



Supported by Different Strokes

## Cautley Spout - Results 5 March 2017

Senior Race							
Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	25	Josh	Jardine	Man	29:58	Helm Hill	1st Man
2	267	John	Helme	Man	31:28	Ambleside	2nd Man
3	224	Kieran	Hodgson	MV40	31:53	Helm Hill	3rd Man/1st MV40
4	259	Jacob	Aubrey	MU21	32:23	Helm Hill	1st MU21
5	73	Reuben	Copley	MU21	32:44	Dallam	
6	124	George	Attwood	MU21	33:08	Dallam	
7	448	Jon	Deegan	MV40	33:18	Ambleside	
8	917	Andrew	Livinstone	Man	33:28	Annan AC	
9	18	Jon	Rylance	MV40	33:36	Ambleside	
10	915	Jonny	Bradshaw	Man	33:49	Wharfedale	
11	77	Scott	Umpleby	MV50	33:57	Kendal	1st MV50
12	351	Sam	Mason	MU21	34:05	Helm Hill	
13	189	Hannah	Russell	LU21	34:10	Helm Hill	1st Lady/1st LU21
14	399	Jack	Simpson	Man	34:26	Unattached	
15	98	Rob	Dewhurst	MV50	34:33	Ambleside	
16	104	Simon	Mounsey	MV40	34:38	Howgill Harriers	
17	350	Mark	Irving	Man	34:40	Bowland	
18	430	Paul	Upton	Man	34:56	Unattached	
19	417	Darren	Fishwick	MV40	35:00	Chorley	
20	30	Oliver	Waters	MV40	35:04	Helm Hill	
21	145	Jack	Byrne	MU21	35:35	Helm Hill	
22	241	Ian	Palmer	MV40	35:39	Unattached	
23	385	Andrew	Slattery	MV40	35:44	Keswick	
24	377	William	Procter	MV60	36:05	Helm Hill	1st MV60
25	164	Jonny	Marchant	MV40	36:12	Helm Hill	
26	429	Martin	Spoons	Man	36:25	Howgill Harriers	
27	105	Ben	Kent	MU21	36:37	Helm Hill	
28	9	Graham	Schofield	MV60	36:42	Horwich	
29	20	James	Graham	MV40	37:04	Unattached	
30	93	John	Rainford	MV50	37:09	Preston Harriers	
31	911	Chris	Jackson	Man	37:13	Pennine	
32	54	Brian	Pennington	MV40	37:18	Howgill Harriers	
33	461	Catherine	Niblock	Lady	37:22	Helm Hill	2nd Lady
34	203	Peter	Lawson	Man	37:30	Unattached	
35	349	Nina	Walkingshaw	Lady	37:35	Howgill Harriers	3rd Lady
36	51	Sean	Robinson	Man	37:38	Howgill Harriers	
37	5	Craig	Burrow	MV40	38:00	Helm Hill	
38	117	Leigh	Warburton	MV50	38:05	Bowland	
39	35	Hannah	Durkin	LU21	38:38	Ambleside	
40	949	Aaron	Walmsley	Man	38:44	Unattached	
41	345	Tim	Roe	Man	38:47	Helm Hill	
42	24	Tom	Matthew	MV40	38:48	Bowland	
43	288	Daniel	Malcolm	MV40	38:56	Unattached	
44	402	Jacob	Dyer	MV40	39:01	Helm Hill	
45	76	Neil	Sidaway	MV50	39:35	CFR	
46	339	James	Coulthard	Man	39:42	Howgill Harriers	
47	48	Paul	Jackson	MV40	39:47	Helm Hill	
48	304	Steven	Middleton	MV40	40:00	Howgill Harriers	
49	265	Mark	Cropper	MV40	40:16	Helm Hill	
50	916	Josh	Westwood	Man	40:18	Settle	
51	303	Duncan	Copley	MV50	40:25	Dallam	
52	320	Terry	Houston	MV50	40:28	Bowland	
53	38	Stuart	Walton	MV40	41:03	KCAC	

54	50	Richard	Wells	MV40	41:13	Howgill Harriers	
55	52	Bianca	Dyer	LV40	41:22	Helm Hill	1st LV40
56	103	David	Bainbridge	Man	41:27	Howgill Harriers	
57	216	Will	Buckton	Man	41:33	Settle	
58	914	Ben	Ward	Man	41:38	Unattached	
59	292	Imogen	Burrow	LU21	41:50	Helm Hill	
60	356	Stuart	Allan	MV40	41:51	Helm Hill	
61	945	Scott	Tranter	MU21	42:02	Unattached	
62	201	Tim	Murray	MV50	42:04	Helm Hill	
63	102	Matt	Davis	Man	42:13	Howgill Harriers	
64	81	Andy	Bennett	MV40	42:19	Helm Hill	
65	387	Justin	Bibby	MV40	42:26	Unattached	
66	180	Richard	Duckett	Man	42:29	Unattached	
67	138	Gary	Jackson	Man	42:33	Eden	
68	322	Ray	Gill	MV50	42:40	Dallam	
69	3	Ali	Richards	LV40	42:53	Helm Hill	
70	947	Tom	Smith	MV50	42:58	Unattached	
71	470	Karl	Mason	Man	42:59	Helm Hill	
72	950	Dave	Gibbons	MV40	43:08	Unattached	
73	909	Scott	Baistow	MU21	43:11	Unattached	
74	10	Eleanor	Knowles	LV40	43:13	Ambleside	
75	130	Michael	Toman	MV50	43:14	Rosendale	
76	913	Dominic	Hoare	MV40	43:21	Bowland	
77	154	John	Fitzpatrick	MV50	43:31	Unattached	
78	431	Marie	Robson	LV40	43:39	Helm Hill	
79	258	Roger	Aubrey	MV50	43:54	Helm Hill	
80	415	Wilfred	Bell	MV60	44:22	Unattached	
81	455	Allan	Miller	MV50	44:42	Kendal	
82	92	Michael	McLoughlin	MV60	45:30	Preston Harriers	
83	86	Dave	Appleyard	MV50	45:44	Helm Hill	
84	444	Bill	Beckett	MV50	46:03	Chorley	
85	158	Mo	Kelly	Lady	46:28	Howgill Harriers	
86	291	David	Hunter	MV50	46:41	Unattached	
87	427	Rowan	Ranner	Lady	46:48	Helm Hill	
88	414	Andy	Monk	MV60	47:19	ABFR	
89	191	Andrew	Russell	MV50	47:37	Helm Hill	
90	409	Paul	Stocks	MV50	47:48	Dallam	
91	238	Katherine	France	LV40	48:48	Helm Hill	
92	329	Jenny	Lyon	Lady	49:12	Dallam	
93	200	Mark	Charnley	MV40	49:34	Settle	
94	26	Kat	Evans	Lady	49:44	Ambleside	
95	225	Vicky	Kirkwood	LV40	49:47	Dallam	
96	107	Lynn	Whittaker	LV50	50:38	Wharfedale	1st LV50
97	273	Vicky	Atkinson	LV40	50:42	Helm Hill	
98	23	Judith	Marshall	LV40	50:42	Settle	
99	946	Caroline	Holden	LV50	50:47	Helm Hill	
100	239	Kate	Brayshaw	LV40	50:59	Helm Hill	
101	66	Russ	Cannon	MV50	51:06	Helm Hill	
102	243	Pete	Coe	MV60	51:17	Helm Hill	
103	4	Amanda	Burrow	LV40	51:24	Helm Hill	
104	240	Katie	Palmer	LV40	51:27	Unattached	
105	944	Marcia	Frith	LV40	51:44	Helm Hill	
106	948	Tommy	Cornforth	MU21	52:04	Unattached	
107	75	Jonny	Grisedale	MV40	52:22	Helm Hill	
108	390	Gareth	Bradburn-Sims	MV40	52:47	Howgill Harriers	
109	85	Katy	Thompson	LV60	53:18	Clayton-Le-Moors	1st LV60
110	194	Richard	Simpson	MV60	53:50	Dallam	
111	275	Lindsay	Harrod	LV40	54:01	Helm Hill	
112	252	John	Hodgson	MV70	55:39	Dallam	1st MV70
113	218	Patty	Davies	MV40	56:15	Helm Hill	
114	99	Hazel	Pearson	LV50	57:30	Helm Hill	
115	135	Elizabeth	Adams	LV40	58:55	Helm Hill	

116	307	Zoe	Robinson	Lady	59:33	Howgill Harriers	
117	8	May	Crawford	Lady	1:00:17	Helm Hill	
118	316	Jill	Gates	LV50	1:01:32	Settle	
119	148	Phil	Corris	MV60	1:02:36	Lancs Constabulary	
120	912	Robin	Haywood	MV40	1:03:07	Howgill Harriers	
121	286	Anna	Stevens	Lady	1:03:20	Helm Hill	
122	31	Wendy	Smith	LV40	1:10:23	Helm Hill	
123	338	Richard	Handford	MV50	1:10:51	Settle	
124	1	Dennis	Wood	MV70	1:13:02	Borrowdale	
125	96	Joe	Howard	MV70	1:15:56	Preston Harriers	
126	383	Alana	Willis	LU21	DNF	Wharfedale	
127	902	Tim	Cowin	MV40	DNF	Helm Hill	

**Under 17 Race**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	633	Robert	Askew	Boy	21:32	Helm Hill	1st Boy
2	563	Sebastian	Segger-Staveley	Boy	21:39	Settle	2nd Boy
3	547	Thomas	Marshall	Boy	21:48	Settle	3rd Boy
4	512	Ben	Edmondson	Boy	21:58	Ambleside	
5	668	Benjamin	Forrest	Boy	23:16	Rossendale	
6	576	Jack	Walton	Boy	23:22	Keighley & Craven	
7	649	Joshua	Liddle	Boy	23:35	Eden	
8	724	Lewis	Bowness	Boy	23:53	Helm Hill	
9	610	Samuel	Thom	Boy	24:23	Keighley & Craven	
10	574	Matthew	Holroyd	Boy	25:09	Settle	
11	561	Rosie	Woodhams	Girl	25:17	Dallam	1st Girl
12	653	Amy	Slattery	Girl	27:24	Helm Hill	2nd Girl
13	645	Joey	Umpleby	Boy	27:54	Kendal	
14	541	Maia	Doherty	Girl	28:04	Helm Hill	3rd Girl
15	703	Minnie	Targett	Girl	28:22	Rossendale	
16	635	Harry	Sanderson	Boy	30:37	Ambleside	
17	739	Harry	Shaw	Boy	30:55	Lancaster & Morecambe	
18	592	Lottie	Beardwood	Girl	31:12	Helm Hill	
19	598	Erin	Bagge	Girl	34:33	Helm Hill	
20	565	Tyla	Crook	Girl	35:58	Helm Hill	
21	662	Simone	Rigby	Girl	38:06	Settle	
22	721	Emily	Crossley	Girl	38:21	Settle	
23	775	Katie	ThurLOW	Girl	39:53	Helm Hill	

### Under 15 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	544	Daniel	Sanderson	Boy	13:25	Ambleside	1st Boy
2	666	Joel	Taylor	Boy	13:55	Rossendale	2nd Boy
3	553	Sam	Smith	Boy	14:07	Wharfedale	3rd Boy
4	643	John	Egner	Boy	14:16	Settle	
5	572	Charlie	Harding	Boy	14:27	Eden	
6	504	Ollie	Sanders	Boy	14:40	Helm Hill	
7	531	Henry	Hunter	Boy	15:04	Helm Hill	
8	619	Ben	O'Dowd	Boy	15:17	Northern Fells	
9	640	George	Sidaway	Boy	15:25	Eden	
10	533	Chloe	Rylance	Girl	15:31	Ambleside	1st Girl
11	737	Oliver	Saxon	Boy	16:09	Unattached	
12	665	Lilli	Carr	Girl	16:26	Keighley & Craven	2nd Girl
13	644	Toby	Umpleby	Boy	16:44	Kendal	
14	602	Adam	Scott	Boy	16:57	Kendal	
15	603	Brodie Joh	Weymouth	Boy	17:22	Unattached	
16	591	Ella	Beardwood	Girl	17:29	Helm Hill	3rd Girl
17	722	Daniel	Harris	Boy	17:35	Helm Hill	
18	744	Zach	Doherty	Boy	17:38	Dallam	
19	753	Annabelle	Taylor	Girl	17:44	Helm Hill	
20	641	Maisie	Gough	Girl	17:57	Howgill Harriers	
21	600	Becky	Dyer	Girl	22:05	Helm Hill	

### Under 13 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	540	James	Bowen	Boy	08:58	Ambleside	1st Boy
2	766	William	Hall	Boy	09:11	Calder Valley	2nd Boy
3	741	James	Duffy	Boy	09:52	Calder Valley	3rd Boy
4	655	Scott	Fisher	Boy	09:59	Hoad Hill	
5	523	Matthew	Ansell	Boy	10:09	Helm Hill	
6	730	Cameron	Coates	Boy	10:11	Ambleside	
7	734	Joe	Ligema	Boy	10:12	Ambleside	
8	519	Christophe	Brown	Boy	10:28	Clayton-Le-Moors	
9	535	Rowan	Ashworth	Boy	10:30	Ambleside	
10	624	Jody	Middleton	Boy	10:33	Howgill Harriers	
11	522	Cal	McVey	Boy	10:34	Ambleside	
12	543	Jack	Collett	Boy	10:34	COLT/LMAC	
13	772	Patrick	Casey	Boy	10:37	Calder Valley	
14	604	Matti	Ligema	Boy	10:43	Ambleside	
15	532	Sophie	Rylance	Girl	10:48	Ambleside	1st Girl
16	538	Alex	Graham	Boy	10:51	Ambleside	
17	516	Frankie	Exley-Harper	Boy	10:52	Ambleside	
18	501	Jamie	Harris	Boy	11:01	Helm Hill	
19	620	Gemma	O'Dowd	Girl	11:02	Northern Fells	2nd Girl
20	518	Elodie	Malcolm	Girl	11:07	Helm Hill	3rd Girl
21	609	Luke	Simmonds	Boy	11:23	Unattached	
22	586	Sam	Greenep	Boy	11:30	Settle	
23	660	Luke	Campbell	Boy	11:30	Ambleside	
24	694	Harry	Wilson	Boy	11:36	Settle	
25	545	Luke	Lofthouse	Boy	11:43	Helm Hill	
26	511	Alfie	Addison	Boy	11:47	Helm Hill	
27	579	Marvin	Gibbs	Boy	12:00	Helm Hill	
28	562	Douglas	Segger-Staveley	Boy	12:01	Settle	
29	720	Beau	Walkingshaw	Girl	12:09	Eden	
30	503	Richard	Goode-Smith	Boy	12:14	Ambleside	
31	515	Theo	Coates	Boy	12:18	Ambleside	
32	513	Jessica	Edmondson	Girl	12:19	Ambleside	
33	566	Aaron	Smith	Boy	12:26	Helm Hill	
34	667	Evie	Taylor	Girl	12:27	Rosendale	
35	534	Martha	Rigby	Girl	12:31	Settle	
36	588	Sam	Jackson	Boy	12:42	Helm Hill	
37	613	Vicky	Woof	Girl	12:44	Howgill Harriers	
38	736	Tara	Allan	Girl	12:45	Helm Hill	
39	556	Maisie	Evans	Girl	12:47	Ambleside	
40	752	Oliver	Oldham	Boy	12:48	Unattached	
41	615	Ella	Martindale	Girl	12:55	Helm Hill	
42	585	Ben	Greenep	Boy	13:02	Settle	
43	559	Charlotte	Peart	Girl	13:13	Settle	
44	646	Joel	Saunders	Boy	13:22	Helm Hill	
45	557	Joss	Evans	Girl	13:24	Ambleside	
46	601	Connie	Maye-Scott	Girl	13:27	Unattached	
47	514	Rory	Knowles	Boy	13:31	Ambleside	
48	671	Oliver	Willoughby	Boy	13:37	Helm Hill	
49	727	Ellen	Dickson	Girl	13:39	Ambleside	
50	746	Matthew	Gornall	Boy	13:43	Kendal	
51	551	Alfie	Wilkin	Boy	13:43	Ambleside	
52	530	Emma	Duxbury	Girl	13:46	Ambleside	
53	638	Finley	Grisedale	Boy	14:02	Helm Hill	
54	661	Lauren	Evans	Girl	14:06	Settle	
55	564	Ned	Whitaker	Boy	14:11	Settle	
56	628	Paddy	Wood	Boy	14:17	Ambleside	
57	634	Erin	Holton	Girl	14:19	Howgill Harriers	
58	719	Esme	Walkingshaw	Girl	14:27	Eden	
59	548	Cate	Matthew	Girl	14:37	Lancaster & Morecambe	
60	647	Sophie	Goodall	Girl	14:38	Unattached	

61	764	Mollie	Smith	Girl	14:38	Wharfedale	
62	612	Lucy	Bagot	Girl	14:39	Settle	
63	552	Bobby	Wilkin	Boy	14:40	Ambleside	
64	769	Hattie	Eastwood	Girl	14:41	Helm Hill	
65	774	Alexander	Wilson	Boy	14:42	Ambleside	
66	614	Madeleine	Martindale	Girl	14:57	Unattached	
67	506	Alicia	Crawford	Girl	15:01	Helm Hill	
68	593	Grace	Wells	Girl	15:12	Howgill Harriers	
69	599	Hannah	Dyer	Girl	15:27	Helm Hill	
70	708	Lizzy	Cowin	Girl	15:30	Unattached	
71	611	Katie	Lewis	Girl	16:01	Howgill Harriers	
72	542	Benjamin	Grundy	Boy	16:22	Unattached	
73	608	Betsy	Willis	Girl	16:24	Wharfedale	
74	750	Ruby	Duxbury	Girl	16:26	Ambleside	
75	696	Tobias	Swarbrick	Boy	DNF	Lancaster & Morecambe	
76	773	Leala	Gornall	Girl	DNF	Ambleside	

## Cautley Spout 2017 Category Results

### ALL SENIOR MEN

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	25	Josh	Jardine	Man	29:58	Helm Hill	1st Man
2	267	John	Helme	Man	31:28	Ambleside	2nd Man
3	224	Kieran	Hodgson	MV40	31:53	Helm Hill	3rd Man/1st MV40
4	259	Jacob	Aubrey	MU21	32:23	Helm Hill	1st MU21
5	73	Reuben	Copley	MU21	32:44	Dallam	
6	124	George	Attwood	MU21	33:08	Dallam	
7	448	Jon	Deegan	MV40	33:18	Ambleside	
8	917	Andrew	Livinstone	Man	33:28	Annan AC	
9	18	Jon	Rylance	MV40	33:36	Ambleside	
10	915	Jonny	Bradshaw	Man	33:49	Wharfedale	
11	77	Scott	Umpleby	MV50	33:57	Kendal	1st MV50
12	351	Sam	Mason	MU21	34:05	Helm Hill	
13	399	Jack	Simpson	Man	34:26	Unattached	
14	98	Rob	Dewhurst	MV50	34:33	Ambleside	
15	104	Simon	Mounsey	MV40	34:38	Howgill Harriers	
16	350	Mark	Irving	Man	34:40	Bowland	
17	430	Paul	Upton	Man	34:56	Unattached	
18	417	Darren	Fishwick	MV40	35:00	Chorley	
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20	145	Jack	Byrne	MU21	35:35	Helm Hill	
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22	385	Andrew	Slattery	MV40	35:44	Keswick	
23	377	William	Procter	MV60	36:05	Helm Hill	1st MV60
24	164	Jonny	Marchant	MV40	36:12	Helm Hill	
25	429	Martin	Spoons	Man	36:25	Howgill Harriers	
26	105	Ben	Kent	MU21	36:37	Helm Hill	
27	9	Graham	Schofield	MV60	36:42	Horwich	
28	20	James	Graham	MV40	37:04	Unattached	
29	93	John	Rainford	MV50	37:09	Preston Harriers	
30	911	Chris	Jackson	Man	37:13	Pennine	
31	54	Brian	Pennington	MV40	37:18	Howgill Harriers	
32	203	Peter	Lawson	Man	37:30	Unattached	
33	51	Sean	Robinson	Man	37:38	Howgill Harriers	
34	5	Craig	Burrow	MV40	38:00	Helm Hill	
35	117	Leigh	Warburton	MV50	38:05	Bowland	
36	949	Aaron	Walmsley	Man	38:44	Unattached	
37	345	Tim	Roe	Man	38:47	Helm Hill	
38	24	Tom	Matthew	MV40	38:48	Bowland	
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42	339	James	Coulthard	Man	39:42	Howgill Harriers	
43	48	Paul	Jackson	MV40	39:47	Helm Hill	
44	304	Steven	Middleton	MV40	40:00	Howgill Harriers	
45	265	Mark	Cropper	MV40	40:16	Helm Hill	
46	916	Josh	Westwood	Man	40:18	Settle	
47	303	Duncan	Copley	MV50	40:25	Dallam	
48	320	Terry	Houston	MV50	40:28	Bowland	
49	38	Stuart	Walton	MV40	41:03	KCAC	
50	50	Richard	Wells	MV40	41:13	Howgill Harriers	
51	103	David	Bainbridge	Man	41:27	Howgill Harriers	
52	216	Will	Buckton	Man	41:33	Settle	
53	914	Ben	Ward	Man	41:38	Unattached	
54	356	Stuart	Allan	MV40	41:51	Helm Hill	
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62	322	Ray	Gill	MV50	42:40	Dallam	
63	947	Tom	Smith	MV50	42:58	Unattached	
64	470	Karl	Mason	Man	42:59	Helm Hill	
65	950	Dave	Gibbons	MV40	43:08	Unattached	
66	909	Scott	Baistow	MU21	43:11	Unattached	
67	130	Michael	Toman	MV50	43:14	Rossendale	
68	913	Dominic	Hoare	MV40	43:21	Bowland	
69	154	John	Fitzpatrick	MV50	43:31	Unattached	
70	258	Roger	Aubrey	MV50	43:54	Helm Hill	
71	415	Wilfred	Bell	MV60	44:22	Unattached	
72	455	Allan	Miller	MV50	44:42	Kendal	
73	92	Michael	McLoughlin	MV60	45:30	Preston Harriers	
74	86	Dave	Appleyard	MV50	45:44	Helm Hill	
75	444	Bill	Beckett	MV50	46:03	Chorley	
76	291	David	Hunter	MV50	46:41	Unattached	
77	414	Andy	Monk	MV60	47:19	ABFR	
78	191	Andrew	Russell	MV50	47:37	Helm Hill	
79	409	Paul	Stocks	MV50	47:48	Dallam	
80	200	Mark	Charnley	MV40	49:34	Settle	
81	66	Russ	Cannon	MV50	51:06	Helm Hill	
82	243	Pete	Coe	MV60	51:17	Helm Hill	
83	948	Tommy	Cornforth	MU21	52:04	Unattached	
84	75	Jonny	Grisedale	MV40	52:22	Helm Hill	
85	390	Gareth	Bradburn-Sims	MV40	52:47	Howgill Harriers	
86	194	Richard	Simpson	MV60	53:50	Dallam	
87	252	John	Hodgson	MV70	55:39	Dallam	1st MV70
88	218	Patty	Davies	MV40	56:15	Helm Hill	
89	148	Phil	Corris	MV60	1:02:36	Lancs Constabulary	
90	912	Robin	Haywood	MV40	1:03:07	Howgill Harriers	
91	338	Richard	Handford	MV50	1:10:51	Settle	
92	1	Dennis	Wood	MV70	1:13:02	Borrowdale	
93	96	Joe	Howard	MV70	1:15:56	Preston Harriers	
DNF	902	Tim	Cowin	MV40	DNF	Helm Hill	

**MEN**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	25	Josh	Jardine	Man	29:58	Helm Hill	1st Man
2	267	John	Helme	Man	31:28	Ambleside	2nd Man
3	259	Jacob	Aubrey	MU21	32:23	Helm Hill	1st MU21
4	73	Reuben	Copley	MU21	32:44	Dallam	
5	124	George	Attwood	MU21	33:08	Dallam	
6	917	Andrew	Livinstone	Man	33:28	Annan AC	
7	915	Jonny	Bradshaw	Man	33:49	Wharfedale	
8	351	Sam	Mason	MU21	34:05	Helm Hill	
9	399	Jack	Simpson	Man	34:26	Unattached	
10	350	Mark	Irving	Man	34:40	Bowland	
11	430	Paul	Upton	Man	34:56	Unattached	
12	145	Jack	Byrne	MU21	35:35	Helm Hill	
13	429	Martin	Spoons	Man	36:25	Howgill Harriers	
14	105	Ben	Kent	MU21	36:37	Helm Hill	
15	911	Chris	Jackson	Man	37:13	Pennine	
16	203	Peter	Lawson	Man	37:30	Unattached	
17	51	Sean	Robinson	Man	37:38	Howgill Harriers	
18	949	Aaron	Walmsley	Man	38:44	Unattached	
19	345	Tim	Roe	Man	38:47	Helm Hill	
20	339	James	Coulthard	Man	39:42	Howgill Harriers	
21	916	Josh	Westwood	Man	40:18	Settle	
22	103	David	Bainbridge	Man	41:27	Howgill Harriers	
23	216	Will	Buckton	Man	41:33	Settle	
24	914	Ben	Ward	Man	41:38	Unattached	
25	945	Scott	Tranter	MU21	42:02	Unattached	
26	102	Matt	Davis	Man	42:13	Howgill Harriers	
27	180	Richard	Duckett	Man	42:29	Unattached	
28	138	Gary	Jackson	Man	42:33	Eden	
29	470	Karl	Mason	Man	42:59	Helm Hill	
30	909	Scott	Baistow	MU21	43:11	Unattached	
31	948	Tommy	Cornforth	MU21	52:04	Unattached	

**MEN UNDER 21**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	259	Jacob	Aubrey	MU21	32:23	Helm Hill	1st MU21
2	73	Reuben	Copley	MU21	32:44	Dallam	
3	124	George	Attwood	MU21	33:08	Dallam	
4	351	Sam	Mason	MU21	34:05	Helm Hill	
5	145	Jack	Byrne	MU21	35:35	Helm Hill	
6	105	Ben	Kent	MU21	36:37	Helm Hill	
7	945	Scott	Tranter	MU21	42:02	Unattached	
8	909	Scott	Baistow	MU21	43:11	Unattached	
9	948	Tommy	Cornforth	MU21	52:04	Unattached	

**MEN - VET 40**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	224	Kieran	Hodgson	MV40	31:53	Helm Hill	3rd Man/1st MV40
2	448	Jon	Deegan	MV40	33:18	Ambleside	
3	18	Jon	Rylance	MV40	33:36	Ambleside	
4	104	Simon	Mounsey	MV40	34:38	Howgill Harriers	
5	417	Darren	Fishwick	MV40	35:00	Chorley	
6	30	Oliver	Waters	MV40	35:04	Helm Hill	
7	241	Ian	Palmer	MV40	35:39	Unattached	
8	385	Andrew	Slattery	MV40	35:44	Keswick	
9	164	Jonny	Marchant	MV40	36:12	Helm Hill	
10	20	James	Graham	MV40	37:04	Unattached	
11	54	Brian	Pennington	MV40	37:18	Howgill Harriers	
12	5	Craig	Burrow	MV40	38:00	Helm Hill	
13	24	Tom	Matthew	MV40	38:48	Bowland	
14	288	Daniel	Malcolm	MV40	38:56	Unattached	
15	402	Jacob	Dyer	MV40	39:01	Helm Hill	
16	48	Paul	Jackson	MV40	39:47	Helm Hill	
17	304	Steven	Middleton	MV40	40:00	Howgill Harriers	
18	265	Mark	Cropper	MV40	40:16	Helm Hill	
19	38	Stuart	Walton	MV40	41:03	KCAC	
20	50	Richard	Wells	MV40	41:13	Howgill Harriers	
21	356	Stuart	Allan	MV40	41:51	Helm Hill	
22	81	Andy	Bennett	MV40	42:19	Helm Hill	
23	387	Justin	Bibby	MV40	42:26	Unattached	
24	950	Dave	Gibbons	MV40	43:08	Unattached	
25	913	Dominic	Hoare	MV40	43:21	Bowland	
26	200	Mark	Charnley	MV40	49:34	Settle	
27	75	Jonny	Grisedale	MV40	52:22	Helm Hill	
28	390	Gareth	Bradburn-Sims	MV40	52:47	Howgill Harriers	
29	218	Patty	Davies	MV40	56:15	Helm Hill	
30	912	Robin	Haywood	MV40	1:03:07	Howgill Harriers	
DNF	902	Tim	Cowin	MV40	DNF	Helm Hill	

**MEN - VET 50**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	77	Scott	Umpleby	MV50	33:57	Kendal	1st MV50
2	98	Rob	Dewhurst	MV50	34:33	Ambleside	
3	93	John	Rainford	MV50	37:09	Preston Harriers	
4	117	Leigh	Warburton	MV50	38:05	Bowland	
5	76	Neil	Sidaway	MV50	39:35	CFR	
6	303	Duncan	Copley	MV50	40:25	Dallam	
7	320	Terry	Houston	MV50	40:28	Bowland	
8	201	Tim	Murray	MV50	42:04	Helm Hill	
9	322	Ray	Gill	MV50	42:40	Dallam	
10	947	Tom	Smith	MV50	42:58	Unattached	
11	130	Michael	Toman	MV50	43:14	Rosendale	
12	154	John	Fitzpatrick	MV50	43:31	Unattached	
13	258	Roger	Aubrey	MV50	43:54	Helm Hill	
14	455	Allan	Miller	MV50	44:42	Kendal	
15	86	Dave	Appleyard	MV50	45:44	Helm Hill	
16	444	Bill	Beckett	MV50	46:03	Chorley	
17	291	David	Hunter	MV50	46:41	Unattached	
18	191	Andrew	Russell	MV50	47:37	Helm Hill	
19	409	Paul	Stocks	MV50	47:48	Dallam	
20	66	Russ	Cannon	MV50	51:06	Helm Hill	
21	338	Richard	Handford	MV50	1:10:51	Settle	

**MEN - VET 60**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	377	William	Procter	MV60	36:05	Helm Hill	1st MV60
2	9	Graham	Schofield	MV60	36:42	Horwich	
3	415	Wilfred	Bell	MV60	44:22	Unattached	
4	92	Michael	McLoughlin	MV60	45:30	Preston Harriers	
5	414	Andy	Monk	MV60	47:19	ABFR	
6	243	Pete	Coe	MV60	51:17	Helm Hill	
7	194	Richard	Simpson	MV60	53:50	Dallam	
8	148	Phil	Corris	MV60	1:02:36	Lancs Constabulary	

**MEN - VET 70**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	252	John	Hodgson	MV70	55:39	Dallam	1st MV70
2	1	Dennis	Wood	MV70	1:13:02	Borrowdale	
3	96	Joe	Howard	MV70	1:15:56	Preston Harriers	

**ALL SENIOR LADIES**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	189	Hannah	Russell	LU21	34:10	Helm Hill	1st Lady/1st LU21
2	461	Catherine	Niblock	Lady	37:22	Helm Hill	2nd Lady
3	349	Nina	Walkingshaw	Lady	37:35	Howgill Harriers	3rd Lady
4	35	Hannah	Durkin	LU21	38:38	Ambleside	
5	52	Bianca	Dyer	LV40	41:22	Helm Hill	1st LV40
6	292	Imogen	Burrow	LU21	41:50	Helm Hill	
7	3	Ali	Richards	LV40	42:53	Helm Hill	
8	10	Eleanor	Knowles	LV40	43:13	Ambleside	
9	431	Marie	Robson	LV40	43:39	Helm Hill	
10	158	Mo	Kelly	Lady	46:28	Howgill Harriers	
11	427	Rowan	Ranner	Lady	46:48	Helm Hill	
12	238	Katherine	France	LV40	48:48	Helm Hill	
13	329	Jenny	Lyon	Lady	49:12	Dallam	
14	26	Kat	Evans	Lady	49:44	Ambleside	
15	225	Vicky	Kirkwood	LV40	49:47	Dallam	
16	107	Lynn	Whittaker	LV50	50:38	Wharfedale	1st LV50
17	273	Vicky	Atkinson	LV40	50:42	Helm Hill	
18	23	Judith	Marshall	LV40	50:42	Settle	
19	946	Caroline	Holden	LV50	50:47	Helm Hill	
20	239	Kate	Brayshaw	LV40	50:59	Helm Hill	
21	4	Amanda	Burrow	LV40	51:24	Helm Hill	
22	240	Katie	Palmer	LV40	51:27	Unattached	
23	944	Marcia	Frith	LV40	51:44	Helm Hill	
24	85	Katy	Thompson	LV60	53:18	Clayton-Le-Moors	1st LV60
25	275	Lindsay	Harrod	LV40	54:01	Helm Hill	
26	99	Hazel	Pearson	LV50	57:30	Helm Hill	
27	135	Elizabeth	Adams	LV40	58:55	Helm Hill	
28	307	Zoe	Robinson	Lady	59:33	Howgill Harriers	
29	8	May	Crawford	Lady	1:00:17	Helm Hill	
30	316	Jill	Gates	LV50	1:01:32	Settle	
31	286	Anna	Stevens	Lady	1:03:20	Helm Hill	
32	31	Wendy	Smith	LV40	1:10:23	Helm Hill	
DNF	383	Alana	Willis	LU21	DNF	Wharfedale	



**LADIES**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	189	Hannah	Russell	LU21	34:10	Helm Hill	1st Lady/1st LU21
2	461	Catherine	Niblock	Lady	37:22	Helm Hill	2nd Lady
3	349	Nina	Walkingshaw	Lady	37:35	Howgill Harriers	3rd Lady
4	35	Hannah	Durkin	LU21	38:38	Ambleside	
5	292	Imogen	Burrow	LU21	41:50	Helm Hill	
6	158	Mo	Kelly	Lady	46:28	Howgill Harriers	
7	427	Rowan	Ranner	Lady	46:48	Helm Hill	
8	329	Jenny	Lyon	Lady	49:12	Dallam	
9	26	Kat	Evans	Lady	49:44	Ambleside	
10	307	Zoe	Robinson	Lady	59:33	Howgill Harriers	
11	8	May	Crawford	Lady	1:00:17	Helm Hill	
12	286	Anna	Stevens	Lady	1:03:20	Helm Hill	
DNF	383	Alana	Willis	LU21	DNF	Wharfedale	

**LADIES UNDER 21**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	189	Hannah	Russell	LU21	34:10	Helm Hill	1st Lady/1st LU21
2	35	Hannah	Durkin	LU21	38:38	Ambleside	
3	292	Imogen	Burrow	LU21	41:50	Helm Hill	
DNF	383	Alana	Willis	LU21	DNF	Wharfedale	

**LADIES - VET 40**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	52	Bianca	Dyer	LV40	41:22	Helm Hill	1st LV40
2	3	Ali	Richards	LV40	42:53	Helm Hill	
3	10	Eleanor	Knowles	LV40	43:13	Ambleside	
4	431	Marie	Robson	LV40	43:39	Helm Hill	
5	238	Katherine	France	LV40	48:48	Helm Hill	
6	225	Vicky	Kirkwood	LV40	49:47	Dallam	
7	273	Vicky	Atkinson	LV40	50:42	Helm Hill	
8	23	Judith	Marshall	LV40	50:42	Settle	
9	239	Kate	Brayshaw	LV40	50:59	Helm Hill	
10	4	Amanda	Burrow	LV40	51:24	Helm Hill	
11	240	Katie	Palmer	LV40	51:27	Unattached	
12	944	Marcia	Frith	LV40	51:44	Helm Hill	
13	275	Lindsay	Harrod	LV40	54:01	Helm Hill	
14	135	Elizabeth	Adams	LV40	58:55	Helm Hill	
15	31	Wendy	Smith	LV40	1:10:23	Helm Hill	

**LADIES - VET 50**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	107	Lynn	Whittaker	LV50	50:38	Wharfedale	1st LV50
2	946	Caroline	Holden	LV50	50:47	Helm Hill	
3	99	Hazel	Pearson	LV50	57:30	Helm Hill	
4	316	Jill	Gates	LV50	1:01:32	Settle	

**LADIES - VET 60**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	85	Katy	Thompson	LV60	53:18	Clayton-Le-Moors	1st LV60

**UNDER 17 BOYS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	633	Robert	Askew	Boy	21:32	Helm Hill	1st Boy
2	563	Sebastian	Segger-Staveley	Boy	21:39	Settle	2nd Boy
3	547	Thomas	Marshall	Boy	21:48	Settle	3rd Boy
4	512	Ben	Edmondson	Boy	21:58	Ambleside	
5	668	Benjamin	Forrest	Boy	23:16	Rossendale	
6	576	Jack	Walton	Boy	23:22	Keighley & Craven	
7	649	Joshua	Liddle	Boy	23:35	Eden	
8	724	Lewis	Bowness	Boy	23:53	Helm Hill	
9	610	Samuel	Thom	Boy	24:23	Keighley & Craven	
10	574	Matthew	Holroyd	Boy	25:09	Settle	
11	645	Joey	Umpleby	Boy	27:54	Kendal	
12	635	Harry	Sanderson	Boy	30:37	Ambleside	
13	739	Harry	Shaw	Boy	30:55	Lancaster & Morecambe	

**UNDER 17 GIRLS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	561	Rosie	Woodhams	Girl	25:17	Dallam	1st Girl
2	653	Amy	Slattery	Girl	27:24	Helm Hill	2nd Girl
3	541	Maia	Doherty	Girl	28:04	Helm Hill	3rd Girl
4	703	Minnie	Targett	Girl	28:22	Rossendale	
5	592	Lottie	Beardwood	Girl	31:12	Helm Hill	
6	598	Erin	Bagge	Girl	34:33	Helm Hill	
7	565	Tyla	Crook	Girl	35:58	Helm Hill	
8	662	Simone	Rigby	Girl	38:06	Settle	
9	721	Emily	Crossley	Girl	38:21	Settle	
10	775	Katie	Thurlow	Girl	39:53	Helm Hill	

**UNDER 15 BOYS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	544	Daniel	Sanderson	Boy	13:25	Ambleside	1st Boy
2	666	Joel	Taylor	Boy	13:55	Rosendale	2nd Boy
3	553	Sam	Smith	Boy	14:07	Wharfedale	3rd Boy
4	643	John	Egner	Boy	14:16	Settle	
5	572	Charlie	Harding	Boy	14:27	Eden	
6	504	Ollie	Sanders	Boy	14:40	Helm Hill	
7	531	Henry	Hunter	Boy	15:04	Helm Hill	
8	619	Ben	O'Dowd	Boy	15:17	Northern Fells	
9	640	George	Sidaway	Boy	15:25	Eden	
10	737	Oliver	Saxon	Boy	16:09	Unattached	
11	644	Toby	Umpleby	Boy	16:44	Kendal	
12	602	Adam	Scott	Boy	16:57	Kendal	
13	603	Brodie Joh	Weymouth	Boy	17:22	Unattached	
14	722	Daniel	Harris	Boy	17:35	Helm Hill	
15	744	Zach	Doherty	Boy	17:38	Dallam	



**UNDER 15 GIRLS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	533	Chloe	Rylance	Girl	15:31	Ambleside	1st Girl
2	665	Lilli	Carr	Girl	16:26	Keighley & Craven	2nd Girl
3	591	Ella	Beardwood	Girl	17:29	Helm Hill	3rd Girl
4	753	Annabelle	Taylor	Girl	17:44	Helm Hill	
5	641	Maisie	Gough	Girl	17:57	Howgill Harriers	
6	600	Becky	Dyer	Girl	22:05	Helm Hill	

**UNDER 13 BOYS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	540	James	Bowen	Boy	08:58	Ambleside	1st Boy
2	766	William	Hall	Boy	09:11	Calder Valley	2nd Boy
3	741	James	Duffy	Boy	09:52	Calder Valley	3rd Boy
4	655	Scott	Fisher	Boy	09:59	Hoad Hill	
5	523	Matthew	Ansell	Boy	10:09	Helm Hill	
6	730	Cameron	Coates	Boy	10:11	Ambleside	
7	734	Joe	Ligema	Boy	10:12	Ambleside	
8	519	Christophe	Brown	Boy	10:28	Clayton-Le-Moors	
9	535	Rowan	Ashworth	Boy	10:30	Ambleside	
10	624	Jody	Middleton	Boy	10:33	Howgill Harriers	
11	522	Cal	McVey	Boy	10:34	Ambleside	
12	543	Jack	Collett	Boy	10:34	COLT/LMAC	
13	772	Patrick	Casey	Boy	10:37	Calder Valley	
14	604	Matti	Ligema	Boy	10:43	Ambleside	
15	538	Alex	Graham	Boy	10:51	Ambleside	
16	516	Frankie	Exley-Harper	Boy	10:52	Ambleside	
17	501	Jamie	Harris	Boy	11:01	Helm Hill	
18	609	Luke	Simmonds	Boy	11:23	Unattached	
19	586	Sam	Greenep	Boy	11:30	Settle	
20	660	Luke	Campbell	Boy	11:30	Ambleside	
21	694	Harry	Wilson	Boy	11:36	Settle	
22	545	Luke	Lofthouse	Boy	11:43	Helm Hill	
23	511	Alfie	Addison	Boy	11:47	Helm Hill	
24	579	Marvin	Gibbs	Boy	12:00	Helm Hill	
25	562	Douglas	Segger-Staveley	Boy	12:01	Settle	
26	503	Richard	Goode-Smith	Boy	12:14	Ambleside	
27	515	Theo	Coates	Boy	12:18	Ambleside	
28	566	Aaron	Smith	Boy	12:26	Helm Hill	
29	588	Sam	Jackson	Boy	12:42	Helm Hill	
30	752	Oliver	Oldham	Boy	12:48	Unattached	
31	585	Ben	Greenep	Boy	13:02	Settle	
32	646	Joel	Saunders	Boy	13:22	Helm Hill	
33	514	Rory	Knowles	Boy	13:31	Ambleside	
34	671	Oliver	Willoughby	Boy	13:37	Helm Hill	
35	746	Matthew	Gornall	Boy	13:43	Kendal	
36	551	Alfie	Wilkin	Boy	13:43	Ambleside	
37	638	Finley	Grisedale	Boy	14:02	Helm Hill	
38	564	Ned	Whitaker	Boy	14:11	Settle	
39	628	Paddy	Wood	Boy	14:17	Ambleside	
40	552	Bobby	Wilkin	Boy	14:40	Ambleside	
41	774	Alexander	Wilson	Boy	14:42	Ambleside	
42	542	Benjamin	Grundy	Boy	16:22	Unattached	
DNF	696	Tobias	Swarbrick	Boy	DNF	Lancaster & Morecambe	

**UNDER 13 GIRLS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	532	Sophie	Rylance	Girl	10:48	Ambleside	1st Girl
2	620	Gemma	O'Dowd	Girl	11:02	Northern Fells	2nd Girl
3	518	Elodie	Malcolm	Girl	11:07	Helm Hill	3rd Girl
4	720	Beau	Walkingshaw	Girl	12:09	Eden	
5	513	Jessica	Edmondson	Girl	12:19	Ambleside	
6	667	Evie	Taylor	Girl	12:27	Rossendale	
7	534	Martha	Rigby	Girl	12:31	Settle	
8	613	Vicky	Woof	Girl	12:44	Howgill Harriers	
9	736	Tara	Allan	Girl	12:45	Helm Hill	
10	556	Maisie	Evans	Girl	12:47	Ambleside	
11	615	Ella	Martindale	Girl	12:55	Helm Hill	
12	559	Charlotte	Pearl	Girl	13:13	Settle	
13	557	Joss	Evans	Girl	13:24	Ambleside	
14	601	Connie	Maye-Scott	Girl	13:27	Unattached	
15	727	Ellen	Dickson	Girl	13:39	Ambleside	
16	530	Emma	Duxbury	Girl	13:46	Ambleside	
17	661	Lauren	Evans	Girl	14:06	Settle	
18	634	Erin	Holton	Girl	14:19	Howgill Harriers	
19	719	Esme	Walkingshaw	Girl	14:27	Eden	
20	548	Cate	Matthew	Girl	14:37	Lancaster & Morecambe	
21	647	Sophie	Goodall	Girl	14:38	Unattached	
22	764	Mollie	Smith	Girl	14:38	Wharfedale	
23	612	Lucy	Bagot	Girl	14:39	Settle	
24	769	Hattie	Eastwood	Girl	14:41	Helm Hill	
25	614	Madeleine	Martindale	Girl	14:57	Unattached	
26	506	Alicia	Crawford	Girl	15:01	Helm Hill	
27	593	Grace	Wells	Girl	15:12	Howgill Harriers	
28	599	Hannah	Dyer	Girl	15:27	Helm Hill	
29	708	Lizzy	Cowin	Girl	15:30	Unattached	
30	611	Katie	Lowis	Girl	16:01	Howgill Harriers	
31	608	Betsy	Willis	Girl	16:24	Wharfedale	
32	750	Ruby	Duxbury	Girl	16:26	Ambleside	
DNF	773	Leala	Gornall	Girl	DNF	Ambleside	