

Arant Haw Seniors

Number	Time	Position	Name	Club	Men	Ladies	v40	v50	v60
633	40:30	1	Alastair Dunn	Helm Hill	1				
531	41:52	2	Steve Swarbrick	Bowland	2				
356	43:22	3	Alex Brown	Helm Hill	3				
234	43:54	4	Andy Beanland	Dark Peak	4				
413	44:52	5	Quentin Harding	Bowland	5		1		
593	45:34	6	Sam Fisher	Howgill H	6				
206	45:47	7	Ollie Roberts	Howgill H	7				
138	46:17	8	Alex Pilkington	Settle	8		2		
153	46:19	9	Paul Aitken	Helm Hill	9				
70	47:21	10	Craig Burrow	Helm Hill	10				
131	47:53	11	Gavin Thomas	u/a	11		3		
472	48:24	12	Jacob Dyer	u/a	12		4		
600	48:54	13	Paul Lambert	Wharfedale	13		5		
40	48:55	14	Anthony Bowness	u/a	14		6		
629	49:47	15	Garry Beardwood	Helm Hill	15		7		
500	50:03	16	Colin Valentine	Keswick	16			1	
186	50:31	17	Terry Robinson	Helm Hill	17			2	
269	50:46	18	Allan Miller	u/a	18			3	
412	51:22	19	Zoe Harding	Lancaster & Morecar		1			
409	51:43	20	Sam Watson	Wharfedale	19				
87	52:06	21	Mark Harris	u/a	20				
66	52:40	22	Kath Aubrey	Helm Hill		2			
197	52:53	23	Steve Carr	u/a	21			4	
315	53:03	24	Roger Aubrey	Helm Hill	22		8		
751	53:32	25	Mark Taylor	Clayton Le Moors	23				
232	54:52	26	Brian Kennedy	Settle	24			5	
7	56:31	27	Ian Newbould	Wharfedale	25		9		
215	56:42	28	Tim Murray	Helm Hill	26			6	
359	56:48	29	Nina Walkinshaw	CFR		3			
252	56:59	30	Patrick Willink	Helm Hill	27		10		
750	57:25	31	Katrin Harding	C U H H		4			
384	57:48	32	John Coulston	u/a	28				
201	58:24	33	Steve Fish	Clayton Le Moors	29			7	
632	58:39	34	Simon Humphries	u/a	30		11		
310	58:45	35	Debbie Copley	Dallam		5			
528	59:11	36	David Wilson	Wharfedale	31				
495	60:00	37	Jonathan Gibson	Wharfedale	32		12		
318	60:14	38	John Armistead	u/a	33				
93	60:15	39	Trevor Metcalfe	Wharfedale	34				1
634	61:56	40	Andrew Dugdale	Clayton Le Moors	35			8	
173	62:41	41	Mark Charnley	u/a	36				
322	62:50	42	Ann Marie Swallow	u/a		6			
72	64:17	43	Amanda Burrow	Helm Hill		7			
418	64:18	44	Kate Donovan	Howgill H		8			
635	65:08	45	Sue Harding	Bowland		9			
135	67:02	46	Kath Davis	Settle		10			
139	67:39	47	Vicky Kirkwood	Dallam		11			
47	69:55	48	Neil Dyson	Ochil	37				2
527	70:58	49	Paul Wilson	Wharfedale	38				
200	72:40	50	Denis Wood	Borrowdale	39				3
8	99:13	51	Tracey Strong	Wharfedale		12			

Arant Haw U12

Number	Time	Position	Name	Club	Boys	Girls
74	7:24	1	Jacob Aubrey	Helm Hill	1	
313	7:42	2	Luke Bowen	Ambleside	2	
305	7:44	3	Joe Edmondson	Broughton Runners	3	
37	7:48	4	Tom Humphries	Eden Runners	4	
351	8:10	5	Fraiser Sproul	u/a	5	
94	8:12	6	Katie Thurlow	Helm Hill		1
69	8:27	7	Imogen Burrow	Helm Hill		2
306	8:34	8	Ben Edmondson	Broughton Runners	6	
555	8:40	9	Mia Walsh	u/a		3
160	8:46	10	Daniel Sanderson	Ambleside	7	
162	8:51	11	James Bowen	Ambleside	8	
24	8:52	12	Emelia Stevens	Helm Hill		4
32	8:55	13	Lewis Bowness	u/a	9	
44	8:59	14	Elliot Wren	u/a	10	
57	9:09	15	Chloe Rylance	Ambleside		5
164	9:10	16	Harry Bowen	Ambleside	11	
25	9:23	17	Joe Kent	Helm Hill	12	
342	9:25	18	James Abbatt	Howgill H	13	
36	9:26	19	Imogen Lomax	Howgill H		6
108	9:46	20	Eddie Leedham	Dallam	14	
159	9:50	21	Harry Sanderson	Ambleside	15	
533	9:51	22	Louis Swarbrick	Bowland	16	
557	9:52	23	Abbie Allan	u/a		7
51	9:54	24	Ryan Whitehead	Helm Hill	17	
64	9:55	25	Jim O'Reilly	Helm Hill	18	
532	10:13	26	Max Swarbrick	Bowland	19	
154	10:14	27	Islay Aitken	Helm Hill		8
334	10:17	28	Lottie Beardwood	Helm Hill		9
394	10:20	29	Charlotte Goodfellow-F	Dallam		10
98	10:21	30	Vaughan Samson	Helm Hill	20	
358	10:36	31	Barnaby Walkinshaw	u/a	21	
136	10:39	32	George Pilkington	Settle	22	
53	10:40	33	Caitlin Whitehead	Helm Hill		11
84	10:45	34	Daniel Harris	u/a	23	
33	10:46	35	Gordon Blackburn	Ambleside	24	
29	10:55	36	Fynn Harkes	Dallam	25	
116	10:57	37	Grace Attwood	Dallam		12
474	11:05	38	Cole Kirby	Ambleside	26	
34	11:06	39	Katie Bowness	u/a		13
35	11:14	40	Maud Humphries	Eden Runners		14
41	11:18	41	Ellen Mossman	Helm Hill		15
54	11:21	42	Sohie Rylance	Ambleside		16
605	11:51	43	Maddie Walsh	0		17
71	11:58	44	James Brooks	Helm Hill	27	
86	12:08	45	Jamie Harris	u/a	28	
56	12:19	46	Alexander Knowles	Ambleside	29	
133	12:23	47	Ella Beardwood	Helm Hill		18

598	12:28	48	Charlie Blackburn	Ambleside	30	
129	12:29	49	Ellie Thomas	Helm Hill		19
553	12:37	50	William Durkin	Ambleside	31	
441	12:49	51	Robert Porter	Ambleside	32	
321	13:04	52	Rosie Swallow	Helm Hill		20
335	13:06	53	Ella Park	Helm Hill		21
119	13:09	54	Briege Hutchinson	u/a		22
99	14:48	55	Clara Samson	Helm Hill		23
83	15:12	56	Rowen Baker	Helm Hill		24
536	15:25	57	Beau Walkinshaw	CFR		25
336	15:30	58	Rebecca Dyer	Helm Hill		26
439	16:02	59	Millie Swallow	u/a		27
564	17:15	60	Esme Walkinshaw	CFR		28
294	18:50	61	Lucie Cloke	Helm Hill		29

Arant Haw U14

Number	Time	Position	Name	Club	Boys	Girls
419	11:14	1	Lloyd Davies	Wharfedale	1	
307	11:30	2	Jack Edmondson	Broughton Runners	2	
20	12:23	3	Matthew Senior	Helm Hill	3	
21	12:30	4	Ellie Lambert	Wharfedale		1
67	13:13	5	Mary O'Reilly	Helm Hill		2
182	13:22	6	Catherine Lawson	Howgill H		3
291	13:24	7	George Tostevin	Lancs & Morecambe	4	
30	13:26	8	Tom Harkes	Dallam	5	
19	13:54	9	Mia Senior	Helm Hill		4
470	13:57	10	George Attwood	Dallam	6	
22	13:58	11	Georgia Stevens	Helm Hill		5
391	15:00	12	Brandon Brooks	Helm Hill	7	
317	17:45	13	Amy Hambley	Broughton Runners		6
5	17:55	14	Hannah Newbold	Wharfedale		7
406	18:03	15	Kate Horn	Wharfedale		8
463	18:44	16	Thomas Webster	u/a	8	
115	19:50	17	Sarah Thompson	Dallam		9
172	19:51	18	Erin Procter	Howgill H		10
106	19:52	19	Vic Leedham	Dallam		11
63	19:53	20	Ellie Walton	Dallam	9	
170	19:54	21	Maddy Bell	Dallam		12
165	19:55	22	Rosie Dutson	u/a		13
395	25:00	23	Hannah Goodfellow-Fo	Dallam		14

Arant Haw U17

Number	Time	Position	Name	Club	Boys	Girls
365	13:08	1	Declan Bulmer	wharfedale	1	
228	14:25	2	Matthew Horn	Wharfedale	2	
85	14:40	3	Gavin Lloyd	Broughton	3	
498	15:44	4	Dan Miller	Broughton	4	
103	16:41	5	Will Leedham	Dallam	5	
432	19:45	6	Zoe Baristow	Wharfedale		1