



Supported by Different Strokes

Birkrigg Common - Results 5 February 2017

Senior Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	422	Michael	Ainsworth	Man	21:16	Helm Hill	1st Man
2	411	Luke	Bowen	MU21	21:41	Ambleside	2nd Man/1st MU21
3	18	Jon	Rylance	MV40	21:49	Ambleside	3rd Man/1st MV40
4	73	Reuben	Copley	MU21	22:11	Dallam	
5	267	John	Helme	Man	22:18	Ambleside	
6	350	Mark	Irving	Man	22:38	Bowland	
7	30	Oliver	Waters	MV40	22:44	Helm Hill	
8	351	Sam	Mason	MU21	22:44	Helm Hill	
9	341	James	Edwards	MV40	22:59	Lonsdale	
10	104	Simon	Mounsey	MV40	23:05	Howgill Harriers	
11	346	Alan	Ashcroft	Man	23:09	Howgill Harriers	
12	20	James	Graham	MV40	23:16	Unattached	
13	49	Garry	Beardwood	MV40	23:18	Helm Hill	
14	430	Paul	Upton	Man	23:20	Unattached	
15	259	Jacob	Aubrey	MU21	23:23	Helm Hill	
16	54	Brian	Pennington	MV40	23:25	Howgill Harriers	
17	417	Darren	Fishwick	MV40	23:32	Chorley	
18	399	Jack	Simpson	Man	23:38	Unattached	
19	77	Scott	Umpleby	MV50	23:49	Kendal	1st MV50
20	98	Rob	Dewhurst	MV50	23:56	Ambleside	
21	5	Craig	Burrow	MV40	24:23	Helm Hill	
22	385	Andrew	Slattery	MV40	24:27	Keswick	
23	408	Tom	Simpson	Man	24:31	Unattached	
24	164	Jonny	Marchant	MV40	24:34	Helm Hill	
25	51	Sean	Robinson	Man	24:39	Howgill Harriers	
26	9	Graham	Schofield	MV60	24:53	Horwich	1st MV60
27	196	Jack	Perry	Man	24:55	Unattached	
28	361	James	Annan	MV40	25:00	Settle	
29	56	Simon	Fox	MV50	25:04	Darwen Dashers	
30	102	Matt	Davis	Man	25:09	Howgill Harriers	
31	340	David	Griffin	MV50	25:16	Dallam	
32	412	Robin	Stones	Man	25:17	Helm Hill	
33	349	Nina	Walkingshaw	Lady	25:19	Howgill Harriers	1st Lady
34	244	Ronald	Hummelink	Man	25:20	Lonsdale	
35	241	Ian	Palmer	MV40	25:24	Unattached	
36	203	Peter	Lawson	Man	25:25	Unattached	
37	301	Paul	Scully	MV40	25:29	Helm Hill	
38	429	Martin	Spoons	Man	25:36	Howgill Harriers	
39	268	Ross	Jenkin	Man	25:45	Howgill Harriers	
40	292	Imogen	Burrow	LU21	25:51	Helm Hill	2nd Lady/1st LU21
41	265	Mark	Cropper	MV40	25:52	Helm Hill	
42	416	Jeffery	Chadwick	MV40	25:54	Glaxo Hoad Hill Harriers	
43	339	James	Coulthard	Man	25:57	Howgill Harriers	
44	50	Richard	Wells	MV40	25:59	Howgill Harriers	
45	184	Andrew	Hebson	Man	26:08	Helm Hill	
46	106	Mike	Calvert	MV50	26:14	Howgill Harriers	
47	428	Mike	Tomes	Man	26:15	Unattached	
48	12	Tod	Coates	MV40	26:16	Ambleside	
49	21	Carol	Evans	LV50	26:18	Settle	3rd Lady/1st LV50
50	407	Ben	Oldham	MV40	26:20	Unattached	
51	180	Richard	Duckett	Man	26:24	Unattached	
52	141	Martin	Ramsay	MV50	26:30	Helm Hill	
53	35	Hannah	Durkin	LU21	26:40	Ambleside	

54	3	Ali	Richards	LV40	26:42	Helm Hill	1st LV40
55	34	Shaun	Addison	MV50	26:50	Helm Hill	
56	136	Brian	Kennedy	MV50	26:51	Settle	
57	46	Alistair	Hearn	MV40	26:54	Unattached	
58	52	Bianca	Dyer	LV40	26:56	Helm Hill	
59	10	Eleanor	Knowles	LV40	27:04	Ambleside	
60	142	Mike	Walsh	MV60	27:17	Kendal	
61	130	Michael	Toman	MV50	27:26	Rosendale	
62	81	Andy	Bennett	MV40	27:33	Helm Hill	
63	258	Roger	Aubrey	MV50	27:42	Helm Hill	
64	322	Ray	Gill	MV50	27:44	Dallam	
65	216	Will	Buckton	Man	27:51	Settle	
66	304	Steven	Middleton	MV40	27:57	Howgill Harriers	
67	120	Evelyn	Dugdale	LV50	28:01	Helm Hill	
68	118	Colin	Valentine	MV50	28:12	Keswick	
69	291	David	Hunter	MV60	28:25	Unattached	
70	415	Wilfred	Bell	MV60	28:28	Unattached	
71	165	Michael	Duncan	Man	28:31	Helm Hill	
72	423	Richard	Lecky-Thompson	MV50	28:33	Ambleside	
73	169	Jonathon	Gibson	MV50	28:41	Wharfedale	
74	201	Tim	Murray	MV50	28:47	Helm Hill	
75	405	Andy	Evans	MV50	28:50	Settle	
76	68	Chris	Green	MV40	29:04	Unattached	
77	365	Chris	Schofield	MV50	29:06	Helm Hill	
78	227	Gary	Lane	MV40	29:10	Howgill Harriers	
79	311	Martin	Barry	MV40	29:15	Unattached	
80	410	Rob	Bagot	MV40	29:18	Unattached	
81	45	Jayne	Rigby	LV40	29:27	Helm Hill	
82	137	Andy	Mingay	MV40	29:29	Eden	
83	427	Rowan	Ranner	Lady	29:31	Helm Hill	
84	426	Andy	Holden	MV50	29:35	Wharfedale	
85	226	Patrick	Willink	MV50	29:37	Helm Hill	
86	243	Pete	Coe	MV60	29:38	Helm Hill	
87	75	Jonny	Grisedale	MV40	29:48	Helm Hill	
88	157	Debs	Greaves	LV40	29:58	Howgill Harriers	
89	287	Jason	Edmondson	MV40	30:05	Ambleside	
90	424	Toby	Webb	Man	30:07	Unattached	
91	126	Andrew	Hinde	MV50	30:08	Settle	
92	195	Joanne	McLeod	LV50	30:09	Barrow & Furness Striders	
93	409	Paul	Stocks	MV50	30:10	Dallam	
94	200	Mark	Charnley	Man	30:14	Unattached	
95	328	Charlie	Somers Cocks	LV50	30:23	Coniston	
96	431	Marie	Robson	LV40	30:26	Helm Hill	
97	28	Jan	Wulf	MV40	30:38	Settle	
98	330	Ben	Wallace	Man	30:40	Unattached	
99	47	Helen	Greenep	LV50	30:45	Settle	
100	90	Chris	Bateson	MV40	30:49	Unattached	
101	240	Katie	Palmer	LV40	30:51	Unattached	
102	109	Peter	Acland	MV50	30:54	Kendal	
103	290	Sarah	Folks	LV40	31:03	Ambleside	
104	306	Richard	Greenep	MV40	31:11	Settle	
105	167	Andrew	Dickinson	MV50	31:13	Coniston	
106	91	Barry	Scholes	MV60	31:14	Settle	
107	225	Vicky	Kirkwood	LV40	31:15	Dallam	
108	4	Amanda	Burrow	LV40	31:20	Helm Hill	
109	432	Andy	Brayshaw	MV40	31:24	Unattached	
110	15	Jo	Pennington	LV40	31:28	Kendal	
111	7	Sarah	Senior	LV50	31:30	Helm Hill	
112	107	Lynn	Whittaker	LV50	31:38	Wharfedale	
113	19	Niki	Rylance	LV40	31:44	Ambleside	
114	360	Julia	Hargreaves	LV40	31:55	Settle	
115	270	David	Mainwaring	MV50	32:00	Unattached	

116	71	John	Taylor	MV60	32:11	Bowland	
117	239	Kate	Brayshaw	LV40	32:22	Helm Hill	
118	420	Gill	Ramsey	LV50	32:27	Helm Hill	
119	406	Michelle	Middleton	Lady	32:31	Howgill Harriers	
120	273	Vicky	Atkinson	LV40	32:34	Helm Hill	
121	419	Greg	Tagney	MV60	32:35	Dallam	
122	331	Colin	Griffiths	MV60	32:38	Littledown	
123	414	Andy	Monk	MV60	32:45	ABFR	
124	174	David	Cowperthwaite	MV50	32:49	Unattached	
125	26	Kat	Evans	Lady	32:50	Ambleside	
126	252	John	Hodgson	MV70	32:58	Dallam	1st MV70
127	194	Richard	Simpson	MV60	32:59	Dallam	
128	22	Paula	Bowen	LV40	33:41	Ambleside	
129	99	Hazel	Pearson	LV50	33:43	Helm Hill	
130	425	Simon	Filmore	MV60	34:06	LOC	
131	135	Elizabeth	Adams	LV40	34:10	Helm Hill	
132	418	Alan	Bradley	MV40	34:53	Clown Road Runners	
133	307	Zoe	Robinson	Lady	34:58	Howgill Harriers	
134	390	Gareth	Bradburn-Sims	MV40	35:00	Howgill Harriers	
135	39	Geoff	Thompson	MV50	35:04	Wharfedale	
136	404	Pam	Bagot	LV40	35:50	Unattached	
137	218	Patty	Davies	MV40	35:59	Helm Hill	
138	173	Elaine	Cowperthwaite	LV40	36:04	Unattached	
139	342	Rhian	Davies	Lady	36:12	Unattached	
140	421	John	Barstow	MV60	36:45	Glaxo Hoad Hill Harriers	
141	152	Miriam	Rosen	LV60	37:00	Lancaster & Morecambe	1st LV60
142	172	Simon	Cane	MV60	37:36	LOC	
143	381	Su	Thompson	LV40	38:11	Wharfedale	
144	148	Phil	Corris	MV60	38:18	Lancs Constabulary	
145	295	Jo	Matthew	LV40	38:26	Lancaster & Morecambe	
146	8	May	Crawford	Lady	38:31	Helm Hill	
147	2	Robert	Crawford	MV40	38:33	Howgill Harriers	
148	31	Wendy	Smith	LV40	40:12	Helm Hill	
149	78	Thomas	Beuzeval	MU21	42:17	Helm Hill	
150	96	Joe	Howard	MV70	44:15	Preston Harriers	
151	1	Dennis	Wood	MV70	45:18	Borrowdale	

Under 17 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	563	Sebastian	Segger-Staveley	Boy	13:28	Settle	1st Boy
2	512	Ben	Edmondson	Boy	14:00	Ambleside	2nd Boy
3	610	Samuel	Thom	Boy	15:11	Keighley & Craven	3rd Boy
4	653	Amy	Slattery	Girl	16:02	Helm Hill	1st Girl
5	739	Harry	Shaw	Boy	16:16	Lancaster & Morecambe	
6	561	Rosie	Woodhams	Girl	16:45	Dallam	2nd Girl
7	742	Ben	Kirkham	Boy	17:02	Rosendale	
8	541	Maia	Doherty	Girl	17:18	Helm Hill	3rd Girl
9	635	Harry	Sanderson	Boy	17:36	Ambleside	
10	688	Jack	Hill	Boy	18:18	Unattached	
11	728	Emily	Carpenter	Girl	18:42	Settle	
12	592	Lottie	Beardwood	Girl	19:12	Helm Hill	
13	571	Courtney	Hutchinson	Girl	19:12	Ambleside	
14	509	Jodie	Ritchie	Girl	21:26	Glaxo Hoad Hill Harriers	
15	662	Simone	Rigby	Girl	21:37	Settle	

Under 15 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	572	Charlie	Harding	Boy	09:12	Eden	1st Boy
2	544	Daniel	Sanderson	Boy	09:18	Ambleside	2nd Boy
3	524	Jacob	Smith	Boy	09:35	Kendal	3rd Boy
4	549	Alex	Tallon	Boy	10:07	Helm Hill	
5	533	Chloe	Rylance	Girl	10:12	Ambleside	1st Girl
6	603	Brodie Joh	Weymouth	Boy	10:29	Unattached	
7	507	Emily	Swarbrick	Girl	10:30	CFR	2nd Girl
8	525	Ben	Smith	Boy	10:52	Kendal	
9	672	Joel	Clayton	Boy	11:10	Helm Hill	
10	602	Adam	Scott	Boy	11:15	Kendal	
11	722	Daniel	Harris	Boy	11:50	Helm Hill	
12	591	Ella	Beardwood	Girl	11:54	Helm Hill	3rd Girl
13	744	Zach	Doherty	Boy	12:04	Dallam	
14	693	Edward	Thomas	Boy	12:14	Howgill Harriers	
15	733	Finley	Corkill	Boy	12:26	Leven Valley	
16	537	Bethan	Rowley	Girl	12:43	Ambleside	
17	644	Toby	Umpleby	Boy	12:57	Kendal	
18	753	Annabelle	Taylor	Girl	13:26	Helm Hill	
19	582	Madeleine	King	Girl	13:32	Helm Hill	
20	600	Becky	Dyer	Girl	14:06	Helm Hill	

Under 13 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	540	James	Bowen	Boy	04:36	Ambleside	1st Boy
2	539	Harry	Bowen	Boy	04:38	Ambleside	2nd Boy
3	747	Charlie	Allmond	Boy	04:52	Unattached	3rd Boy
4	585	Ben	Greenep	Boy	04:54	Settle	
5	696	Tobias	Swarbrick	Boy	04:55	Lancaster & Morecambe	
6	730	Cameron	Coates	Boy	04:57	Ambleside	
7	741	James	Duffy	Boy	05:01	Calder Valley	
8	520	Clara	Samson	Girl	05:04	Helm Hill	1st Girl
9	523	Matthew	Ansell	Boy	05:08	Helm Hill	
10	527	Oliver	Smith	Boy	05:10	Kendal	
11	734	Joe	Li??etha	Boy	05:16	Ambleside	
12	532	Sophie	Rylance	Girl	05:19	Ambleside	2nd Girl
13	519	Christophe	Brown	Boy	05:20	Clayton-Le-Moors	
14	621	Charlie	Barry	Boy	05:21	Settle	
15	689	Caius	Pennington	Boy	05:23	Howgill Harriers	
16	586	Sam	Greenep	Boy	05:24	Settle	
17	526	Sarah	Smith	Girl	05:27	Helm Hill	3rd Girl
18	580	Alfie	Todd	Boy	05:29	Unattached	
19	543	Jack	Collett	Boy	05:30	COLT/LMAC	
20	749	Archie	Reid	Boy	05:32	Unattached	
21	570	William	Durkin	Boy	05:34	Ambleside	
22	604	Matti	Legema	Boy	05:36	Ambleside	
23	609	Luke	Simmonds	Boy	05:38	Unattached	
24	522	Cal	McVey	Boy	05:39	Ambleside	
25	538	Alex	Graham	Boy	05:39	Ambleside	
26	503	Richard	Smith	Boy	05:41	Ambleside	
27	535	Rowan	Ashworth	Boy	05:43	Ambleside	
28	519	Christophe	Brown	Boy	05:46	Clayton-Le-Moors	
29	516	Frankie	Exley	Boy	05:47	Ambleside	
30	751	Freddie	Metcalfe	Boy	05:48	Settle	
31	675	Oliver	Sampson	Boy	05:48	Settle	
32	511	Alfie	Addison	Boy	05:49	Helm Hill	
33	624	Jody	Middleton	Boy	05:54	Howgill Harriers	
34	596	Isaac	Robinson	Boy	05:55	Howgill Harriers	
35	510	Nathan	Ritchie	Boy	05:58	Glaxo Hoad Hill Harriers	
36	513	Jessica	Edmondson	Girl	06:03	Ambleside	
37	545	Luke	Lofthouse	Boy	06:06	Helm Hill	
38	501	Jamie	Harris	Boy	06:08	Helm Hill	
39	745	Fayth	Bowness	Girl	06:09	CFR	
40	588	Sam	Jackson	Boy	06:10	Helm Hill	
41	550	Elise	Tallon	Girl	06:11	Helm Hill	
42	752	Oliver	Oldham	Boy	06:12	Unattached	
43	508	Olivia	Swarbrick	Girl	06:13	CFR	
44	754	Georgia	Bell	Girl	06:17	Barrow & Furness Striders	
45	505	Jack	Sanderson	Boy	06:17	Settle	
46	559	Charlotte	Peart	Girl	06:18	Settle	
47	719	Esme	Walkingshaw	Girl	06:19	Eden	
48	534	Martha	Rigby	Girl	06:22	Settle	
49	560	Toby	Harper	Boy	06:24	Ambleside	
50	583	Simon	Rigby	Boy	06:26	Helm Hill	
51	714	Amelie	Lane	Girl	06:28	Wharfedale	
52	673	Charlie	Clayton	Boy	06:28	Helm Hill	
53	566	Aaron	Smith	Boy	06:30	Helm Hill	
54	515	Theo	Coates	Boy	06:32	Ambleside	
55	618	Tom	Houghton	Boy	06:33	Howgill Harriers	
56	746	Matthew	Gornall	Boy	06:34	Kendal	
57	530	Emma	Duxbury	Girl	06:35	Ambleside	
58	557	Joss	Evans	Girl	06:36	Ambleside	
59	558	Oscar	Wulf	Boy	06:38	Settle	
60	750	Ruby	Duxbury	Girl	06:39	Ambleside	

61	556	Maisie	Evans	Girl	06:44	Ambleside	
62	613	Vicky	Woof	Girl	06:48	Howgill Harriers	
63	638	Finley	Grisedale	Boy	06:48	Helm Hill	
64	628	Paddy	Wood	Boy	06:52	Ambleside	
65	597	Theo	Robinson	Boy	06:53	Howgill Harriers	
66	692	Sienna	Middleton	Girl	06:57	Howgill Harriers	
67	743	Bradley	Wright	Boy	06:59	Helm Hill	
68	577	Oliver	Brummitt	Boy	07:00	Settle	
69	661	Lauren	Evans	Girl	07:00	Settle	
70	612	Lucy	Bagot	Girl	07:03	Settle	
71	601	Connie	Maye-Scott	Girl	07:06	Unattached	
72	671	Oliver	Willoughby	Boy	07:07	Helm Hill	
73	676	Dylan	Sampson	Boy	07:08	Settle	
74	705	Lara	Smith	Girl	07:09	Unattached	
75	514	Rory	Knowles	Boy	07:10	Ambleside	
76	614	Madeleine	Martindale	Girl	07:11	Unattached	
77	542	Benjamin	Grundy	Boy	07:12	Unattached	
78	587	Thomas	Hearn	Boy	07:21	Unattached	
79	552	Bobby	Wilkin	Boy	07:24	Ambleside	
80	548	Cate	Matthew	Girl	07:27	Lancaster & Morecambe	
81	740	Noa	Calman	Girl	07:31	Ambleside	
82	683	Jessica	Oakey	Girl	07:37	Settle	
83	656	Connie	Eccleston	Girl	07:43	Settle	
84	599	Hannah	Dyer	Girl	08:03	Helm Hill	
85	629	Seren	Green	Girl	08:39	Ambleside	
86	756	Layla	Clives	Girl	08:39	Unattached	
87	506	Alicia	Crawford	Girl	08:39	Helm Hill	
88	646	Joel	Saunders	Boy	08:39	Helm Hill	
89	757	Tyler	Jones	Boy	08:39	Unattached	

Birkrigg Common 2017 Category Results

ALL SENIOR MEN

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	422	Michael	Ainsworth	Man	21:16	Helm Hill	1st Man
2	411	Luke	Bowen	MU21	21:41	Ambleside	2nd Man/1st MU21
3	18	Jon	Rylance	MV40	21:49	Ambleside	3rd Man/1st MV40
4	73	Reuben	Copley	MU21	22:11	Dallam	
5	267	John	Helme	Man	22:18	Ambleside	
6	350	Mark	Irving	Man	22:38	Bowland	
7	30	Oliver	Waters	MV40	22:44	Helm Hill	
8	351	Sam	Mason	MU21	22:44	Helm Hill	
9	341	James	Edwards	MV40	22:59	Lonsdale	
10	104	Simon	Mounsey	MV40	23:05	Howgill Harriers	
11	346	Alan	Ashcroft	Man	23:09	Howgill Harriers	
12	20	James	Graham	MV40	23:16	Unattached	
13	49	Garry	Beardwood	MV40	23:18	Helm Hill	
14	430	Paul	Upton	Man	23:20	Unattached	
15	259	Jacob	Aubrey	MU21	23:23	Helm Hill	
16	54	Brian	Pennington	MV40	23:25	Howgill Harriers	
17	417	Darren	Fishwick	MV40	23:32	Chorley	
18	399	Jack	Simpson	Man	23:38	Unattached	
19	77	Scott	Umpleby	MV50	23:49	Kendal	1st MV50
20	98	Rob	Dewhurst	MV50	23:56	Ambleside	
21	5	Craig	Burrow	MV40	24:23	Helm Hill	
22	385	Andrew	Slattery	MV40	24:27	Keswick	
23	408	Tom	Simpson	Man	24:31	Unattached	
24	164	Jonny	Marchant	MV40	24:34	Helm Hill	
25	51	Sean	Robinson	Man	24:39	Howgill Harriers	
26	9	Graham	Schofield	MV60	24:53	Horwich	1st MV60
27	196	Jack	Perry	Man	24:55	Unattached	
28	361	James	Annan	MV40	25:00	Settle	
29	56	Simon	Fox	MV50	25:04	Darwen Dashers	
30	102	Matt	Davis	Man	25:09	Howgill Harriers	
31	340	David	Griffin	MV50	25:16	Dallam	
32	412	Robin	Stones	Man	25:17	Helm Hill	
33	244	Ronald	Hummelink	Man	25:20	Lonsdale	
34	241	Ian	Palmer	MV40	25:24	Unattached	
35	203	Peter	Lawson	Man	25:25	Unattached	
36	301	Paul	Scully	MV40	25:29	Helm Hill	
37	429	Martin	Spoons	Man	25:36	Howgill Harriers	
38	268	Ross	Jenkin	Man	25:45	Howgill Harriers	
39	265	Mark	Cropper	MV40	25:52	Helm Hill	
40	416	Jeffery	Chadwick	MV40	25:54	Glaxo Hoad Hill Harriers	
41	339	James	Coulthard	Man	25:57	Howgill Harriers	
42	50	Richard	Wells	MV40	25:59	Howgill Harriers	
43	184	Andrew	Hebson	Man	26:08	Helm Hill	
44	106	Mike	Calvert	MV50	26:14	Howgill Harriers	
45	428	Mike	Tomes	Man	26:15	Unattached	
46	12	Tod	Coates	MV40	26:16	Ambleside	
47	407	Ben	Oldham	MV40	26:20	Unattached	
48	180	Richard	Duckett	Man	26:24	Unattached	
49	141	Martin	Ramsay	MV50	26:30	Helm Hill	
50	34	Shaun	Addison	MV50	26:50	Helm Hill	
51	136	Brian	Kennedy	MV50	26:51	Settle	
52	46	Alistair	Hearn	MV40	26:54	Unattached	
53	142	Mike	Walsh	MV60	27:17	Kendal	
54	130	Michael	Toman	MV50	27:26	Rossendale	
55	81	Andy	Bennett	MV40	27:33	Helm Hill	
56	258	Roger	Aubrey	MV50	27:42	Helm Hill	
57	322	Ray	Gill	MV50	27:44	Dallam	
58	216	Will	Buckton	Man	27:51	Settle	

59	304	Steven	Middleton	MV40	27:57	Howgill Harriers	
60	118	Colin	Valentine	MV50	28:12	Keswick	
61	291	David	Hunter	MV60	28:25	Unattached	
62	415	Wilfred	Bell	MV60	28:28	Unattached	
63	165	Michael	Duncan	Man	28:31	Helm Hill	
64	423	Richard	Lecky-Thompson	MV50	28:33	Ambleside	
65	169	Jonathon	Gibson	MV50	28:41	Wharfedale	
66	201	Tim	Murray	MV50	28:47	Helm Hill	
67	405	Andy	Evans	MV50	28:50	Settle	
68	68	Chris	Green	MV40	29:04	Unattached	
69	365	Chris	Schofield	MV50	29:06	Helm Hill	
70	227	Gary	Lane	MV40	29:10	Howgill Harriers	
71	311	Martin	Barry	MV40	29:15	Unattached	
72	410	Rob	Bagot	MV40	29:18	Unattached	
73	137	Andy	Mingay	MV40	29:29	Eden	
74	426	Andy	Holden	MV50	29:35	Wharfedale	
75	226	Patrick	Willink	MV50	29:37	Helm Hill	
76	243	Pete	Coe	MV60	29:38	Helm Hill	
77	75	Jonny	Grisedale	MV40	29:48	Helm Hill	
78	287	Jason	Edmondson	MV40	30:05	Ambleside	
79	424	Toby	Webb	Man	30:07	Unattached	
80	126	Andrew	Hinde	MV50	30:08	Settle	
81	409	Paul	Stocks	MV50	30:10	Dallam	
82	200	Mark	Charnley	Man	30:14	Unattached	
83	28	Jan	Wulf	MV40	30:38	Settle	
84	330	Ben	Wallace	Man	30:40	Unattached	
85	90	Chris	Bateson	MV40	30:49	Unattached	
86	109	Peter	Acland	MV50	30:54	Kendal	
87	306	Richard	Greenep	MV40	31:11	Settle	
88	167	Andrew	Dickinson	MV50	31:13	Coniston	
89	91	Barry	Scholes	MV60	31:14	Settle	
90	432	Andy	Brayshaw	MV40	31:24	Unattached	
91	270	David	Mainwaring	MV50	32:00	Unattached	
92	71	John	Taylor	MV60	32:11	Bowland	
93	419	Greg	Tagney	MV60	32:35	Dallam	
94	331	Colin	Griffiths	MV60	32:38	Littledown	
95	414	Andy	Monk	MV60	32:45	ABFR	
96	174	David	Cowperthwaite	MV50	32:49	Unattached	
97	252	John	Hodgson	MV70	32:58	Dallam	1st MV70
98	194	Richard	Simpson	MV60	32:59	Dallam	
99	425	Simon	Filmore	MV60	34:06	LOC	
100	418	Alan	Bradley	MV40	34:53	Clown Road Runners	
101	390	Gareth	Bradburn-Sims	MV40	35:00	Howgill Harriers	
102	39	Geoff	Thompson	MV50	35:04	Wharfedale	
103	218	Patty	Davies	MV40	35:59	Helm Hill	
104	421	John	Barstow	MV60	36:45	Glaxo Hoad Hill Harriers	
105	172	Simon	Cane	MV60	37:36	LOC	
106	148	Phil	Corris	MV60	38:18	Lancs Constabulary	
107	2	Robert	Crawford	MV40	38:33	Howgill Harriers	
108	78	Thomas	Beuzeval	MU21	42:17	Helm Hill	
109	96	Joe	Howard	MV70	44:15	Preston Harriers	
110	1	Dennis	Wood	MV70	45:18	Borrowdale	

MEN

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	422	Michael	Ainsworth	Man	21:16	Helm Hill	1st Man
2	411	Luke	Bowen	MU21	21:41	Ambleside	2nd Man/1st MU21
3	73	Reuben	Copley	MU21	22:11	Dallam	
4	267	John	Helme	Man	22:18	Ambleside	
5	350	Mark	Irving	Man	22:38	Bowland	
6	351	Sam	Mason	MU21	22:44	Helm Hill	
7	346	Alan	Ashcroft	Man	23:09	Howgill Harriers	
8	430	Paul	Upton	Man	23:20	Unattached	
9	259	Jacob	Aubrey	MU21	23:23	Helm Hill	
10	399	Jack	Simpson	Man	23:38	Unattached	
11	408	Tom	Simpson	Man	24:31	Unattached	
12	51	Sean	Robinson	Man	24:39	Howgill Harriers	
13	196	Jack	Perry	Man	24:55	Unattached	
14	102	Matt	Davis	Man	25:09	Howgill Harriers	
15	412	Robin	Stones	Man	25:17	Helm Hill	
16	244	Ronald	Hummelink	Man	25:20	Lonsdale	
17	203	Peter	Lawson	Man	25:25	Unattached	
18	429	Martin	Spoons	Man	25:36	Howgill Harriers	
19	268	Ross	Jenkin	Man	25:45	Howgill Harriers	
20	339	James	Coulthard	Man	25:57	Howgill Harriers	
21	184	Andrew	Hebson	Man	26:08	Helm Hill	
22	428	Mike	Tomes	Man	26:15	Unattached	
23	180	Richard	Duckett	Man	26:24	Unattached	
24	216	Will	Buckton	Man	27:51	Settle	
25	165	Michael	Duncan	Man	28:31	Helm Hill	
26	424	Toby	Webb	Man	30:07	Unattached	
27	200	Mark	Charnley	Man	30:14	Unattached	
28	330	Ben	Wallace	Man	30:40	Unattached	
29	78	Thomas	Beuzeval	MU21	42:17	Helm Hill	

MEN UNDER 21

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	411	Luke	Bowen	MU21	21:41	Ambleside	2nd Man/1st MU21
2	73	Reuben	Copley	MU21	22:11	Dallam	
3	351	Sam	Mason	MU21	22:44	Helm Hill	
4	259	Jacob	Aubrey	MU21	23:23	Helm Hill	
5	78	Thomas	Beuzeval	MU21	42:17	Helm Hill	

MEN - VET 40

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	18	Jon	Rylance	MV40	21:49	Ambleside	3rd Man/1st MV40
2	30	Oliver	Waters	MV40	22:44	Helm Hill	
3	341	James	Edwards	MV40	22:59	Lonsdale	
4	104	Simon	Mounsey	MV40	23:05	Howgill Harriers	
5	20	James	Graham	MV40	23:16	Unattached	
6	49	Garry	Beardwood	MV40	23:18	Helm Hill	
7	54	Brian	Pennington	MV40	23:25	Howgill Harriers	
8	417	Darren	Fishwick	MV40	23:32	Chorley	
9	5	Craig	Burrow	MV40	24:23	Helm Hill	
10	385	Andrew	Slattery	MV40	24:27	Keswick	
11	164	Jonny	Marchant	MV40	24:34	Helm Hill	
12	361	James	Annan	MV40	25:00	Settle	
13	241	Ian	Palmer	MV40	25:24	Unattached	
14	301	Paul	Scully	MV40	25:29	Helm Hill	
15	265	Mark	Cropper	MV40	25:52	Helm Hill	
16	416	Jeffery	Chadwick	MV40	25:54	Glaxo Hoad Hill Harriers	
17	50	Richard	Wells	MV40	25:59	Howgill Harriers	
18	12	Tod	Coates	MV40	26:16	Ambleside	
19	407	Ben	Oldham	MV40	26:20	Unattached	
20	46	Alistair	Hearn	MV40	26:54	Unattached	
21	81	Andy	Bennett	MV40	27:33	Helm Hill	
22	304	Steven	Middleton	MV40	27:57	Howgill Harriers	
23	68	Chris	Green	MV40	29:04	Unattached	
24	227	Gary	Lane	MV40	29:10	Howgill Harriers	
25	311	Martin	Barry	MV40	29:15	Unattached	
26	410	Rob	Bagot	MV40	29:18	Unattached	
27	137	Andy	Mingay	MV40	29:29	Eden	
28	75	Jonny	Grisedale	MV40	29:48	Helm Hill	
29	287	Jason	Edmondson	MV40	30:05	Ambleside	
30	28	Jan	Wulf	MV40	30:38	Settle	
31	90	Chris	Bateson	MV40	30:49	Unattached	
32	306	Richard	Greenep	MV40	31:11	Settle	
33	432	Andy	Brayshaw	MV40	31:24	Unattached	
34	418	Alan	Bradley	MV40	34:53	Clown Road Runners	
35	390	Gareth	Bradburn-Sims	MV40	35:00	Howgill Harriers	
36	218	Patty	Davies	MV40	35:59	Helm Hill	
37	2	Robert	Crawford	MV40	38:33	Howgill Harriers	

MEN - VET 50

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	77	Scott	Umpleby	MV50	23:49	Kendal	1st MV50
2	98	Rob	Dewhurst	MV50	23:56	Ambleside	
3	56	Simon	Fox	MV50	25:04	Darwen Dashers	
4	340	David	Griffin	MV50	25:16	Dallam	
5	106	Mike	Calvert	MV50	26:14	Howgill Harriers	
6	141	Martin	Ramsay	MV50	26:30	Helm Hill	
7	34	Shaun	Addison	MV50	26:50	Helm Hill	
8	136	Brian	Kennedy	MV50	26:51	Settle	
9	130	Michael	Toman	MV50	27:26	Rosendale	
10	258	Roger	Aubrey	MV50	27:42	Helm Hill	
11	322	Ray	Gill	MV50	27:44	Dallam	
12	118	Colin	Valentine	MV50	28:12	Keswick	
13	423	Richard	Lecky-Thompson	MV50	28:33	Ambleside	
14	169	Jonathon	Gibson	MV50	28:41	Wharfedale	
15	201	Tim	Murray	MV50	28:47	Helm Hill	
16	405	Andy	Evans	MV50	28:50	Settle	
17	365	Chris	Schofield	MV50	29:06	Helm Hill	
18	426	Andy	Holden	MV50	29:35	Wharfedale	
19	226	Patrick	Willink	MV50	29:37	Helm Hill	
20	126	Andrew	Hinde	MV50	30:08	Settle	
21	409	Paul	Stocks	MV50	30:10	Dallam	
22	109	Peter	Acland	MV50	30:54	Kendal	
23	167	Andrew	Dickinson	MV50	31:13	Coniston	
24	270	David	Mainwaring	MV50	32:00	Unattached	
25	174	David	Cowperthwaite	MV50	32:49	Unattached	
26	39	Geoff	Thompson	MV50	35:04	Wharfedale	

MEN - VET 60

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	9	Graham	Schofield	MV60	24:53	Horwich	1st MV60
2	142	Mike	Walsh	MV60	27:17	Kendal	
3	291	David	Hunter	MV60	28:25	Unattached	
4	415	Wilfred	Bell	MV60	28:28	Unattached	
5	243	Pete	Coe	MV60	29:38	Helm Hill	
6	91	Barry	Scholes	MV60	31:14	Settle	
7	71	John	Taylor	MV60	32:11	Bowland	
8	419	Greg	Tagney	MV60	32:35	Dallam	
9	331	Colin	Griffiths	MV60	32:38	Littledown	
10	414	Andy	Monk	MV60	32:45	ABFR	
11	194	Richard	Simpson	MV60	32:59	Dallam	
12	425	Simon	Filmore	MV60	34:06	LOC	
13	421	John	Barstow	MV60	36:45	Glaxo Hoad Hill Harriers	
14	172	Simon	Cane	MV60	37:36	LOC	
15	148	Phil	Corris	MV60	38:18	Lancs Constabulary	

MEN - VET 70

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	252	John	Hodgson	MV70	32:58	Dallam	1st MV70
2	96	Joe	Howard	MV70	44:15	Preston Harriers	
3	1	Dennis	Wood	MV70	45:18	Borrowdale	

ALL SENIOR LADIES

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	349	Nina	Walkingshaw	Lady	25:19	Howgill Harriers	1st Lady
2	292	Imogen	Burrow	LU21	25:51	Helm Hill	2nd Lady/1st LU21
3	21	Carol	Evans	LV50	26:18	Settle	3rd Lady/1st LV50
4	35	Hannah	Durkin	LU21	26:40	Ambleside	
5	3	Ali	Richards	LV40	26:42	Helm Hill	1st LV40
6	52	Bianca	Dyer	LV40	26:56	Helm Hill	
7	10	Eleanor	Knowles	LV40	27:04	Ambleside	
8	120	Evelyn	Dugdale	LV50	28:01	Helm Hill	
9	45	Jayne	Rigby	LV40	29:27	Helm Hill	
10	427	Rowan	Ranner	Lady	29:31	Helm Hill	
11	157	Debs	Greaves	LV40	29:58	Howgill Harriers	
12	195	Joanne	McLeod	LV50	30:09	Barrow & Furness Striders	
13	328	Charlie	Somers Cocks	LV50	30:23	Coniston	
14	431	Marie	Robson	LV40	30:26	Helm Hill	
15	47	Helen	Greenep	LV50	30:45	Settle	
16	240	Katie	Palmer	LV40	30:51	Unattached	
17	290	Sarah	Folks	LV40	31:03	Ambleside	
18	225	Vicky	Kirkwood	LV40	31:15	Dallam	
19	4	Amanda	Burrow	LV40	31:20	Helm Hill	
20	15	Jo	Pennington	LV40	31:28	Kendal	
21	7	Sarah	Senior	LV50	31:30	Helm Hill	
22	107	Lynn	Whittaker	LV50	31:38	Wharfedale	
23	19	Niki	Rylance	LV40	31:44	Ambleside	
24	360	Julia	Hargreaves	LV40	31:55	Settle	
25	239	Kate	Brayshaw	LV40	32:22	Helm Hill	
26	420	Gill	Ramsey	LV50	32:27	Helm Hill	
27	406	Michelle	Middleton	Lady	32:31	Howgill Harriers	
28	273	Vicky	Atkinson	LV40	32:34	Helm Hill	
29	26	Kat	Evans	Lady	32:50	Ambleside	
30	22	Paula	Bowen	LV40	33:41	Ambleside	
31	99	Hazel	Pearson	LV50	33:43	Helm Hill	
32	135	Elizabeth	Adams	LV40	34:10	Helm Hill	
33	307	Zoe	Robinson	Lady	34:58	Howgill Harriers	
34	404	Pam	Bagot	LV40	35:50	Unattached	
35	173	Elaine	Cowperthwaite	LV40	36:04	Unattached	
36	342	Rhian	Davies	Lady	36:12	Unattached	
37	152	Miriam	Rosen	LV60	37:00	Lancaster & Morecambe	1st LV60
38	381	Su	Thompson	LV40	38:11	Wharfedale	
39	295	Jo	Matthew	LV40	38:26	Lancaster & Morecambe	
40	8	May	Crawford	Lady	38:31	Helm Hill	
41	31	Wendy	Smith	LV40	40:12	Helm Hill	

LADIES

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	349	Nina	Walkingshaw	Lady	25:19	Howgill Harriers	1st Lady
2	292	Imogen	Burrow	LU21	25:51	Helm Hill	2nd Lady/1st LU21
3	35	Hannah	Durkin	LU21	26:40	Ambleside	
4	427	Rowan	Ranner	Lady	29:31	Helm Hill	
5	406	Michelle	Middleton	Lady	32:31	Howgill Harriers	
6	26	Kat	Evans	Lady	32:50	Ambleside	
7	307	Zoe	Robinson	Lady	34:58	Howgill Harriers	
8	342	Rhian	Davies	Lady	36:12	Unattached	
9	8	May	Crawford	Lady	38:31	Helm Hill	

LADIES UNDER 21

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	292	Imogen	Burrow	LU21	25:51	Helm Hill	2nd Lady/1st LU21
2	35	Hannah	Durkin	LU21	26:40	Ambleside	

LADIES - VET 40

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	3	Ali	Richards	LV40	26:42	Helm Hill	1st LV40
2	52	Bianca	Dyer	LV40	26:56	Helm Hill	
3	10	Eleanor	Knowles	LV40	27:04	Ambleside	
4	45	Jayne	Rigby	LV40	29:27	Helm Hill	
5	157	Debs	Greaves	LV40	29:58	Howgill Harriers	
6	431	Marie	Robson	LV40	30:26	Helm Hill	
7	240	Katie	Palmer	LV40	30:51	Unattached	
8	290	Sarah	Folks	LV40	31:03	Ambleside	
9	225	Vicky	Kirkwood	LV40	31:15	Dallam	
10	4	Amanda	Burrow	LV40	31:20	Helm Hill	
11	15	Jo	Pennington	LV40	31:28	Kendal	
12	19	Niki	Rylance	LV40	31:44	Ambleside	
13	360	Julia	Hargreaves	LV40	31:55	Settle	
14	239	Kate	Brayshaw	LV40	32:22	Helm Hill	
15	273	Vicky	Atkinson	LV40	32:34	Helm Hill	
16	22	Paula	Bowen	LV40	33:41	Ambleside	
17	135	Elizabeth	Adams	LV40	34:10	Helm Hill	
18	404	Pam	Bagot	LV40	35:50	Unattached	
19	173	Elaine	Cowperthwaite	LV40	36:04	Unattached	
20	381	Su	Thompson	LV40	38:11	Wharfedale	
21	295	Jo	Matthew	LV40	38:26	Lancaster & Morecambe	
22	31	Wendy	Smith	LV40	40:12	Helm Hill	

LADIES - VET 50

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	21	Carol	Evans	LV50	26:18	Settle	3rd Lady/1st LV50
2	120	Evelyn	Dugdale	LV50	28:01	Helm Hill	
3	195	Joanne	McLeod	LV50	30:09	Barrow & Furness Striders	
4	328	Charlie	Somers Cocks	LV50	30:23	Coniston	
5	47	Helen	Greenep	LV50	30:45	Settle	
6	7	Sarah	Senior	LV50	31:30	Helm Hill	
7	107	Lynn	Whittaker	LV50	31:38	Wharfedale	
8	420	Gill	Ramsey	LV50	32:27	Helm Hill	
9	99	Hazel	Pearson	LV50	33:43	Helm Hill	

LADIES - VET 60

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	152	Miriam	Rosen	LV60	37:00	Lancaster & Morecambe	1st LV60

UNDER 17 BOYS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	563	Sebastian	Segger-Staveley	Boy	13:28	Settle	1st Boy
2	512	Ben	Edmondson	Boy	14:00	Ambleside	2nd Boy
3	610	Samuel	Thom	Boy	15:11	Keighley & Craven	3rd Boy
4	739	Harry	Shaw	Boy	16:16	Lancaster & Morecambe	
5	742	Ben	Kirkham	Boy	17:02	Rosendale	
6	635	Harry	Sanderson	Boy	17:36	Ambleside	
7	688	Jack	Hill	Boy	18:18	Unattached	

UNDER 17 GIRLS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	653	Amy	Slattery	Girl	16:02	Helm Hill	1st Girl
2	561	Rosie	Woodhams	Girl	16:45	Dallam	2nd Girl
3	541	Maia	Doherty	Girl	17:18	Helm Hill	3rd Girl
4	728	Emily	Carpenter	Girl	18:42	Settle	
5	592	Lottie	Beardwood	Girl	19:12	Helm Hill	
6	571	Courtney	Hutchinson	Girl	19:12	Ambleside	
7	509	Jodie	Ritchie	Girl	21:26	Glaxo Hoad Hill Harriers	
8	662	Simone	Rigby	Girl	21:37	Settle	

UNDER 15 BOYS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	572	Charlie	Harding	Boy	09:12	Eden	1st Boy
2	544	Daniel	Sanderson	Boy	09:18	Ambleside	2nd Boy
3	524	Jacob	Smith	Boy	09:35	Kendal	3rd Boy
4	549	Alex	Tallon	Boy	10:07	Helm Hill	
5	603	Brodie Joh	Weymouth	Boy	10:29	Unattached	
6	525	Ben	Smith	Boy	10:52	Kendal	
7	672	Joel	Clayton	Boy	11:10	Helm Hill	
8	602	Adam	Scott	Boy	11:15	Kendal	
9	722	Daniel	Harris	Boy	11:50	Helm Hill	
10	744	Zach	Doherty	Boy	12:04	Dallam	
11	693	Edward	Thomas	Boy	12:14	Howgill Harriers	
12	733	Finley	Corkill	Boy	12:26	Leven Valley	
13	644	Toby	Umpleby	Boy	12:57	Kendal	

UNDER 15 GIRLS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	533	Chloe	Rylance	Girl	10:12	Ambleside	1st Girl
2	507	Emily	Swarbrick	Girl	10:30	CFR	2nd Girl
3	591	Ella	Beardwood	Girl	11:54	Helm Hill	3rd Girl
4	537	Bethan	Rowley	Girl	12:43	Ambleside	
5	753	Annabelle	Taylor	Girl	13:26	Helm Hill	
6	582	Madeleine	King	Girl	13:32	Helm Hill	
7	600	Becky	Dyer	Girl	14:06	Helm Hill	

UNDER 13 BOYS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	540	James	Bowen	Boy	04:36	Ambleside	1st Boy
2	539	Harry	Bowen	Boy	04:38	Ambleside	2nd Boy
3	747	Charlie	Allmond	Boy	04:52	Unattached	3rd Boy
4	585	Ben	Greenep	Boy	04:54	Settle	
5	696	Tobias	Swarbrick	Boy	04:55	Lancaster & Morecambe	
6	730	Cameron	Coates	Boy	04:57	Ambleside	
7	741	James	Duffy	Boy	05:01	Calder Valley	
8	523	Matthew	Ansell	Boy	05:08	Helm Hill	
9	527	Oliver	Smith	Boy	05:10	Kendal	
10	734	Joe	Li??etha	Boy	05:16	Ambleside	
11	519	Christophe	Brown	Boy	05:20	Clayton-Le-Moors	
12	621	Charlie	Barry	Boy	05:21	Settle	
13	689	Caius	Pennington	Boy	05:23	Howgill Harriers	
14	586	Sam	Greenep	Boy	05:24	Settle	
15	580	Alfie	Todd	Boy	05:29	Unattached	
16	543	Jack	Collett	Boy	05:30	COLT/LMAC	
17	749	Archie	Reid	Boy	05:32	Unattached	
18	570	William	Durkin	Boy	05:34	Ambleside	
19	604	Matti	Legema	Boy	05:36	Ambleside	
20	609	Luke	Simmonds	Boy	05:38	Unattached	
21	522	Cal	McVey	Boy	05:39	Ambleside	
22	538	Alex	Graham	Boy	05:39	Ambleside	
23	503	Richard	Smith	Boy	05:41	Ambleside	
24	535	Rowan	Ashworth	Boy	05:43	Ambleside	
25	519	Christophe	Brown	Boy	05:46	Clayton-Le-Moors	
26	516	Frankie	Exley	Boy	05:47	Ambleside	
27	751	Freddie	Metcalfe	Boy	05:48	Settle	
28	675	Oliver	Sampson	Boy	05:48	Settle	
29	511	Alfie	Addison	Boy	05:49	Helm Hill	
30	624	Jody	Middleton	Boy	05:54	Howgill Harriers	
31	596	Isaac	Robinson	Boy	05:55	Howgill Harriers	
32	510	Nathan	Ritchie	Boy	05:58	Glaxo Hoad Hill Harriers	
33	545	Luke	Lofthouse	Boy	06:06	Helm Hill	
34	501	Jamie	Harris	Boy	06:08	Helm Hill	
35	588	Sam	Jackson	Boy	06:10	Helm Hill	
36	752	Oliver	Oldham	Boy	06:12	Unattached	
37	505	Jack	Sanderson	Boy	06:17	Settle	
38	560	Toby	Harper	Boy	06:24	Ambleside	
39	583	Simon	Rigby	Boy	06:26	Helm Hill	
40	673	Charlie	Clayton	Boy	06:28	Helm Hill	
41	566	Aaron	Smith	Boy	06:30	Helm Hill	
42	515	Theo	Coates	Boy	06:32	Ambleside	
43	618	Tom	Houghton	Boy	06:33	Howgill Harriers	
44	746	Matthew	Gornall	Boy	06:34	Kendal	
45	558	Oscar	Wulf	Boy	06:38	Settle	
46	638	Finley	Grisedale	Boy	06:48	Helm Hill	
47	628	Paddy	Wood	Boy	06:52	Ambleside	
48	597	Theo	Robinson	Boy	06:53	Howgill Harriers	
49	743	Bradley	Wright	Boy	06:59	Helm Hill	
50	577	Oliver	Brummitt	Boy	07:00	Settle	
51	671	Oliver	Willoughby	Boy	07:07	Helm Hill	
52	676	Dylan	Sampson	Boy	07:08	Settle	
53	514	Rory	Knowles	Boy	07:10	Ambleside	
54	542	Benjamin	Grundy	Boy	07:12	Unattached	
55	587	Thomas	Hearn	Boy	07:21	Unattached	
56	552	Bobby	Wilkin	Boy	07:24	Ambleside	
57	646	Joel	Saunders	Boy	08:39	Helm Hill	
58	757	Tyler	Jones	Boy	08:39	Unattached	

UNDER 13 GIRLS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	520	Clara	Samson	Girl	05:04	Helm Hill	1st Girl
2	532	Sophie	Rylance	Girl	05:19	Ambleside	2nd Girl
3	526	Sarah	Smith	Girl	05:27	Helm Hill	3rd Girl
4	513	Jessica	Edmondson	Girl	06:03	Ambleside	
5	745	Fayth	Bowness	Girl	06:09	CFR	
6	550	Elise	Tallon	Girl	06:11	Helm Hill	
7	508	Olivia	Swarbrick	Girl	06:13	CFR	
8	754	Georgia	Bell	Girl	06:17	Barrow & Furness Striders	
9	559	Charlotte	Peart	Girl	06:18	Settle	
10	719	Esme	Walkingshaw	Girl	06:19	Eden	
11	534	Martha	Rigby	Girl	06:22	Settle	
12	714	Amelie	Lane	Girl	06:28	Wharfedale	
13	530	Emma	Duxbury	Girl	06:35	Ambleside	
14	557	Joss	Evans	Girl	06:36	Ambleside	
15	750	Ruby	Duxbury	Girl	06:39	Ambleside	
16	556	Maisie	Evans	Girl	06:44	Ambleside	
17	613	Vicky	Woof	Girl	06:48	Howgill Harriers	
18	692	Sienna	Middleton	Girl	06:57	Howgill Harriers	
19	661	Lauren	Evans	Girl	07:00	Settle	
20	612	Lucy	Bagot	Girl	07:03	Settle	
21	601	Connie	Maye-Scott	Girl	07:06	Unattached	
22	705	Lara	Smith	Girl	07:09	Unattached	
23	614	Madeleine	Martindale	Girl	07:11	Unattached	
24	548	Cate	Matthew	Girl	07:27	Lancaster & Morecambe	
25	740	Noa	Calman	Girl	07:31	Ambleside	
26	683	Jessica	Oakey	Girl	07:37	Settle	
27	656	Connie	Eccleston	Girl	07:43	Settle	
28	599	Hannah	Dyer	Girl	08:03	Helm Hill	
29	629	Seren	Green	Girl	08:39	Ambleside	
30	756	Layla	Clives	Girl	08:39	Unattached	
31	506	Alicia	Crawford	Girl	08:39	Helm Hill	