



HELM HILL WINTER LEAGUE 2023 - Helm Race



DIFFERENT STROKES
PAINTING & DECORATING LTD

| U11 GIRLS | | | | | | |
|-----------|---------|-------------|------|----------------------|---------|----------|
| NUMBER | | NAME | CAT | CLUB | TIME | POSITION |
| 0167 | Lucy | Ward | u11G | Settle Harriers | 0:10:01 | 1 |
| 0837 | Rona | Houston | u11G | Helm Hill | 0:10:16 | 2 |
| 0864 | Lola | Hodgson | u11G | Ambleside | 0:10:33 | 3 |
| 0200 | Silvia | Parsons | u11G | Helm Hill | 0:10:41 | 4 |
| 0545 | Ivy | Marshall | u11G | Ambleside AC | 0:10:44 | 5 |
| 0219 | Sophie | Wright | u11G | Settle Harriers | 0:10:48 | 6 |
| 0218 | Megan | Wright | u11G | Settle Harriers | 0:10:50 | 7 |
| 0049 | Elodie | Haslett | u11G | Helm Hill | 0:10:56 | 8 |
| 1069 | Freddie | Brown | u11G | Settle Harriers | 0:11:17 | 9 |
| 0004 | Celeste | Whittington | u11G | Helm Hill | 0:11:27 | 10 |
| 0250 | Lana | Fosker | u11G | Bowland Fell Runners | 0:11:32 | 11 |
| 0815 | Maia | Dacre | u11G | Helm Hill | 0:11:33 | 12 |
| 0309 | Tabetha | Pell | u11G | Ambleside AC | 0:11:36 | 13 |
| 0956 | Harriet | Coward | u11G | Ambleside | 0:11:49 | 14 |
| 1071 | Willow | Penrice | u11G | Helme hill | 0:12:46 | 15 |
| 0280 | Flo | Evans | u11G | Settle Harriers | 0:13:00 | 16 |

| U11 BOYS | | | | | | |
|----------|-----------|------------|------|---------------------------------|---------|----------|
| NUMBER | | NAME | CAT | CLUB | TIME | POSITION |
| 0323 | Jos | Jebb | u11B | Helm Hill Runners | 0:08:22 | 1 |
| 0639 | Calum | McGoldrick | u11B | Settle Harriers | 0:08:31 | 2 |
| 0449 | Kit | Evans | u11B | Ambleside AC | 0:08:36 | 3 |
| 0530 | Rhys | Price | u11B | Darlington Harriers | 0:08:54 | 4 |
| 0369 | Peter | Butler | u11B | Ambleside AC | 0:09:12 | 5 |
| 0498 | Jonty | Brodie | u11B | Helm Hill | 0:09:13 | 6 |
| 0269 | James | McAleese | u11B | Ambleside AC | 0:09:35 | 7 |
| 0771 | Charlie | Potter | u11B | Helm Hill Runners | 0:09:48 | 8 |
| 0233 | Dougie | Giles | u11B | Settle Harriers | 0:09:52 | 9 |
| 0641 | Finlay | McGoldrick | u11B | Settle Harriers | 0:09:54 | 10 |
| 0919 | Lewis | Bell | u11B | | 0:10:13 | 11 |
| 0279 | Stanley | Evans | u11B | Settle Harriers | 0:10:14 | 12 |
| 0869 | Haris | Riaz | u11B | Sedbergh School | 0:10:19 | 13 |
| 0519 | William | Evans | u11B | Settle Harriers | 0:10:20 | 14 |
| 0958 | Kornel | Devlin | u11B | | 0:10:21 | 15 |
| 0974 | Philip | Bolland | u11B | Helm Hill | 0:10:28 | 16 |
| 0600 | Stanley | Atkinson | u11B | Helm Hil | 0:10:31 | 17 |
| 0068 | Danny | Nunns | u11B | Helm Hill | 0:10:52 | 18 |
| 0813 | ROWAN | Griffiths | u11B | Furness Fell Runners | 0:11:02 | 19 |
| 0893 | Jasper | Rose | u11B | | 0:11:13 | 20 |
| 0231 | Layton | Ashton | u11B | Settle Harriers | 0:12:07 | 21 |
| 1068 | Gabrielle | Murray | u11B | attached - runs xc inter school | 0:12:30 | 22 |

| U13 GIRLS | | | | | | |
|-----------|-----------|---------------|------|---------------------|---------|----------|
| NUMBER | | NAME | CAT | CLUB | TIME | POSITION |
| 0322 | Isla | Jebb | u13G | Helm Hill Runners | 0:08:20 | 1 |
| 0226 | Fay | Thomas | u13G | Helm Hill | 0:08:33 | 2 |
| 0691 | Mila | Barron | u13G | Ambleside AC | 0:08:38 | 3 |
| 0348 | Maisie | Oddy | u13G | Wharfedale Harriers | 0:09:10 | 4 |
| 0072 | Imogen | Moore | u13G | Leven Valley | 0:09:16 | 5 |
| 0826 | Freya | Hodgson-Jones | u13G | Ambleside | 0:10:36 | 6 |
| 0444 | Tess | Reedy | u13G | Ambleside AC | 0:10:47 | 7 |
| 0920 | Caitlin | Bell | u13G | | 0:11:12 | 8 |
| 0494 | Annabelle | Atkinson | u13G | | 0:12:45 | 9 |

| U13 BOYS | | | | | | |
|----------|--------|----------|------|-------------------|---------|----------|
| NUMBER | | NAME | CAT | CLUB | TIME | POSITION |
| 1019 | Archie | Cole | u13B | Settle Harriers | 0:08:00 | 1 |
| 0875 | Ben | Brummitt | u13B | Settle Harriers | 0:08:11 | 2 |
| 0668 | HARRI | TANCREL | u13B | Helm Hill | 0:08:17 | 3 |
| 0840 | Dougal | Houston | u13B | Helm Hill | 0:08:25 | 4 |
| 1057 | Harry | Mason | u13B | | 0:08:26 | 5 |
| 0246 | Herbie | Marston | u13B | Helm Hill | 0:09:03 | 6 |
| 0142 | Ghyll | Baker | u13B | Helm Hill Runners | 0:09:05 | 7 |
| 0377 | Ben | Mulvany | u13B | Helm Hill | 0:09:07 | 8 |
| 0742 | Rowan | Bradley | u13B | Ambleside | 0:10:00 | 9 |
| 0270 | F | D | u13B | Ambleside AC | 0:10:06 | 10 |
| 0238 | Harry | Hearn | u13B | Helm Hill | 0:10:53 | 11 |
| 0892 | Austin | Rose | u13B | | 0:11:08 | 12 |
| 0658 | Gus | Campbell | u13B | Howgill Harrier | 0:12:26 | 13 |
| 0901 | Aart | Whiteley | u13B | Helm Hill | 0:13:07 | 14 |

| U15 GIRLS | | | | | | |
|-----------|---------|----------|------|---------------------|----------|----------|
| NUMBER | | NAME | CAT | CLUB | TIME | POSITION |
| 0126 | Isla | Pearman | u15G | Helm Hill | 00:13:38 | 1 |
| 0384 | Holly | Fitch | u15G | Wharfedale Harriers | 00:13:58 | 2 |
| 0606 | Cara | Bradley | u15G | Ambleside AC | 00:14:05 | 3 |
| 0507 | Lily | Slater | u15G | Ambleside | 00:14:13 | 4 |
| 0682 | Rosie | Scott | u15G | Ambleside | 00:14:17 | 5 |
| 0495 | Bridget | Atkinson | u15G | Howgill Harrier | 00:15:23 | 6 |
| 0192 | Katelyn | Douglas | u15G | Leven valley ac | 00:15:29 | 7 |
| 0291 | Lydia | Benson | u15G | Settle Harriers | 00:15:56 | 8 |
| 1053 | Tamzin | Osborne | u15G | Blackburn harriers | 00:16:48 | 9 |
| 0343 | Eleanor | King | u15G | Helm Hill | 00:17:23 | 10 |

| U15 BOYS | | | | | | |
|----------|---------|-----------|------|----------------------|----------|----------|
| NUMBER | | NAME | CAT | CLUB | TIME | POSITION |
| 0300 | Will | Pease | u15B | Barlick Fell Runners | 00:12:20 | 1 |
| 0667 | JOSEFF | TANCREL | u15B | Helm Hill | 00:12:30 | 2 |
| 0538 | Zeke | Sumner | u15B | Ambleside AC | 00:12:43 | 3 |
| 0345 | Oscar | Timbers | u15B | Keighley and Craven | 00:12:56 | 4 |
| 0376 | Evan | Mulvany | u15B | Helm Hill | 00:13:03 | 5 |
| 0044 | Fraser | Dunn | u15B | Helm Hill Runners | 00:13:08 | 6 |
| 0078 | Sam | Oldham | u15B | Leven Valley AC | 00:13:19 | 7 |
| 0286 | Riley | Scott | u15B | Leven valley | 00:13:27 | 8 |
| 0026 | Edward | Shawcross | u15B | Ambleside | 00:13:46 | 9 |
| 0285 | Oliver | Scott | u15B | Leven valley | 00:13:50 | 10 |
| 1061 | Wilf | Hudson | u15B | Chorley AC | 00:13:53 | 11 |
| 0292 | Carl | Sanderson | u15B | Settle Harriers | 00:14:02 | 12 |
| 0468 | Thomas | Iveson | u15B | Ambleside | 00:14:38 | 13 |
| 0247 | Stan | Marston | u15B | Helm Hill | 00:15:07 | 14 |
| 0380 | Henry | Murray | u15B | Levens Valley | 00:15:57 | 15 |
| 0034 | Freddie | Crawford | u15B | Helm Hill Runners | 00:18:03 | 16 |

| U17 GIRLS | | | | | | |
|-----------|-------|--------------------|------|----------------------|----------|----------|
| NUMBER | | NAME | CAT | CLUB | TIME | POSITION |
| 0085 | Emily | MacPherson-Littler | u17G | Bowland Fell Runners | 00:25:22 | 1 |

| U17 BOYS | | | | | | |
|----------|--------|----------|------|--------------------|----------|----------|
| NUMBER | | NAME | CAT | CLUB | TIME | POSITION |
| 0161 | Joe | Hilborne | u17B | Helm Hill | 00:18:07 | 1 |
| 0258 | Robbie | Watmough | u17B | Settle harriers | 00:18:17 | 2 |
| 0052 | Logan | McCredie | u17B | Blackburn Harriers | 00:19:07 | 3 |
| 0817 | Jahryn | MAY | u17B | HELM HILL | 00:19:58 | 4 |
| 0585 | Edward | Jermy | u17B | Howgill Harriers | 00:20:33 | 5 |
| 0154 | Toby | Acland | u17B | Helm Hill Runners | 00:20:36 | 6 |
| 0340 | Alex | Speight | u17B | Helm Hill Runners | 00:20:49 | 7 |
| 0439 | Theo | Robinson | u17B | Howgill Harriers | 00:22:44 | 8 |
| 0239 | Thomas | Hearn | u17B | Helm Hill | 00:22:48 | 9 |

| U21 WOMEN | | | | | | |
|-----------|-------|------|------|------------------|---------|----------|
| NUMBER | | NAME | CAT | CLUB | TIME | POSITION |
| 0055 | Vicky | Woof | FU21 | Howgill Harriers | 0:51:03 | 1 |

| U21 MEN | | | | | | |
|---------|--------|----------|------|---------------------|---------|----------|
| NUMBER | | NAME | CAT | CLUB | TIME | POSITION |
| 0374 | James | Bowen | MU21 | Ambleside | 0:37:16 | 1 |
| 0336 | Harry | Bowen | MU21 | Kendal AC | 0:37:55 | 2 |
| 0656 | George | Campbell | MU21 | Howgill Harrier | 0:46:56 | 3 |
| 0438 | Isaac | Robinson | MU21 | Howgill Harriers | 0:48:49 | 4 |
| 0050 | Benji | Grundy | MU21 | Wharfedale Harriers | 0:55:26 | 5 |

| OVERALL WOMEN | | | | | | |
|---------------|-----------|------------|------|-----------------------|---------|----------|
| NUMBER | | NAME | CAT | CLUB | TIME | POSITION |
| 0663 | Victoria | Wilkinson | FV40 | Bingley Harriers | 0:37:22 | 1 |
| 0103 | Bianca | Dyer | FV40 | Helm Hill Runners | 0:42:40 | 2 |
| 0147 | Alice | Rea | FSEN | Helm Hill | 0:43:09 | 3 |
| 0480 | Ellie | Mather | FSEN | Lonsdale Fell Runners | 0:44:32 | 4 |
| 0375 | Emma | Kearsey | FSEN | Helm Hill Runners | 0:45:00 | 5 |
| 0456 | Lisa | Parker | FV40 | Rossendale Harriers | 0:45:11 | 6 |
| 0148 | Deborah | Gowans | FV50 | Todmorden Harriers | 0:46:15 | 7 |
| 0399 | Rhiannon | Kamink | FSEN | Helm Hill | 0:47:33 | 8 |
| 0203 | Holly | Gordon | FSEN | Ambleside AC | 0:48:35 | 9 |
| 0047 | Charlotte | Seward | FSEN | | 0:49:23 | 10 |
| 0076 | Leanne | Scott | FV40 | Leven valley | 0:49:33 | 11 |
| 0156 | Kirsten | Angus | FV40 | Settle Harriers | 0:49:41 | 12 |
| 0249 | Sophie | Fosker | FV40 | Bowland Fell Runers | 0:49:53 | 13 |
| 0055 | Vicky | Woof | FU21 | Howgill Harriers | 0:51:03 | 14 |
| 0781 | Sarah | Batten | FSEN | Helm Hill | 0:52:23 | 15 |
| 0334 | Eleanor | Knowles | FV50 | Ambleside AC | 0:52:42 | 16 |
| 0721 | Rachael | Mellor | FV50 | Howgill Harriers | 0:52:48 | 17 |
| 0101 | Hannah | Waterhouse | FSEN | | 0:53:19 | 18 |
| 0187 | Liz | Whitfield | FV40 | Helm Hill | 0:53:40 | 19 |
| 0017 | Suzanne | Budgett | FV60 | Horwich RMI Harriers | 0:53:52 | 20 |
| 0400 | Esther | Lambert | FSEN | Helm Hill | 0:53:57 | 21 |
| 0237 | Maria | Hearn | FV40 | Helm Hill | 0:54:34 | 22 |
| 0281 | Beth | Evans | FSEN | Settle Harriers | 0:55:29 | 23 |
| 1072 | Anne | Mynott | FV50 | Colwyn Bay AC | 0:56:18 | 24 |
| 0030 | Wendy | Dodds | FV70 | Dallam Running Club | 0:56:56 | 25 |
| 0092 | Denise | Tunstall | FV50 | Durham Fell Runners | 0:57:11 | 26 |
| 0844 | Caroline | D'Arcy | FV50 | Helm Hill | 0:57:21 | 27 |
| 0107 | Louise | Robinson | FSEN | Women on the Run | 0:57:30 | 28 |

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|------|-----------|-------------|------|----------------------|---------|----|
| 0015 | Lynn | Whittaker | FV60 | Wharfedale Harriers | 0:57:39 | 29 |
| 0679 | Judith | Marshall | FV40 | Settle harriers | 0:58:19 | 30 |
| 0525 | Libby | DIXON | FV40 | Ambleside AC | 0:58:21 | 31 |
| 0486 | Paula | Bowen | FV50 | Ambleside | 0:58:26 | 32 |
| 0088 | Colleen | Oldham | FV40 | Leven Valley AC | 0:58:42 | 33 |
| 0177 | Sonia | Woods | FV50 | Bowland Fell Runners | 0:59:59 | 34 |
| 0114 | Fliss | Milner | FV50 | Helm Hill | 1:00:13 | 35 |
| 0561 | Louise | Dunn | FV60 | | 1:00:17 | 36 |
| 0339 | vicki | sherrington | FV50 | Helm Hill | 1:00:25 | 37 |
| 0440 | Zoe | Robinson | FV40 | Howgill Harriers | 1:00:58 | 38 |
| 0626 | Ruth | Webster | FV50 | non | 1:01:16 | 39 |
| 0895 | Andrena | Ball | FSEN | | 1:01:32 | 40 |
| 0492 | Rebecca | Atkinson | FV40 | | 1:01:52 | 41 |
| 0750 | Dawn | Bradley | FV40 | None | 1:03:20 | 42 |
| 0066 | Lou | Bland | FV50 | Helm Hill | 1:03:34 | 43 |
| 0199 | Elena | Parsons | FSEN | Helm Hill | 1:05:46 | 44 |
| 0224 | Katharine | Shrine | FV40 | Helm Hill | 1:06:31 | 45 |
| 0847 | Jayne | Scott | FV50 | | 1:06:50 | 46 |
| 0528 | Sonja | Vietoris | FV60 | Dallam Running | 1:07:43 | 47 |
| 0141 | Anna | Baker | FV40 | Helm Hill Runners | 1:08:21 | 48 |
| 0016 | Jill | Gates | FV60 | Settle Harriers | 1:10:21 | 49 |
| 0665 | ALISON | TANCREL | FV50 | Helm Hill | 1:10:51 | 50 |

| OVERALL MEN | | | | | | |
|-------------|----------|------------|------|-----------------------|---------|----------|
| NUMBER | | NAME | CAT | CLUB | TIME | POSITION |
| 0196 | Peter | Stock | MSEN | Helm Hill | 0:34:38 | 1 |
| 0098 | Sam | Burnstone | MSEN | Helm Hill | 0:34:43 | 2 |
| 0264 | Lewis | Bowness | MSEN | Helm Hill | 0:35:16 | 3 |
| 0643 | Mark | McGoldrick | MV40 | Settle Harriers | 0:36:05 | 4 |
| 0450 | Jose | Concha | MSEN | Helm Hill Runners | 0:36:32 | 5 |
| 0009 | Andy | F | MSEN | Unaffiliated | 0:36:37 | 6 |
| 0374 | James | Bowen | MU21 | Ambleside | 0:37:16 | 7 |
| 0481 | Phil | Mather | MSEN | Lonsdale Fell Runners | 0:37:26 | 8 |
| 0042 | Alastair | Dunn | MV50 | Helm Hill Runners | 0:37:37 | 9 |
| 0336 | Harry | Bowen | MU21 | Kendal AC | 0:37:55 | 10 |
| 0446 | Matt | Reedy | MV40 | Ambleside AC | 0:38:16 | 11 |
| 1074 | Shane | Ohly | MV40 | Helm Hill | 0:38:19 | 12 |
| 0038 | Javier | Simon | MV40 | Helm hill | 0:38:26 | 13 |
| 0338 | Ben | Timbers | MV40 | Keighley and Craven | 0:39:11 | 14 |
| 0039 | Rory | Addison | MSEN | Helm Hill | 0:39:27 | 15 |
| 0209 | Jos | Addison | MSEN | Helm Hill | 0:40:00 | 16 |
| 0308 | James | Pell | MSEN | Helm Hill | 0:40:17 | 17 |
| 0389 | David | Goadby | MSEN | Helm Hill | 0:41:32 | 18 |
| 0033 | James | Baron | MV50 | Helm Hill | 0:41:49 | 19 |
| 0211 | Nigel | Wood | MV40 | Helmhill | 0:42:10 | 20 |
| 0040 | David | Griffin | MV60 | Helm Hill Runners | 0:42:24 | 21 |
| 0073 | Joe | Hobbs | MSEN | Lonsdale Fell Runners | 0:43:15 | 22 |
| 0178 | David | Wilson | MV50 | Bowland | 0:43:21 | 23 |
| 0457 | Michael | Toman | MV50 | Rosendale Harriers | 0:43:37 | 24 |
| 0993 | Stephen | Potter | MV40 | Unaffiliated | 0:44:15 | 25 |
| 0236 | Alistair | Hearn | MV50 | Helm Hill | 0:44:23 | 26 |
| 0025 | Alistair | Shawcross | MV40 | Dallam | 0:44:44 | 27 |
| 0975 | Anthony | Bowness | MV50 | Kendal AC | 0:44:53 | 28 |

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|------|----------|-----------|------|----------------------|---------|----|
| 0777 | Matthew | Swallow | MSEN | | 0:46:07 | 29 |
| 0150 | Brian | Hickey | MV60 | Cheshire Hill Racers | 0:46:37 | 30 |
| 0656 | George | Campbell | MU21 | Howgill Harrier | 0:46:56 | 31 |
| 0245 | Peter | Marston | MV40 | Helm Hill | 0:47:16 | 32 |
| 0437 | Sean | Robinson | MV40 | Howgill Harriers | 0:47:52 | 33 |
| 0617 | ANDY | HOLDEN | MV50 | Achille Ratti CC | 0:48:22 | 34 |
| 0387 | Chris | Evans | MV50 | Ambleside AC | 0:48:39 | 35 |
| 0438 | Isaac | Robinson | MU21 | Howgill Harriers | 0:48:49 | 36 |
| 0094 | Ray | Gill | MV60 | Helm Hill | 0:49:13 | 37 |
| 0091 | John | Jones | MV60 | Helm Hill | 0:49:25 | 38 |
| 0937 | Jack | Taylor | MSEN | | 0:49:59 | 39 |
| 0116 | Stuart | Lockton | MV50 | Helm Hill | 0:50:02 | 40 |
| 1006 | Edmund | Taylor | MV40 | | 0:50:14 | 41 |
| 0240 | Andy | Ward | MV40 | Settle Harriers | 0:50:33 | 42 |
| 0331 | Jeremy | Wilkinson | MV50 | Keighley & Craven | 0:50:45 | 43 |
| 0773 | Seren | Darrell | MSEN | Helm Hill | 0:50:50 | 44 |
| 0188 | Alistair | Welsh | MV60 | Bowland Fell Runners | 0:51:45 | 45 |
| 0342 | Chris | Speight | MV60 | Kendal AAC | 0:52:06 | 46 |
| 0584 | Colin | Valentine | MV60 | Keswick | 0:52:33 | 47 |
| 0747 | Stefan | Bradley | MV40 | Unattached | 0:52:37 | 48 |
| 0326 | Jonathan | Tombs | MV50 | Eden Runners | 0:53:00 | 49 |
| 1076 | Tim | Field | MV50 | | 0:53:09 | 50 |
| 0368 | Peter | Ellwood | MV50 | Settle Harriers | 0:53:29 | 51 |
| 0793 | Andy | Evans | MV60 | Settle Harriers | 0:54:45 | 52 |
| 0393 | Mark | Charnley | MV50 | Settle Harriers | 0:55:05 | 53 |
| 0050 | Benji | Grundy | MU21 | Wharfedale Harriers | 0:55:26 | 54 |
| 0262 | Mike | Falgate | MV60 | Helm Hill | 0:55:36 | 55 |
| 0043 | Keith | Masser | MV60 | Helm Hill Runners | 0:56:59 | 56 |
| 0560 | Graham | Capper | MV60 | Helm Hill | 0:58:49 | 57 |
| 0661 | Richard | Campbell | MV40 | Howgill Harrier | 0:59:45 | 58 |

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|------|------|----------|------|-----------|---------|----|
| 0493 | Matt | Atkinson | MV40 | | 1:02:27 | 59 |
| 0256 | Andy | Connor | MV50 | Ambleside | 1:03:07 | 60 |

| FV40 WOMEN | | | | | | |
|------------|-----------|-----------|------|---------------------|---------|----------|
| NUMBER | | NAME | CAT | CLUB | TIME | POSITION |
| 0663 | Victoria | Wilkinson | FV40 | Bingley Harriers | 0:37:22 | 1 |
| 0103 | Bianca | Dyer | FV40 | Helm Hill Runners | 0:42:40 | 2 |
| 0456 | Lisa | Parker | FV40 | Rossendale Harriers | 0:45:11 | 3 |
| 0076 | Leanne | Scott | FV40 | Leven valley | 0:49:33 | 4 |
| 0156 | Kirsten | Angus | FV40 | Settle Harriers | 0:49:41 | 5 |
| 0249 | Sophie | Fosker | FV40 | Bowland Fell Runers | 0:49:53 | 6 |
| 0187 | Liz | Whitfield | FV40 | Helm Hill | 0:53:40 | 7 |
| 0237 | Maria | Hearn | FV40 | Helm Hill | 0:54:34 | 8 |
| 0679 | Judith | Marshall | FV40 | Settle harriers | 0:58:19 | 9 |
| 0525 | Libby | DIXON | FV40 | Ambleside AC | 0:58:21 | 10 |
| 0088 | Colleen | Oldham | FV40 | Leven Valley AC | 0:58:42 | 11 |
| 0440 | Zoe | Robinson | FV40 | Howgill Harriers | 1:00:58 | 12 |
| 0492 | Rebecca | Atkinson | FV40 | | 1:01:52 | 13 |
| 0750 | Dawn | Bradley | FV40 | None | 1:03:20 | 14 |
| 0224 | Katharine | Shrine | FV40 | Helm Hill | 1:06:31 | 15 |
| 0141 | Anna | Baker | FV40 | Helm Hill Runners | 1:08:21 | 16 |

| MV40 MEN | | | | | | |
|----------|----------|------------|------|---------------------|---------|----------|
| NUMBER | | NAME | CAT | CLUB | TIME | POSITION |
| 0643 | Mark | McGoldrick | MV40 | Settle Harriers | 0:36:05 | 1 |
| 0446 | Matt | Reedy | MV40 | Ambleside AC | 0:38:16 | 2 |
| 1074 | Shane | Ohly | MV40 | Helm Hill | 0:38:19 | 3 |
| 0038 | Javier | Simon | MV40 | Helm hill | 0:38:26 | 4 |
| 0338 | Ben | Timbers | MV40 | Keighley and Craven | 0:39:11 | 5 |
| 0211 | Nigel | Wood | MV40 | Helmhill | 0:42:10 | 6 |
| 0993 | Stephen | Potter | MV40 | Unaffiliated | 0:44:15 | 7 |
| 0025 | Alistair | Shawcross | MV40 | Dallam | 0:44:44 | 8 |
| 0245 | Peter | Marston | MV40 | Helm Hill | 0:47:16 | 9 |
| 0437 | Sean | Robinson | MV40 | Howgill Harriers | 0:47:52 | 10 |
| 1006 | Edmund | Taylor | MV40 | | 0:50:14 | 11 |
| 0240 | Andy | Ward | MV40 | Settle Harriers | 0:50:33 | 12 |
| 0747 | Stefan | Bradley | MV40 | Unattached | 0:52:37 | 13 |
| 0661 | Richard | Campbell | MV40 | Howgill Harrier | 0:59:45 | 14 |
| 0493 | Matt | Atkinson | MV40 | | 1:02:27 | 15 |

| FV50 WOMEN | | | | | | |
|------------|----------|-------------|------|----------------------|---------|----------|
| NUMBER | | NAME | CAT | CLUB | TIME | POSITION |
| 0148 | Deborah | Gowans | FV50 | Todmorden Harriers | 0:46:15 | 1 |
| 0334 | Eleanor | Knowles | FV50 | Ambleside AC | 0:52:42 | 2 |
| 0721 | Rachael | Mellor | FV50 | Howgill Harriers | 0:52:48 | 3 |
| 1072 | Anne | Mynott | FV50 | Colwyn Bay AC | 0:56:18 | 4 |
| 0092 | Denise | Tunstall | FV50 | Durham Fell Runners | 0:57:11 | 5 |
| 0844 | Caroline | D'Arcy | FV50 | Helm Hill | 0:57:21 | 6 |
| 0486 | Paula | Bowen | FV50 | Ambleside | 0:58:26 | 7 |
| 0177 | Sonia | Woods | FV50 | Bowland Fell Runners | 0:59:59 | 8 |
| 0114 | Fliss | Milner | FV50 | Helm Hill | 1:00:13 | 9 |
| 0339 | vicki | sherrington | FV50 | Helm Hill | 1:00:25 | 10 |
| 0626 | Ruth | Webster | FV50 | non | 1:01:16 | 11 |
| 0066 | Lou | Bland | FV50 | Helm Hill | 1:03:34 | 12 |
| 0847 | Jayne | Scott | FV50 | | 1:06:50 | 13 |
| 0665 | ALISON | TANCREL | FV50 | Helm Hill | 1:10:51 | 14 |

| MV50 MEN | | | | | | |
|----------|----------|-----------|------|--------------------|---------|----------|
| NUMBER | | NAME | CAT | CLUB | TIME | POSITION |
| 0042 | Alastair | Dunn | MV50 | Helm Hill Runners | 0:37:37 | 1 |
| 0033 | James | Baron | MV50 | Helm Hill | 0:41:49 | 2 |
| 0178 | David | Wilson | MV50 | Bowland | 0:43:21 | 3 |
| 0457 | Michael | Toman | MV50 | Rosendale Harriers | 0:43:37 | 4 |
| 0236 | Alistair | Hearn | MV50 | Helm Hill | 0:44:23 | 5 |
| 0975 | Anthony | Bowness | MV50 | Kendal AC | 0:44:53 | 6 |
| 0617 | ANDY | HOLDEN | MV50 | Achille Ratti CC | 0:48:22 | 7 |
| 0387 | Chris | Evans | MV50 | Ambleside AC | 0:48:39 | 8 |
| 0116 | Stuart | Lockton | MV50 | Helm Hill | 0:50:02 | 9 |
| 0331 | Jeremy | Wilkinson | MV50 | Keighley & Craven | 0:50:45 | 10 |
| 0326 | Jonathan | Tombs | MV50 | Eden Runners | 0:53:00 | 11 |
| 1076 | Tim | Field | MV50 | | 0:53:09 | 12 |
| 0368 | Peter | Ellwood | MV50 | Settle Harriers | 0:53:29 | 13 |
| 0393 | Mark | Charnley | MV50 | Settle Harriers | 0:55:05 | 14 |
| 0256 | Andy | Connor | MV50 | Ambleside | 1:03:07 | 15 |

| FV60 WOMEN | | | | | | |
|------------|---------|-----------|------|----------------------|---------|----------|
| NUMBER | | NAME | CAT | CLUB | TIME | POSITION |
| 0017 | Suzanne | Budgett | FV60 | Horwich RMI Harriers | 0:53:52 | 1 |
| 0015 | Lynn | Whittaker | FV60 | Wharfedale Harriers | 0:57:39 | 2 |
| 0561 | Louise | Dunn | FV60 | | 1:00:17 | 3 |
| 0528 | Sonja | Vietoris | FV60 | Dallam Running | 1:07:43 | 4 |
| 0016 | Jill | Gates | FV60 | Settle Harriers | 1:10:21 | 5 |

| MV60 MEN | | | | | | |
|----------|----------|-----------|------|----------------------|---------|----------|
| NUMBER | | NAME | CAT | CLUB | TIME | POSITION |
| 0040 | David | Griffin | MV60 | Helm Hill Runners | 0:42:24 | 1 |
| 0150 | Brian | Hickey | MV60 | Cheshire Hill Racers | 0:46:37 | 2 |
| 0094 | Ray | Gill | MV60 | Helm Hill | 0:49:13 | 3 |
| 0091 | John | Jones | MV60 | Helm Hill | 0:49:25 | 4 |
| 0188 | Alistair | Welsh | MV60 | Bowland Fell Runners | 0:51:45 | 5 |
| 0342 | Chris | Speight | MV60 | Kendal AAC | 0:52:06 | 6 |
| 0584 | Colin | Valentine | MV60 | Keswick | 0:52:33 | 7 |
| 0793 | Andy | Evans | MV60 | Settle Harriers | 0:54:45 | 8 |
| 0262 | Mike | Falgate | MV60 | Helm Hill | 0:55:36 | 9 |
| 0043 | Keith | Masser | MV60 | Helm Hill Runners | 0:56:59 | 10 |
| 0560 | Graham | Capper | MV60 | Helm Hill | 0:58:49 | 11 |

| FV70 WOMEN | | | | | | |
|------------|-------|-------|------|---------------------|---------|----------|
| NUMBER | | NAME | CAT | CLUB | TIME | POSITION |
| 0030 | Wendy | Dodds | FV70 | Dallam Running Club | 0:56:56 | 1 |

| MV70 MEN | | | | | | |
|----------|--|------|-----|------|------|----------|
| NUMBER | | NAME | CAT | CLUB | TIME | POSITION |
| #N/A | | | | | | #N/A |