



Supported By  
Different Strokes  
and  
Pete Bland Sports



## Barbondale - Results 10 February 2019

### Senior Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	971	Rob	Jebb	MV40	20:52	Helm Hill	1st Man/1st MV40
2	939	Josh	Jardine	Man	21:38	Helm Hill	2nd Man
3	781	John	Helme	MV40	21:50	Ambleside	3rd Man
4	718	Charlie	Ing	Man	22:10	Unattached	
5	666	Matthew	Knowles	MU21	22:35	Lancaster & Morecambe AC	1st MU21
6	588	Oliver	Heaton	Man	22:43	Preston Harriers	
7	525	Jon	Rylance	MV40	22:59	Ambleside AC	
8	531	Alastair	Dunn	MV40	23:15	Helm Hill	
9	574	Harvey	Lord	Man	23:55	Black Combe	
10	778	Steve	Jacques	MV40	24:03	Unattached	
11	599	Martin	Askew	MU21	24:20	Helm Hill	
12	642	Michael	Gregory	MV40	24:23	Ulverston Triathlon Club	
13	895	Kirk	Wadsworth	MV40	24:25	Helm Hill	
14	551	Will	Acland	MV40	24:34	Helm Hill	
15	638	Simon	Mounsey	MV40	24:57	Howgill Harriers	
16	722	Jack	Simpson	Man	24:59	Helm	
17	518	Rob	Crawford	MV40	25:17	Howgill Harriers	
18	868	Phil	Mather	Man	25:19	Lonsdale	
19	871	Joseph	Hobbs	Man	25:21	Lonsdale	
20	733	Tom	Simpson	Man	25:24	Unattached	
21	910	James	Bailey	MV40	25:36	Levens Valley AC	
22	632	James	Baron	MV50	25:43	Helm Hill	1st MV50
23	593	Scott	Umpleby	MV50	25:53	Kendal AAC	
24	633	Steven	Middleton	MV40	26:03	Howgill Harriers	
25	767	Tim	Pickering	Man	26:06	Helm Hill	
26	983	Martin	Holroyd	MV50	26:07	Settle Harriers	
27	535	Brian	Pennington	MV40	26:08	Howgill Harriers	
28	919	Rowan	Wood	Man	26:14	Lonsdale	
29	972	Ben	Timbers	MV40	26:23	Keighley and Craven AC	
30	921	Jack	Walton	MU21	26:34	Keighley and Craven AC	
31	554	Luke	Appleyard	Man	26:39	Wharfedale Harriers	
32	672	Peter	Lawson	Man	26:40		
33	567	Jacob	Dyer	MV40	26:41	Helm Hill	
34	877	Matthew	Holroyd	MU21	26:50	Settle Harriers	
35	735	Joanna	Rycroft	Lady	26:54	Helm Hill	1st Lady
36	502	Daniel	Malcolm	MV40	27:01	Helm Hill	
37	970	Aaron	Walmsley	Man	27:05	Bowland	
38	559	Sean	Robinson	MV40	27:10	Howgill Harriers	
39	549	Graham	Schofield	MV60	27:16	Horwich RMI Harriers	1st MV60
40	644	David	Griffin	MV50	27:22	Helm Hill	
41	975	Paul	Scully	MV40	27:25	Helm Hill	
42	837	Catherine	Niblock	Lady	27:49	Helm Hill	2nd Lady
43	717	Kaisleigh	Atkinson	Lady	28:12		3rd Lady
44	866	John	Rainford	MV50	28:14	Preston Harriers	
45	591	Joey	Umpleby	MU21	28:16	Kendal AAC	
46	505	Tom	Matthew	MV40	28:18	Bowland	
47	566	Bianca	Dyer	LV40	28:19	Helm Hill	1st LV40
48	705	Joshua	Moon	Man	28:23		
49	861	Roger	Taylor	MV50	28:31	Preston Harriers	
50	922	Stuart	Walton	MV40	28:49	Keighley and Craven AC	

51	601	Ben	Kirkman	MU21	28:57	Rossendale Harriers	
52	869	Ellie	Mather	Lady	29:02	Lonsdale	
53	730	Anthony	Emmet	MV40	29:11	Helm Hill	
54	590	Nina	Walkingshaw	LV40	29:13	Howgill Harriers	
55	843	Simon	Wright	MV50	29:19	Bingley Harriers	
56	817	Michael	Smith	MV50	29:31	Dallam	
57	624	Michael	Toman	MV50	29:40	Accrington RR	
58	649	Emma	Johnston	Lady	29:42	Helm Hill	
59	584	James	Todhunter	Man	29:43	Helm Hill	
60	978	Matthew	Murgatroyd	Man	29:44	Tetbury Dolphins	
61	628	James	Coulthard	MV40	29:48	Howgill Harriers	
62	986	Rowena	Brown	LV50	29:54	Bowland	1st LV50
63	889	Ray	Gill	MV50	29:58	Dallam	
64	583	Roger	Aubrey	MV50	29:59	Helm Hill	
65	565	Andy	Bennett	MV40	30:17	Helm Hill	
66	711	Chloe	Lumsdon	Lady	30:30	Helm Hill	
67	758	Graham	Beaumont	MV50	30:34	Dallam	
68	520	Alistair	Shawcross	MV40	30:51		
69	981	Georgia	Stevens	LU21	31:07	Helm Hill	1st LU21
70	980	Andrew	Fleck	MV50	31:09	Sedbergh School	
71	1000	Marie	Robson	LV50	31:11	Helm Hill	
72	917	David	Bainbridge	Man	31:14	Howgill Harriers	
73	838	Natasha	Geere	LV50	31:18	Spensborough	
74	636	Brian	Thompson	MV60	31:20	Helm Hill	
75	709	Ronald	Hummelink	MV40	31:31	Lonsdale Fell Runners	
76	750	Richard	Halliday	Man	31:34	Howgill Harriers	
77	546	Jo	Appleby	LV40	31:41	Helm Hill	
78	897	Jonathan	Stubbs	MV50	31:59	Settle Harriers	
79	680	Andrew	Stokes	MV60	32:02	Dallam	
80	985	Alice	Kerr	Lady	32:09	Settle Harriers	
81	934	Richard	Simpson	MV60	32:14	Dallam	
82	598	Lorna	Askew	LV40	32:21	Helm Hill	
83	749	Will	Douthwaite	Man	32:24	Helm Hill	
84	841	David	Hunter	MV50	32:29	Helm Hill	
85	517	Tim	Murray	MV50	32:33	Helm Hill	
86	9999	Unknown	Runner	MV100	32:37		
87	661	Peter	Singleton	MV60	32:39	Blackpool	
88	740	Jim	Fisher	MV50	33:02	Howgill Harriers	
89	973	Alan	Heaton	MV60	33:07	Bowland	
90	602	Mick	Kirkman	MV50	33:10	Rossendale Harriers	
91	747	Wendy	Dodds	LV60	33:14	Clayton le Moors	1st LV60
92	597	Maria	Hearn	LV40	33:23	Helm Hill	
93	982	Calvin	Ferguson	Man	33:28	Calder Valley FR	
94	553	Kate	Brayshaw	LV40	33:29	Helm Hill	
95	522	Tom	Ward	MU21	33:29	Helm Hill	
96	623	Richard	Briscoe	MV40	33:39	Clayton le Moors	
97	974	Jenny	Rice	Lady	33:40	Helm Hill	
98	700	Jenny	Lyon	Lady	33:42	Dallam Running Club	
99	748	Andrew	Leach	Man	33:45	Howgill Harriers	
100	984	Alan	Miller	MV60	33:51	Kendal AAC	
101	512	Jonny	Grisedale	MV40	33:52	Helm Hill	
102	612	Eleanor	Parker	Lady	33:53	Preston Harriers	
103	503	Pam	Bagot	LV40	33:55	Settle Harriers	
104	703	Sarah	Moon	LV40	34:10		
105	586	Eilidh	Miller	LU21	34:32	Broughton Runners	
106	949	Kristina	Jackson	Lady	34:46	Allithwaite Running Club	
107	862	Robyn	Anderson	LV40	35:08	Preston Harriers	
108	555	Colin	Briffett	MV40	35:16	Lancaster Runners	
109	811	John	Leech	MV50	35:30	Dallam	
110	764	Vicky	Atkinson	LV40	35:59	Helm Hill	
111	619	Chris	Lawrence	MV50	36:06	Clayton le Moors	
112	610	Michael	McLoughlin	MV60	36:13	Preston Harriers	

113	515	Jeremy	Wilkinson	MV50	36:52	Keighley and Craven AC	
114	775	Lindsay	Harrod	LV50	36:54	Helm Hill	
115	622	Andrew	Sier	MV50	38:11		
116	684	Sarah	Senior	LV50	38:58	Helm Hill	
117	634	Elizabeth	Adams	LV40	39:46	Helm Hill	
118	557	May	Crawford	LV40	39:55	Helm Hill	
119	756	John	Hodgson	MV70	40:08	Dallam	1st MV70
120	654	Emily	Crossley	LU21	40:12	Settle Harriers	
121	847	Denise	Tunstall	LV50	40:25	Durham Fell Runners	
122	514	Helen	Wilkinson	LV40	40:35	Keighley and Craven AC	
123	651	Jill	Gates	LV50	40:57	Settle Harriers	
124	607	Olga	Wiggins	Lady	41:02	Preston Harriers	
125	645	Simone	Rigby	LU21	43:01	Settle Harriers	
126	976	Paul	Jackson	MV50	43:04	Chorley A&T	
127	691	Scott	Thwaites	Man	43:08		
128	635	Tyla	Crook	LU21	43:45	Helm Hill	
129	979	Matthew	Laxton	Man	43:54		
130	526	Wendy	Smith	LV40	44:32	Helm Hill	
131	663	George	James	MV70	46:18	Blackpool	
132	681	Phil	Kirkby	MV60	47:50	Coniston	
133	693	Leanne	Richie	Lady	48:50		
134	675	Richard	Handford	MV60	49:27	Settle Harriers	
135	501	Denis	Wood	MV70	56:59	Borrowdale	
136	615	Joe	Howard	MV70	59:06	Preston Harriers	

**Under 17 Race**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	72	Eric	Beaumont	Boy	16:21	Keighley & Craven AC	1st Boy
2	25	Ollie	Sanders	Boy	16:28	Helm Hill	2nd Boy
3	118	Toby	Umpleby	Boy	16:43	Kendal AAC	3rd Boy
4	49	Alex	Tallon	Boy	16:51	Helm Hill	
5	242	Samuel	Headley	Boy	17:53	Keighley and Craven AC	
6	159	Henry	Hunter	Boy	18:23	Helm Hill	
7	67	Jack	Villiers	Boy	18:41	Barlick Fell Runners	
8	36	Chloe	Rylance	Girl	19:02	Ambleside AC	1st Girl
9	87	Adam	Scott	Boy	20:02	Helm Hill	
10	234	Bernadette	Raven	Girl	22:18	Ilkley Harriers	2nd Girl
11	233	Zach	Doherty	Boy	25:54	Dallam	
12	203	Cathy	Lawson	Girl	27:21		3rd Girl
DNF	147	Sonny	Ashton-Fitch	Boy	DNF	Settle Harriers	

**Under 15 Race**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	206	James	Bowen	Boy	09:50	Ambleside	1st Boy
2	230	William	Hall	Boy	10:18	Keighley and Craven AC	2nd Boy
3	91	Amelie	Lane	Girl	10:40	Wharfedale Harriers	1st Girl
4	59	Sarah	Smith	Girl	10:46	Helm Hill	2nd Girl
5	139	Jamie	Waller	Boy	11:21	Dallam	3rd Boy
6	35	Sophie	Rylance	Girl	11:35	Ambleside AC	3rd Girl
7	121	Ben	Greenep	Boy	11:39	Kendal AAC	
8	7	Elodie	Malcolm	Girl	11:46	Helm Hill	
9	37	Joseph	Rigby	Boy	11:58	Helm Hill	
10	27	Clara	Samson	Girl	12:02	Helm Hill	
11	99	Isaac	Robinson	Boy	13:11	Howgill Harriers	
12	52	Caius	Pennington	Boy	13:34	Howgill Harriers	
13	20	Megan	Wilkinson	Girl	14:31	Keighley and Craven AC	
14	248	David	Blenman	Boy	15:06	Helm Hill	
15	69	Oliver	Willoughby	Boy	15:10	Helm Hill	
16	62	Vicky	Woolf	Girl	15:47	Howgill Harriers	
17	101	George	Campbell	Boy	16:31	Howgill Harriers	
18	90	Nathon	Ritchie	Boy	16:44	Levens Valley AC	
19	16	Finley	Grisedale	Boy	19:36	Helm Hill	
20	10	Benjamin	Grundy	Boy	24:24	Wharfedale Harriers	

### Under 13 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	5	Rowan	Ashworth	Boy	04:46	Ambleside	1st Boy
2	63	Archie	Peaker	Boy	05:26	Keighley and Craven AC	2nd Boy
3	24	Ewen	Wilkinson	Boy	05:38	Keighley and Craven AC	3rd Boy
4	245	Micah	Walmsley	Boy	05:59	Lancaster & Morecambe AC	
5	250	Katie	Bucket	Girl	06:05		1st Girl
6	166	Oliver	Ball	Boy	06:07	Lancaster & Morecambe AC	
7	246	Jody	Middleton	Boy	06:20	Howgill Harriers	
8	100	Toby	Acland	Boy	06:23	Helm Hill	
9	171	Jack	Sanderson	Boy	06:25	Settle Harriers	
10	253	Campbell	Donnelly	Boy	06:28	Eden Runners	
11	41	Marvin	Gibbs	Boy	06:30	Helm Hill	
12	251	Milly	Timbers	Girl	06:32	Keighley and Craven AC	2nd Girl
13	42	Jude	Evans	Boy	06:36	Ambleside	
14	249	Lara	Brown	Girl	06:47	KCAC	3rd Girl
15	137	Thomas	Hearn	Boy	06:48	Helm Hill	
16	50	Cameron	Dunn	Boy	06:53	Helm Hill	
17	97	Ewan	Black	Boy	06:57	Helm Hill	
18	38	Aaron	Smith	Boy	07:03	Howgill Harriers	
19	82	Ned	Whitaker	Boy	07:07	Settle Harriers	
20	3	Lucy	Bagot	Girl	07:08	Settle Harriers	
21	102	Ella	Martindale	Girl	07:18	Helm Hill	
22	53	Finlay	Aitken	Boy	07:20	Helm Hill	
23	182	Oliver	Brummitt	Boy	07:23	Settle Harriers	
24	85	Andrew	Mitchell	Boy	07:27	Howgill Harriers	
25	103	Madeleine	Martindale	Girl	07:33	Helm Hill	
26	222	Ethan	MacIntyre	Boy	07:34	Keighley and Craven AC	
27	254	Roan	Saunders	Boy	07:48	Ambleside AC	
28	247	Jody	Whitfield	Girl	07:49		
29	256	Marina	Bailey	Girl	07:58		
30	210	Holly	Jenner	Girl	08:00	Ambleside	
31	128	Hannah	Dyer	Girl	08:18	Helm Hill	
32	113	Theo	Robinson	Boy	08:19	Howgill Harriers	
33	243	Holly	Edmondson	Girl	08:29		
34	84	Connie-Ma	Scott	Girl	08:53	Kendal AAC	
35	58	Jessica	Oakey	Girl	09:29	Settle Harriers	
36	122	Alicia	Crawford	Girl	09:46	Helm Hill	
37	126	Sophie	Goodall	Girl	09:59		
38	60	Katie	Lowis	Girl	10:29	Howgill Harriers	
39	23	Emily	Kerr	Girl	11:58		

### Under 11 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	45	Millie	Jebb	Girl	06:17	Helm Hill	1st Girl
2	204	Zeke	Summer	Boy	06:17		1st Boy
3	6	Tom	Ashworth	Boy	06:23	Ambleside	2nd Boy
4	225	Cooper	Wadsworth	Boy	06:26	Helm Hill	3rd Boy
5	252	Oscar	Timbers	Boy	06:49	Keighley and Craven AC	
6	170	Carl	Sanderson	Boy	06:59	Settle Harriers	
7	104	Will	Brayshaw	Boy	07:06	Helm Hill	
8	244	Isla	Jebb	Girl	07:10	Helm Hill	2nd Girl
9	167	Harry	Ball	Boy	07:27	Lancaster & Morecambe AC	
10	133	Jack	Moon	Boy	07:34	Helm Hill	
11	47	Jackson	Bottomley	Boy	07:36	Helm Hill	
12	125	Aaron	Goodall	Boy	07:41		
13	80	Isabella	Wright	Girl	07:45	Wharfedale Harriers	3rd Girl
14	114	Gus	Campbell	Boy	07:48	Howgill Harriers	
15	86	Luke	Mitchell	Boy	08:00	Howgill Harriers	
16	109	William	Hargreaves	Boy	08:01	Ambleside	
17	221	William	Gornall	Boy	08:05		
18	40	Tess	Gibbs	Girl	08:15	Helm Hill	
19	21	Joseff	Tancrel	Boy	08:28	Helm Hill	
20	43	Tess	Evans	Girl	09:01	Ambleside	
21	134	Ben	Todhunter	Boy	09:03	Unattached	
22	31	Tommy	Brodrick	Boy	09:09	Ambleside	
23	26	Edward	Shawcross	Boy	09:17		
24	1	Megan	Harris	Girl	09:26	Helm Hill	
25	135	Ellie	Todhunter	Girl	09:29	Unattached	
26	61	Thomas	Lewis	Boy	09:37	Howgill Harriers	
27	4	Francesca	Bagot	Girl	09:40	Settle Harriers	
28	255	Abi	McNicholl	Girl	10:01	Hoad Hill Harriers	
29	83	Mabel	Whitaker	Girl	10:02	Settle Harriers	
30	123	Freddie	Crawford	Boy	10:09	Helm Hill	
31	173	Ella	Stamp	Girl	10:16	Helm Hill	
32	198	Eleanor	King	Girl	11:59	Helm Hill	

## Barbondale 2019 Category Results

### ALL SENIOR MEN

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	971	Rob	Jebb	MV40	20:52	Helm Hill	1st Man/1st MV40
2	939	Josh	Jardine	Man	21:38	Helm Hill	2nd Man
3	781	John	Helme	MV40	21:50	Ambleside	3rd Man
4	718	Charlie	Ing	Man	22:10	Unattached	
5	666	Matthew	Knowles	MU21	22:35	Lancaster & Morecambe AC	1st MU21
6	588	Oliver	Heaton	Man	22:43	Preston Harriers	
7	525	Jon	Rylance	MV40	22:59	Ambleside AC	
8	531	Alastair	Dunn	MV40	23:15	Helm Hill	
9	574	Harvey	Lord	Man	23:55	Black Combe	
10	778	Steve	Jacques	MV40	24:03	Unattached	
11	599	Martin	Askew	MU21	24:20	Helm Hill	
12	642	Michael	Gregory	MV40	24:23	Ulverston Triathlon Club	
13	895	Kirk	Wadsworth	MV40	24:25	Helm Hill	
14	551	Will	Acland	MV40	24:34	Helm Hill	
15	638	Simon	Mounsey	MV40	24:57	Howgill Harriers	
16	722	Jack	Simpson	Man	24:59	Helm	
17	518	Rob	Crawford	MV40	25:17	Howgill Harriers	
18	868	Phil	Mather	Man	25:19	Lonsdale	
19	871	Joseph	Hobbs	Man	25:21	Lonsdale	
20	733	Tom	Simpson	Man	25:24	Unattached	
21	910	James	Bailey	MV40	25:36	Levens Valley AC	
22	632	James	Baron	MV50	25:43	Helm Hill	1st MV50
23	593	Scott	Umpleby	MV50	25:53	Kendal AAC	
24	633	Steven	Middleton	MV40	26:03	Howgill Harriers	
25	767	Tim	Pickering	Man	26:06	Helm Hill	
26	983	Martin	Holroyd	MV50	26:07	Settle Harriers	
27	535	Brian	Pennington	MV40	26:08	Howgill Harriers	
28	919	Rowan	Wood	Man	26:14	Lonsdale	
29	972	Ben	Timbers	MV40	26:23	Keighley and Craven AC	
30	921	Jack	Walton	MU21	26:34	Keighley and Craven AC	
31	554	Luke	Appleyard	Man	26:39	Wharfedale Harriers	
32	672	Peter	Lawson	Man	26:40		
33	567	Jacob	Dyer	MV40	26:41	Helm Hill	
34	877	Matthew	Holroyd	MU21	26:50	Settle Harriers	
35	502	Daniel	Malcolm	MV40	27:01	Helm Hill	
36	970	Aaron	Walmsley	Man	27:05	Bowland	
37	559	Sean	Robinson	MV40	27:10	Howgill Harriers	
38	549	Graham	Schofield	MV60	27:16	Horwich RMI Harriers	1st MV60
39	644	David	Griffin	MV50	27:22	Helm Hill	
40	975	Paul	Scully	MV40	27:25	Helm Hill	
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42	591	Joey	Umpleby	MU21	28:16	Kendal AAC	
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46	922	Stuart	Walton	MV40	28:49	Keighley and Craven AC	
47	601	Ben	Kirkman	MU21	28:57	Rossendale Harriers	
48	730	Anthony	Emmet	MV40	29:11	Helm Hill	
49	843	Simon	Wright	MV50	29:19	Bingley Harriers	
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52	584	James	Todhunter	Man	29:43	Helm Hill	
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54	628	James	Coulthard	MV40	29:48	Howgill Harriers	
55	889	Ray	Gill	MV50	29:58	Dallam	
56	583	Roger	Aubrey	MV50	29:59	Helm Hill	
57	565	Andy	Bennett	MV40	30:17	Helm Hill	
58	758	Graham	Beaumont	MV50	30:34	Dallam	



59	520	Alistair	Shawcross	MV40	30:51		
60	980	Andrew	Fleck	MV50	31:09	Sedbergh School	
61	917	David	Bainbridge	Man	31:14	Howgill Harriers	
62	636	Brian	Thompson	MV60	31:20	Helm Hill	
63	709	Ronald	Hummelink	MV40	31:31	Lonsdale Fell Runners	
64	750	Richard	Halliday	Man	31:34	Howgill Harriers	
65	897	Jonathan	Stubbs	MV50	31:59	Settle Harriers	
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67	934	Richard	Simpson	MV60	32:14	Dallam	
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69	841	David	Hunter	MV50	32:29	Helm Hill	
70	517	Tim	Murray	MV50	32:33	Helm Hill	
71	9999	Unknown	Runner	MV100	32:37		
72	661	Peter	Singleton	MV60	32:39	Blackpool	
73	740	Jim	Fisher	MV50	33:02	Howgill Harriers	
74	973	Alan	Heaton	MV60	33:07	Bowland	
75	602	Mick	Kirkman	MV50	33:10	Rosendale Harriers	
76	982	Calvin	Ferguson	Man	33:28	Calder Valley FR	
77	522	Tom	Ward	MU21	33:29	Helm Hill	
78	623	Richard	Briscoe	MV40	33:39	Clayton le Moors	
79	748	Andrew	Leach	Man	33:45	Howgill Harriers	
80	984	Alan	Miller	MV60	33:51	Kendal AAC	
81	512	Jonny	Grisedale	MV40	33:52	Helm Hill	
82	555	Colin	Briffett	MV40	35:16	Lancaster Runners	
83	811	John	Leech	MV50	35:30	Dallam	
84	619	Chris	Lawrence	MV50	36:06	Clayton le Moors	
85	610	Michael	McLoughlin	MV60	36:13	Preston Harriers	
86	515	Jeremy	Wilkinson	MV50	36:52	Keighley and Craven AC	
87	622	Andrew	Sier	MV50	38:11		
88	756	John	Hodgson	MV70	40:08	Dallam	1st MV70
89	976	Paul	Jackson	MV50	43:04	Chorley A&T	
90	691	Scott	Thwaites	Man	43:08		
91	979	Matthew	Laxton	Man	43:54		
92	663	George	James	MV70	46:18	Blackpool	
93	681	Phil	Kirkby	MV60	47:50	Coniston	
94	675	Richard	Handford	MV60	49:27	Settle Harriers	
95	501	Denis	Wood	MV70	56:59	Borrowdale	
96	615	Joe	Howard	MV70	59:06	Preston Harriers	

**MEN**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	939	Josh	Jardine	Man	21:38	Helm Hill	2nd Man
2	718	Charlie	Ing	Man	22:10	Unattached	
3	666	Matthew	Knowles	MU21	22:35	Lancaster & Morecambe AC	1st MU21
4	588	Oliver	Heaton	Man	22:43	Preston Harriers	
5	574	Harvey	Lord	Man	23:55	Black Combe	
6	599	Martin	Askew	MU21	24:20	Helm Hill	
7	722	Jack	Simpson	Man	24:59	Helm	
8	868	Phil	Mather	Man	25:19	Lonsdale	
9	871	Joseph	Hobbs	Man	25:21	Lonsdale	
10	733	Tom	Simpson	Man	25:24	Unattached	
11	767	Tim	Pickering	Man	26:06	Helm Hill	
12	919	Rowan	Wood	Man	26:14	Lonsdale	
13	921	Jack	Walton	MU21	26:34	Keighley and Craven AC	
14	554	Luke	Appleyard	Man	26:39	Wharfedale Harriers	
15	672	Peter	Lawson	Man	26:40		
16	877	Matthew	Holroyd	MU21	26:50	Settle Harriers	
17	970	Aaron	Walmsley	Man	27:05	Bowland	
18	591	Joey	Umpleby	MU21	28:16	Kendal AAC	
19	705	Joshua	Moon	Man	28:23		
20	601	Ben	Kirkman	MU21	28:57	Rosendale Harriers	
21	584	James	Todhunter	Man	29:43	Helm Hill	
22	978	Matthew	Murgatroyd	Man	29:44	Tetbury Dolphins	
23	917	David	Bainbridge	Man	31:14	Howgill Harriers	
24	750	Richard	Halliday	Man	31:34	Howgill Harriers	
25	749	Will	Douthwaite	Man	32:24	Helm Hill	
26	982	Calvin	Ferguson	Man	33:28	Calder Valley FR	
27	522	Tom	Ward	MU21	33:29	Helm Hill	
28	748	Andrew	Leach	Man	33:45	Howgill Harriers	
29	691	Scott	Thwaites	Man	43:08		
30	979	Matthew	Laxton	Man	43:54		

**MEN UNDER 21**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	666	Matthew	Knowles	MU21	22:35	Lancaster & Morecambe AC	1st MU21
2	599	Martin	Askew	MU21	24:20	Helm Hill	
3	921	Jack	Walton	MU21	26:34	Keighley and Craven AC	
4	877	Matthew	Holroyd	MU21	26:50	Settle Harriers	
5	591	Joey	Umpleby	MU21	28:16	Kendal AAC	
6	601	Ben	Kirkman	MU21	28:57	Rosendale Harriers	
7	522	Tom	Ward	MU21	33:29	Helm Hill	

**MEN - VET 40**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	971	Rob	Jebb	MV40	20:52	Helm Hill	1st Man/1st MV40
2	781	John	Helme	MV40	21:50	Ambleside	3rd Man
3	525	Jon	Rylance	MV40	22:59	Ambleside AC	
4	531	Alastair	Dunn	MV40	23:15	Helm Hill	
5	778	Steve	Jacques	MV40	24:03	Unattached	
6	642	Michael	Gregory	MV40	24:23	Ulverston Triathlon Club	
7	895	Kirk	Wadsworth	MV40	24:25	Helm Hill	
8	551	Will	Acland	MV40	24:34	Helm Hill	
9	638	Simon	Mounsey	MV40	24:57	Howgill Harriers	
10	518	Rob	Crawford	MV40	25:17	Howgill Harriers	
11	910	James	Bailey	MV40	25:36	Levens Valley AC	
12	633	Steven	Middleton	MV40	26:03	Howgill Harriers	
13	535	Brian	Pennington	MV40	26:08	Howgill Harriers	
14	972	Ben	Timbers	MV40	26:23	Keighley and Craven AC	
15	567	Jacob	Dyer	MV40	26:41	Helm Hill	
16	502	Daniel	Malcolm	MV40	27:01	Helm Hill	
17	559	Sean	Robinson	MV40	27:10	Howgill Harriers	
18	975	Paul	Scully	MV40	27:25	Helm Hill	
19	505	Tom	Matthew	MV40	28:18	Bowland	
20	922	Stuart	Walton	MV40	28:49	Keighley and Craven AC	
21	730	Anthony	Emmet	MV40	29:11	Helm Hill	
22	628	James	Coulthard	MV40	29:48	Howgill Harriers	
23	565	Andy	Bennett	MV40	30:17	Helm Hill	
24	520	Alistair	Shawcross	MV40	30:51		
25	709	Ronald	Hummelink	MV40	31:31	Lonsdale Fell Runners	
26	623	Richard	Briscoe	MV40	33:39	Clayton le Moors	
27	512	Jonny	Grisedale	MV40	33:52	Helm Hill	
28	555	Colin	Briffett	MV40	35:16	Lancaster Runners	

**MEN - VET 50**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	632	James	Baron	MV50	25:43	Helm Hill	1st MV50
2	593	Scott	Umpleby	MV50	25:53	Kendal AAC	
3	983	Martin	Holroyd	MV50	26:07	Settle Harriers	
4	644	David	Griffin	MV50	27:22	Helm Hill	
5	866	John	Rainford	MV50	28:14	Preston Harriers	
6	861	Roger	Taylor	MV50	28:31	Preston Harriers	
7	843	Simon	Wright	MV50	29:19	Bingley Harriers	
8	817	Michael	Smith	MV50	29:31	Dallam	
9	624	Michael	Toman	MV50	29:40	Accrington RR	
10	889	Ray	Gill	MV50	29:58	Dallam	
11	583	Roger	Aubrey	MV50	29:59	Helm Hill	
12	758	Graham	Beaumont	MV50	30:34	Dallam	
13	980	Andrew	Fleck	MV50	31:09	Sedbergh School	
14	897	Jonathan	Stubbs	MV50	31:59	Settle Harriers	
15	841	David	Hunter	MV50	32:29	Helm Hill	
16	517	Tim	Murray	MV50	32:33	Helm Hill	
17	740	Jim	Fisher	MV50	33:02	Howgill Harriers	
18	602	Mick	Kirkman	MV50	33:10	Rosendale Harriers	
19	811	John	Leech	MV50	35:30	Dallam	
20	619	Chris	Lawrence	MV50	36:06	Clayton le Moors	
21	515	Jeremy	Wilkinson	MV50	36:52	Keighley and Craven AC	
22	622	Andrew	Sier	MV50	38:11		
23	976	Paul	Jackson	MV50	43:04	Chorley A&T	

**MEN - VET 60**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	549	Graham	Schofield	MV60	27:16	Horwich RMI Harriers	1st MV60
2	636	Brian	Thompson	MV60	31:20	Helm Hill	
3	680	Andrew	Stokes	MV60	32:02	Dallam	
4	934	Richard	Simpson	MV60	32:14	Dallam	
5	661	Peter	Singleton	MV60	32:39	Blackpool	
6	973	Alan	Heaton	MV60	33:07	Bowland	
7	984	Alan	Miller	MV60	33:51	Kendal AAC	
8	610	Michael	McLoughlin	MV60	36:13	Preston Harriers	
9	681	Phil	Kirkby	MV60	47:50	Coniston	
10	675	Richard	Handford	MV60	49:27	Settle Harriers	

**MEN - VET 70**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	756	John	Hodgson	MV70	40:08	Dallam	1st MV70
2	663	George	James	MV70	46:18	Blackpool	
3	501	Denis	Wood	MV70	56:59	Borrowdale	
4	615	Joe	Howard	MV70	59:06	Preston Harriers	

**ALL SENIOR LADIES**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	735	Joanna	Rycroft	Lady	26:54	Helm Hill	1st Lady
2	837	Catherine	Niblock	Lady	27:49	Helm Hill	2nd Lady
3	717	Kaisleigh	Atkinson	Lady	28:12		3rd Lady
4	566	Bianca	Dyer	LV40	28:19	Helm Hill	1st LV40
5	869	Ellie	Mather	Lady	29:02	Lonsdale	
6	590	Nina	Walkingshaw	LV40	29:13	Howgill Harriers	
7	649	Emma	Johnston	Lady	29:42	Helm Hill	
8	986	Rowena	Brown	LV50	29:54	Bowland	1st LV50
9	711	Chloe	Lumsdon	Lady	30:30	Helm Hill	
10	981	Georgia	Stevens	LU21	31:07	Helm Hill	1st LU21
11	1000	Marie	Robson	LV50	31:11	Helm Hill	
12	838	Natasha	Geere	LV50	31:18	Spensborough	
13	546	Jo	Appleby	LV40	31:41	Helm Hill	
14	985	Alice	Kerr	Lady	32:09	Settle Harriers	
15	598	Lorna	Askew	LV40	32:21	Helm Hill	
16	747	Wendy	Dodds	LV60	33:14	Clayton le Moors	1st LV60
17	597	Maria	Hearn	LV40	33:23	Helm Hill	
18	553	Kate	Brayshaw	LV40	33:29	Helm Hill	
19	974	Jenny	Rice	Lady	33:40	Helm Hill	
20	700	Jenny	Lyon	Lady	33:42	Dallam Running Club	
21	612	Eleanor	Parker	Lady	33:53	Preston Harriers	
22	503	Pam	Bagot	LV40	33:55	Settle Harriers	
23	703	Sarah	Moon	LV40	34:10		
24	586	Eilidh	Miller	LU21	34:32	Broughton Runners	
25	949	Kristina	Jackson	Lady	34:46	Allithwaite Running Club	
26	862	Robyn	Anderson	LV40	35:08	Preston Harriers	
27	764	Vicky	Atkinson	LV40	35:59	Helm Hill	
28	775	Lindsay	Harrod	LV50	36:54	Helm Hill	
29	684	Sarah	Senior	LV50	38:58	Helm Hill	
30	634	Elizabeth	Adams	LV40	39:46	Helm Hill	
31	557	May	Crawford	LV40	39:55	Helm Hill	
32	654	Emily	Crossley	LU21	40:12	Settle Harriers	
33	847	Denise	Tunstall	LV50	40:25	Durham Fell Runners	
34	514	Helen	Wilkinson	LV40	40:35	Keighley and Craven AC	
35	651	Jill	Gates	LV50	40:57	Settle Harriers	
36	607	Olga	Wiggins	Lady	41:02	Preston Harriers	
37	645	Simone	Rigby	LU21	43:01	Settle Harriers	
38	635	Tyla	Crook	LU21	43:45	Helm Hill	
39	526	Wendy	Smith	LV40	44:32	Helm Hill	
40	693	Leanne	Richie	Lady	48:50		



**LADIES**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	735	Joanna	Rycroft	Lady	26:54	Helm Hill	1st Lady
2	837	Catherine	Niblock	Lady	27:49	Helm Hill	2nd Lady
3	717	Kaisleigh	Atkinson	Lady	28:12		3rd Lady
4	869	Ellie	Mather	Lady	29:02	Lonsdale	
5	649	Emma	Johnston	Lady	29:42	Helm Hill	
6	711	Chloe	Lumsdon	Lady	30:30	Helm Hill	
7	981	Georgia	Stevens	LU21	31:07	Helm Hill	1st LU21
8	985	Alice	Kerr	Lady	32:09	Settle Harriers	
9	974	Jenny	Rice	Lady	33:40	Helm Hill	
10	700	Jenny	Lyon	Lady	33:42	Dallam Running Club	
11	612	Eleanor	Parker	Lady	33:53	Preston Harriers	
12	586	Eilidh	Miller	LU21	34:32	Broughton Runners	
13	949	Kristina	Jackson	Lady	34:46	Allithwaite Running Club	
14	654	Emily	Crossley	LU21	40:12	Settle Harriers	
15	607	Olga	Wiggins	Lady	41:02	Preston Harriers	
16	645	Simone	Rigby	LU21	43:01	Settle Harriers	
17	635	Tyla	Crook	LU21	43:45	Helm Hill	
18	693	Leanne	Richie	Lady	48:50		

**LADIES UNDER 21**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	981	Georgia	Stevens	LU21	31:07	Helm Hill	1st LU21
2	586	Eilidh	Miller	LU21	34:32	Broughton Runners	
3	654	Emily	Crossley	LU21	40:12	Settle Harriers	
4	645	Simone	Rigby	LU21	43:01	Settle Harriers	
5	635	Tyla	Crook	LU21	43:45	Helm Hill	

**LADIES - VET 40**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	566	Bianca	Dyer	LV40	28:19	Helm Hill	1st LV40
2	590	Nina	Walkingshaw	LV40	29:13	Howgill Harriers	
3	546	Jo	Appleby	LV40	31:41	Helm Hill	
4	598	Lorna	Askew	LV40	32:21	Helm Hill	
5	597	Maria	Hearn	LV40	33:23	Helm Hill	
6	553	Kate	Brayshaw	LV40	33:29	Helm Hill	
7	503	Pam	Bagot	LV40	33:55	Settle Harriers	
8	703	Sarah	Moon	LV40	34:10		
9	862	Robyn	Anderson	LV40	35:08	Preston Harriers	
10	764	Vicky	Atkinson	LV40	35:59	Helm Hill	
11	634	Elizabeth	Adams	LV40	39:46	Helm Hill	
12	557	May	Crawford	LV40	39:55	Helm Hill	
13	514	Helen	Wilkinson	LV40	40:35	Keighley and Craven AC	
14	526	Wendy	Smith	LV40	44:32	Helm Hill	

**LADIES - VET 50**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	986	Rowena	Brown	LV50	29:54	Bowland	1st LV50
2	1000	Marie	Robson	LV50	31:11	Helm Hill	
3	838	Natasha	Geere	LV50	31:18	Spensorough	
4	775	Lindsay	Harrod	LV50	36:54	Helm Hill	
5	684	Sarah	Senior	LV50	38:58	Helm Hill	
6	847	Denise	Tunstall	LV50	40:25	Durham Fell Runners	
7	651	Jill	Gates	LV50	40:57	Settle Harriers	

**LADIES - VET 60**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	747	Wendy	Dodds	LV60	33:14	Clayton le Moors	1st LV60

**UNDER 17 BOYS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	72	Eric	Beaumont	Boy	16:21	Keighley & Craven AC	1st Boy
2	25	Ollie	Sanders	Boy	16:28	Helm Hill	2nd Boy
3	118	Toby	Umpleby	Boy	16:43	Kendal AAC	3rd Boy
4	49	Alex	Tallon	Boy	16:51	Helm Hill	
5	242	Samuel	Headley	Boy	17:53	Keighley and Craven AC	
6	159	Henry	Hunter	Boy	18:23	Helm Hill	
7	67	Jack	Villiers	Boy	18:41	Barlick Fell Runners	
8	87	Adam	Scott	Boy	20:02	Helm Hill	
9	233	Zach	Doherty	Boy	25:54	Dallam	
DNF	147	Sonny	Ashton-Fitch	Boy	DNF	Settle Harriers	

**UNDER 17 GIRLS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	36	Chloe	Rylance	Girl	19:02	Ambleside AC	1st Girl
2	234	Bernadette	Raven	Girl	22:18	Ilkley Harriers	2nd Girl
3	203	Cathy	Lawson	Girl	27:21		3rd Girl

**UNDER 15 BOYS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	206	James	Bowen	Boy	09:50	Ambleside	1st Boy
2	230	William	Hall	Boy	10:18	Keighley and Craven AC	2nd Boy
3	139	Jamie	Waller	Boy	11:21	Dallam	3rd Boy
4	121	Ben	Greenep	Boy	11:39	Kendal AAC	
5	37	Joseph	Rigby	Boy	11:58	Helm Hill	
6	99	Isaac	Robinson	Boy	13:11	Howgill Harriers	
7	52	Caius	Pennington	Boy	13:34	Howgill Harriers	
8	248	David	Blenman	Boy	15:06	Helm Hill	
9	69	Oliver	Willoughby	Boy	15:10	Helm Hill	
10	101	George	Campbell	Boy	16:31	Howgill Harriers	
11	90	Nathon	Ritchie	Boy	16:44	Levens Valley AC	
12	16	Finley	Grisedale	Boy	19:36	Helm Hill	
13	10	Benjamin	Grundy	Boy	24:24	Wharfedale Harriers	



**UNDER 15 GIRLS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	91	Amelie	Lane	Girl	10:40	Wharfedale Harriers	1st Girl
2	59	Sarah	Smith	Girl	10:46	Helm Hill	2nd Girl
3	35	Sophie	Rylance	Girl	11:35	Ambleside AC	3rd Girl
4	7	Elodie	Malcolm	Girl	11:46	Helm Hill	
5	27	Clara	Samson	Girl	12:02	Helm Hill	
6	20	Megan	Wilkinson	Girl	14:31	Keighley and Craven AC	
7	62	Vicky	Woof	Girl	15:47	Howgill Harriers	

**UNDER 13 BOYS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	5	Rowan	Ashworth	Boy	04:46	Ambleside	1st Boy
2	63	Archie	Peaker	Boy	05:26	Keighley and Craven AC	2nd Boy
3	24	Ewen	Wilkinson	Boy	05:38	Keighley and Craven AC	3rd Boy
4	245	Micah	Walmsley	Boy	05:59	Lancaster & Morecambe AC	
5	166	Oliver	Ball	Boy	06:07	Lancaster & Morecambe AC	
6	246	Jody	Middleton	Boy	06:20	Howgill Harriers	
7	100	Toby	Acland	Boy	06:23	Helm Hill	
8	171	Jack	Sanderson	Boy	06:25	Settle Harriers	
9	253	Campbell	Donnelly	Boy	06:28	Eden Runners	
10	41	Marvin	Gibbs	Boy	06:30	Helm Hill	
11	42	Jude	Evans	Boy	06:36	Ambleside	
12	137	Thomas	Hearn	Boy	06:48	Helm Hill	
13	50	Cameron	Dunn	Boy	06:53	Helm Hill	
14	97	Ewan	Black	Boy	06:57	Helm Hill	
15	38	Aaron	Smith	Boy	07:03	Howgill Harriers	
16	82	Ned	Whitaker	Boy	07:07	Settle Harriers	
17	53	Finlay	Aitken	Boy	07:20	Helm Hill	
18	182	Oliver	Brummitt	Boy	07:23	Settle Harriers	
19	85	Andrew	Mitchell	Boy	07:27	Howgill Harriers	
20	222	Ethan	MacIntyre	Boy	07:34	Keighley and Craven AC	
21	254	Roan	Saunders	Boy	07:48	Ambleside AC	
22	113	Theo	Robinson	Boy	08:19	Howgill Harriers	

**UNDER 13 GIRLS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	250	Katie	Bucket	Girl	06:05		1st Girl
2	251	Milly	Timbers	Girl	06:32	Keighley and Craven AC	2nd Girl
3	249	Lara	Brown	Girl	06:47	KCAC	3rd Girl
4	3	Lucy	Bagot	Girl	07:08	Settle Harriers	
5	102	Ella	Martindale	Girl	07:18	Helm Hill	
6	103	Madeleine	Martindale	Girl	07:33	Helm Hill	
7	247	Jody	Whitfield	Girl	07:49		
8	256	Marina	Bailey	Girl	07:58		
9	210	Holly	Jenner	Girl	08:00	Ambleside	
10	128	Hannah	Dyer	Girl	08:18	Helm Hill	
11	243	Holly	Edmondson	Girl	08:29		
12	84	Connie-Ma	Scott	Girl	08:53	Kendal AAC	
13	58	Jessica	Oakey	Girl	09:29	Settle Harriers	
14	122	Alicia	Crawford	Girl	09:46	Helm Hill	
15	126	Sophie	Goodall	Girl	09:59		
16	60	Katie	Lewis	Girl	10:29	Howgill Harriers	
17	23	Emily	Kerr	Girl	11:58		

**UNDER 11 BOYS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	204	Zeke	Summer	Boy	06:17		1st Boy
2	6	Tom	Ashworth	Boy	06:23	Ambleside	2nd Boy
3	225	Cooper	Wadsworth	Boy	06:26	Helm Hill	3rd Boy
4	252	Oscar	Timbers	Boy	06:49	Keighley and Craven AC	
5	170	Carl	Sanderson	Boy	06:59	Settle Harriers	
6	104	Will	Brayshaw	Boy	07:06	Helm Hill	
7	167	Harry	Ball	Boy	07:27	Lancaster & Morecambe AC	
8	133	Jack	Moon	Boy	07:34	Helm Hill	
9	47	Jackson	Bottomley	Boy	07:36	Helm Hill	
10	125	Aaron	Goodall	Boy	07:41		
11	114	Gus	Campbell	Boy	07:48	Howgill Harriers	
12	86	Luke	Mitchell	Boy	08:00	Howgill Harriers	
13	109	William	Hargreaves	Boy	08:01	Ambleside	
14	221	William	Gornall	Boy	08:05		
15	21	Joseff	Tancrel	Boy	08:28	Helm Hill	
16	134	Ben	Todhunter	Boy	09:03	Unattached	
17	31	Tommy	Brodrick	Boy	09:09	Ambleside	
18	26	Edward	Shawcross	Boy	09:17		
19	61	Thomas	Lewis	Boy	09:37	Howgill Harriers	
20	123	Freddie	Crawford	Boy	10:09	Helm Hill	

**UNDER 11 GIRLS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	45	Millie	Jebb	Girl	06:17	Helm Hill	1st Girl
2	244	Isla	Jebb	Girl	07:10	Helm Hill	2nd Girl
3	80	Isabella	Wright	Girl	07:45	Wharfedale Harriers	3rd Girl
4	40	Tess	Gibbs	Girl	08:15	Helm Hill	
5	43	Tess	Evans	Girl	09:01	Ambleside	
6	1	Megan	Harris	Girl	09:26	Helm Hill	
7	135	Ellie	Todhunter	Girl	09:29	Unattached	
8	4	Francesca	Bagot	Girl	09:40	Settle Harriers	
9	255	Abi	McNicholl	Girl	10:01	Hoad Hill Harriers	
10	83	Mabel	Whitaker	Girl	10:02	Settle Harriers	
11	173	Ella	Stamp	Girl	10:16	Helm Hill	
12	198	Eleanor	King	Girl	11:59	Helm Hill	