157	Jacob	Alexander	u13B	Helm hill	0:11:27	24

U15 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0132	Maisie	Oddy	u15G	Keighley and Craven	00:15:25	1
0677	Lyla	Duffy	u15G	Rosendale Harriers	00:16:24	2
0014	Imogen	Moore	u15G	Leven Valley AC	00:16:48	3
0200	Silvia	Parsons	u15G	Helm Hill	00:18:16	4
0835	Freya	Hodgson-Jones	u15G	Ambleside AC	00:18:37	5
0553	Tess	Reedy	u15G	Ambleside AC	00:18:46	6
0528	Bethany	Swarbrick	u15G	Furness Fell Runners	00:19:34	7
0294	Jessica	Ainsworth	u15G	Helm Hill	00:22:20	8

U15 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0554	Joseph	Green	u15B	Ambleside AC	00:14:09	1
0075	Charlie	Dobson	u15B	Rossendale Harriers	00:14:45	2
0125	Lawrie	Belshaw	u15B	Ambleside AC	00:15:44	3
0036	James	Skeldon	u15B	Settle Harriers	00:16:43	4
0783	Rowan	Bradley	u15B	Ambleside	00:16:50	5
0017	Ryan	Birt Reed	u15B	Leven Valley	00:16:56	6
0032	Aaron	Richardson	u15B	Helm Hill Runners	00:17:14	7
0291	George	Bromley	u15B	Settle Harriers	00:17:24	8
0704	Joseph	Giddings	u15B	Keswick AC	00:19:02	9

U17 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0305	Isla	Pearman	u17G	Helm Hill	00:21:27	1
0780	Cara	Bradley	u17G	Ambleside	00:21:41	2
0343	Tess	Evans	u17G	Ambleside AC	00:23:13	3
0379	Katelyn	Douglas	u17G	Leven valley	00:23:24	4
0120	Lydia	Benson	u17G	Settle Harriers	00:24:50	5
0656	isabel	Sanderson	u17G	helm hill	00:26:22	6

U17 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0233	Will	Brayshaw	u17B	Helm Hill	00:18:20	1
0434	Evan	Mulvany	u17B	Helm Hill	00:18:53	2
0596	Zeke	Sumner	u17B	Ambleside AC	00:19:03	3
0149	Carl	Sanderson	u17B	Settle Harriers	00:20:17	4
0546	Edward	Shawcross	u17B	Ambleside	00:20:22	5
0167	Joseff	Tancrel	u17B	Helm Hill Runners	00:22:03	6
0012	Henry	Murray	u17B	Leven Valley AC	00:22:23	7
0749	Stan	Marston	u17B	Helm Hill	00:22:44	8
0269	Zach	Thomas	u17B	Helm Hill	00:25:47	9
0210	Freddie	Crawford	u17B	Helm Hill Runners	00:27:04	10

U21 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0676	Tilly	Duffy	FU21	Rosendale Harriers	0:39:47	1
0011	Emily	MacPherson-Littler	FU21	Bowland Fell Runners	0:40:20	2
0869	Sarah	Smith	FU21	Helm Hill	0:41:24	3
0380	Jennifer	Hayes	FU21	Settle Harriers	0:41:57	4
0224	Vicky	Woof	FU21	Furness Fell Runners	0:48:22	5

U21 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0101	Alex	Speight	MU21	Helm Hill Runners	0:35:55	1
0519	Ben	Todhunter	MU21	Helm Hill	0:36:12	2
0467	Edward	Jermy	MU21	Howgill Harriers	0:40:29	3
0372	Toby	Acland	MU21	Helm Hill Runners	0:40:53	4
0616	George	Campbell	MU21	Howgill Harrier	0:42:24	5

Seniors' Race						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0542	Jose	Concha	MSEN	Croydon Harriers	0:31:13	1
0286	Laurence	Hill	MSEN	Helm Hill Runners	0:31:15	2
0334	Rupert	Allison	MSEN	Dark Peak Fell Runners	0:31:33	3
0186	Steve	Jacques	MV40	Ambleside AC	0:32:19	4
0113	Andy	Fidrmuc	MSEN		0:32:36	5
0758	Richard	Kay	MV40	Helm Hill	0:32:54	6
0540	Matthew	Fretwell	MSEN	Settle Harriers	0:33:16	7
0609	Phil	Mather	MV40	Lonsdale Fell Runners	0:33:43	8
0829	Sam	Harrison	MSEN	Bowland Fell Runners	0:33:56	9
0890	Xavi	Salcedo	MSEN	Wreake and soar valley	0:33:58	10
0290	Javier	Simon	MV50	Helm Hill	0:35:19	11
0324	Scott	Rose	MV40	Helm Hill Runners	0:35:37	12
0885	Charlie	Nicholls	MSEN		0:35:43	13
0101	Alex	Speight	MU21	Helm Hill Runners	0:35:55	14
0519	Ben	Todhunter	MU21	Helm Hill	0:36:12	15
0859	Matt	Fleming	MSEN		0:36:18	16
0640	David	Goadby	MSEN	Helm Hill	0:36:19	17
0601	David	Langford	MSEN	Helm Hill	0:36:22	18
0281	Paul	Upton	MV40	Helm Hill	0:36:26	19
0714	Simon	Blunden	MV40	Helm Hill Runners	0:36:29	20
0381	Graham	Hayes	MV40	Unattached	0:36:30	21
0419	Jacob	Dyer	MV50	Helm Hill Runners	0:36:32	22
0881	Dom	Stanford	MSEN		0:37:11	23
0663	Richard	Talbot	MV40		0:37:30	24
0355	Bryan	Lowrie	MV40	Helm Hill	0:37:39	25
0164	Matthew	Lovesey	MV40	N/A	0:37:41	26
0165	Justin	Tancrel	MV50	Helm Hill Runners	0:37:43	27
0118	Ross	Butler	MV40	Keswick AC	0:37:48	28

0365	Matthew	Swallow	MSEN		0:37:58	29
0476	David	Yates	MV40		0:38:04	30
0500	Martin	Dearden	MV50	Settle Harriers	0:38:15	31
0309	Jack	Hartley	MSEN	Helm Hill	0:38:24	32
0255	David	Griffin	MV60	Helm Hill Runners	0:38:30	33
0484	Tim	Reid	MSEN	Ambleside	0:38:39	34
0549	Simon	Thompson	MV40	Keswick AC	0:38:47	35
0087	James	Edwards	MV40	Dallam	0:39:01	36
0679	Ian	Duffy	MV40	Rosendale Harriers	0:39:08	37
0734	Philip	Mallaband	MV50		0:39:23	38
0289	Thomas	Brown	MV40	Settle Harriers	0:39:31	39
0292	Charlotte	Seward	FSEN	Helm Hill	0:39:33	40
0517	James	Todhunter	MV40	Helm Hill	0:39:37	41
0053	David	Wilson	MV60	Bowland Fell Runners	0:39:40	42
0383	Craig	Burrow	MV50	Helm Hill Runners	0:39:43	43
0676	Tilly	Duffy	FU21	Rosendale Harriers	0:39:47	44
0886	Rhys	Morris	MSEN		0:39:52	45
0695	Robert	Moffat	MSEN		0:39:55	46
0363	Jim	Cater	MV50	Helm Hill	0:40:03	47
0836	Christopher	Reade	MV60	Bowland Fellrunners	0:40:10	48
0011	Emily	MacPherson-Littl	FU21	Bowland Fell Runners	0:40:20	49
0547	Al	Shawcross	MV50	Dallam	0:40:21	50
0467	Edward	Jermy	MU21	Howgill Harriers	0:40:29	51
0035	Simon	Richardson	MV50	Helm Hill Runners	0:40:39	52
0372	Toby	Acland	MU21	Helm Hill Runners	0:40:53	53
0420	Bianca	Dyer	FV50	Helm Hill Runners	0:40:54	54
0150	Claire	Kennedy	FSEN	Helm Hill Runners	0:41:01	55
0614	Ian	Horne	MV60	Eden Runners	0:41:04	56
0099	Chris	Speight	MV60	Helm Hill Runners	0:41:14	57
0869	Sarah	Smith	FU21	Helm Hill	0:41:24	58

0242	Steph	Jones	FV40	Ambleside ac	0:41:29	59
0380	Jennifer	Hayes	FU21	Settle Harriers	0:41:57	60
0015	Chris	Moore	MV40	Leven Valley AC	0:42:17	61
0151	joe	blackett	MV60	darkpeakfellrunners	0:42:20	62
0616	George	Campbell	MU21	Howgill Harrier	0:42:24	63
0557	Sean	Robinson	MV40	Howgill harriers	0:42:29	64
0041	Paul	Revell	MV60	Howgill Harriers	0:42:56	65
0141	Sophie	Fosker	FV40	Bowland Fell Runners	0:43:05	66
0287	Charlotte	Jones	FSEN	Helm Hill	0:43:23	67
0891	Matthew	Murgatroyd	MSEN	Ambleside	0:43:36	68
0706	Catherine	Houston	FV40	Helm Hill Runners	0:43:52	69
0525	Michael	Toman	MV50	Rosendale Harriers	0:44:15	70
0634	Lucy	Varney	FV50	Kendal AC	0:44:28	71
0176	Katie	Milburn	FV40	Eden Runners	0:44:44	72
0202	Nick	Hewitt	MV70	Bowland Fell Runners	0:44:50	73
0288	Daisy	Hollister	FSEN	Helm Hill	0:44:58	74
0892	Ed	Pollicott	MSEN		0:45:07	75
0488	Crina	Bulprich	FSEN	Ambleside AC	0:45:14	76
0784	Emma	Burnstone	FSEN	Helm Hill	0:45:30	77
0625	Graham	Beaumont	MV60	Dallam	0:45:34	78
0606	Jonathan	Tombs	MV50	Eden Runners	0:45:39	79
0555	Chris	Green	MV40	Ambleside AC	0:45:44	80
0393	Alex	Heron	MV60	Eden Runners	0:45:46	81
0893	Hannah	Hardy	FSEN	NA	0:45:53	82
0454	Nick	Kitching	MV50	None	0:45:56	83
0314	Neil	Smith	MV50	Leven Valley AC	0:46:21	84
0369	Megan	James	FV40	Eden Runners	0:46:31	85
0038	Debbie	Howard	FV50	Furness fell runners	0:46:40	86
0388	Lucy	Spain	FSEN	Helm Hill	0:46:47	87
0529	Vicky	Bloor	FV40	Furness Fell Runners	0:47:08	88

0455	Colin	Howard	MV60	Furness Fell Runners	0:47:16	89
0682	Geoff	Watson	MV40	Durham City Harriers	0:47:33	90
0527	Ian	Swarbrick	MV50	Furness Fell Runners	0:48:07	91
0222	Steve	Wathall	MV60	Ambleside AC	0:48:15	92
0615	Esther	Lambert	FSEN	Helm Hill	0:48:18	93
0224	Vicky	Woof	FU21	Furness Fell Runners	0:48:22	94
0050	Andy	Stokes	MV70	Dallam	0:48:34	95
0073	Lynn	Whittaker	FV60	Wharfedale Harriers	0:48:41	96
0247	Abi	Catt	FSEN	Eden Runners	0:48:49	97
0276	Matthew	France	MSEN	None	0:48:58	98
0750	Pete	Marston	MV50	Helm hill	0:49:03	99
0293	Steve	King	MV50	Helm Hill Runners	0:49:05	100
0160	Simon	Thomas	MV40	Eden runners	0:49:13	101
0406	Sarah	Batten	FV40	Helm Hill	0:49:23	102
0074	Andy	Holden	MV60	Achille Ratti CC	0:49:50	103
0543	Adrian	Dixon	MV60		0:51:17	104
0374	Holly	Acland	FV40	Helm Hill Runners	0:51:21	105
0417	Vicki	Sherrington	FV50	Helm Hill	0:51:49	106
0453	Colin	Valentine	MV60	Keswick	0:53:01	107
0515	LIBBY	DIXON	FV40	AMBLESIDE ac	0:53:05	108
0459	Jim	Fisher	MV60	Howgill Harriers	0:53:09	109
0330	Will	Douthwaite	MV40	Helm Hill	0:53:26	110
0731	Karen	Fyles	FV50	Howgill Harriers	0:53:33	111
0231	Paula	Bowen	FV50	Ambleside AC	0:54:12	112
0080	Colleen	Oldham	FV40	Leven Valley AC	0:54:44	113
0882	Debbie	Thompson	FV60	Eden Runners	0:55:06	114
0494	Sarah	Douthwaite	FV40		0:55:33	115
0244	Rosie	Broyd	FSEN	Helm Hill	0:56:07	116
0873	Teresa	Onions	FV60	None	0:56:38	117
0660	Veronica	Waller	FV50	Dallam	0:57:13	118

0537	Jayne	Scott	FV50	Helm Hill	0:58:02	119
0669	Sonja	Vietoris	FV60	Dallam RC	0:59:07	120
0874	Lauren	Head	FSEN	Helm Hill	0:59:10	121
0595	Heather	Holden	FV40	N/A	0:59:30	122
0502	Anna	Baker	FV40	Helm Hill Runners	0:59:58	123
0166	Alison	Tancred	FV50	Helm Hill Runners	1:01:23	124
0098	Emma	Griffiths	FV50	Furness Fell Runners	1:01:37	125
0138	Jill	Gates	FV60	Settle Harriers	1:05:23	126
0460	Jane	Hornsby	FV60	Bcr	1:07:19	127

OVERALL WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0292	Charlotte	Seward	FSEN	Helm Hill	0:39:33	1
0676	Tilly	Duffy	FU21	Rossendale Harriers	0:39:47	2
0011	Emily	MacPherson-Littler	FU21	Bowland Fell Runners	0:40:20	3
0420	Bianca	Dyer	FV50	Helm Hill Runners	0:40:54	4
0150	Claire	Kennedy	FSEN	Helm Hill Runners	0:41:01	5
0869	Sarah	Smith	FU21	Helm Hill	0:41:24	6
0242	Steph	Jones	FV40	Ambleside ac	0:41:29	7
0380	Jennifer	Hayes	FU21	Settle Harriers	0:41:57	8
0141	Sophie	Fosker	FV40	Bowland Fell Runners	0:43:05	9
0287	Charlotte	Jones	FSEN	Helm Hill	0:43:23	10
0706	Catherine	Houston	FV40	Helm Hill Runners	0:43:52	11
0634	Lucy	Varney	FV50	Kendal AC	0:44:28	12
0176	Katie	Milburn	FV40	Eden Runners	0:44:44	13
0288	Daisy	Hollister	FSEN	Helm Hill	0:44:58	14
0488	Crina	Bulprich	FSEN	Ambleside AC	0:45:14	15
0784	Emma	Burnstone	FSEN	Helm Hill	0:45:30	16
0893	Hannah	Hardy	FSEN	NA	0:45:53	17
0369	Megan	James	FV40	Eden Runners	0:46:31	18
0038	Debbie	Howard	FV50	Furness fell runners	0:46:40	19
0388	Lucy	Spain	FSEN	Helm Hill	0:46:47	20
0529	Vicky	Bloor	FV40	Furness Fell Runners	0:47:08	21
0615	Esther	Lambert	FSEN	Helm Hill	0:48:18	22
0224	Vicky	Woof	FU21	Furness Fell Runners	0:48:22	23
0073	Lynn	Whittaker	FV60	Wharfedale Harriers	0:48:41	24
0247	Abi	Catt	FSEN	Eden Runners	0:48:49	25
0406	Sarah	Batten	FV40	Helm Hill	0:49:23	26
0374	Holly	Acland	FV40	Helm Hill Runners	0:51:21	27
0417	Vicki	Sherrington	FV50	Helm Hill	0:51:49	28

0515	LIBBY	DIXON	FV40	AMBLESIDE ac	0:53:05	29
0731	Karen	Fyles	FV50	Howgill Harriers	0:53:33	30
0231	Paula	Bowen	FV50	Ambleside AC	0:54:12	31
0080	Colleen	Oldham	FV40	Leven Valley AC	0:54:44	32
0882	Debbie	Thompson	FV60	Eden Runners	0:55:06	33
0494	Sarah	Douthwaite	FV40		0:55:33	34
0244	Rosie	Broyd	FSEN	Helm Hill	0:56:07	35
0873	Teresa	Onions	FV60	None	0:56:38	36
0660	Veronica	Waller	FV50	Dallam	0:57:13	37
0537	Jayne	Scott	FV50	Helm Hill	0:58:02	38
0669	Sonja	Vietoris	FV60	Dallam RC	0:59:07	39
0874	Lauren	Head	FSEN	Helm Hill	0:59:10	40
0595	Heather	Holden	FV40	N/A	0:59:30	41
0502	Anna	Baker	FV40	Helm Hill Runners	0:59:58	42
0166	Alison	Tancrel	FV50	Helm Hill Runners	1:01:23	43
0098	Emma	Griffiths	FV50	Furness Fell Runners	1:01:37	44
0138	Jill	Gates	FV60	Settle Harriers	1:05:23	45
0460	Jane	Hornsby	FV60	Bcr	1:07:19	46

OVERALL MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0542	Jose	Concha	MSEN	Croydon Harriers	0:31:13	1
0286	Laurence	Hill	MSEN	Helm Hill Runners	0:31:15	2
0334	Rupert	Allison	MSEN	Dark Peak Fell Runners	0:31:33	3
0186	Steve	Jacques	MV40	Ambleside AC	0:32:19	4
0113	Andy	Fidrmuc	MSEN		0:32:36	5
0758	Richard	Kay	MV40	Helm Hill	0:32:54	6
0540	Matthew	Fretwell	MSEN	Settle Harriers	0:33:16	7
0609	Phil	Mather	MV40	Lonsdale Fell Runners	0:33:43	8
0829	Sam	Harrison	MSEN	Bowland Fell Runners	0:33:56	9
0890	Xavi	Salcedo	MSEN	Wreake and soar valley	0:33:58	10
0290	Javier	Simon	MV50	Helm Hill	0:35:19	11
0324	Scott	Rose	MV40	Helm Hill Runners	0:35:37	12
0885	Charlie	Nicholls	MSEN		0:35:43	13
0101	Alex	Speight	MU21	Helm Hill Runners	0:35:55	14
0519	Ben	Todhunter	MU21	Helm Hill	0:36:12	15
0859	Matt	Fleming	MSEN		0:36:18	16
0640	David	Goadby	MSEN	Helm Hill	0:36:19	17
0601	David	Langford	MSEN	Helm Hill	0:36:22	18
0281	Paul	Upton	MV40	Helm Hill	0:36:26	19
0714	Simon	Blunden	MV40	Helm Hill Runners	0:36:29	20
0381	Graham	Hayes	MV40	Unattached	0:36:30	21
0419	Jacob	Dyer	MV50	Helm Hill Runners	0:36:32	22
0881	Dom	Stanford	MSEN		0:37:11	23
0663	Richard	Talbot	MV40		0:37:30	24
0355	Bryan	Lowrie	MV40	Helm Hill	0:37:39	25
0164	Matthew	Lovesey	MV40	N/A	0:37:41	26
0165	Justin	Tancred	MV50	Helm Hill Runners	0:37:43	27
0118	Ross	Butler	MV40	Keswick AC	0:37:48	28

0365	Matthew	Swallow	MSEN		0:37:58	29
0476	David	Yates	MV40		0:38:04	30
0500	Martin	Dearden	MV50	Settle Harriers	0:38:15	31
0309	Jack	Hartley	MSEN	Helm Hill	0:38:24	32
0255	David	Griffin	MV60	Helm Hill Runners	0:38:30	33
0484	Tim	Reid	MSEN	Ambleside	0:38:39	34
0549	Simon	Thompson	MV40	Keswick AC	0:38:47	35
0087	James	Edwards	MV40	Dallam	0:39:01	36
0679	Ian	Duffy	MV40	Rosendale Harriers	0:39:08	37
0734	Philip	Mallaband	MV50		0:39:23	38
0289	Thomas	Brown	MV40	Settle Harriers	0:39:31	39
0517	James	Todhunter	MV40	Helm Hill	0:39:37	40
0053	David	Wilson	MV60	Bowland Fell Runners	0:39:40	41
0383	Craig	Burrow	MV50	Helm Hill Runners	0:39:43	42
0886	Rhys	Morris	MSEN		0:39:52	43
0695	Robert	Moffat	MSEN		0:39:55	44
0363	Jim	Cater	MV50	Helm Hill	0:40:03	45
0836	Christophe	Reade	MV60	Bowland Fellrunners	0:40:10	46
0547	Al	Shawcross	MV50	Dallam	0:40:21	47
0467	Edward	Jermy	MU21	Howgill Harriers	0:40:29	48
0035	Simon	Richardson	MV50	Helm Hill Runners	0:40:39	49
0372	Toby	Acland	MU21	Helm Hill Runners	0:40:53	50
0614	Ian	Horne	MV60	Eden Runners	0:41:04	51
0099	Chris	Speight	MV60	Helm Hill Runners	0:41:14	52
0015	Chris	Moore	MV40	Leven Valley AC	0:42:17	53
0151	joe	blackett	MV60	darkpeakfellrunners	0:42:20	54
0616	George	Campbell	MU21	Howgill Harrier	0:42:24	55
0557	Sean	Robinson	MV40	Howgill harriers	0:42:29	56
0041	Paul	Revell	MV60	Howgill Harriers	0:42:56	57
0891	Matthew	Murgatroyd	MSEN	Ambleside	0:43:36	58

0525	Michael	Toman	MV50	Rossendale Harriers	0:44:15	59
0202	Nick	Hewitt	MV70	Bowland Fell Runners	0:44:50	60
0892	Ed	Pollicott	MSEN		0:45:07	61
0625	Graham	Beaumont	MV60	Dallam	0:45:34	62
0606	Jonathan	Tombs	MV50	Eden Runners	0:45:39	63
0555	Chris	Green	MV40	Ambleside AC	0:45:44	64
0393	Alex	Heron	MV60	Eden Runners	0:45:46	65
0454	Nick	Kitching	MV50	None	0:45:56	66
0314	Neil	Smith	MV50	Leven Valley AC	0:46:21	67
0455	Colin	Howard	MV60	Furness Fell Runners	0:47:16	68
0682	Geoff	Watson	MV40	Durham City Harriers	0:47:33	69
0527	Ian	Swarbrick	MV50	Furness Fell Runners	0:48:07	70
0222	Steve	Wathall	MV60	Ambleside AC	0:48:15	71
0050	Andy	Stokes	MV70	Dallam	0:48:34	72
0276	Matthew	France	MSEN	None	0:48:58	73
0750	Pete	Marston	MV50	Helm hill	0:49:03	74
0293	Steve	King	MV50	Helm Hill Runners	0:49:05	75
0160	Simon	Thomas	MV40	Eden runners	0:49:13	76
0074	Andy	Holden	MV60	Achille Ratti CC	0:49:50	77
0543	Adrian	Dixon	MV60		0:51:17	78
0453	Colin	Valentine	MV60	Keswick	0:53:01	79
0459	Jim	Fisher	MV60	Howgill Harriers	0:53:09	80
0330	Will	Douthwaite	MV40	Helm Hill	0:53:26	81

FV40 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0242	Steph	Jones	FV40	Ambleside ac	0:41:29	1
0141	Sophie	Fosker	FV40	Bowland Fell Runners	0:43:05	2
0706	Catherine	Houston	FV40	Helm Hill Runners	0:43:52	3
0176	Katie	Milburn	FV40	Eden Runners	0:44:44	4
0369	Megan	James	FV40	Eden Runners	0:46:31	5
0529	Vicky	Bloor	FV40	Furness Fell Runners	0:47:08	6
0406	Sarah	Batten	FV40	Helm Hill	0:49:23	7
0374	Holly	Acland	FV40	Helm Hill Runners	0:51:21	8
0515	LIBBY	DIXON	FV40	AMBLESIDE ac	0:53:05	9
0080	Colleen	Oldham	FV40	Leven Valley AC	0:54:44	10
0494	Sarah	Douthwaite	FV40		0:55:33	11
0595	Heather	Holden	FV40	N/A	0:59:30	12
0502	Anna	Baker	FV40	Helm Hill Runners	0:59:58	13

MV40 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0186	Steve	Jacques	MV40	Ambleside AC	0:32:19	1
0758	Richard	Kay	MV40	Helm Hill	0:32:54	2
0609	Phil	Mather	MV40	Lonsdale Fell Runners	0:33:43	3
0324	Scott	Rose	MV40	Helm Hill Runners	0:35:37	4
0281	Paul	Upton	MV40	Helm Hill	0:36:26	5
0714	Simon	Blunden	MV40	Helm Hill Runners	0:36:29	6
0381	Graham	Hayes	MV40	Unattached	0:36:30	7
0663	Richard	Talbot	MV40		0:37:30	8
0355	Bryan	Lowrie	MV40	Helm Hill	0:37:39	9
0164	Matthew	Lovesey	MV40	N/A	0:37:41	10
0118	Ross	Butler	MV40	Keswick AC	0:37:48	11
0476	David	Yates	MV40		0:38:04	12
0549	Simon	Thompson	MV40	Keswick AC	0:38:47	13
0087	James	Edwards	MV40	Dallam	0:39:01	14
0679	Ian	Duffy	MV40	Rosendale Harriers	0:39:08	15
0289	Thomas	Brown	MV40	Settle Harriers	0:39:31	16
0517	James	Todhunter	MV40	Helm Hill	0:39:37	17
0015	Chris	Moore	MV40	Leven Valley AC	0:42:17	18
0557	Sean	Robinson	MV40	Howgill harriers	0:42:29	19
0555	Chris	Green	MV40	Ambleside AC	0:45:44	20
0682	Geoff	Watson	MV40	Durham City Harriers	0:47:33	21
0160	Simon	Thomas	MV40	Eden runners	0:49:13	22
0330	Will	Douthwaite	MV40	Helm Hill	0:53:26	23

FV50 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0420	Bianca	Dyer	FV50	Helm Hill Runners	0:40:54	1
0634	Lucy	Varney	FV50	Kendal AC	0:44:28	2
0038	Debbie	Howard	FV50	Furness fell runners	0:46:40	3
0417	Vicki	Sherrington	FV50	Helm Hill	0:51:49	4
0731	Karen	Fyles	FV50	Howgill Harriers	0:53:33	5
0231	Paula	Bowen	FV50	Ambleside AC	0:54:12	6
0660	Veronica	Waller	FV50	Dallam	0:57:13	7
0537	Jayne	Scott	FV50	Helm Hill	0:58:02	8
0166	Alison	Tancred	FV50	Helm Hill Runners	1:01:23	9
0098	Emma	Griffiths	FV50	Furness Fell Runners	1:01:37	10

MV50 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0290	Javier	Simon	MV50	Helm Hill	0:35:19	1
0419	Jacob	Dyer	MV50	Helm Hill Runners	0:36:32	2
0165	Justin	Tancrel	MV50	Helm Hill Runners	0:37:43	3
0500	Martin	Dearden	MV50	Settle Harriers	0:38:15	4
0734	Philip	Mallaband	MV50		0:39:23	5
0383	Craig	Burrow	MV50	Helm Hill Runners	0:39:43	6
0363	Jim	Cater	MV50	Helm Hill	0:40:03	7
0547	Al	Shawcross	MV50	Dallam	0:40:21	8
0035	Simon	Richardson	MV50	Helm Hill Runners	0:40:39	9
0525	Michael	Toman	MV50	Rossendale Harriers	0:44:15	10
0606	Jonathan	Tombs	MV50	Eden Runners	0:45:39	11
0454	Nick	Kitching	MV50	None	0:45:56	12
0314	Neil	Smith	MV50	Leven Valley AC	0:46:21	13
0527	Ian	Swarbrick	MV50	Furness Fell Runners	0:48:07	14
0750	Pete	Marston	MV50	Helm hill	0:49:03	15
0293	Steve	King	MV50	Helm Hill Runners	0:49:05	16

FV60 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0073	Lynn	Whittaker	FV60	Wharfedale Harriers	0:48:41	1
0882	Debbie	Thompson	FV60	Eden Runners	0:55:06	2
0873	Teresa	Onions	FV60	None	0:56:38	3
0669	Sonja	Vietoris	FV60	Dallam RC	0:59:07	4
0138	Jill	Gates	FV60	Settle Harriers	1:05:23	5
0460	Jane	Hornsby	FV60	Bcr	1:07:19	6

MV60 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0255	David	Griffin	MV60	Helm Hill Runners	0:38:30	1
0053	David	Wilson	MV60	Bowland Fell Runners	0:39:40	2
0836	Christopher	Reade	MV60	Bowland Fellrunners	0:40:10	3
0614	Ian	Horne	MV60	Eden Runners	0:41:04	4
0099	Chris	Speight	MV60	Helm Hill Runners	0:41:14	5
0151	joe	blackett	MV60	darkpeakfellrunners	0:42:20	6
0041	Paul	Revell	MV60	Howgill Harriers	0:42:56	7
0625	Graham	Beaumont	MV60	Dallam	0:45:34	8
0393	Alex	Heron	MV60	Eden Runners	0:45:46	9
0455	Colin	Howard	MV60	Furness Fell Runners	0:47:16	10
0222	Steve	Wathall	MV60	Ambleside AC	0:48:15	11
0074	Andy	Holden	MV60	Achille Ratti CC	0:49:50	12
0543	Adrian	Dixon	MV60		0:51:17	13
0453	Colin	Valentine	MV60	Keswick	0:53:01	14
0459	Jim	Fisher	MV60	Howgill Harriers	0:53:09	15

MV70 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0202	Nick	Hewitt	MV70	Bowland Fell Runners	0:44:50	1
0050	Andy	Stokes	MV70	Dallam	0:48:34	2