

# HELM HILL WINTER LEAGUE 2023 - WHITESTONES

SUPPORTED BY PETE BLAND SPORTS AND DIFFERENT STROKES



U11 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0268	Iris	Thwaites	u11G	Ambleside A	0:08:06	1
0167	Lucy	Ward	u11G	Settle Harriers	0:09:06	2
0149	Martha	Johnson	u11G	Helm Hill	0:09:06	3
0219	Sophie	Wright	u11G	Settle Harriers	0:09:35	4
0218	Megan	Wright	u11G	Settle Harriers	0:10:08	5
0815	Maia	Dacre	u11G	Helm Hill	0:10:13	6
0049	Elodie	Haslett	u11G	Helm Hill	0:10:14	7
0309	Tabetha	Pell	u11G	Ambleside AC	0:10:18	8
0004	Celeste	Whittington	u11G	Helm Hill	0:10:22	9
0956	Harriet	Coward	u11G	Ambleside	0:10:23	10
0280	Flo	Evans	u11G	Settle Harriers	0:11:14	11
0945	Emma	Stonier	u11G	Settle Harriers	0:11:15	12

U11 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0323	Jos	Jebb	u11B	Helm Hill Runners	0:06:47	1
0267	Dallas	Machell	u11B	Ambleside	0:06:56	2
0449	Kit	Evans	u11B	Ambleside AC	0:07:22	3
0498	Jonty	Brodie	u11B	Helm Hill	0:07:24	4
0530	Rhys	Price	u11B	Darlington Harriers	0:07:36	5
0639	Calum	McGoldrick	u11B	Settle Harriers	0:07:37	6
0771	Charlie	Potter	u11B	Helm Hill Runners	0:08:44	7
0964	Zach	Harris	u11B	Howgill Harriers	0:08:46	8
0641	Finlay	McGoldrick	u11B	Settle Harriers	0:08:47	9
0229	Olly	Fox	u11B	Settle Harriers	0:08:48	10
0369	Peter	Butler	u11B	Ambleside AC	0:08:57	11
0974	Philip	Bolland	u11B	Helm Hill	0:08:59	12
0279	Stanley	Evans	u11B	Settle Harriers	0:09:13	13
0227	Ewan	Stephenson	u11B	Settle Harriers	0:09:13	14
0600	Stanley	Atkinson	u11B	Helm Hil	0:09:22	15
0233	Dougie	Giles	u11B	Settle Harriers	0:09:23	16
0519	William	Evans	u11B	Settle Harriers	0:09:25	17
0068	Danny	Nunns	u11B	On waiting list for Helm Hill	0:09:35	18
0958	Kornel	Devlin	u11B		0:09:49	19
0919	Lewis	Bell	u11B		0:09:57	20
0780	Oscar	Ralph	u11B	Settle Harriers	0:09:59	21
0231	Layton	Ashton	u11B	Settle Harriers	0:13:23	22

U11 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0322	Isla	Jebb	u13G	Helm Hill Runners	0:06:25	1
0226	Fay	Thomas	u13G	Helm Hill	0:06:55	2
0642	Mia	McGoldrick	u13G	Settle Harriers	0:07:14	3
0414	Loppy	Wadsworth	u13G	Helm Hill	0:08:28	4
0072	Imogen	Moore	u13G	Leven Valley	0:08:42	5
0826	Freya	Hodgson-Jones	u13G	Ambleside	0:08:52	6
0238	Harry	Hearn	u13G	Helm Hill	0:09:12	7
0851	Lua	Swami	u13G	Helm	0:09:22	8
0741	Maisie	Todhunter	u13G	Helm Hill	0:09:53	9
0920	Caitlin	Bell	u13G		0:10:13	10
0494	Annabelle	Atkinson	u13G		0:10:28	11

U13 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0668	HARRI	TANCREL	u13B	Helm Hill	0:06:23	1
0442	Joseph	Green	u13B	Ambleside AC	0:06:35	2
0840	Dougal	Houston	u13B	Helm Hill	0:06:56	3
0246	Herbie	Marston	u13B	Helm Hill	0:07:36	4
0609	Charlie	Hodgson	u13B	Helm hill	0:08:02	5
0142	Ghyll	Baker	u13B	Helm Hill Runners	0:08:04	6
0207	Joss	Wood	u13B	Helm hill	0:09:03	7
0658	Gus	Campbell	u13B	Howgill Harrier	0:10:06	8
0723	Rhuari	Trott	u13B	unattached	0:10:07	9

U15 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0321	Millie	Jebb	u15G	Helm Hill Runners	00:09:06	1
0126	Isla	Pearman	u15G	Helm Hill	00:09:49	2
0384	Holly	Fitch	u15G	Wharfedale Harriers	00:09:55	3
0682	Rosie	Scott	u15G	Ambleside	00:09:59	4
0740	Ellie	Todhunter	u15G	Helm Hill	00:10:10	5
0507	Lily	Slater	u15G	Ambleside	00:10:34	6
0378	Isabel	Sanderson	u15G	Helm hill runners	00:10:42	7
0495	Bridget	Atkinson	u15G	Howgill Harrier	00:10:48	8
0291	Lydia	Benson	u15G	Settle Harriers	00:11:04	9
0483	Lucy	Bagot	u15G	Settle	00:15:23	10

U15 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0932	Tom	Ashworth	u15B	Ambleside AC	00:08:14	1
0667	JOSEFF	TANCREL	u15B	Helm Hill	00:08:15	2
0538	Zeke	Sumner	u15B	Ambleside AC	00:08:21	3
0115	Will	Brayshaw	u15B	Helm Hill	00:08:36	4
0345	Oscar	Timbers	u15B	Keighley and Craven	00:08:46	5
0078	Sam	Oldham	u15B	Leven Valley AC	00:08:57	6
0044	Fraser	Dunn	u15B	Helm Hill Runners	00:09:08	7
0413	Cooper	Wadsworth	u15B	Helm Hill	00:09:09	8
0244	Mack	Bagnall	u15B	Settle Harriers	00:09:47	9
0608	Demitri	Kyriacou	u15B	Leven valley	00:09:52	10
0247	Stan	Marston	u15B	Helm Hill	00:10:08	11
0070	Oscar	Clayton	u15B	Wharfedale Harriers	00:10:39	12
0766	James	Verity	u15B	Howgill Harriers	00:10:55	13
0225	Zach	Thomas	u15B	Helm Hill	00:11:20	14
0380	Henry	Murray	u15B	Levens Valley	00:11:40	15
0292	Carl	Sanderson	u15B	Settle Harriers	00:11:57	16

U17 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0021	Olivia	Aldham	u17G	Wharfedale Harriers	00:13:48	1
0406	Katie	Sandham	u17G	Ambleside AC	00:14:08	2
0358	Marina	Bailey	u17G	Leven Valley AC	00:14:31	3
0191	Ellen	Douglas	u17G	Leven valley ac	00:16:05	4
0056	Lily-Grace	Clayton	u17G	Wharfedale Harriers	00:17:08	5
0085	Emily	MacPherson-Littler	u17G	Bowland Fell Runners	00:18:14	6
0702	Lucy	Howard	u17G	Preston Harriers	00:18:17	7



U17 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0251	Jack	Sanderson	u17B	Settle Harriers	00:10:57	1
0057	Max	Hazlehurst	u17B	Leven Valley AC	00:11:29	2
0931	Rowan	Ashworth	u17B	Ambleside AC	00:11:37	3
0087	Oliver	Oldham	u17B	Leven Valley AC	00:11:51	4
0052	Logan	McCredie	u17B	Clayton-le-Moor Harriers	00:12:24	5
0161	Joe	Hilborne	u17B	Helm Hill	00:12:24	6
0817	Jahryn	MAY	u17B	HELM HILL	00:12:57	7
0585	Edward	Jermy	u17B	Howgill Harriers	00:13:02	8
0265	John	Williamson	u17B	Leven Valley AC	00:13:28	9
0738	Ben	Todhunter	u17B	Helm Hill	00:14:06	10
0239	Thomas	Hearn	u17B	Helm Hill	00:14:13	11
0340	Alex	Speight	u17B	Helm Hill Runners	00:14:25	12
0439	Theo	Robinson	u17B	Howgill Harriers	00:16:23	13

U21 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0055	Vicky	Woof	FU21	Howgill Harriers	0:43:25	1

U21 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0374	James	Bowen	MU21	Ambleside	0:31:45	1
0520	eric	beaumont	MU21	kcac	0:33:46	2
0630	Adam	Scott	MU21	Helm Hill	0:38:59	3
0438	Isaac	Robinson	MU21	Howgill Harriers	0:42:15	4
0050	Benji	Grundy	MU21	Wharfedale Harriers	0:51:13	5

OVERALL WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0103	Bianca	Dyer	FV40	Helm Hill Runners	0:38:37	1
0147	Alice	Rea	FSEN	Helm Hill	0:38:55	2
0327	Sarah	Murtagh	FSEN	Helm Hill	0:38:58	3
0490	Connie	Hurton	FSEN	Eden Runners	0:39:03	4
0480	Ellie	Mather	FSEN	Lonsdale Fell Runners	0:39:07	5
0375	Emma	Kearsey	FSEN	Helm Hill Runners	0:39:42	6
0456	Lisa	Parker	FV40	Rossendale Harriers	0:40:12	7
0467	Ruth	Bell	FSEN	Helm Hill	0:41:31	8
0148	Deborah	Gowans	FV50	Todmorden Harriers	0:41:36	9
0474	Lorna	Askew	FV50	Helm Hill	0:42:53	10
0556	Rhiannon	Page	FSEN	Lonsdale Fell Runners	0:43:06	11
0834	Catherine	Houston	FV40	Helm Hill	0:43:08	12
0123	Amy	Pearman	FV40	Helm Hill	0:43:14	13
0055	Vicky	Woof	FU21	Howgill Harriers	0:43:25	14
0084	Gemma	Lane	FSEN		0:44:17	15
0855	Liz	McNally	FSEN	Leven Valley AC	0:44:25	16
0047	Charlotte	Seward	FSEN		0:44:27	17
0102	Rebecca	Howard	FSEN	AAC	0:44:55	18
0503	Katie	Milburn	FSEN	Eden Runners	0:45:09	19
0243	Jess	Bagnall	FV40	Settle Harriers	0:45:43	20
0121	Alison	Eagle	FV60	Wharfedale Harriers	0:45:45	21
0003	Jo	Cater	FV50	Helm Hill	0:45:48	22
0952	Sue	Cordingley	FV60	Bingley	0:45:54	23
0237	Maria	Hearn	FV40	Helm Hill	0:46:48	24
0334	Eleanor	Knowles	FV50	Ambleside AC	0:47:11	25
0781	Sarah	Batten	FSEN	Helm Hill	0:48:06	26
0907	Benjamin	Mossman	FSEN	No Club	0:48:10	27
0361	Jo	Armistead	FV40	Settle harriers	0:48:27	28

0017	Suzanne	Budgett	FV60	Horwich RMI Harriers	0:48:49	29
0242	Tessa	Higgs	FSEN		0:49:05	30
0565	Mary	Ockenden	FV60	Bowland Fell Runners	0:49:11	31
0144	Jenna	Butler	FV40	Helm Hill	0:49:12	32
0967	Annie	Owen	FV50	Helm Hill	0:49:35	33
0879	Tessa	Hagendoorn	FV50	None	0:49:54	34
0030	Wendy	Dodds	FV70	Dallam Running Club	0:49:59	35
0486	Paula	Bowen	FV50	Ambleside	0:50:32	36
0525	Libby	DIXON	FV40	Ambleside AC	0:50:34	37
0187	Liz	Whitfield	FV40	Helm Hill	0:51:00	38
0081	Sarah	Brewin	FV40	Helm Hill	0:51:07	39
0601	Lottie	Lowther	FSEN	North Leeds fellrunners	0:51:19	40
0281	Beth	Evans	FSEN		0:51:48	41
0679	Judith	Marshall	FV40	Settle harriers	0:53:07	42
0761	Maggie	Wild	FV40	COLT	0:53:10	43
0622	Emma	Blundell	FSEN	Lonsdale Fell Runners	0:53:55	44
0048	Joanne	Haslett	FV40	Helm Hill	0:54:22	45
0440	Zoe	Robinson	FV40	Howgill Harriers	0:54:55	46
0895	Andrena	Ball	FSEN		0:55:29	47
0339	vicki	sherrington	FV50	Helm Hill	0:55:30	48
0969	Linda	Edmondson	FV60	WFRA	0:55:35	49
0177	Sonia	Woods	FV50	Bowland Fell Runners	0:55:36	50
0626	Ruth	Webster	FV50	non	0:56:53	51
0744	Eve	Howard	FV40		0:57:03	52
0966	Karen	Fyles	FV40	Howgill Harriers	0:57:07	53
0844	Caroline	D'Arcy	FV50	Helm Hill	0:58:16	54
0763	Marian	de Silver	FV60	Dallam	0:58:20	55
0092	Denise	Tunstall	FV50	Durham Fell Runners	0:58:42	56
0687	Veronica	Waller	FV50	Dallam	0:58:52	57
0492	Rebecca	Atkinson	FV40		0:59:13	58

0224	Katharine	Shrine	FV40	Helm Hill	0:59:14	59
0066	Lou	Bland	FV50	Helm Hill	0:59:46	60
0960	Judy	Sharples	FV60	Clayton le Moors Harriers	1:00:05	61
0016	Jill	Gates	FV60	Settle Harriers	1:01:39	62
0088	Colleen	Oldham	FV40	Leven Valley AC	1:01:43	63
0141	Anna	Baker	FV40	Helm Hill Runners	1:01:52	64
0528	Sonja	Vietoris	FV60	Dallam Running	1:05:09	65
0316	Miriam	Rosen	FV70	Lancaster & Morecambe AC	1:09:17	66

OVERALL MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0264	Lewis	Bowness	MSEN	Helm Hill	0:30:05	1
0196	Peter	Stock	MSEN	Helm Hill	0:30:13	2
0825	Matthew	Briggs	MSEN	Helm Hill	0:30:15	3
0374	James	Bowen	MU21	Ambleside	0:31:45	4
0098	Sam	Burnstone	MSEN	Helm Hill	0:31:51	5
0643	Mark	McGoldrick	MV40	Settle Harriers	0:32:11	6
0616	Ben	Riddell	MSEN	Salford Harriers	0:32:38	7
0009	Andy	F	MSEN	Unaffiliated	0:33:21	8
0042	Alastair	Dunn	MV50	Helm Hill Runners	0:33:42	9
0520	eric	beaumont	MU21	kcac	0:33:46	10
0112	Jack	Waterhouse	MSEN	Helm Hill	0:34:23	11
0165	Padraig	Spillane	MSEN	Helm Hill	0:34:43	12
0038	Javier	Simon	MV40	Helm hill	0:34:56	13
0308	James	Pell	MSEN	Helm Hill	0:34:58	14
0273	Simon	Mounsey	MV50	Howgill Harriers	0:35:03	15
0955	Dave	Thorp	MSEN	Ambleside AC	0:35:10	16
0217	James	Wright	MV40	Settle Harriers	0:35:16	17
0460	John	Horrocks	MSEN	Blackburn Harriers	0:35:36	18
0502	Rob	Bond	MSEN		0:35:36	19
0666	JUSTIN	TANCREL	MV40	Helm Hill	0:35:40	20
0338	Ben	Timbers	MV40	Keighley and Craven	0:35:44	21
0582	John	Millen	MV40	Helm Hill	0:35:50	22
0275	derek	hurton	MV50	Eden Runners	0:36:00	23
0104	Jacob	Dyer	MV50	Helm Hill Runners	0:36:12	24
0356	James	Bailey	MV50	Leven Valley AC	0:36:51	25
0190	Ben	Wilson	MSEN	Bowland	0:36:57	26
0906	colin	houston	MV40	helm hill	0:37:11	27
0957	Steven	Devlun	MV40		0:37:40	28

0178	David	Wilson	MV50	Bowland	0:37:46	29
0211	Nigel	Wood	MV40	Helmhill	0:38:06	30
0607	David	Kyriacou	MSEN	Leven valley	0:38:25	31
0035	Anthony	Emmet	MV40	Helm Hill	0:38:31	32
0040	David	Griffin	MV60	Helm Hill Runners	0:38:56	33
0630	Adam	Scott	MU21	Helm Hill	0:38:59	34
0971	Declan	Bulmer	MSEN	Wharfedale harriers	0:39:02	35
0856	Henry	James	MSEN	Helm Hill	0:39:03	36
0529	Jim	Andrews	MV50	Helm Hill Runners	0:39:05	37
0025	Alistair	Shawcross	MV40	Dallam	0:39:09	38
0073	Joe	Hobbs	MSEN	Lonsdale Fell Runners	0:39:09	39
0457	Michael	Toman	MV50	Rosendale Harriers	0:39:14	40
0975	Anthony	Bowness	MV50	Kendal AC	0:39:21	41
0409	Phil	Riley	MV40	Helm Hill	0:39:23	42
0437	Sean	Robinson	MV40	Howgill Harriers	0:39:32	43
0767	Billy	Stephens	MSEN	Helm Hill	0:39:43	44
0531	Daz	Slater	MV40	Ambleside AC	0:39:47	45
0124	Matthew	Pearman	MV40	Helm Hill	0:39:49	46
0306	Andrew	Cox	MV50	Helm Hill	0:39:56	47
0045	Steve	King	MV50	Helm Hill	0:40:08	48
0961	Jeffrey	Chadwick	MV50	Glaxo Hoad Hill Harriers	0:40:22	49
0946	Charles	Raine	MSEN	N/A	0:40:22	50
0777	Matthew	Swallow	MSEN		0:40:23	51
0521	Peter	Lawson	MSEN	Howgill Harriers	0:40:23	52
0150	Brian	Hickey	MV60	Cheshire Hill Racers	0:41:05	53
0018	Paul	Revell	MV60		0:41:06	54
0773	Seren	Darrell	MSEN	Helm Hill	0:41:08	55
0438	Isaac	Robinson	MU21	Howgill Harriers	0:42:15	56
0903	Rob	Crawford	MV40	Howgil	0:42:38	57
0166	Graham	Schofield	MV60	Horwich RMI Harriers	0:42:44	58



0675	Paul	Johnson	MV60	Bowland Fell Runners	0:42:46	59
0628	Rod	Scott	MV40	Helm Hill	0:44:49	60
0387	Chris	Evans	MV50	Ambleside AC	0:44:53	61
0091	John	Jones	MV60	Helm Hill	0:44:55	62
0179	James	Bellarby	MV40	Bowland Fell Runners	0:45:18	63
0326	Jonathan	Tombs	MV50	Eden Runners	0:45:27	64
0933	Jon	Sharples	MV60	Clayton le Moors Harriers	0:45:51	65
0937	Jack	Taylor	MSEN		0:45:59	66
0311	Andrew	Russell	MV50	Helm Hill	0:46:05	67
0240	Andy	Ward	MV40	Settle Harriers	0:46:15	68
0972	Karl	Robb	MSEN	None	0:46:25	69
0841	Clive	Wickham	MV50	Helm Hill	0:46:32	70
0188	Alistair	Welsh	MV60	Bowland Fell Runners	0:46:38	71
0368	Peter	Ellwood	MV50	Settle Harriers	0:46:44	72
0331	Jeremy	Wilkinson	MV50	Keighley & Craven	0:46:50	73
0779	Nathan	Davies	MV40	None	0:46:54	74
0069	Steve	Wathall	MV60		0:48:55	75
0659	Allan	Miller	MV60		0:49:05	76
0584	Colin	Valentine	MV60	Keswick	0:49:07	77
0882	Matt	Davis	MV40	Howgill Harriers	0:49:17	78
0363	John	Taylor	MV70	Bowland FR	0:49:39	79
0523	daniel	Rayson	MV50		0:50:48	80
0050	Benji	Grundy	MU21	Wharfedale Harriers	0:51:13	81
0618	Tim	Murray	MV60	Helm Hill	0:51:20	82
0132	Phil	Davies	MV50	Preston Harriers	0:51:23	83
0493	Matt	Atkinson	MV40		0:51:24	84
0661	Richard	Campbell	MV40	Howgill Harrier	0:52:31	85
0968	Neil	Hindle	MV60	FRA	0:52:54	86
0716	david	downes	MV60	WCOG	0:54:33	87
0714	Rudolf	Maciejkowicz	MV70		0:54:57	88

0256	Andy	Connor	MV50	Ambleside	0:57:08	89
0252	Roger	Shearer	MSEN	Helm Hill	1:05:44	90
0315	David	Rosen	MV60	Lancaster & Morecambe AC	1:09:16	91
0566	Gavin	Smith	MV60	Bowland Fell Runners	1:09:36	92

FV40 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0103	Bianca	Dyer	FV40	Helm Hill Runners	0:38:37	1
0456	Lisa	Parker	FV40	Rosendale Harriers	0:40:12	2
0834	Catherine	Houston	FV40	Helm Hill	0:43:08	3
0123	Amy	Pearman	FV40	Helm Hill	0:43:14	4
0243	Jess	Bagnall	FV40	Settle Harriers	0:45:43	5
0237	Maria	Hearn	FV40	Helm Hill	0:46:48	6
0361	Jo	Armistead	FV40	Settle harriers	0:48:27	7
0144	Jenna	Butler	FV40	Helm Hill	0:49:12	8
0525	Libby	DIXON	FV40	Ambleside AC	0:50:34	9
0187	Liz	Whitfield	FV40	Helm Hill	0:51:00	10
0081	Sarah	Brewin	FV40	Helm Hill	0:51:07	11
0679	Judith	Marshall	FV40	Settle harriers	0:53:07	12
0761	Maggie	Wild	FV40	COLT	0:53:10	13
0048	Joanne	Haslett	FV40	Helm Hill	0:54:22	14
0440	Zoe	Robinson	FV40	Howgill Harriers	0:54:55	15
0744	Eve	Howard	FV40		0:57:03	16
0966	Karen	Fyles	FV40	Howgill Harriers	0:57:07	17
0492	Rebecca	Atkinson	FV40		0:59:13	18
0224	Katharine	Shrine	FV40	Helm Hill	0:59:14	19
0088	Colleen	Oldham	FV40	Leven Valley AC	1:01:43	20
0141	Anna	Baker	FV40	Helm Hill Runners	1:01:52	21

FV40 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0643	Mark	McGoldrick	MV40	Settle Harriers	0:32:11	1
0038	Javier	Simon	MV40	Helm hill	0:34:56	2
0217	James	Wright	MV40	Settle Harriers	0:35:16	3
0666	JUSTIN	TANCREL	MV40	Helm Hill	0:35:40	4
0338	Ben	Timbers	MV40	Keighley and Craven	0:35:44	5
0582	John	Millen	MV40	Helm Hill	0:35:50	6
0906	colin	houston	MV40	helm hill	0:37:11	7
0957	Steven	Devlun	MV40		0:37:40	8
0211	Nigel	Wood	MV40	Helmhill	0:38:06	9
0035	Anthony	Emmet	MV40	Helm Hill	0:38:31	10
0025	Alistair	Shawcross	MV40	Dallam	0:39:09	11
0409	Phil	Riley	MV40	Helm Hill	0:39:23	12
0437	Sean	Robinson	MV40	Howgill Harriers	0:39:32	13
0531	Daz	Slater	MV40	Ambleside AC	0:39:47	14
0124	Matthew	Pearman	MV40	Helm Hill	0:39:49	15
0903	Rob	Crawford	MV40	Howgil	0:42:38	16
0628	Rod	Scott	MV40	Helm Hill	0:44:49	17
0179	James	Bellarby	MV40	Bowland Fell Runners	0:45:18	18
0240	Andy	Ward	MV40	Settle Harriers	0:46:15	19
0779	Nathan	Davies	MV40	None	0:46:54	20
0882	Matt	Davis	MV40	Howgill Harriers	0:49:17	21
0493	Matt	Atkinson	MV40		0:51:24	22
0661	Richard	Campbell	MV40	Howgill Harrier	0:52:31	23

FV50 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0148	Deborah	Gowans	FV50	Todmorden Harriers	0:41:36	1
0474	Lorna	Askew	FV50	Helm Hill	0:42:53	2
0003	Jo	Cater	FV50	Helm Hill	0:45:48	3
0334	Eleanor	Knowles	FV50	Ambleside AC	0:47:11	4
0967	Annie	Owen	FV50	Helm Hill	0:49:35	5
0879	Tessa	Hagendoorn	FV50	None	0:49:54	6
0486	Paula	Bowen	FV50	Ambleside	0:50:32	7
0339	vicki	sherrington	FV50	Helm Hill	0:55:30	8
0177	Sonia	Woods	FV50	Bowland Fell Runners	0:55:36	9
0626	Ruth	Webster	FV50	non	0:56:53	10
0844	Caroline	D'Arcy	FV50	Helm Hill	0:58:16	11
0092	Denise	Tunstall	FV50	Durham Fell Runners	0:58:42	12
0687	Veronica	Waller	FV50	Dallam	0:58:52	13
0066	Lou	Bland	FV50	Helm Hill	0:59:46	14

MV50 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0042	Alastair	Dunn	MV50	Helm Hill Runners	0:33:42	1
0273	Simon	Mounsey	MV50	Howgill Harriers	0:35:03	2
0275	derek	hurton	MV50	Eden Runners	0:36:00	3
0104	Jacob	Dyer	MV50	Helm Hill Runners	0:36:12	4
0356	James	Bailey	MV50	Leven Valley AC	0:36:51	5
0178	David	Wilson	MV50	Bowland	0:37:46	6
0529	Jim	Andrews	MV50	Helm Hill Runners	0:39:05	7
0457	Michael	Toman	MV50	Rosendale Harriers	0:39:14	8
0975	Anthony	Bowness	MV50	Kendal AC	0:39:21	9
0306	Andrew	Cox	MV50	Helm Hill	0:39:56	10
0045	Steve	King	MV50	Helm Hill	0:40:08	11
0961	Jeffrey	Chadwick	MV50	Glaxo Hoad Hill Harriers	0:40:22	12
0387	Chris	Evans	MV50	Ambleside AC	0:44:53	13
0326	Jonathan	Tombs	MV50	Eden Runners	0:45:27	14
0311	Andrew	Russell	MV50	Helm Hill	0:46:05	15
0841	Clive	Wickham	MV50	Helm Hill	0:46:32	16
0368	Peter	Ellwood	MV50	Settle Harriers	0:46:44	17
0331	Jeremy	Wilkinson	MV50	Keighley & Craven	0:46:50	18
0523	daniel	Rayson	MV50		0:50:48	19
0132	Phil	Davies	MV50	Preston Harriers	0:51:23	20
0256	Andy	Connor	MV50	Ambleside	0:57:08	21

FV60 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0121	Alison	Eagle	FV60	Wharfedale Harriers	0:45:45	1
0952	Sue	Cordingley	FV60	Bingley	0:45:54	2
0017	Suzanne	Budgett	FV60	Horwich RMI Harriers	0:48:49	3
0565	Mary	Ockenden	FV60	Bowland Fell Runners	0:49:11	4
0969	Linda	Edmondson	FV60	WFRA	0:55:35	5
0763	Marian	de Silver	FV60	Dallam	0:58:20	6
0960	Judy	Sharples	FV60	Clayton le Moors Harriers	1:00:05	7
0016	Jill	Gates	FV60	Settle Harriers	1:01:39	8
0528	Sonja	Vietoris	FV60	Dallam Running	1:05:09	9

MV60 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0040	David	Griffin	MV60	Helm Hill Runners	0:38:56	1
0150	Brian	Hickey	MV60	Cheshire Hill Racers	0:41:05	2
0018	Paul	Revell	MV60		0:41:06	3
0166	Graham	Schofield	MV60	Horwich RMI Harriers	0:42:44	4
0675	Paul	Johnson	MV60	Bowland Fell Runners	0:42:46	5
0091	John	Jones	MV60	Helm Hill	0:44:55	6
0933	Jon	Sharples	MV60	Clayton le Moors Harriers	0:45:51	7
0188	Alistair	Welsh	MV60	Bowland Fell Runners	0:46:38	8
0069	Steve	Wathall	MV60		0:48:55	9
0659	Allan	Miller	MV60		0:49:05	10
0584	Colin	Valentine	MV60	Keswick	0:49:07	11
0618	Tim	Murray	MV60	Helm Hill	0:51:20	12
0968	Neil	Hindle	MV60	FRA	0:52:54	13
0716	david	downes	MV60	WCOC	0:54:33	14
0315	David	Rosen	MV60	Lancaster & Morecambe AC	1:09:16	15
0566	Gavin	Smith	MV60	Bowland Fell Runners	1:09:36	16



FV70 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0030	Wendy	Dodds	FV70	Dallam Running Club	0:49:59	1
0316	Miriam	Rosen	FV70	Lancaster & Morecambe AC	1:09:17	2

MV70 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0363	John	Taylor	MV70	Bowl and FR	0:49:39	1
0714	Rudolf	Maciejkowicz	MV70		0:54:57	2