

Firbank Seniors

Number	Time	Position	Name	Club	Men	Ladies	v40	v50	v60
385	22:40	1	Jamie Luxmoore	Ambleside	1				
362	23:00	2	Ashley Key	Rosendale	2				
388	23:07	3	John Hooson	Ambleside	3		1		
181	23:17	4	Patrick Hanna	Howgill H	4				
231	23:45	5	Mark Taylor	u/a	5		2		
340	23:52	6	Paul Aitken	Helm Hill	6				
180	23:58	7	Alistair Hanna	Howgill H	7				
28	24:33	8	Mel Hyder	Helm Hill		1			
357	24:38	9	Rory Addison	Helm Hill	8				
369	24:46	10	Jos Addison	Helm Hill	9				
320	24:58	11	John Bagge	Helm Hill	10				
146	25:02	12	Mike Berners-Lee	Helm Hill	11		3		
40	25:05	13	Anthony Bowness	u/a	12		4		
167	25:12	14	Sam Dalby	u/a	13				
349	25:15	15	Rob Dewhurst	Ambleside	14				
262	25:18	16	Kris Baldock	Kendal Tri	15				
132	25:19	17	Luke Appleyard	Wharfedale	16				
191	25:27	18	Nigel Wood	Coniston	17				
277	25:28	19	Richard Wells	Allithwaite	18		5		
96	25:35	20	Phil Thurlow	Helm Hill	19		6		
387	25:41	21	Dick Gorst	Howgill H	20				
356	25:45	22	Alex Brown	Helm Hill	21				
363	25:46	23	Shaun Addison	Helm Hill	22				
287	25:50	24	Billy Procter	Helm Hill	23			1	
131	25:57	25	Gavin Thomas	u/a	24		7		
315	26:10	26	Roger Aubrey	Helm Hill	25		8		
171	26:19	27	Mark Bell	Dallam	26		9		
380	26:21	28	Stuart Allan	Allithwaite	27		10		
371	26:22	29	Niall Till	Helm Hill	28				
163	26:28	30	Sam Noble	u/a		2			
324	26:34	31	Carol Evans	Settle		3			
186	26:39	32	Terry Robinson	Helm Hill	29			2	
373	26:51	33	Brian Thompson	Helm Hill	30			3	
378	27:12	34	Pete Marston	CFR	31				
18	27:16	35	Lee Johnston	Helm Hill	32		11		
269	27:17	36	Allan Miller	u/a	33			4	
367	27:22	37	Mike Addison	Helm Hill	34			5	
384	27:24	38	John Coulston	u/a	35				
148	27:28	39	Gareth Roscoe	u/a	36				
252	27:29	40	Patrick Willink	Helm Hill	37		12		
236	27:30	41	Ray Gill	Dallam	38			6	
377	27:32	42	Rob Crawford	Helm Hill	39				
245	27:34	43	Tom Owen	Helm Hill	40				
225	27:37	44	Rae Dalziel	Dallam	41		13		
379	27:38	45	Chris Schofield	Helm Hill	42		14		
197	27:47	46	Steve Carr	u/a	43			7	
361	27:57	47	John Matthews	Ambleside	44				
381	28:00	48	Ali Richards	Helm Hill	45				
389	28:11	49	Henry Adams	Helm Hill	46			8	
346	28:13	50	Mark McGlincy	Grassington	47				
264	28:32	51	Rebecca Gledhill	Helm Hill		4			
359	28:34	52	Nina Walkinshaw	CFR		5			
310	28:36	53	Debbie Copley	Dallam		6			

Firbank U12

Number	Time	Position	Name	Club	Boys	Girls
4	05:57	1	Joshua Newbold	Wharfedale	1	
74	06:11	2	Jacob Aubrey	Helm Hill	2	
9	06:22	3	Thomas Nelson	Wharfedale	3	
313	06:25	4	Luke Bowen	Ambleside	4	
37	06:26	5	Tom Humphries	Eden Runners	5	
45	06:42	6	Robert Askew	Helm Hill	6	
351	06:45	7	Fraiser Sproul	u/a	7	
69	06:45	8	Imogen Burrow	Helm Hill		1
94	06:50	9	Katie Thurlow	Helm Hill		2
354	06:57	10	George ?????	Ghyllside	8	
308	07:05	11	Alfie Thorpe	Broughton Runners	9	
32	07:06	12	Lewis Bowness	u/a	10	
343	07:07	13	Gabe Connolly	u/a	11	
305	07:15	14	Joe Edmonson	Broughton Runners	12	
13	07:17	15	Morgan Weymouth	u/a	13	
306	07:17	16	Ben Edmonson	Broughton Runners	14	
14	07:22	17	Francesca Weymouth	u/a		3
347	07:29	18	Tom Willink	Helm Hill	15	
137	07:31	19	Matthew Holroyd	Settle	16	
160	07:34	20	Daniel Sanderson	Ambleside	17	
338	07:35	21	Lauren Domville	Helm Hill		4
49	07:36	22	Alice Boston	Ambleside		5
25	07:38	23	Joe Kent	Helm Hill	18	
314	07:38	24	Angus Kennedy	Dallam	19	
309	07:39	25	Thomas Burrow	Dallam	20	
2	07:45	26	Robert Albion	Broughton Runners	21	
23	07:48	27	Lillie Stevens	Helm Hill		6
1	07:50	28	Leah Albion	Broughton Runners		7
42	07:50	29	Jake Shuttleworth	Ambleside	22	
76	07:52	30	Samuel Thom	Keighley & Craven	23	
303	07:53	31	Eilidh Miller	Broughton Runners		8
145	07:55	32	Olivier Roscoe	Ambleside		9
162	07:57	33	James Bowen	Ambleside	24	
17	08:04	34	Cora Johnston	Helm Hill		10
36	08:06	35	Imogen Lomax	Howgill H		11
31	08:07	36	Tom Willacy	Helm Hill	25	
57	08:10	37	Chloe Rylance	Ambleside		12
108	08:13	38	Eddie Leedham	Dallam	26	
142	08:14	39	Rosie Berners-Lee	Ghyllside		13
323	08:15	40	Bob Evans	Settle	27	
29	08:16	41	Fynn Harkes	Dallam	28	
164	08:17	42	Harry Bowen	Ambleside	29	
316	08:20	43	Megan Turner	u/a		14
46	08:22	44	Kaya Carradice	Helm Hill		15
53	08:23	45	Caitlin Whitehead	Helm Hill		16
304	08:24	46	Gregor Miller	Broughton Runners	30	
352	08:25	47	Thomas Oxley	Settle	31	

44	08:26	48	Elliot Wren	u/a	32	
339	08:26	49	Islay Aitken	Helm Hill		17
334	08:30	50	Lottie Beardwood	Helm Hill		18
123	08:34	51	Joe Clayton	Helm Hill	33	
124	08:37	52	Amy Slattery	u/a		19
33	08:41	53	Gordon Blackburn	Ambleside	34	
350	08:42	54	Meg Owen	Helm Hill		20
342	08:46	55	James Abbatt	Howgill H	35	
344	08:48	56	Alistair Howie	Hoad Hill	36	
27	08:49	57	Josh Roelants	Helm Hill	37	
302	08:51	58	Anna Lister	Broughton Runners		21
333	08:53	59	Anna Clough	Ambleside		22
50	08:54	60	Hannah Durkin	Ambleside		23
51	08:55	61	Ryan Whitehead	Helm Hill	38	
319	08:56	62	Erin Bagge	Helm Hill		24
98	08:57	63	Vaughan Sampson	Helm Hill	39	
325	08:58	64	Brodie Weymouth	u/a	40	
34	08:59	65	Katie Bowness	u/a		25
35	09:01	66	Mabel Humphries	Eden Runners		26
358	09:02	67	Barnaby Walkinshaw	u/a	41	
133	09:03	68	Ella Beardwood	Helm Hill		27
41	09:05	69	Ellen Mossman	Helm Hill		28
159	09:13	70	Harry Sanderson	Ambleside	42	
129	09:17	71	Ellie Thomas	Helm Hill		29
116	09:22	72	Grace Attwood	Dallam		30
52	09:25	73	Alfie Walton	Dallam	43	
331	09:26	74	Daniel Harris	u/a	44	
3	09:27	75	Ben Albion	Broughton Runners	45	
54	09:30	76	Sohie Rylance	Ambleside		31
55	09:33	77	Tessa Knowles	Ambleside		32
56	09:59	78	Alexander Knowles	Ambleside	46	
330	09:59	79	Jamie Harris	u/a	47	
11	10:00	80	Jay Nelson	Wharfedale	48	
301	10:01	81	Eve Dennison	Broughton Runners		33
12	10:05	82	Tristain Nelson	Wharfedale	49	
119	10:15	83	Briege Hutchinson	u/a		34
335	10:27	84	Ella Park	Helm Hill		35
336	10:28	85	Rebecca Dyer	Helm Hill		36
341	10:39	86	Isabel Abbatt	Howgill H		37
321	10:44	87	Rosie Swallow	Helm Hill		38
147	10:47	88	Mia Roscoe	Ambleside		39
360	11:15	89	Kate Matthews	Kendal		40
99	11:38	90	Clara Sumson	Helm Hill		41
83	12:09	91	Rowen Baker	Helm Hill		42

Firbank U14

Number	Time	Position	Name	Club	Boys	Girls
311	08:36	1	Charlie Lowrie	Wharfedale	1	
20	09:08	2	Matthew Senior	Helm Hill	2	
194	09:18	3	Lawrence Atkinson	Lonsdale	3	
21	09:27	4	Ellie Lambert	Wharfedale		1
30	09:29	5	Tom Harkes	Dallam	4	
307	09:38	6	Jack Edmonson	Broughton Runners	5	
115	09:40	7	Sarah Thompson	Dallam		2
182	09:47	8	Catherine Lawson	Howgill H		3
95	10:02	9	Max Kennedy	Dallam	6	
22	10:13	10	Georgia Stevens	Helm Hill		4
172	10:22	11	Erin Procter	Howgill H		5
78	10:49	12	Hannah Thom	keighley & Craven		6
345	11:10	13	Abigail Howie	Hoad Hill		7
165	11:15	14	Rosie Dutson	u/a		8
19	11:25	15	Mia Senior	Helm Hill		9
141	11:28	16	Katie Handford	Keighley & Craven		10
5	11:29	17	Hannah NewboldWharfeale	Wharfedale		11
71	11:30	18	James Brooke	Helm Hill	7	
170	12:13	19	Maddy Bell	Dallam		12
106	13:42	20	Vic Leedham	Dallam		13
317	15:33	21	Amy Hambley	Broughton Runners		14

Firbank U17

Number	Time	Position	Name	Club	Boys	Girls
85	12:18	1	Gavin Lloyd	Broughton	1	
365	12:23	2	Declan Bulmer	wharfedale	2	
355	12:27	3	Tom Harrison	Border Harriers	3	
97	12:34	4	Jack Walton	Howgill H	4	
228	13:18	5	Matthew Horn	Wharfedale	5	
329	13:18	6	Mary Hodgson	Lancaster & Morecar		1
63	15:03	7	Ellie Walton	Dallam		2
103	16:02	8	Will Leedham	Dallam	6	
144	17:12	9	Sally Handsford	Keighley & Craven		3