

Troutbeck Fell Race, Kendal Winter League, Cumbria

23rd February 2003

Results courtesy of Alan Westworth

New course for both men and women - 4 miles, 1600 feet

Pos	F	Name	V40	V50	V60	Club	Time
1		Quentin Harding	1			Bowland Fell Runners	28.48
2		Billy Procter	2			Helm Hill	28.56
3		Shaun Addison	3			Helm Hill	29.56
4		Andy Holden				Wharfedale	29.58
5		Peter McWade		1		Clayton-le-Moors Harriers	29.59
6		Ian Atkinson				Helm Hill	30.17
7		Danny Parkinson				Kendal AC	31.22
8		Damien Scholes				Keighley & Craven	31.41
9		Alan Miller	4			Kendal AC	31.46
10		Russell Cannon	5			Helm Hill	33.00
11		Garry Beardwood				Westmorland Triathletes	33.13
12		Paul Knowles				Ambleside	33.14
13		Paul Tuson	6			Kendal AC	33.22
14		Mike Moss		2		Howgill Harriers	33.35
	1	Karen Slater				Settle Harriers	33.44
15		Lee Procter				Helm Hill	34.10
16		Richard Sewell	7			Helm Hill	34.36
17		Ivan Holdsworth				Helsby RC	34.38
18		Barry Scholes		3		Unattached	34.39
19		Lyndon Dixon	8			Helm Hill	34.54
20		Kevin Rogan	9			Wharfedale	35.33
21		Mike Cronshaw		4		Unattached	35.55
22		Bob Hanlon	10			Unattached	37.03
23		Barry Slater	11			Settle Harriers	37.10
24		Dave Till	12			Helm Hill	37.46
25		Ian Povey	13			Cumberland Fell Runners	37.49
	2	Sue Harding				Bowland Fell Runners	38.26
	3	Jayne Bowe				Helm Hill	38.55
26		Geoff Barrett	14			Helm Hill	40.42
27		Paul Rogan		5		Wharfedale	40.53
28		Harry Catlow			1	Cumberland Fell Runners	42.57
29		Neil Dyson		6		Mandale Harriers	43.06
30		Andrew Biddle	15			West Pennine	43.44
31		Tom Targett		7		Clayton-le-Moors	44.03

					Harriers	
	4	Yvonne Procter			Helm Hill	44.05
	5	Lynn Whitaker			Wharfedale	44.15
32		Ron Bray		2	Blackpool	44.51
33		Rob Martindale	16		Dallam AC	47.40
	6	Nicole Slater			Settle Harriers	47.52

Boys under 17 (2.5 miles, 1450 feet)

Pos	Name	Club	Time
1	Carl Robinson	Kendal AC	23.11
2	Adam Crowe	Unattached	24.26
3	Kieran Alderson	Helm Hill	24.30
4	Anthony Hayes	Darwen Dashers	25.06
5	Tom Rodgers	Settle Harriers	28.39
6	Mark Barnes-Davis	Unattached	DNF

Boys under 14 (1.5 miles, 600ft)

Pos	Name	Club	Time
1	Ryan Thornborrow	Helm Hill	6.39
2	Tom Addison	Helm Hill	7.04
3	Ben Morphet	Cumberland Fell Runners	7.04
4	Thomas Wright		DNF

Boys under 12 (1 mile, 400ft)

Pos	Name	Club	Time
1	Jamie Stuart		5.46
2	Jonathan Wright		5.54
3	Matthew Fretwell	Unattached	5.59
4	Alex Till	Dallam AC	6.03
5	Jos Addison	Helm Hill	6.06
6	Niall Till	Helm Hill	6.13
7	Lewis Robinson	Helm Hill	6.16
8	Martin Barnes		6.19
9	Christopher Tuson	Unattached	6.27
10	Rory Addison	Helm Hill	7.03
11	Joshua Parkinson	Helm Hill	7.07
12	Ryan Waddington	Unattached	7.17
13	Christian Parkinson		7.27
14	George Sewell	Helm Hill	7.50

15	Matthew Cannon		9.41
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Girls under 17 (as Under 17 boys)

Pos	Name	Club	Time
1	Sheryl Slater	Settle Harriers	29.18
2	Janie Oates	Helm Hill	31.30
3	Samantha Morphet	Unattached	39.02
4	Grace Robinson	Kendal AC	42.15

Girls under 14 (1.5 miles 500ft)

Pos	Name	Club	Time
1	Gemma Crowther	Helm Hill	7.25
2	Rosie Parkinson	Helm Hill	8.03
3	Grace Biddle	Pendle AC	8.36
4	Katie Robinson	Helm Hill	8.53

Girls under 12 (1 mile 400 ft)

Pos	Name	Club	Time
1	Jenny Addison	Helm Hill	5.57
2	Zoe Harding	Bowland Fell Runners	7.46
3	Katrin Harding	Bowland Fell Runners	8.02
4	Melanie Morphet	Cumberland Fell Runners	8.27
5	Hannah Sewell	Helm Hill	8.32
6	Jennifer Barrett	Helm Hill	8.35
7	Zoe Barrett	Helm Hill	8.57
8	Faith Biddle	Unattached	10.05

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