

## Kendal Winter League - Firbank - 14th January 2007

Senior Men				
position	Name	Club	Time	category
1	Simon Barney *	Sedbergh	21.36	senior
2	Tom Addison	Helm Hill	22.10	senior
3	Mark Addison	Helm Hill	22.21	senior
4	Alastair Dunn	Helm Hill	22.30	senior
5	John Deegan	Ambleside	22.41	senior
6	Paul Dugdale	Kendal	23.07	v40
7	Rory McMahon	Lanc & Mor	23.20	senior
8	Quentin Harding	Bowland	23.30	v40
9	Rick Gorst	Kendal	23.50	senior
10	Chris Upson	Westerland	23.58	v40
11	Paul Knowles	Ambleside	24.07	senior
12	Shaun Addison	Helm Hill	24.11	v40
13	Hayden Davies	Sedbergh	24.16	v40
14	Christopher Howie	Hoad Hill	24.22	senior
15	Mark Walsh	Kendal	24.27	senior
16	Brian Houghton	u/a	24.52	v40
17	Mike Berners Lee	u/a	25.05	v40
18	Alan Life	Clayton	25.06	v40
19	Sam Watson	Wharfedale	25.07	senior
20	Gareth Pemberton	Calder Valley	25.24	senior
21	Ian Gibbons	Ilkley	25.25	senior
22	Mike Addison	Helm Hill	25.33	v40
23	Chris Newman	Wharfedale	25.34	senior
24	Paul Boardman	Horwich	25.36	v40
25	Peter Ward	Helm Hill	25.41	senior
26	Jack Holt	Clayton	25.45	v50
27	Hugh Symonds	Kendal	25.49	v50
28	John Quine	Kendal	26.00	v40
29	Damien Scholes	Keighley	26.10	senior
30	Fraser Livesey	Howgill	26.17	v40
31	John Richardson	Sedbergh	26.42	senior
32	Phil McCann	Mourne	26.52	senior
33	Steve Crook	Howgill	27.03	v40
34	Mike Toyne	u/a	27.21	senior
35	Jules Coleman	Lanc & Mor	27.24	v40
36	Jeremy Such	u/a	27.31	v40
37	Graham Moffat	Howgill	27.36	v40
38	Steve Carr	u/a	27.40	v50
39	Adam Godwin	Rosendale	27.57	senior
40	Tom Riddle	Sedbergh	28.03	senior
41	Bernard Hall	Bowland	28.09	v50
42	Kevin Rogan	Wharfedale	28.12	v40
43	Tim Murray	Helm Hill	28.26	v40
44	Dave Appleyard	Helm Hill	28.36	v40
45	Stephen Wilson	CFR	28.40	v40
46	David Bulman	Helm Hill	28.42	v40
47	Ian Mitchell	Helm Hill	28.45	v40
48	Andrew Russell	u/a	28.47	v40
49	Jim Fisher	Howgill	28.58	v40
50	Neil Weightman	Amber Valley	29.18	v40

\* New record for Simon. Previous record Sean Bolland, 22.08.

Senior Men (continued)				
position	Name	Club	Time	category
51	Barry Scholes	Settle	29.20	v50
52	Dave Woodbridge	Ambleside	29.32	v50
53	Andy Stokes	Helm Hill	29.37	v50
54	Ray Gill	Dallam	29.43	v40
55	Carl Bradshaw	Wharfedale	29.45	v40
56	George James	Blackpool	29.48	v60
57	Harvey Gott	North Vets	29.59	v60
58	Dave Till	Helm Hill	30.02	v40
59	Chris Schofield	u/a	30.03	v40
60	Howard Pimblett	Helm Hill	30.06	senior
61	John Hodgson	Dallam	30.11	v60
62	Richard Sewell	Helm Hill	30.16	v50
63	Tim Done	Keighley	30.29	v40
64	Colin Henderson	Helm Hill	30.33	senior
65	Trevor Walton	Howgill	30.46	v40
66	Paul Sessford	Keighley	31.04	senior
67	Phil Alder	Helm Hill	32.23	v50
68	Bill Ridings	Kendal	32.48	v50
69	Andrew Biddle	W Pennine	33.39	v50
70	Neil Dyson	NYM	33.50	v60
71	Dennis Wood	Borrowdale	37.57	v60
72	Shet Aly	Lanc & Mor	40.11	senior
-	Paul Fisher	u/a	DNF	senior

Ladies			
position	Name	Club	Time
1	Sue Harding	Bowland	29.28
2	Wendy Dodds	Clayton	30.13
3	Jane Rigby	Helm Hill	31.35
4	Carol Life	Clayton	33.10
5	Nina Wallingshaw	u/a	33.37
6	Kate Rogan	Wharfedale	33.44
7	Rhiannon George	Eden	34.04
8	Jenny Stuart	Helm Hill	34.26
9	Angela Shuttleworth	Howgill	34.32
10	Amanda Conner	Helm Hill	34.36
11	Penny Clay	Eden	37.26
-	Cecelia Emery	Amber Valley	DNF

## Kendal Winter League - Firbank - 14th January 2007

Under 17 boys			
position	Name	Club	Time
1	Phil Bolton	Rossendale	12.03
2	Alex Till	Dallam	12.04
3	Jos Addison	Helm Hill	12.09
4	Tom Sessford	Keighley	12.13
5	Joss Livesey	Howgill	12.22
6	Chris Tuson	Helm Hill	12.37
7	Niall Till	Helm Hill	12.42
8	Matthew Fretwell	Settle	12.53
9	Ashley Kay	Rossendale	12.56
10	Scott Thwaites	u/a	12.58
11	Jonathan Bradshaw	Wharfedale	13.18
12	Liam Taylor	Helm Hill	13.28
13	Sam Fisher	Howgill	13.30
14	Jack Modley	Lanc & Mor	13.32
15	Andrew Harrison	Preston	13.42
16	Grant Cunliffe	u/a	13.50
17	Liam Stainton	Helm Hill	14.01
18	Martin Barnes	Helm Hill	14.30
19	Duncan Lund	Settle	14.38
20	Tashi Sherpa	u/a	14.42

Under 17 girls			
position	Name	Club	Time
1	Jenny Addison**	Helm Hill	14.47
2	Francesca Gregory	Rossendale	15.11
3	Heather Parker	Rossendale	15.13
4	Catherine Gill	Dallam	15.45
5	Laura Johnston	Rossendale	16.36
6	Chessie Messenger Jones	Broughton	16.50

\*\* New record for Jenny (Lois Grinstead - 14.59)

Under 12 boys			
position	Name	Club	Time
1	James Knox	Helm Hill	6.45
2	Evan Bland	Lanc & Mor	6.54
3	Dale Sutton	Dallam	7.04
4	Jack Houghton	u/a	7.12
5	Ben Brough	u/a	7.21
6	Harry Modley	Lanc & Mor	7.26
7	Philip Done	Keighley	7.42
8	Jake Lowther	Helm Hill	7.45
9	Dan Akrigg	u/a	8.02
10	Jon Lowther	Helm Hill	8.03
11	Chris Mitchell	Helm Hill	8.04
12	Harry Packham	Helm Hill	8.10
13	Sam Boardman	Horwich	8.14
14	Jack Walton	Howgill	8.18
15	Wilf Goodfellow	Dallam	8.48
16	Jay Toyne	u/a	9.16
17	Joshua Robb	Helm Hill	10.02

Under 14 boys			
position	Name	Club	Time
1	Jonathan Knox***	Helm Hill	8.29
2	Joe Johnston	Rossendale	8.30
3	Tom Doyle	Helm Hill	8.35
4	Sam Till	Dallam	8.37
5	Rory Addison	Helm Hill	8.39
6	Dean Sutton	Dallam	9.05
7	Theo Messenger Jones	Broughton	9.35
8	Luke Gregory	Rossendale	9.36
9	Douglas Newbury	Howgill	10.10
10	Sam Storey	u/a	10.11
11	Scott Baistow	Pendle	10.23
12	Ben Taylor	Dallam	10.25
13	Alex Brown	Settle	10.49
14	Kristopher Lund	Settle	11.30
15	Matthew Cannon	Helm Hill	14.04

\*\*\*New Record (Jos Addison - 8.45)

Under 14 girls			
position	Name	Club	Time
1	Melanie Hyder****	Dallam	8.49
2	Robin Goodfellow	Dallam	10.28
3	Jane Gill	Dallam	10.53
4	Amy Fretwell	Settle	11.01
5	Reanne Harvey	u/a	11.54
6	Melanie Morphet	CFR	11.59

\*\*\*\* New Record, Melanie Hyder 9.06

Under 12 girls			
position	Name	Club	Time
1	Megan Stuart*****	Helm Hill	7.27
2	Eilidh Sproul	Kendal	7.30
3	Lauren Munro-Bennett	Helm Hill	4.46
4	Lorna Nunwick	Helm Hill	7.48
5	Loren Appleyard	Helm Hill	7.57
6	Katherine Procter	Dallam	7.58
7	Alisha Johnson	Blackpool	8.15
8	Amber Holt Manville	u/a	8.39
9	Faith Biddle	Hyndburn	8.43
10	Zana Messenger Jones	Broughton	8.58

\*\*\*\*\* New Record (Melanie Hyder - 7.52)