

Birkrigg Seniors

Number	Time	Position	Name	Club	Men	Ladies	v40	v50	v60
423	19:15	1	John Deegan	Ambleside	1		1		
388	19:23	2	John Hooson	Ambleside	2		2		
444	19:36	3	William Rigg	Black Coombe	3				
357	19:47	4	Rory Addison	Helm Hill	4				
231	19:51	5	Mark Taylor	u/a	5		3		
28	20:02	6	Mel Hyder	Helm Hill		1			
429	20:11	7	Richard Stevens	Ambleside	6				
340	20:19	8	Paul Aitken	Helm Hill	7				
492	20:22	9	Paul M Crabtree	Wharfedale	8		4		
448	20:44	10	Mike O'Doherty	u/a	9		5		
167	20:48	11	Sam Dalby	u/a	10				
356	21:00	12	Alex Brown	Helm Hill	11				
40	21:03	13	Anthony Bowness	u/a	12		6		
443	21:11	14	Angus Dobson	Black Coombe	13				
430	21:13	15	Adam Crowe	Ambleside	14				
191	21:19	16	Nigel Wood	Coniston	15				
472	21:20	17	Jacob Dyer	u/a	16		7		
96	21:23	18	Phil Thurlow	Helm Hill	17		8		
277	21:25	19	Richard Wells	Allithwaite	18		9		
287	21:29	20	Billy Procter	Helm Hill	19			1	
131	21:31	21	Gavin Thomas	u/a	20		10		
193	21:33	22	Paul Reilly	Coniston	21				
363	21:52	23	Shaun Addison	Helm Hill	22				
241	22:01	24	Paul Troughton	u/a	23				
171	22:02	25	Mark Bell	Dallam	24		11		
481	22:04	26	Glenn Rhodes	u/a	25		12		
163	22:07	27	Sam Noble	u/a		2			
461	22:07	28	Simon Waller	Helm Hill	26		13		
315	22:09	29	Roger Aubrey	Helm Hill	27		14		
186	22:11	30	Terry Robinson	Helm Hill	28			2	
324	22:12	31	Carol Evans	Settle		3			
454	22:16	32	Neil Eaton	u/a	29				
380	22:17	33	Stuart Allan	Allithwaite	30		15		
377	22:27	34	Rob Crawford	Helm Hill	31				
232	22:34	35	Brian Kennedy	Settle	32			3	
7	22:58	36	Ian Newbould	Wharfedale	33		16		
236	23:04	37	Ray Gill	Dallam	34			4	
373	23:15	38	Brian Thompson	Helm Hill	35			5	
379	23:28	39	Chris Schofield	Helm Hill	36		17		
384	23:31	40	John Coulston	u/a	37				
310	23:36	41	Debbie Copley	Dallam		4			
252	23:41	42	Patrick Willink	Helm Hill	38		18		
464	24:01	43	Sue Clarke	u/a		5			
271	24:02	44	Henry Adams	Helm Hill	39			6	
458	24:20	45	Alan Coulston	u/a	40				
450	24:23	46	Steve Harrison	u/a	41		19		
286	24:24	47	Martin Benson	Dallam	42				
211	24:26	48	Paul Jennings	u/a	43		20		
134	24:45	49	Kate Ayres	Ambleside		6			
125	24:54	50	Kirty Hall	Wharfedale		7			
452	24:58	51	Paul Caine	Hoad Hill Harriers	44				
459	25:00	52	????	????					
168	25:02	53	Beth Dutson	Helm Hill		8			

Birkrigg U12

Number	Time	Position	Name	Club	Boys	Girls
4	4:45	1	Joshua Newbold	Wharfedale	1	
313	4:51	2	Luke Bowen	Ambleside	2	
9	4:54	3	Thomas Nelson	Wharfedale	3	
74	4:59	4	Jacob Aubrey	Helm Hill	4	
107	5:00	5	Robbie Johnson	Wharfedale	5	
471	5:12	6	Luke Worrall-Thomson	u/a	6	
305	5:15	7	Joe Edmonson	Broughton Runners	7	
16	5:16	8	Sarah Atknison	Helm Hill		1
298	5:21	9	Logan Hargreaves	Wharfedale	8	
45	5:22	10	Robert Askew	Helm Hill	9	
306	5:23	11	Ben Edmonson	Broughton Runners	10	
493	5:28	12	Ciaren Crabtree	Wharfedale	11	
32	5:29	13	Lewis Bowness	u/a	12	
69	5:30	14	Imogen Burrow	Helm Hill		2
94	5:33	15	Katie Thurlow	Helm Hill		3
308	5:37	16	Alfie Thorpe	Broughton Runners	13	
289	5:40	17	Robert Lambert	Wharfedale	14	
309	5:47	18	Thomas Burrow	Dallam	15	
77	5:49	19	Shona Hastings	Wharfedale		4
36	5:50	20	Imogen Lomax	Howgill H		5
488	5:51	21	Stephanie Driscoll	Ghyllside		6
24	5:52	22	Emelia Stevens	Helm Hill		7
466	5:54	23	Connor O'Hara	Hoad Hill	16	
137	5:55	24	Matthew Holroyd	Settle	17	
347	5:56	25	Tom Willink	Helm Hill	18	
303	5:59	26	Eilidh Miller	Broughton Runners		8
31	5:59	27	Tom Willacy	Helm Hill	19	
64	6:00	28	Jim O'Reilly	Helm Hill	20	
160	6:02	29	Daniel Sanderson	Ambleside	21	
319	6:03	30	Erin Bagge	Helm Hill		9
49	6:03	31	Alice Boston	Ambleside		10
44	6:04	32	Elliot Wren	u/a	22	
338	6:04	33	Lauren Domville	Helm Hill		11
76	6:06	34	Samuel Thom	Keighley & Craven	23	
468	6:09	35	William Bannister	Hoad Hill	24	
162	6:10	36	James Bowen	Ambleside	25	
1	6:11	37	Leah Albion	Broughton Runners		12
394	6:11	38	Charlotte Goodfellow-Foster	Dallam		13
79	6:11	39	Adam Gibson	Wharfedale	26	
53	6:18	40	Caitlin Whitehead	Helm Hill		14
164	6:19	41	Harry Bowen	Ambleside	27	
304	6:20	42	Gregor Miller	Broughton Runners	28	
57	6:22	43	Chloe Rylance	Ambleside		15
29	6:23	44	Fynn Harkes	Dallam	29	
344	6:24	45	Alistair Howie	Hoad Hill	30	
479	6:25	46	Daniel Betoim	u/a	31	
33	6:26	47	Gordon Blackburn	Ambleside	32	

51	6:27	48	Ryan Whitehead	Helm Hill	33	
27	6:28	49	Josh Roelants	Helm Hill	34	
2	6:29	50	Robert Albion	Broughton Runners	35	
500	6:30	51	Alex Fishwick	Dallam	36	
123	6:31	52	Joe Clayton	Helm Hill	37	
48	6:32	53	Kitty Morrison	Settle		16
10	6:33	54	Keera Nelson	Wharfedale		17
401	6:36	55	Andrew Brotherton	Ambleside	38	
159	6:37	56	Harry Sanderson	Ambleside	39	
342	6:40	57	James Abbatt	Howgill H	40	
483	6:40	58	Zoe Sharples	Dallam		18
108	6:41	59	Eddie Leedham	Dallam	41	
339	6:41	60	Islay Aitken	Helm Hill		19
34	6:42	61	Katie Bowness	u/a		20
133	6:44	62	Ella Beardwood	Helm Hill		21
109	6:45	63	Sam Johnson	Wharfedale	42	
46	6:45	64	Kaya Carradice	Helm Hill		22
334	6:48	65	Lottie Beardwood	Helm Hill		23
41	6:53	66	Ellen Mossman	Helm Hill		24
124	6:56	67	Amy Slattery	u/a		25
392	6:59	68	John Oakes	Broughton Runners	43	
335	7:03	69	Ella Park	Helm Hill		26
50	7:06	70	Hannah Durkin	Ambleside		27
116	7:12	71	Grace Attwood	Dallam		28
55	7:13	72	Tessa Knowles	Ambleside		29
122	7:14	73	Alice Slattery	u/a		30
3	7:18	74	Ben Albion	Broughton Runners	44	
336	7:26	75	Rebecca Dyer	Helm Hill		31
129	7:27	76	Ellie Thomas	Helm Hill		32
473	7:29	77	Reuben Dyer	Helm Hill	45	
54	7:30	78	Sohie Rylance	Ambleside		33
474	7:40	79	Cole Kirby	Ambleside	46	
480	7:42	80	Christopher Oakes	Broughton Runners	47	
12	7:43	81	Tristain Nelson	Wharfedale	48	
404	8:02	82	Ewan Benson	u/a	49	
294	8:14	83	Lucie Cloke	Helm Hill		34
56	8:22	84	Alexander Knowles	Ambleside	50	
83	8:23	85	Rowen Baker	Helm Hill		35

Birkrigg U14

Number	Time	Position	Name	Club	Boys	Girls
82	8:23	1	Chris Richards	Helm Hill	1	
30	9:47	2	Tom Harkes	Dallam	2	
21	9:50	3	Ellie Lambert	Wharfedale		1
291	9:54	4	George Tostevin	Lancs & Morecambe	3	
469	9:55	5	Jake Whillance	Broughton Runners	4	
115	9:56	6	Sarah Thompson	Dallam		2
307	9:59	7	Jack Edmonson	Broughton Runners	5	
182	10:03	8	Catherine Lawson	Howgill H		3
67	10:16	9	Mary O'Reilly	Helm Hill		4
19	10:35	10	Mia Senior	Helm Hill		5
470	10:42	11	George Attwood	Dallam	6	
22	10:43	12	Georgia Stevens	Helm Hill		6
172	11:02	13	Erin Procter	Howgill H		7
165	11:17	14	Rosie Dutson	u/a		8
5	11:37	15	Hannah NewboldWharfeale	Wharfedale		9
78	11:39	16	Hannah Thom	keighley & Craven		10
345	11:41	17	Abigail Howie	Hoad Hill		11
482	12:02	18	Ben Rhodes	Hoad Hill	7	
141	12:15	19	Katie Handford	Keighley & Craven		12
395	12:33	20	Hannah Goodfellow-Foster	Dallam		13
170	12:34	21	Maddy Bell	Dallam		14
406	12:39	22	Kate Horn	Wharfedale		15
81	12:44	23	Ella May Gibson	Wharfedale		16
463	14:04	24	Thomas Webster	u/a	8	
317	16:43	25	Amy Hambley	Broughton Runners		17

Birkrigg U17

Number	Time	Position	Name	Club	Boys	Girls
462	14:17	1	Will Smith	Helm Hill	1	
85	14:33	2	Gavin Lloyd	Broughton	2	
288	15:01	3	Jack Sharples	Dallam	3	
329	15:30	4	Mary Hodgson	Lancaster & Morecar		1
228	15:47	5	Matthew Horn	Wharfedale	4	
467	16:26	6	Sarah Jones	Barrow Striders		2
102	16:42	7	Lauren Munro Bennett	Helm Hill		3
105	17:04	8	Ben Johnson	Wharfedale	5	
144	18:22	9	Sally Handsford	Keighley & Craven		4
396	18:50	10	Lorna Unwick	Helm Hill		5
103	19:02	11	Will Leedham	Dallam	6	
498	19:19	12	Dan Miller	Broughton	7	