

Helm Hill Race, Kendal Winter League, nr. Sedbergh, Cumbria

13th April 2003

Results courtesy of Alan Westworth

MEN - 4 MILES, 1200 F OF C

| Club | Pos | Name | V.40 | V.50 | V.60 | Time |
|------------|-----|-------------------|------|------|------|-------|
| Inverclyde | 1 | TOM TIPPING (REC) | | | | 29.57 |
| Bowland | 2 | QUINTEN HARDING | 1.V | | | 31.56 |
| Helm H | 3 | IAN ATKINSON | | | | 32.31 |
| Helm H | 4 | SHAUN ADDISON | 2.V | | | 32.52 |
| K + C | 5 | DAMIEN SCHOLES | | | | 33.25 |
| Helm H | 6 | MIKE ADDISON | 3.V | | | 33.44 |
| Kendal | 7 | MIKE WALSH | 4.V | | | 34.04 |
| Northen/v | 8 | HARVEY GOTT | | 1.V | | 35.32 |
| Kendal | 9 | PAUL TUSON | 5.V | | | 36.02 |
| Helm H | 10 | RUSSELL CANNON | 6.V | | | 36.14 |
| Wharf/D | 11 | ANDY HOLDEN | | | | 36.39 |
| Howgill | 12 | MIKE MOSS | | 2.V | | 36.51 |
| Tynedale | 13 | MARCUS PYRAH | | | | 37.21 |
| U/A | 14 | STEVE CARR | 7.V | | | 37.35 |
| Helm H | 15 | RICHARD SEWELL | 8.V | | | 37.39 |
| Wharf/D | 16 | KEVIN ROGAN | 9.V | | | 37.44 |
| U/A | 17 | BARRY SCHOLES | | 3.V | | 37.47 |
| Kendal | 18 | MATT FOXWELL | | | | 37.54 |
| Helm H | 19 | LYDON DIXON | 10.V | | | 39.07 |
| U/A | 20 | MIKE CRONSHAW | | 4.V | | 39.44 |
| U/A | 21 | RICHARD DRINKALL | | | | 41.17 |
| Helm H | 22 | GEOFF BARRATT | 11.V | | | 41.46 |
| Settle | 23 | BARRY SLATER | 12.V | | | 43.13 |
| Dallam | 24 | ROD MARTINDALE | 13.V | | | 48.29 |
| Blackpool | 25 | RON BRAY | | | 1.V | 49.04 |
| West/Penn | 26 | ANDREW BIDDLE | 14.V | | | 50.16 |
| U/A | 27 | CLIVE CULLING | | | | D.N.F |

LADIES - 4 MILES, 1200 F OF C

| Club | Pos | Name | Time |
|-------------|-----|--------------------|-------|
| Settle | 1 | KAREN SLATER (REC) | 37.58 |
| Bowland | 2 | SUE HARDING | 41.47 |
| Wharf/d | 3 | KATE ROGAN | 46.22 |
| Wharf/d | 4 | LYN WHITTAKER | 46.33 |
| Car/city/ru | 5 | LINDA SKINNER | 49.27 |
| | | | |

BOYS UNDER 17 - 2 MILES 600 F OF C

| Club | Pos | Name | Time |
|----------|-----|---------------------|-------|
| Kendal | 1 | CARL ROBINSON (REC) | 14.05 |
| Trafford | 2 | CHRIS DOYLE | 14.21 |
| | | | |

| | | | |
|--------|---|------------------|-------|
| Helm H | 3 | ROBERT BLENKHARN | 15.37 |
| Helm H | 4 | KIERAN ALDERSON | 16.00 |
| Darwin | 5 | ANTHONY HAYES | 16.20 |
| Dallam | 6 | LEIGH MARTINDALE | 19.09 |
| | | | |

BOYS UNDER 14 - 1 MILE 100 F OF C

| Club | Pos | Name | Time |
|--------|-----|------------------------|------|
| Helm H | 1 | RYAN THORNBORROW (REC) | 6.32 |
| Helm H | 2 | TOM ADDISON | 6.46 |
| C.F.R | 3 | BEN MORPHET | 7.04 |
| U/A | 4 | SAM RADCLIFFE | 7.35 |
| Pendle | 5 | KYLE BIDDLE | 8.22 |
| U/A | 6 | CHRIS HARP | 8.35 |
| | | | |

BOYS UNDER 12 - 0.6 MILE 80 F OF C

| Club | Pos | Name | Time |
|--------|-----|-----------------------|------|
| Helm H | 1 | JONATHAN WRIGHT (REC) | 3.59 |
| Dallam | 2 | ALEX TILL | 4.01 |
| U/A | 3 | MATT FRETWELL | 4.05 |
| Helm H | 4 | MARTIN BARNES | 4.06 |
| Dallam | 5 | CALLUM STOTT | 4.16 |
| Kendal | 6 | TOM DOYLE | 4.20 |
| Helm H | 7 | LEWIS ROBINSON | 4.22 |
| Settle | 8 | DUNCAN LUND | 4.29 |
| Helm H | 9 | CHRIS TUSON | 4.30 |
| Helm H | 10 | RORY ADDISON | 4.31 |
| Helm H | 11 | JOSH PARKINSON | 4.40 |
| Helm H | 12 | JOS ADDISON | 4.42 |
| Helm H | 13 | JOHNATHAN KNOX | 4.46 |
| Helm H | 14 | RORY ALDERSON | 4.48 |
| U/A | 15 | PAUL THOMAS | 4.49 |
| Helm H | 16 | JAMES KNOX | 4.51 |
| Helm H | 17 | GEORGE SEWELL | 5.01 |
| Helm H | 18 | NATHAN ROBB | 5.08 |
| Settle | 19 | KRISTOPHER LUND | 5.14 |
| U/A | 20 | SAM SCHOFIELD | 5.20 |
| U/A | 21 | JOSH ATKINSON | 5.23 |
| Helm H | 22 | MATTHEW CANNON | 5.53 |
| Helm H | 23 | MATTHEW JACKSON | 6.01 |
| U/A | 24 | CAMERON LAMBERT | 6.30 |
| | | | |

GIRLS UNDER 17 - 2 MILES 600 F OF C

| | | | |
|--------|---|---------------------|-------|
| Settle | 1 | SHERYL SLATER (REC) | 19.38 |
| Kendal | 2 | GRACE ROBINSON | 22.22 |
| U/A | 3 | SAMANTHA MORPHET | 27.00 |
| | | | |

GIRLS UNDER 14 - 1 MILE 100 F OF C

| Club | Pos | Name | Time |
|--------|-----|----------------------|------|
| Helm H | 1 | GEMMA CROWTHER (REC) | 6.44 |
| Helm H | 2 | ROSIE PARKINSON | 7.46 |
| Helm H | 3 | KATIE ROBINSON | 9.13 |
| | | | |

GIRLS UNDER 12 - 0.6 MILE 80 F OF C

| Club | Pos | Name | Time |
|-------------|------------|---------------------|-------------|
| Helm H | 1 | JENNY ADDISON (REC) | 4.00 |
| U/A | 2 | CHARLOTTE SCHOFIELD | 5.00 |
| C.F.R | 3 | MELONIE MORPHET | 5.02 |
| Helm H | 4 | ROSIE ADDISON | 5.05 |
| Helm H | 5 | ZOE BARRATT | 5.06 |
| Bowland | 6 | ZOE HARDING | 5.13 |
| Helm H | 7 | HANNAH SEWELL | 5.15 |
| Helm H | 8 | JENNIFER BARRATT | 5.19 |
| Bowland | 9 | KATRIN HARDING | 5.25 |
| U/A | 10 | AMY FRETWELL | 5.32 |
| U/A | 11 | FAITH BIDDLE | 6.11 |

[Back to year index](#) - [Top of page](#)