



Supported By
Different Strokes
and
Pete Bland Sports



Sedbergh School - Results 24 February 2019

Senior Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	718	Charlie	Ing	Man	25:27	Unattached	1st Man
2	525	Jon	Rylance	MV40	25:54	Ambleside AC	2nd Man/1st MV40
3	971	Rob	Jebb	MV40	26:29	Helm Hill	3rd Man
4	765	Jack	Wright	Man	26:32	Ambleside	
5	666	Matthew	Knowles	MU21	27:04	Lancaster & Morecambe AC	1st MU21
6	716	Sebastian	Segger-Staveley	MU21	27:59	Settle Harriers	
7	531	Alastair	Dunn	MV40	28:29	Helm Hill	
8	551	Will	Acland	MV40	28:46	Helm Hill	
9	868	Phil	Mather	Man	28:50	Lonsdale	
10	1009	Hannah	Russell	Lady	29:12	Helm Hill	1st Lady
11	911	Richard	Wells	MV40	29:18	Sedbergh School	
12	867	Jos	Addison	Man	29:34	Helm Hill	
13	582	Colin	Houston	MV40	30:18		
14	672	Peter	Lawson	Man	30:19		
15	633	Steven	Middleton	MV40	30:23	Howgill Harriers	
16	835	David	McNally	MV40	30:28	Levens Valley AC	
17	599	Martin	Askew	MU21	30:32	Helm Hill	
18	600	Robert	Askew	MU21	30:34	Helm Hill	
19	761	Rob	Mortimore	Man	30:35	Helm Hill	
20	910	James	Bailey	MV40	30:42	Levens Valley AC	
21	601	Ben	Kirkman	MU21	30:44	Rossendale Harriers	
22	871	Joseph	Hobbs	Man	30:54	Lonsdale	
23	644	David	Griffin	MV50	31:03	Helm Hill	1st MV50
24	638	Simon	Mounsey	MV40	31:13	Howgill Harriers	
25	549	Graham	Schofield	MV60	31:19	Horwich RMI Harriers	1st MV60
26	632	James	Baron	MV50	31:21	Helm Hill	
27	554	Luke	Appleyard	Man	31:31	Wharfedale Harriers	
28	603	Peter	German	Man	31:35	Helm Hill	
29	842	Stephen	Nicholls	Man	31:59	Wigan Harriers	
30	730	Anthony	Emmet	MV40	32:14	Helm Hill	
31	649	Emma	Johnston	Lady	32:18	Helm Hill	2nd Lady
32	709	Ronald	Hummelink	MV40	32:18	Lonsdale Fell Runners	
33	694	Celia	Powell	Lady	32:22		3rd Lady
34	837	Catherine	Niblock	Lady	32:45	Helm Hill	
35	520	Alistair	Shawcross	MV40	32:46		
36	518	Rob	Crawford	MV40	32:51	Howgill Harriers	
37	952	Shaun	Addison	MV50	32:53	Helm Hill	
38	840	David	Bowness	MV50	32:56	Cumberland Fell Runners	
39	869	Ellie	Mather	Lady	32:58	Lonsdale	
40	817	Michael	Smith	MV50	33:07	Dallam	
41	889	Ray	Gill	MV50	33:09	Dallam	
42	609	Simon	Waller	MV50	33:11	Helm Hill	
43	628	James	Coulthard	MV40	33:26	Howgill Harriers	
44	580	John	Jones	MV50	33:30	Helm Hill	
45	566	Bianca	Dyer	LV40	33:33	Helm Hill	1st LV40
46	505	Tom	Matthew	MV40	33:35	Bowland	
47	844	Carol	Evans	LV50	33:52	Settle Harriers	1st LV50
48	602	Mick	Kirkman	MV50	33:54	Rossendale Harriers	
49	758	Graham	Beaumont	MV50	34:00	Dallam	
50	596	Alistair	Hearn	MV40	34:24	Helm Hill	
51	861	Roger	Taylor	MV50	34:30	Preston Harriers	
52	854	Mike	Calvert	MV50	34:38	Howgill Harriers	
53	717	Kaisleigh	Atkinson	Lady	34:48		

54	676	Wilfred	Bell	MV60	35:07	Howgill Harriers	
55	561	Toby	Smith	Man	35:10		
56	624	Michael	Toman	MV50	35:12	Accrington RR	
57	823	Steve	Wathall	MV60	35:15	Black Combe	
58	1012	Eleanor	Knowles	LV40	35:34	Ambleside AC	
59	636	Brian	Thompson	MV60	35:34	Helm Hill	
60	555	Colin	Briffett	MV40	35:36	Lancaster Runners	
61	573	Andy	Evans	MV50	35:38	Settle Harriers	
62	507	Andy	Holden	MV50	35:44	Wharfedale Harriers	
63	543	Mark	Villiers	MV40	35:48	Unattached	
64	579	David	Barnes	MV60	35:53	Horwich RMI Harriers	
65	517	Tim	Murray	MV50	36:03	Helm Hill	
66	619	Chris	Lawrence	MV50	36:10	Clayton le Moors	
67	749	Will	Douthwaite	Man	36:23	Helm Hill	
68	727	Paul	Corkill	Man	36:27	Levens Valley AC	
69	631	Debbie	Copley	LV50	36:47	Dallam	
70	661	Peter	Singleton	MV60	37:01	Blackpool	
71	1014	Jonathan	Warren	MV40	37:10		
72	811	John	Leech	MV50	37:25	Dallam	
73	1013	Sally	Brassington	LV40	37:30	Lancaster & Morecambe AC	
74	674	Andy	Monk	MV60	37:36	FRA	
75	942	Kerri	Wadsworth	LV40	37:55	Helm Hill	
76	1010	Anthony	Price	Man	38:17		
77	612	Eleanor	Parker	Lady	38:19	Preston Harriers	
78	714	Pete	Coe	MV60	38:20	Helm Hill	
79	900	Tony	Duffy	MV40	38:35	Barlick Fell Runners	
80	1011	Stephen	King	MV40	38:46		
81	698	Rowan	Ranner	LV40	39:10	Helm Hill	
82	506	Lynn	Whittaker	LV50	39:20	Wharfedale Harriers	
83	532	Maia	Doherty	LU21	39:38	Helm Hill	1st LU21
84	853	Jonathan	Gibson	MV50	39:56	Wharfedale Harriers	
85	747	Wendy	Dodds	LV60	40:00	Clayton le Moors	1st LV60
86	545	Dave	Bottomley	Man	40:11	Helm Hill	
87	689	Emma	Blundell	Lady	40:23	Lonsdale	
88	540	Richard	Cater	MV40	40:39	Helm Hill	
89	862	Robyn	Anderson	LV40	41:00	Preston Harriers	
90	610	Michael	McLoughlin	MV60	41:05	Preston Harriers	
91	539	Jo	Cater	LV40	41:15	Helm Hill	
92	1016	Martin	Shipway	MV40	41:25	Keswick AC	
93	511	Jo	Grisedale	LV40	41:34	Helm Hill	
94	512	Jonny	Grisedale	MV40	41:37	Helm Hill	
95	756	John	Hodgson	MV70	41:42	Dallam	1st MV70
96	548	Paula	Bowen	LV40	42:02	Ambleside	
97	550	Libby	Dixon	LV40	42:03	Ambleside	
98	503	Pam	Bagot	LV40	42:30	Settle Harriers	
99	608	Veronica	Waller	LV40	43:23	Dallam	
100	787	Ian	Peters	MV60	45:37	Hoad Hill Harriers	
101	654	Emily	Crossley	LU21	46:11	Settle Harriers	
102	645	Simone	Rigby	LU21	46:12	Settle Harriers	
103	651	Jill	Gates	LV50	49:06	Settle Harriers	
104	504	Jo	Matthew	LV40	49:36	Dallam	
105	810	Sonja	Vietoris	LV50	51:41		
106	1015	Laura	Potter	Lady	52:05		
107	693	Leanne	Richie	Lady	53:00		
108	691	Scott	Thwaites	Man	53:01		
109	675	Richard	Handford	MV60	53:32	Settle Harriers	
110	615	Joe	Howard	MV70	58:17	Preston Harriers	
111	501	Denis	Wood	MV70	58:37	Borrowdale	

Under 17 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	158	Jacob	Smith	Boy	16:40	Helm Hill	1st Boy
2	67	Jack	Villiers	Boy	17:32	Barlick Fell Runners	2nd Boy
3	49	Alex	Tallon	Boy	17:49	Helm Hill	3rd Boy
4	87	Adam	Scott	Boy	19:29	Helm Hill	
5	147	Sonny	Ashton-Fitch	Boy	19:47	Settle Harriers	
6	146	Alfie	Thorpe	Boy	20:01	Broughton Runners	
7	161	Ella	Dorrington	Girl	20:24	Clayton le Moors	1st Girl
8	266	Georgia	Heath	Girl	20:40	Helm Hill	2nd Girl
9	73	Emily	Swarbrick	Girl	21:45	Cumberland Fell Runners	3rd Girl
10	9	Alex	Matthew	Boy	22:44	Dallam	
11	145	Ella	Beardwood	Girl	23:27	Helm Hill	
12	258	Madeleine	King	Girl	25:27	Helm Hill	
13	105	Becky	Dyer	Girl	26:17	Helm Hill	

Under 15 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	206	James	Bowen	Boy	09:36	Ambleside	1st Boy
2	205	Harry	Bowen	Boy	09:48	Ambleside	2nd Boy
3	65	Thomas	Brailsford	Boy	10:02	Ambleside	3rd Boy
4	78	Dylan	Cater	Boy	10:15	Helm Hill	
5	209	Jessica	Bailey	Girl	10:18	Levens Valley AC	1st Girl
6	59	Sarah	Smith	Girl	10:22	Helm Hill	2nd Girl
7	192	Harry	Ewbank	Boy	10:29	Eden Runners	
8	57	Jack	Dixon	Boy	10:56	Ambleside	
9	139	Jamie	Waller	Boy	11:04	Dallam	
10	35	Sophie	Rylance	Girl	11:10	Ambleside AC	3rd Girl
11	7	Elodie	Malcolm	Girl	11:14	Helm Hill	
12	99	Isaac	Robinson	Boy	11:21	Howgill Harriers	
13	46	Elise	Tallon	Girl	11:36	Helm Hill	
14	69	Oliver	Willoughby	Boy	12:28	Helm Hill	
15	76	Fayth	Bowness	Girl	12:30	CFR	
16	98	Ciara	Duffy	Girl	13:00	Barlick Fell Runners	
17	62	Vicky	Woof	Girl	13:05	Howgill Harriers	
18	165	Martha	Rigby	Girl	13:16	Settle Harriers	
19	90	Nathon	Ritchie	Boy	13:40	Levens Valley AC	
20	101	George	Campbell	Boy	13:53	Howgill Harriers	
21	8	Cate	Matthew	Girl	14:11	Dallam	

Under 13 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	136	Will	McNally	Boy	06:49	Levens Valley AC	1st Boy
2	262	James	Brassington	Boy	06:50	Lancaster & Morecambe AC	2nd Boy
3	5	Rowan	Ashworth	Boy	06:53	Ambleside	3rd Boy
4	117	Lucille	Pickles	Girl	07:05	Barlick Fell Runners	1st Girl
5	224	Noah	Wadsworth	Boy	07:08	Helm Hill	
6	264	Sophie	Cowin	Girl	07:08	Kendal AAC	2nd Girl
7	166	Oliver	Ball	Boy	07:20	Lancaster & Morecambe AC	
8	120	Leo	Ranner	Boy	07:21	Helm Hill	
9	13	Ben	Allmond	Boy	07:22	Ambleside	
10	171	Jack	Sanderson	Boy	07:25	Settle Harriers	
11	259	Riley	Merryfield	Boy	07:28	Ambleside	
12	100	Toby	Acland	Boy	07:39	Helm Hill	
13	97	Ewan	Black	Boy	07:40	Helm Hill	
14	124	Finn	Houston	Boy	07:47	Helm Hill	
15	44	Charlotte	Pear	Girl	07:51	Settle Harriers	3rd Girl
16	106	Olivia	Swarbrick	Girl	07:58	Cumberland Fell Runners	
17	11	Lara	Smith	Girl	07:59	Helm Hill	
18	74	Hester	Metcalfe	Girl	08:01	Ambleside AC	
19	50	Cameron	Dunn	Boy	08:20	Helm Hill	
20	103	Madeleine	Martindale	Girl	08:22	Helm Hill	
21	256	Marina	Bailey	Girl	08:34		
22	137	Thomas	Hearn	Boy	08:48	Helm Hill	
23	247	Jody	Whitfield	Girl	08:52	Barlick Fell Runners	
24	79	Ellen	Dickson	Girl	09:00	Ambleside	
25	53	Finlay	Aitken	Boy	09:05	Helm Hill	
26	3	Lucy	Bagot	Girl	09:05	Settle Harriers	
27	33	Emma	Duxbury	Girl	09:07	Ambleside	
28	85	Andrew	Mitchell	Boy	09:09	Howgill Harriers	
29	60	Katie	Lewis	Girl	09:19	Howgill Harriers	
30	17	Lily -Grace	Clayton	Girl	09:22	Barlick Fell Runners	
31	48	Jasmine	Bottomley	Girl	09:28	Helm Hill	
32	84	Connie-Ma	Scott	Girl	09:34	Kendal AAC	
33	12	Seren	Green	Girl	09:47	Ambleside AC	
34	128	Hannah	Dyer	Girl	09:51	Helm Hill	
35	126	Sophie	Goodall	Girl	10:01		
36	122	Alicia	Crawford	Girl	10:01	Helm Hill	

Under 11 Race							
Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	263	Ben	Brassington	Boy	07:03	Lancaster & Morecambe AC	1st Boy
2	15	Harvey	Shaw	Boy	07:17	Ambleside	2nd Boy
3	66	Blake	Fleming	Boy	07:24	Ambleside AC	3rd Boy
4	6	Tom	Ashworth	Boy	07:39	Ambleside	
5	164	Daisy	Fielding	Girl	07:52	SSRC	1st Girl
6	170	Carl	Sanderson	Boy	07:55	Settle Harriers	
7	104	Will	Brayshaw	Boy	08:04	Helm Hill	
8	204	Zeke	Sumner	Boy	08:14	Ambleside	
9	45	Millie	Jebb	Girl	08:14	Helm Hill	2nd Girl
10	109	William	Hargreaves	Boy	08:18	Ambleside	
11	51	Fraser	Dunn	Boy	08:21	Helm Hill	
12	119	Emmy	Ranner	Girl	08:21	Helm Hill	3rd Girl
13	80	Isabella	Wright	Girl	08:22	Wharfedale Harriers	
14	163	Julia	Fielding	Girl	08:23	SSRC	
15	201	Jai	Mitchell Whiteside	Boy	08:27	Howgill Harriers	
16	167	Harry	Ball	Boy	08:29	Lancaster & Morecambe AC	
17	47	Jackson	Bottomley	Boy	08:31	Helm Hill	
18	260	Joe	Green	Boy	08:35	Ambleside AC	
19	114	Gus	Campbell	Boy	08:42	Howgill Harriers	
20	26	Edward	Shawcross	Boy	08:44	Dallam	
21	178	Cara	Bradley	Girl	08:46	Ambleside	
22	221	William	Gornall	Boy	08:47		
23	61	Thomas	Lewis	Boy	08:50	Howgill Harriers	
24	244	Isla	Jebb	Girl	08:50	Helm Hill	
25	93	Peter	de Lacy-Perkins	Boy	08:58	Lancaster & Morecambe AC	
26	110	Eve	Briffett	Girl	09:03		
27	125	Aaron	Goodall	Boy	09:04		
28	261	Arthur	Kirby	Boy	09:12	Ambleside	
29	43	Tess	Evans	Girl	09:12	Ambleside	
30	202	Finn	Mounsey	Boy	09:12	Howgill Harriers	
31	34	Ruby	Duxbury	Girl	09:13	Ambleside	
32	92	Robyn	de Lacy-Perkins	Girl	09:13	Lancaster & Morecambe AC	
33	18	Oscar	Clayton	Boy	09:15	Barlick Fell Runners	
34	55	Zach	Thomas	Boy	09:23	COLT	
35	86	Luke	Mitchell	Boy	09:28	Howgill Harriers	
36	173	Ella	Stamp	Girl	09:30	Helm Hill	
37	198	Eleanor	King	Girl	09:48	Helm Hill	
38	265	Fenella	Scales	Girl	10:06		
39	68	Poppy	Cater	Girl	11:01	Helm Hill	
40	123	Freddie	Crawford	Boy	11:24	Helm Hill	
DNF	4	Francesca	Bagot	Girl	DNF	Settle Harriers	

Sedbergh School 2019 Category Results

ALL SENIOR MEN

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	718	Charlie	Ing	Man	25:27	Unattached	1st Man
2	525	Jon	Rylance	MV40	25:54	Ambleside AC	2nd Man/1st MV40
3	971	Rob	Jebb	MV40	26:29	Helm Hill	3rd Man
4	765	Jack	Wright	Man	26:32	Ambleside	
5	666	Matthew	Knowles	MU21	27:04	Lancaster & Morecambe AC	1st MU21
6	716	Sebastian	Segger-Staveley	MU21	27:59	Settle Harriers	
7	531	Alastair	Dunn	MV40	28:29	Helm Hill	
8	551	Will	Acland	MV40	28:46	Helm Hill	
9	868	Phil	Mather	Man	28:50	Lonsdale	
10	911	Richard	Wells	MV40	29:18	Sedbergh School	
11	867	Jos	Addison	Man	29:34	Helm Hill	
12	582	Colin	Houston	MV40	30:18		
13	672	Peter	Lawson	Man	30:19		
14	633	Steven	Middleton	MV40	30:23	Howgill Harriers	
15	835	David	McNally	MV40	30:28	Levens Valley AC	
16	599	Martin	Askew	MU21	30:32	Helm Hill	
17	600	Robert	Askew	MU21	30:34	Helm Hill	
18	761	Rob	Mortimore	Man	30:35	Helm Hill	
19	910	James	Bailey	MV40	30:42	Levens Valley AC	
20	601	Ben	Kirkman	MU21	30:44	Rossendale Harriers	
21	871	Joseph	Hobbs	Man	30:54	Lonsdale	
22	644	David	Griffin	MV50	31:03	Helm Hill	1st MV50
23	638	Simon	Mounsey	MV40	31:13	Howgill Harriers	
24	549	Graham	Schofield	MV60	31:19	Horwich RMI Harriers	1st MV60
25	632	James	Baron	MV50	31:21	Helm Hill	
26	554	Luke	Appleyard	Man	31:31	Wharfedale Harriers	
27	603	Peter	German	Man	31:35	Helm Hill	
28	842	Stephen	Nicholls	Man	31:59	Wigan Harriers	
29	730	Anthony	Emmet	MV40	32:14	Helm Hill	
30	709	Ronald	Hummelink	MV40	32:18	Lonsdale Fell Runners	
31	520	Alistair	Shawcross	MV40	32:46		
32	518	Rob	Crawford	MV40	32:51	Howgill Harriers	
33	952	Shaun	Addison	MV50	32:53	Helm Hill	
34	840	David	Bowness	MV50	32:56	Cumberland Fell Runners	
35	817	Michael	Smith	MV50	33:07	Dallam	
36	889	Ray	Gill	MV50	33:09	Dallam	
37	609	Simon	Waller	MV50	33:11	Helm Hill	
38	628	James	Coulthard	MV40	33:26	Howgill Harriers	
39	580	John	Jones	MV50	33:30	Helm Hill	
40	505	Tom	Matthew	MV40	33:35	Bowland	
41	602	Mick	Kirkman	MV50	33:54	Rossendale Harriers	
42	758	Graham	Beaumont	MV50	34:00	Dallam	
43	596	Alistair	Hearn	MV40	34:24	Helm Hill	
44	861	Roger	Taylor	MV50	34:30	Preston Harriers	
45	854	Mike	Calvert	MV50	34:38	Howgill Harriers	
46	676	Wilfred	Bell	MV60	35:07	Howgill Harriers	
47	561	Toby	Smith	Man	35:10		
48	624	Michael	Toman	MV50	35:12	Accrington RR	
49	823	Steve	Wathall	MV60	35:15	Black Combe	
50	636	Brian	Thompson	MV60	35:34	Helm Hill	
51	555	Colin	Briffett	MV40	35:36	Lancaster Runners	
52	573	Andy	Evans	MV50	35:38	Settle Harriers	
53	507	Andy	Holden	MV50	35:44	Wharfedale Harriers	
54	543	Mark	Villiers	MV40	35:48	Unattached	
55	579	David	Barnes	MV60	35:53	Horwich RMI Harriers	
56	517	Tim	Murray	MV50	36:03	Helm Hill	
57	619	Chris	Lawrence	MV50	36:10	Clayton le Moors	
58	749	Will	Douthwaite	Man	36:23	Helm Hill	
59	727	Paul	Corkill	Man	36:27	Levens Valley AC	
60	661	Peter	Singleton	MV60	37:01	Blackpool	
61	1014	Jonathan	Warren	MV40	37:10		

62	811	John	Leech	MV50	37:25	Dallam	
63	674	Andy	Monk	MV60	37:36	FRA	
64	1010	Anthony	Price	Man	38:17		
65	714	Pete	Coe	MV60	38:20	Helm Hill	
66	900	Tony	Duffy	MV40	38:35	Barlick Fell Runners	
67	1011	Stephen	King	MV40	38:46		
68	853	Jonathan	Gibson	MV50	39:56	Wharfedale Harriers	
69	545	Dave	Bottomley	Man	40:11	Helm Hill	
70	540	Richard	Cater	MV40	40:39	Helm Hill	
71	610	Michael	McLoughlin	MV60	41:05	Preston Harriers	
72	1016	Martin	Shipway	MV40	41:25	Keswick AC	
73	512	Jonny	Grisedale	MV40	41:37	Helm Hill	
74	756	John	Hodgson	MV70	41:42	Dallam	1st MV70
75	787	Ian	Peters	MV60	45:37	Hoad Hill Harriers	
76	691	Scott	Thwaites	Man	53:01		
77	675	Richard	Handford	MV60	53:32	Settle Harriers	
78	615	Joe	Howard	MV70	58:17	Preston Harriers	
79	501	Denis	Wood	MV70	58:37	Borrowdale	

MEN

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	718	Charlie	Ing	Man	25:27	Unattached	1st Man
2	765	Jack	Wright	Man	26:32	Ambleside	
3	666	Matthew	Knowles	MU21	27:04	Lancaster & Morecambe AC	1st MU21
4	716	Sebastian	Segger-Staveley	MU21	27:59	Settle Harriers	
5	868	Phil	Mather	Man	28:50	Lonsdale	
6	867	Jos	Addison	Man	29:34	Helm Hill	
7	672	Peter	Lawson	Man	30:19		
8	599	Martin	Askew	MU21	30:32	Helm Hill	
9	600	Robert	Askew	MU21	30:34	Helm Hill	
10	761	Rob	Mortimore	Man	30:35	Helm Hill	
11	601	Ben	Kirkman	MU21	30:44	Rossendale Harriers	
12	871	Joseph	Hobbs	Man	30:54	Lonsdale	
13	554	Luke	Appleyard	Man	31:31	Wharfedale Harriers	
14	603	Peter	German	Man	31:35	Helm Hill	
15	842	Stephen	Nicholls	Man	31:59	Wigan Harriers	
16	561	Toby	Smith	Man	35:10		
17	749	Will	Douthwaite	Man	36:23	Helm Hill	
18	727	Paul	Corkill	Man	36:27	Levens Valley AC	
19	1010	Anthony	Price	Man	38:17		
20	545	Dave	Bottomley	Man	40:11	Helm Hill	
21	691	Scott	Thwaites	Man	53:01		

MEN UNDER 21

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	666	Matthew	Knowles	MU21	27:04	Lancaster & Morecambe AC	1st MU21
2	716	Sebastian	Segger-Staveley	MU21	27:59	Settle Harriers	
3	599	Martin	Askew	MU21	30:32	Helm Hill	
4	600	Robert	Askew	MU21	30:34	Helm Hill	
5	601	Ben	Kirkman	MU21	30:44	Rosendale Harriers	

MEN - VET 40

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	525	Jon	Rylance	MV40	25:54	Ambleside AC	2nd Man/1st MV40
2	971	Rob	Jebb	MV40	26:29	Helm Hill	3rd Man
3	531	Alastair	Dunn	MV40	28:29	Helm Hill	
4	551	Will	Acland	MV40	28:46	Helm Hill	
5	911	Richard	Wells	MV40	29:18	Sedbergh School	
6	582	Colin	Houston	MV40	30:18		
7	633	Steven	Middleton	MV40	30:23	Howgill Harriers	
8	835	David	McNally	MV40	30:28	Levens Valley AC	
9	910	James	Bailey	MV40	30:42	Levens Valley AC	
10	638	Simon	Mounsey	MV40	31:13	Howgill Harriers	
11	730	Anthony	Emmet	MV40	32:14	Helm Hill	
12	709	Ronald	Hummelink	MV40	32:18	Lonsdale Fell Runners	
13	520	Alistair	Shawcross	MV40	32:46		
14	518	Rob	Crawford	MV40	32:51	Howgill Harriers	
15	628	James	Coulthard	MV40	33:26	Howgill Harriers	
16	505	Tom	Matthew	MV40	33:35	Bowland	
17	596	Alistair	Hearn	MV40	34:24	Helm Hill	
18	555	Colin	Briffett	MV40	35:36	Lancaster Runners	
19	543	Mark	Villiers	MV40	35:48	Unattached	
20	1014	Jonathan	Warren	MV40	37:10		
21	900	Tony	Duffy	MV40	38:35	Barlick Fell Runners	
22	1011	Stephen	King	MV40	38:46		
23	540	Richard	Cater	MV40	40:39	Helm Hill	
24	1016	Martin	Shipway	MV40	41:25	Keswick AC	
25	512	Jonny	Grisedale	MV40	41:37	Helm Hill	

MEN - VET 50

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	644	David	Griffin	MV50	31:03	Helm Hill	1st MV50
2	632	James	Baron	MV50	31:21	Helm Hill	
3	952	Shaun	Addison	MV50	32:53	Helm Hill	
4	840	David	Bowness	MV50	32:56	Cumberland Fell Runners	
5	817	Michael	Smith	MV50	33:07	Dallam	
6	889	Ray	Gill	MV50	33:09	Dallam	
7	609	Simon	Waller	MV50	33:11	Helm Hill	
8	580	John	Jones	MV50	33:30	Helm Hill	
9	602	Mick	Kirkman	MV50	33:54	Rossendale Harriers	
10	758	Graham	Beaumont	MV50	34:00	Dallam	
11	861	Roger	Taylor	MV50	34:30	Preston Harriers	
12	854	Mike	Calvert	MV50	34:38	Howgill Harriers	
13	624	Michael	Toman	MV50	35:12	Accrington RR	
14	573	Andy	Evans	MV50	35:38	Settle Harriers	
15	507	Andy	Holden	MV50	35:44	Wharfedale Harriers	
16	517	Tim	Murray	MV50	36:03	Helm Hill	
17	619	Chris	Lawrence	MV50	36:10	Clayton le Moors	
18	811	John	Leech	MV50	37:25	Dallam	
19	853	Jonathan	Gibson	MV50	39:56	Wharfedale Harriers	

MEN - VET 60

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	549	Graham	Schofield	MV60	31:19	Horwich RMI Harriers	1st MV60
2	676	Wilfred	Bell	MV60	35:07	Howgill Harriers	
3	823	Steve	Wathall	MV60	35:15	Black Combe	
4	636	Brian	Thompson	MV60	35:34	Helm Hill	
5	579	David	Barnes	MV60	35:53	Horwich RMI Harriers	
6	661	Peter	Singleton	MV60	37:01	Blackpool	
7	674	Andy	Monk	MV60	37:36	FRA	
8	714	Pete	Coe	MV60	38:20	Helm Hill	
9	610	Michael	McLoughlin	MV60	41:05	Preston Harriers	
10	787	Ian	Peters	MV60	45:37	Hoad Hill Harriers	
11	675	Richard	Handford	MV60	53:32	Settle Harriers	

MEN - VET 70

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	756	John	Hodgson	MV70	41:42	Dallam	1st MV70
2	615	Joe	Howard	MV70	58:17	Preston Harriers	
3	501	Denis	Wood	MV70	58:37	Borrowdale	

ALL SENIOR LADIES

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	1009	Hannah	Russell	Lady	29:12	Helm Hill	1st Lady
2	649	Emma	Johnston	Lady	32:18	Helm Hill	2nd Lady
3	694	Celia	Powell	Lady	32:22		3rd Lady
4	837	Catherine	Niblock	Lady	32:45	Helm Hill	
5	869	Ellie	Mather	Lady	32:58	Lonsdale	
6	566	Bianca	Dyer	LV40	33:33	Helm Hill	1st LV40
7	844	Carol	Evans	LV50	33:52	Settle Harriers	1st LV50
8	717	Kaisleigh	Atkinson	Lady	34:48		
9	1012	Eleanor	Knowles	LV40	35:34	Ambleside AC	
10	631	Debbie	Copley	LV50	36:47	Dallam	
11	1013	Sally	Brassington	LV40	37:30	Lancaster & Morecambe AC	
12	942	Kerri	Wadsworth	LV40	37:55	Helm Hill	
13	612	Eleanor	Parker	Lady	38:19	Preston Harriers	
14	698	Rowan	Ranner	LV40	39:10	Helm Hill	
15	506	Lynn	Whittaker	LV50	39:20	Wharfedale Harriers	
16	532	Maia	Doherty	LU21	39:38	Helm Hill	1st LU21
17	747	Wendy	Dodds	LV60	40:00	Clayton le Moors	1st LV60
18	689	Emma	Blundell	Lady	40:23	Lonsdale	
19	862	Robyn	Anderson	LV40	41:00	Preston Harriers	
20	539	Jo	Cater	LV40	41:15	Helm Hill	
21	511	Jo	Grisedale	LV40	41:34	Helm Hill	
22	548	Paula	Bowen	LV40	42:02	Ambleside	
23	550	Libby	Dixon	LV40	42:03	Ambleside	
24	503	Pam	Bagot	LV40	42:30	Settle Harriers	
25	608	Veronica	Waller	LV40	43:23	Dallam	
26	654	Emily	Crossley	LU21	46:11	Settle Harriers	
27	645	Simone	Rigby	LU21	46:12	Settle Harriers	
28	651	Jill	Gates	LV50	49:06	Settle Harriers	
29	504	Jo	Matthew	LV40	49:36	Dallam	
30	810	Sonja	Vietoris	LV50	51:41		
31	1015	Laura	Potter	Lady	52:05		
32	693	Leanne	Richie	Lady	53:00		

LADIES

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	1009	Hannah	Russell	Lady	29:12	Helm Hill	1st Lady
2	649	Emma	Johnston	Lady	32:18	Helm Hill	2nd Lady
3	694	Celia	Powell	Lady	32:22		3rd Lady
4	837	Catherine	Niblock	Lady	32:45	Helm Hill	
5	869	Ellie	Mather	Lady	32:58	Lonsdale	
6	717	Kaisleigh	Atkinson	Lady	34:48		
7	612	Eleanor	Parker	Lady	38:19	Preston Harriers	
8	532	Maia	Doherty	LU21	39:38	Helm Hill	1st LU21
9	689	Emma	Blundell	Lady	40:23	Lonsdale	
10	654	Emily	Crossley	LU21	46:11	Settle Harriers	
11	645	Simone	Rigby	LU21	46:12	Settle Harriers	
12	1015	Laura	Potter	Lady	52:05		
13	693	Leanne	Richie	Lady	53:00		

LADIES UNDER 21

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	532	Maia	Doherty	LU21	39:38	Helm Hill	1st LU21
2	654	Emily	Crossley	LU21	46:11	Settle Harriers	
3	645	Simone	Rigby	LU21	46:12	Settle Harriers	

LADIES - VET 40

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	566	Bianca	Dyer	LV40	33:33	Helm Hill	1st LV40
2	1012	Eleanor	Knowles	LV40	35:34	Ambleside AC	
3	1013	Sally	Brassington	LV40	37:30	Lancaster & Morecambe AC	
4	942	Kerri	Wadsworth	LV40	37:55	Helm Hill	
5	698	Rowan	Ranner	LV40	39:10	Helm Hill	
6	862	Robyn	Anderson	LV40	41:00	Preston Harriers	
7	539	Jo	Cater	LV40	41:15	Helm Hill	
8	511	Jo	Grisedale	LV40	41:34	Helm Hill	
9	548	Paula	Bowen	LV40	42:02	Ambleside	
10	550	Libby	Dixon	LV40	42:03	Ambleside	
11	503	Pam	Bagot	LV40	42:30	Settle Harriers	
12	608	Veronica	Waller	LV40	43:23	Dallam	
13	504	Jo	Matthew	LV40	49:36	Dallam	

LADIES - VET 50

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	844	Carol	Evans	LV50	33:52	Settle Harriers	1st LV50
2	631	Debbie	Copley	LV50	36:47	Dallam	
3	506	Lynn	Whittaker	LV50	39:20	Wharfedale Harriers	
4	651	Jill	Gates	LV50	49:06	Settle Harriers	
5	810	Sonja	Vietoris	LV50	51:41		

LADIES - VET 60

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	747	Wendy	Dodds	LV60	40:00	Clayton le Moors	1st LV60

UNDER 17 BOYS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	158	Jacob	Smith	Boy	16:40	Helm Hill	1st Boy
2	67	Jack	Villiers	Boy	17:32	Barlick Fell Runners	2nd Boy
3	49	Alex	Tallon	Boy	17:49	Helm Hill	3rd Boy
4	87	Adam	Scott	Boy	19:29	Helm Hill	
5	147	Sonny	Ashton-Fitch	Boy	19:47	Settle Harriers	
6	146	Alfie	Thorpe	Boy	20:01	Broughton Runners	
7	9	Alex	Matthew	Boy	22:44	Dallam	

UNDER 17 GIRLS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	161	Ella	Dorrington	Girl	20:24	Clayton le Moors	1st Girl
2	266	Georgia	Heath	Girl	20:40	Helm Hill	2nd Girl
3	73	Emily	Swarbrick	Girl	21:45	Cumberland Fell Runners	3rd Girl
4	145	Ella	Beardwood	Girl	23:27	Helm Hill	
5	258	Madeleine	King	Girl	25:27	Helm Hill	
6	105	Becky	Dyer	Girl	26:17	Helm Hill	

UNDER 15 BOYS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	206	James	Bowen	Boy	09:36	Ambleside	1st Boy
2	205	Harry	Bowen	Boy	09:48	Ambleside	2nd Boy
3	65	Thomas	Brailsford	Boy	10:02	Ambleside	3rd Boy
4	78	Dylan	Cater	Boy	10:15	Helm Hill	
5	192	Harry	Ewbank	Boy	10:29	Eden Runners	
6	57	Jack	Dixon	Boy	10:56	Ambleside	
7	139	Jamie	Waller	Boy	11:04	Dallam	
8	99	Isaac	Robinson	Boy	11:21	Howgill Harriers	
9	69	Oliver	Willoughby	Boy	12:28	Helm Hill	
10	90	Nathon	Ritchie	Boy	13:40	Levens Valley AC	
11	101	George	Campbell	Boy	13:53	Howgill Harriers	

UNDER 15 GIRLS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	209	Jessica	Bailey	Girl	10:18	Levens Valley AC	1st Girl
2	59	Sarah	Smith	Girl	10:22	Helm Hill	2nd Girl
3	35	Sophie	Rylance	Girl	11:10	Ambleside AC	3rd Girl
4	7	Elodie	Malcolm	Girl	11:14	Helm Hill	
5	46	Elise	Tallon	Girl	11:36	Helm Hill	
6	76	Fayth	Bowness	Girl	12:30	CFR	
7	98	Ciara	Duffy	Girl	13:00	Barlick Fell Runners	
8	62	Vicky	Woof	Girl	13:05	Howgill Harriers	
9	165	Martha	Rigby	Girl	13:16	Settle Harriers	
10	8	Cate	Matthew	Girl	14:11	Dallam	

UNDER 13 BOYS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	136	Will	McNally	Boy	06:49	Levens Valley AC	1st Boy
2	262	James	Brassington	Boy	06:50	Lancaster & Morecambe AC	2nd Boy
3	5	Rowan	Ashworth	Boy	06:53	Ambleside	3rd Boy
4	224	Noah	Wadsworth	Boy	07:08	Helm Hill	
5	166	Oliver	Ball	Boy	07:20	Lancaster & Morecambe AC	
6	120	Leo	Ranner	Boy	07:21	Helm Hill	
7	13	Ben	Allmond	Boy	07:22	Ambleside	
8	171	Jack	Sanderson	Boy	07:25	Settle Harriers	
9	259	Riley	Merryfield	Boy	07:28	Ambleside	
10	100	Toby	Acland	Boy	07:39	Helm Hill	
11	97	Ewan	Black	Boy	07:40	Helm Hill	
12	124	Finn	Houston	Boy	07:47	Helm Hill	
13	50	Cameron	Dunn	Boy	08:20	Helm Hill	
14	137	Thomas	Hearn	Boy	08:48	Helm Hill	
15	53	Finlay	Aitken	Boy	09:05	Helm Hill	
16	85	Andrew	Mitchell	Boy	09:09	Howgill Harriers	

UNDER 13 GIRLS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	117	Lucille	Pickles	Girl	07:05	Barlick Fell Runners	1st Girl
2	264	Sophie	Cowin	Girl	07:08	Kendal AAC	2nd Girl
3	44	Charlotte	Pearl	Girl	07:51	Settle Harriers	3rd Girl
4	106	Olivia	Swarbrick	Girl	07:58	Cumberland Fell Runners	
5	11	Lara	Smith	Girl	07:59	Helm Hill	
6	74	Hester	Metcalfe	Girl	08:01	Ambleside AC	
7	103	Madeleine	Martindale	Girl	08:22	Helm Hill	
8	256	Marina	Bailey	Girl	08:34		
9	247	Jody	Whitfield	Girl	08:52	Barlick Fell Runners	
10	79	Ellen	Dickson	Girl	09:00	Ambleside	
11	3	Lucy	Bagot	Girl	09:05	Settle Harriers	
12	33	Emma	Duxbury	Girl	09:07	Ambleside	
13	60	Katie	Lowis	Girl	09:19	Howgill Harriers	
14	17	Lily -Grace	Clayton	Girl	09:22	Barlick Fell Runners	
15	48	Jasmine	Bottomley	Girl	09:28	Helm Hill	
16	84	Connie-Ma	Scott	Girl	09:34	Kendal AAC	
17	12	Seren	Green	Girl	09:47	Ambleside AC	
18	128	Hannah	Dyer	Girl	09:51	Helm Hill	
19	126	Sophie	Goodall	Girl	10:01		
20	122	Alicia	Crawford	Girl	10:01	Helm Hill	

UNDER 11 BOYS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	263	Ben	Brassington	Boy	07:03	Lancaster & Morecambe AC	1st Boy
2	15	Harvey	Shaw	Boy	07:17	Ambleside	2nd Boy
3	66	Blake	Fleming	Boy	07:24	Ambleside AC	3rd Boy
4	6	Tom	Ashworth	Boy	07:39	Ambleside	
5	170	Carl	Sanderson	Boy	07:55	Settle Harriers	
6	104	Will	Brayshaw	Boy	08:04	Helm Hill	
7	204	Zeke	Sumner	Boy	08:14	Ambleside	
8	109	William	Hargreaves	Boy	08:18	Ambleside	
9	51	Fraser	Dunn	Boy	08:21	Helm Hill	
10	201	Jai	Mitchell Whiteside	Boy	08:27	Howgill Harriers	
11	167	Harry	Ball	Boy	08:29	Lancaster & Morecambe AC	
12	47	Jackson	Bottomley	Boy	08:31	Helm Hill	
13	260	Joe	Green	Boy	08:35	Ambleside AC	
14	114	Gus	Campbell	Boy	08:42	Howgill Harriers	
15	26	Edward	Shawcross	Boy	08:44	Dallam	
16	221	William	Gornall	Boy	08:47		
17	61	Thomas	Lowis	Boy	08:50	Howgill Harriers	
18	93	Peter	de Lacy-Perkins	Boy	08:58	Lancaster & Morecambe AC	
19	125	Aaron	Goodall	Boy	09:04		
20	261	Arthur	Kirby	Boy	09:12	Ambleside	
21	202	Finn	Mounsey	Boy	09:12	Howgill Harriers	
22	18	Oscar	Clayton	Boy	09:15	Barlick Fell Runners	
23	55	Zach	Thomas	Boy	09:23	COLT	
24	86	Luke	Mitchell	Boy	09:28	Howgill Harriers	
25	123	Freddie	Crawford	Boy	11:24	Helm Hill	

UNDER 11 GIRLS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	164	Daisy	Fielding	Girl	07:52	SSRC	1st Girl
2	45	Millie	Jebb	Girl	08:14	Helm Hill	2nd Girl
3	119	Emmy	Ranner	Girl	08:21	Helm Hill	3rd Girl
4	80	Isabella	Wright	Girl	08:22	Wharfedale Harriers	
5	163	Julia	Fielding	Girl	08:23	SSRC	
6	178	Cara	Bradley	Girl	08:46	Ambleside	
7	244	Isla	Jebb	Girl	08:50	Helm Hill	
8	110	Eve	Briffett	Girl	09:03		
9	43	Tess	Evans	Girl	09:12	Ambleside	
10	34	Ruby	Duxbury	Girl	09:13	Ambleside	
11	92	Robyn	de Lacy-Perkins	Girl	09:13	Lancaster & Morecambe AC	
12	173	Ella	Stamp	Girl	09:30	Helm Hill	
13	198	Eleanor	King	Girl	09:48	Helm Hill	
14	265	Fenella	Scales	Girl	10:06		
15	68	Poppy	Cater	Girl	11:01	Helm Hill	
DNF	4	Francesca	Bagot	Girl	DNF	Settle Harriers	