



HELM HILL WINTER LEAGUE - Elterwater

2026



DIFFERENT STROKES
PAINTING & DECORATING LTD

		U10 GIRLS				
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0242	Harriet	Edwards	u10G	Dallam	0:09:24	1
0419	Pippa	Morphet	u10G	Helm Hill	0:10:42	2
0360	Martha	Goadby	u10G	Helm Hill	0:10:49	3
0624	Ayda	Taylor	u10G	Helm Hill	0:11:54	4
0684	Arabella	Caswell	u10G	Helm Hill	0:14:22	5

U10 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0241	Lewis	Edwards	u10B	Dallam	0:09:10	1
0803	Walter	McCrae	u10B	u/a	0:09:44	2
0281	Harry	Brown	u10B	Settle Harriers	0:10:23	3
0268	Teddy	France	u10B	Settle Harriers	0:10:26	4
0808	George	Blackburn	u10B	Helm hill	0:10:35	5
0601	Thomas	Bell	u10B		0:11:03	6
0456	Joud	Riaz	u10B	Ambleside AC	0:11:28	7
0311	Gabriel	Parsons	u10B	Helm Hill	0:11:35	8
0068	George	Butler	u10B	Ambleside AC	0:11:36	9
0747	Harry	Wolfendale	u10B	Dallam RC	0:12:23	10
0822	Alfie	Sharp	u10B	Ambleside	0:13:15	11
0814	Alfred	Abbott	u10B	Ambleside	0:15:59	12

		U12 GIRLS				
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0073	Mila	Sillito	u12G	Helm Hill Runners	0:08:54	1
0506	Lyra	Haslett	u12G	Helm Hill	0:09:17	2
0494	Romy	Barron	u12G	Ambleside AC	0:09:22	3
0792	Isla	Dalton	u12G	Helm Hill	0:09:26	4
0175	Iona	Duncan	u12G	Helm Hill	0:11:42	5
0706	Jessie	Whittington	u12G	Helm Hill	0:12:37	6
0614	Nieve	Stephenson	u12G	Ambleside AC	0:12:50	7
0163	Mia	Kourkoulos	u12G	Settle Harriers	0:13:29	8
0711	Rosie	Briggs	u12G	Ambleside AC juniors	0:13:40	9
0828	Ruby	Richmond	u12G	Settle Harriers	0:13:46	10
0217	Emilia	Nunns	u12G	Helm Hill	0:14:33	11
0695	Olivia	Clarke	u12G	Helm hill	0:14:37	12

U12 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0341	Judah	Basham	u12B	Ambleside AC	0:08:38	1
0269	Bobby	France	u12B	Settle Harriers	0:08:40	2
0765	Harry	Smith	u12B	Halifax Harriers AC	0:08:42	3
0131	Freddie	Fretwell	u12B	Settle Harriers	0:08:44	4
0161	Callum	Ainsworth	u12B	Helm Hill	0:08:59	5
0663	Jack	Taylor	u12B	Helm Hill	0:09:05	6
0779	Harris	Hoyle	u12B	Helm Hill	0:09:36	7
0074	Arlo	Sillito	u12B	Helm Hill Runners	0:09:49	8
0069	Lucas	Ridley	u12B	Helm	0:09:53	9
0109	Ted	McAleese	u12B	Ambleside AC	0:09:57	10
0083	Matt	Wild-Garcia	u12B	Ambleside AC	0:10:14	11
0280	Freddie	Brown	u12B	Settle Harriers	0:10:20	12
0275	Zach	Young	u12B	Helm hill	0:10:22	13
0511	Charlie	Blackburn	u12B	Helme Hill Runners	0:10:32	14
0807	Thomas	Blackburn	u12B	Helm hill	0:10:33	15
0664	Oliver	Taylor	u12B	Helm Hill	0:11:13	16
0712	Harry	Briggs	u12B	Ambleside AC juniors	0:11:46	17
0149	Toby	Lawton	u12B	Helm Hill	0:12:05	18

		U14 GIRLS				
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0197	Charlotte	Richardson	u14G	Helm Hill Runners	00:12:41	1
0300	Lola	Hodgson	u14G	Ambleside AC	00:13:55	2
0728	Cara	Colluney	u14G		00:14:25	3
0505	Elodie	Haslett	u14G	Helm Hill	00:14:26	4
0362	Rowan	Fosker	u14G	Bowland Fell Runners	00:14:27	5
0343	Iris	Lodge	u14G	Settle harriers	00:14:29	6
0392	Matilda	Upton	u14G	Helm Hill	00:14:50	7
0404	Bessie	Lord	u14G		00:15:34	8
0212	Betty	Jacques	u14G	Ambleside AC	00:15:35	9
0389	Michalina	Bojdol	u14G	Ambleside AC	00:15:54	10
0829	Caitlin	Richmond	u14G	Settle Harriers	00:16:40	11
0729	Beatrice	Butlin-Garside	u14G	Ambleside AC	00:17:25	12
0415	Lucy	Ward	u14G	Settle Harriers	00:19:38	13
0423	Ella	Kay	u14G	Helm Hill Runners	00:20:31	14
0705	Celeste	Whittington	u14G	Helm Hill	00:20:33	15

U14 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0299	Ben	Ryan	u14B	Helm Hill	00:10:04	1
0417	Kit	Evans	u14B	Ambleside AC	00:10:38	2
0326	Charlie	Potter	u14B	Helm Hill	00:10:50	3
0082	Sean	Wild-Garcia	u14B	Ambleside AC	00:11:03	4
0086	Peter	Butler	u14B	Ambleside AC	00:11:47	5
0278	Stanley	Evans	u14B	Settle Harriers	00:12:31	6
0496	Ethan	Douthwaite	u14B	Helm Hill	00:12:35	7
0455	Haris	Riaz	u14B	Ambleside AC	00:12:56	8
0821	Harry	Sharp	u14B	Ambleside	00:13:04	9
0216	Danny	Nunns	u14B	Helm Hill	00:13:05	10
0778	Zach	Lucas	u14B	Helm Hill	00:13:27	11
0353	Stan	Rushton	u14B	Helm Hill	00:13:28	12
0010	Shane	Williamson	u14B	Helm hill	00:13:41	13
0726	Rhys	Crowther	u14B	Ambleside ac	00:14:14	14
0318	Fabian	Bulprich	u14B	Ambleside AC	00:15:29	15

		U16 GIRLS				
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0310	Silvia	Parsons	u16G	Helm Hill	00:17:29	1
0273	Lily	Neville	u16G	None	00:18:49	2
0046	Poppy	Bailey	u16G	Furness Fell Runners	00:21:09	3

		U16 BOYS				
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0330	Charlie	Dobson	u16B	Rossendale Harriers	00:12:36	1
0021	Lawrie	Belshaw	u16B	Ambleside AC	00:13:59	2
0223	George	Bromley	u16B	Settle Harriers	00:16:42	3
0568	Max	Crompton	u16B	Helm	00:16:48	4
0794	Rowan	Bradley	u16B	Ambleside	00:17:40	5
0120	Rhuari	Trott	u16B	Helm Hill	00:17:57	6
0583	Joseph	Giddings	u16B	Keswick AC	00:18:52	7
0100	Fred	Miller	u16B	Settle Harriers Juniors	00:18:54	8
0548	Finn	Wilson	u16B	Ambleside AC	00:20:29	9
0101	Samuel	Evans	u16B	Settle Harriers	00:21:00	10

		U18 GIRLS				
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0784	Cara	Bradley	u18G	Ambleside	0:35:26	1
0554	Rosie	Scott	u18G	Ambleside and Leven Valley	0:37:20	2

U17 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0746	Zeke	Sumner	u18B	Ambleside AC	0:26:30	1
0521	Evan	Mulvany	u18B	Helm Hill	0:28:56	2
0555	Jonah	Hughes	u18B	Helm	0:29:42	3
0550	Oliver	Scott	u18B	Leven Valley	0:31:43	4
0125	Edward	Shawcross	u18B	Ambleside	0:31:52	5
0551	Riley	Scott	u18B	Leven valley	0:32:19	6
0578	Stan	Marston	u18B	Helm hill	0:34:05	7
0122	Zach	Thomas	u18B	Helm Hill	0:36:18	8

		U20 WOMEN				
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0015	Jennifer	Hayes	FU20	Settle Harriers	0:34:12	1
0486	Lucy	Bagot	FU20	Settle Harriers	0:37:53	2

		U20 MEN				
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0233	Alex	Speight	MU20	Helm Hill	0:29:13	1

		Seniors' Race				
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0746	Zeke	Sumner	u18B	Ambleside AC	0:26:30	1
0132	Matthew	Fretwell	MSEN	Settle Harriers	0:27:03	2
0521	Evan	Mulvany	u18B	Helm Hill	0:28:56	3
0233	Alex	Speight	MU20	Helm Hill	0:29:13	4
0302	Ben	Procter	MV40	Helm Hill Runners	0:29:23	5
0422	Richard	Kay	MV40	Helm Hill Runners	0:29:31	6
0834	George	Chinn	MSEN		0:29:34	7
0075	Seb	Sillito	MV40	Helm Hill Runners	0:29:36	8
0791	Thomas	Marshall	MSEN	U/A	0:29:38	9
0555	Jonah	Hughes	u18B	Helm	0:29:42	10
0800	Steven	Clarke	MV40		0:29:46	11
0832	Jack	Simpson	MV40	Ambleside	0:30:11	12
0174	Bruce	Duncan	MV40	Helm Hill	0:30:14	13
0008	Rory	Addison	MSEN	Helm Hill	0:30:29	14
0004	Craig	Taylor	MSEN	Kendal AAC	0:30:31	15
0253	Michael	Kearney	MV40	Helm Hill	0:30:43	16
0368	Daniel	Yates	MSEN	Helm Hill	0:30:47	17
0016	Graham	Hayes	MV40	Independent	0:31:01	18
0380	Jack	Waterhouse	MSEN	Helm Hill	0:31:23	19
0308	James	Parsons	MV40	Helm Hill	0:31:31	20
0430	Alfie	Thorpe	MSEN	BCR	0:31:35	21
0034	Harry	Tierney	MSEN	Furness Fell Runners	0:31:36	22
0550	Oliver	Scott	u18B	Leven Valley	0:31:43	23
0225	Jack	Wilcock	MV40	St Orth	0:31:50	24
0125	Edward	Shawcross	u18B	Ambleside	0:31:52	25
0182	Sam	Clough	MSEN	Helm Hill	0:31:56	26
0551	Riley	Scott	u18B	Leven valley	0:32:19	27
0365	Matthew	Rooke	MSEN	Black Combe Runners	0:32:23	28

0520	Rob	Bond	MSEN		0:32:27	29
0287	Harry	Cale	MSEN		0:32:29	30
0518	Peter	Lawson	MV40	Howgill Harriers	0:32:33	31
0359	David	Goadby	MV40	Helm Hill	0:32:35	32
0787	Ben	Wilson	MSEN	Bowland	0:32:37	33
0835	Seamus	Mohan	MSEN		0:32:45	34
0826	Howard	Dracup	MV40		0:32:47	35
0407	Justin	Tancred	MV50	Helm Hill	0:32:53	36
0062	John	Millen	MV50	Helm Hill	0:33:02	37
0136	William	Laye	MSEN	Howgill Harriers	0:33:11	38
0011	Helen	Smith	FV40	Wharfedale Harriers	0:33:13	39
0414	James	Findlay	MSEN		0:33:30	40
0801	Lindsay	McCrae	MSEN	u/a	0:33:57	41
0578	Stan	Marston	u18B	Helm hill	0:34:05	42
0510	Jacob	Dyer	MV50	Helm Hill Runners	0:34:07	43
0656	Ian	Porter	MV50		0:34:11	44
0015	Jennifer	Hayes	FU20	Settle Harriers	0:34:12	45
0500	Ross	Butler	MV40	Keswick AC	0:34:17	46
0525	Simon	Denny	MSEN	Bentham Beagles Running Club	0:34:22	47
0405	Harvey	Lord	MV40	Black combe	0:34:29	48
0356	Alistair	Hearn	MV50	Helm Hill Runners	0:34:32	49
0594	David	Wilson	MV60	Bowland Fell Runners	0:34:42	50
0524	Niall	McDonald	MSEN	None	0:34:44	51
0584	Joseph	Hawes	MV40	Ambleside AC	0:34:52	52
0295	Joe	Blackett	MV60	DarkPeakFellRunners	0:34:55	53
0581	Tom	Batty	MSEN	Bentham beagles	0:35:01	54
0256	Chris	Moore	MV40	Leven Valley	0:35:04	55
0784	Cara	Bradley	u18G	Ambleside	0:35:26	56
0243	James	Edwards	MV50	Dallam	0:35:37	57
0769	Rob	McGurk	MSEN		0:35:54	58

0804	Matthew	Murgatroyd	MSEN	Ambleside	0:35:56	59
0122	Zach	Thomas	u18B	Helm Hill	0:36:18	60
0598	Christopher	Reade	MV60	Bowland Fell Runners	0:36:28	61
0191	MICHAEL	TOMAN	MV60	ROSSENDALE HARRIERS	0:36:40	62
0060	James	Cater	MV50	Helm Hill	0:36:47	63
0124	Alistair	Shawcross	MV50	Lonsdale	0:36:55	64
0837	Lucy	Haines	FSEN		0:37:08	65
0118	Paul	Revell	MV60	Howgill Harriers	0:37:10	66
0190	Lisa	Parker	FV40	Rossendale Harriers	0:37:14	67
0554	Rosie	Scott	u18G	Ambleside and Leven Valley	0:37:20	68
0665	Juliet	Sherrington	FSEN	Ambleside AC	0:37:27	69
0486	Lucy	Bagot	FU20	Settle Harriers	0:37:53	70
0587	Sean	Robinson	MV40	Howgill Harriers	0:38:18	71
0477	Peter	German	MV40	Helm Hill	0:38:20	72
0530	Nick	Hewitt	MV70	Bowland Fell Runners	0:38:35	73
0440	Deborah	Gowans	FV60	Todmorden Harriers	0:38:40	74
0597	Ellie	Simmonds	FSEN	Helm Hill	0:38:48	75
0825	Liam	Garnett	MSEN		0:39:10	76
0076	Sophie	Wallwin	FSEN	Helm Hill	0:39:40	77
0277	Beth	Evans	FV40	Settle Harriers	0:39:43	78
0317	Crina	Bulprich	FSEN	Ambleside AC	0:39:44	79
0441	Brian	Hickey	MSEN	Cheshire Hill Racers	0:39:47	80
0181	Jim	Bishop	MV50	Lonely Goat	0:40:08	81
0809	Chris	Blackburn	MV40	Helm hill	0:40:18	82
0667	Benji	Grundy	MSEN	Black Combe Runners	0:40:20	83
0542	Nick	Sebley	MV60	Black Combe Runners	0:40:22	84
0313	David	Rex	MSEN		0:40:32	85
0420	Fiona	Morphet	FSEN	Helm Hill	0:40:38	86
0499	Nick	Kitching	MV50	N/A	0:40:46	87
0795	Stefan	Bradley	MV50	Unattached	0:40:50	88

0226	Natasha	Geere	FV50	Spenborough	0:40:54	89
0513	Matt	Foot	MSEN	Helm Hill	0:41:23	90
0096	Ewen	Mackinnon	MV40	Helm Hill	0:41:33	91
0381	Jo	Wilkinson	FV50	Helm Hill	0:41:36	92
0653	Rhiannon	Kamink	FSEN	Helm Hill	0:41:42	93
0622	Rob	Dutfield	MV50		0:42:02	94
0072	Steve	Wathall	MV60	Ambleside AC	0:42:05	95
0304	Maria	Hearn	FV40	Helm Hill	0:42:07	96
0240	Angela	Brand-Barker	FV60	Helm Hill	0:42:15	97
0549	Leanne	Scott	FV40	Leven valley	0:42:29	98
0782	Angela	Tarltan	FV50	Bentham Beagles	0:42:31	99
0534	Graham	Beaumont	MV60	Dallam Running Club	0:43:06	100
0296	Bertie	Goffe	MV40	Helm Hill	0:43:17	101
0290	Hannah	Hammonds	FSEN		0:43:23	102
0314	Tim	Field	MV60	Helm Hill Runners	0:43:26	103
0815	Michael	Smith	MV50	Dallam RC	0:43:47	104
0140	Andy	Monk	MV70	Howgill Harriers	0:44:39	105
0200	Ranald	MacKay	MV50	Spectrum Striders	0:45:46	106
0666	Caroline	D'Arcy	FV50	Helm Hill	0:45:50	107
0134	Vicky	Kirkwood	FV50	Helm Hill Runners	0:45:56	108
0640	Bryn	Waddington	MSEN		0:45:59	109
0573	Mary	Jenner	FV50		0:46:03	110
0475	Mike	Calvert	MV60	Howgill harriers	0:46:05	111
0827	Christopher	Starr	MSEN	Hoad Hill Harriers	0:46:45	112
0145	Vicky	Atkinson	FV50	Helm Hill	0:46:57	113
0416	Andy	Ward	MV40	Settle Harriers	0:47:29	114
0227	Stephen	Hunt	MV60		0:47:51	115
0565	Laura	Hastings	FSEN	Helm Hill Runners	0:48:06	116
0386	John	Taylor	MV70	Bowland	0:48:29	117
0017	Lynn	Whittaker	FV60	Wharfedale Harriers	0:49:19	118

0519	Jonathan	Tombs	MV50	Eden Runners	0:49:52	119
0121	Katharine	Shrine	FV50	Helm Hill	0:51:33	120
0199	Lyn	Richardson	FV50	Helm Hill Runners	0:52:57	121
0507	Joanne	Haslett	FV40	Helm Hill	0:55:26	122
0032	Jasmin	Howard	FSEN	Furness fell runners	0:57:03	123
0491	Jayne	Scott	FV50	Helm Hill	0:57:27	124
0142	Jill	Gates	FV60	Settle Harriers	0:58:15	125
0591	Denise	Tunstall	FV60	Durham Fell Runners	0:58:35	126
0429	Jane	Rousseau	FV50	BCR	0:58:42	127

		OVERALL WOMEN				
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0011	Helen	Smith	FV40	Wharfedale Harriers	0:33:13	1
0015	Jennifer	Hayes	FU20	Settle Harriers	0:34:12	2
0784	Cara	Bradley	u18G	Ambleside	0:35:26	3
0837	Lucy	Haines	FSEN		0:37:08	4
0190	Lisa	Parker	FV40	Rossendale Harriers	0:37:14	5
0554	Rosie	Scott	u18G	Ambleside and Leven Valley	0:37:20	6
0665	Juliet	Sherrington	FSEN	Ambleside AC	0:37:27	7
0486	Lucy	Bagot	FU20	Settle Harriers	0:37:53	8
0440	Deborah	Gowans	FV60	Todmorden Harriers	0:38:40	9
0597	Ellie	Simmonds	FSEN	Helm Hill	0:38:48	10
0076	Sophie	Wallwin	FSEN	Helm Hill	0:39:40	11
0277	Beth	Evans	FV40	Settle Harriers	0:39:43	12
0317	Crina	Bulprich	FSEN	Ambleside AC	0:39:44	13
0420	Fiona	Morphet	FSEN	Helm Hill	0:40:38	14
0226	Natasha	Geere	FV50	Spenborough	0:40:54	15
0381	Jo	Wilkinson	FV50	Helm Hill	0:41:36	16
0653	Rhiannon	Kamink	FSEN	Helm Hill	0:41:42	17
0304	Maria	Hearn	FV40	Helm Hill	0:42:07	18
0240	Angela	Brand-Barker	FV60	Helm Hill	0:42:15	19
0549	Leanne	Scott	FV40	Leven valley	0:42:29	20
0782	Angela	Tarlton	FV50	Bentham Beagles	0:42:31	21
0290	Hannah	Hammonds	FSEN		0:43:23	22
0666	Caroline	D'Arcy	FV50	Helm Hill	0:45:50	23
0134	Vicky	Kirkwood	FV50	Helm Hill Runners	0:45:56	24
0573	Mary	Jenner	FV50		0:46:03	25
0145	Vicky	Atkinson	FV50	Helm Hill	0:46:57	26
0565	Laura	Hastings	FSEN	Helm Hill Runners	0:48:06	27
0017	Lynn	Whittaker	FV60	Wharfedale Harriers	0:49:19	28

0121	Katharine	Shrine	FV50	Helm Hill	0:51:33	29
0199	Lyn	Richardson	FV50	Helm Hill Runners	0:52:57	30
0507	Joanne	Haslett	FV40	Helm Hill	0:55:26	31
0032	Jasmin	Howard	FSEN	Furness fell runners	0:57:03	32
0491	Jayne	Scott	FV50	Helm Hill	0:57:27	33
0142	Jill	Gates	FV60	Settle Harriers	0:58:15	34
0591	Denise	Tunstall	FV60	Durham Fell Runners	0:58:35	35
0429	Jane	Rousseau	FV50	BCR	0:58:42	36

		OVERALL MEN				
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0746	Zeke	Sumner	u18B	Ambleside AC	0:26:30	1
0132	Matthew	Fretwell	MSEN	Settle Harriers	0:27:03	2
0521	Evan	Mulvany	u18B	Helm Hill	0:28:56	3
0233	Alex	Speight	MU20	Helm Hill	0:29:13	4
0302	Ben	Procter	MV40	Helm Hill Runners	0:29:23	5
0422	Richard	Kay	MV40	Helm Hill Runners	0:29:31	6
0834	George	Chinn	MSEN		0:29:34	7
0075	Seb	Sillito	MV40	Helm Hill Runners	0:29:36	8
0791	Thomas	Marshall	MSEN	U/A	0:29:38	9
0555	Jonah	Hughes	u18B	Helm	0:29:42	10
0800	Steven	Clarke	MV40		0:29:46	11
0832	Jack	Simpson	MV40	Ambleside	0:30:11	12
0174	Bruce	Duncan	MV40	Helm Hill	0:30:14	13
0008	Rory	Addison	MSEN	Helm Hill	0:30:29	14
0004	Craig	Taylor	MSEN	Kendal AAC	0:30:31	15
0253	Michael	Kearney	MV40	Helm Hill	0:30:43	16
0368	Daniel	Yates	MSEN	Helm Hill	0:30:47	17
0016	Graham	Hayes	MV40	Independent	0:31:01	18
0380	Jack	Waterhouse	MSEN	Helm Hill	0:31:23	19
0308	James	Parsons	MV40	Helm Hill	0:31:31	20
0430	Alfie	Thorpe	MSEN	BCR	0:31:35	21
0034	Harry	Tierney	MSEN	Furness Fell Runners	0:31:36	22
0550	Oliver	Scott	u18B	Leven Valley	0:31:43	23
0225	Jack	Wilcock	MV40	St Orth	0:31:50	24
0125	Edward	Shawcross	u18B	Ambleside	0:31:52	25
0182	Sam	Clough	MSEN	Helm Hill	0:31:56	26
0551	Riley	Scott	u18B	Leven valley	0:32:19	27
0365	Matthew	Rooke	MSEN	Black Combe Runners	0:32:23	28

0520	Rob	Bond	MSEN		0:32:27	29
0287	Harry	Cale	MSEN		0:32:29	30
0518	Peter	Lawson	MV40	Howgill Harriers	0:32:33	31
0359	David	Goadby	MV40	Helm Hill	0:32:35	32
0787	Ben	Wilson	MSEN	Bowland	0:32:37	33
0835	Seamus	Mohan	MSEN		0:32:45	34
0826	Howard	Dracup	MV40		0:32:47	35
0407	Justin	Tancred	MV50	Helm Hill	0:32:53	36
0062	John	Millen	MV50	Helm Hill	0:33:02	37
0136	William	Laye	MSEN	Howgill Harriers	0:33:11	38
0414	James	Findlay	MSEN		0:33:30	39
0801	Lindsay	McCrae	MSEN	u/a	0:33:57	40
0578	Stan	Marston	u18B	Helm hill	0:34:05	41
0510	Jacob	Dyer	MV50	Helm Hill Runners	0:34:07	42
0656	Ian	Porter	MV50		0:34:11	43
0500	Ross	Butler	MV40	Keswick AC	0:34:17	44
0525	Simon	Denny	MSEN	Bentham Beagles Running Club	0:34:22	45
0405	Harvey	Lord	MV40	Black combe	0:34:29	46
0356	Alistair	Hearn	MV50	Helm Hill Runners	0:34:32	47
0594	David	Wilson	MV60	Bowland Fell Runners	0:34:42	48
0524	Niall	McDonald	MSEN	None	0:34:44	49
0584	Joseph	Hawes	MV40	Ambleside AC	0:34:52	50
0295	Joe	Blackett	MV60	DarkPeakFellRunners	0:34:55	51
0581	Tom	Batty	MSEN	Bentham beagles	0:35:01	52
0256	Chris	Moore	MV40	Leven Valley	0:35:04	53
0243	James	Edwards	MV50	Dallam	0:35:37	54
0769	Rob	McGurk	MSEN		0:35:54	55
0804	Matthew	Murgatroyd	MSEN	Ambleside	0:35:56	56
0122	Zach	Thomas	u18B	Helm Hill	0:36:18	57
0598	Christopher	Reade	MV60	Bowland Fell Runners	0:36:28	58

0191	MICHAEL	TOMAN	MV60	ROSSENDALE HARRIERS	0:36:40	59
0060	James	Cater	MV50	Helm Hill	0:36:47	60
0124	Alistair	Shawcross	MV50	Lonsdale	0:36:55	61
0118	Paul	Revell	MV60	Howgill Harriers	0:37:10	62
0587	Sean	Robinson	MV40	Howgill Harriers	0:38:18	63
0477	Peter	German	MV40	Helm Hill	0:38:20	64
0530	Nick	Hewitt	MV70	Bowland Fell Runners	0:38:35	65
0825	Liam	Garnett	MSEN		0:39:10	66
0441	Brian	Hickey	MSEN	Cheshire Hill Racers	0:39:47	67
0181	Jim	Bishop	MV50	Lonely Goat	0:40:08	68
0809	Chris	Blackburn	MV40	Helm hill	0:40:18	69
0667	Benji	Grundy	MSEN	Black Combe Runners	0:40:20	70
0542	Nick	Sebley	MV60	Black Combe Runners	0:40:22	71
0313	David	Rex	MSEN		0:40:32	72
0499	Nick	Kitching	MV50	N/A	0:40:46	73
0795	Stefan	Bradley	MV50	Unattached	0:40:50	74
0513	Matt	Foot	MSEN	Helm Hill	0:41:23	75
0096	Ewen	Mackinnon	MV40	Helm Hill	0:41:33	76
0622	Rob	Dutfield	MV50		0:42:02	77
0072	Steve	Wathall	MV60	Ambleside AC	0:42:05	78
0534	Graham	Beaumont	MV60	Dallam Running Club	0:43:06	79
0296	Bertie	Goffe	MV40	Helm Hill	0:43:17	80
0314	Tim	Field	MV60	Helm Hill Runners	0:43:26	81
0815	Michael	Smith	MV50	Dallam RC	0:43:47	82
0140	Andy	Monk	MV70	Howgill Harriers	0:44:39	83
0200	Ranald	MacKay	MV50	Spectrum Striders	0:45:46	84
0640	Bryn	Waddington	MSEN		0:45:59	85
0475	Mike	Calvert	MV60	Howgill harriers	0:46:05	86
0827	Christophe	Starr	MSEN	Hoad Hill Harriers	0:46:45	87
0416	Andy	Ward	MV40	Settle Harriers	0:47:29	88

0227	Stephen	Hunt	MV60		0:47:51	89
0386	John	Taylor	MV70	Bowland	0:48:29	90
0519	Jonathan	Tombs	MV50	Eden Runners	0:49:52	91

		FV40 WOMEN				
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0011	Helen	Smith	FV40	Wharfedale Harriers	0:33:13	1
0190	Lisa	Parker	FV40	Rossendale Harriers	0:37:14	2
0277	Beth	Evans	FV40	Settle Harriers	0:39:43	3
0304	Maria	Hearn	FV40	Helm Hill	0:42:07	4
0549	Leanne	Scott	FV40	Leven valley	0:42:29	5
0507	Joanne	Haslett	FV40	Helm Hill	0:55:26	6

		MV40 MEN				
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0302	Ben	Procter	MV40	Helm Hill Runners	0:29:23	1
0422	Richard	Kay	MV40	Helm Hill Runners	0:29:31	2
0075	Seb	Sillito	MV40	Helm Hill Runners	0:29:36	3
0800	Steven	Clarke	MV40		0:29:46	4
0832	Jack	Simpson	MV40	Ambleside	0:30:11	5
0174	Bruce	Duncan	MV40	Helm Hill	0:30:14	6
0253	Michael	Kearney	MV40	Helm Hill	0:30:43	7
0016	Graham	Hayes	MV40	Independent	0:31:01	8
0308	James	Parsons	MV40	Helm Hill	0:31:31	9
0225	Jack	Wilcock	MV40	St Orth	0:31:50	10
0518	Peter	Lawson	MV40	Howgill Harriers	0:32:33	11
0359	David	Goadby	MV40	Helm Hill	0:32:35	12
0826	Howard	Dracup	MV40		0:32:47	13
0500	Ross	Butler	MV40	Keswick AC	0:34:17	14
0405	Harvey	Lord	MV40	Black combe	0:34:29	15
0584	Joseph	Hawes	MV40	Ambleside AC	0:34:52	16
0256	Chris	Moore	MV40	Leven Valley	0:35:04	17
0587	Sean	Robinson	MV40	Howgill Harriers	0:38:18	18
0477	Peter	German	MV40	Helm Hill	0:38:20	19
0809	Chris	Blackburn	MV40	Helm hill	0:40:18	20
0096	Ewen	Mackinnon	MV40	Helm Hill	0:41:33	21
0296	Bertie	Goffe	MV40	Helm Hill	0:43:17	22
0416	Andy	Ward	MV40	Settle Harriers	0:47:29	23

		FV50 WOMEN				
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0226	Natasha	Geere	FV50	Spenborough	0:40:54	1
0381	Jo	Wilkinson	FV50	Helm Hill	0:41:36	2
0782	Angela	Tarlton	FV50	Bentham Beagles	0:42:31	3
0666	Caroline	D'Arcy	FV50	Helm Hill	0:45:50	4
0134	Vicky	Kirkwood	FV50	Helm Hill Runners	0:45:56	5
0573	Mary	Jenner	FV50		0:46:03	6
0145	Vicky	Atkinson	FV50	Helm Hill	0:46:57	7
0121	Katharine	Shrine	FV50	Helm Hill	0:51:33	8
0199	Lyn	Richardson	FV50	Helm Hill Runners	0:52:57	9
0491	Jayne	Scott	FV50	Helm Hill	0:57:27	10
0429	Jane	Rousseau	FV50	BCR	0:58:42	11

		MV50 MEN				
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0407	Justin	Tancrel	MV50	Helm Hill	0:32:53	1
0062	John	Millen	MV50	Helm Hill	0:33:02	2
0510	Jacob	Dyer	MV50	Helm Hill Runners	0:34:07	3
0656	Ian	Porter	MV50		0:34:11	4
0356	Alistair	Hearn	MV50	Helm Hill Runners	0:34:32	5
0243	James	Edwards	MV50	Dallam	0:35:37	6
0060	James	Cater	MV50	Helm Hill	0:36:47	7
0124	Alistair	Shawcross	MV50	Lonsdale	0:36:55	8
0181	Jim	Bishop	MV50	Lonely Goat	0:40:08	9
0499	Nick	Kitching	MV50	N/A	0:40:46	10
0795	Stefan	Bradley	MV50	Unattached	0:40:50	11
0622	Rob	Dutfield	MV50		0:42:02	12
0815	Michael	Smith	MV50	Dallam RC	0:43:47	13
0200	Ranald	MacKay	MV50	Spectrum Striders	0:45:46	14
0519	Jonathan	Tombs	MV50	Eden Runners	0:49:52	15

		FV60 WOMEN				
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0440	Deborah	Gowans	FV60	Todmorden Harriers	0:38:40	1
0240	Angela	Brand-Barker	FV60	Helm Hill	0:42:15	2
0017	Lynn	Whittaker	FV60	Wharfedale Harriers	0:49:19	3
0142	Jill	Gates	FV60	Settle Harriers	0:58:15	4
0591	Denise	Tunstall	FV60	Durham Fell Runners	0:58:35	5

MV60 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0594	David	Wilson	MV60	Bowland Fell Runners	0:34:42	1
0295	Joe	Blackett	MV60	DarkPeakFellRunners	0:34:55	2
0598	Christopher	Reade	MV60	Bowland Fell Runners	0:36:28	3
0191	MICHAEL	TOMAN	MV60	ROSSENDALE HARRIERS	0:36:40	4
0118	Paul	Revell	MV60	Howgill Harriers	0:37:10	5
0542	Nick	Sebley	MV60	Black Combe Runners	0:40:22	6
0072	Steve	Wathall	MV60	Ambleside AC	0:42:05	7
0534	Graham	Beaumont	MV60	Dallam Running Club	0:43:06	8
0314	Tim	Field	MV60	Helm Hill Runners	0:43:26	9
0475	Mike	Calvert	MV60	Howgill harriers	0:46:05	10
0227	Stephen	Hunt	MV60		0:47:51	11

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

		MV70 MEN				
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0530	Nick	Hewitt	MV70	Bowland Fell Runners	0:38:35	1
0140	Andy	Monk	MV70	Howgill Harriers	0:44:39	2
0386	John	Taylor	MV70	Bowland	0:48:29	3