

## Firbank U12

Number	Time	Position	Name	Club	Boys	Girls
309	5:40	1	Euan Brennan	Ilkley	1	
115	5:41	2	Tom Humphries	Eden	2	
315	5:54	3	Ben Green	Rossendale Harriers	3	
345	6:04	4	Fraser Sproul	Kendal	4	
47	6:15	5	Alfie Thorpe	Broughton	5	
146	6:19	6	Gabe Connolly	u/a	6	
36	6:25	7	Mia Walsh	Helm Hill		1
91	6:26	8	Eric Beamont	Keighley & Craven	7	
7	6:27	9	Ben Edmondson	Broughton	8	
41	6:32	10	Robert Askew	Helm Hill	9	
96	6:34	11	James Bowen	Ambleside	10	
42	6:35	12	Daniel Sanderson	Ambleside	11	
56	6:35	13	Tom Willacy	Helm Hill	12	
338	6:37	14	Thomas Marshall	Settle	13	
31	6:43	15	Tom Allan	Helm Hill	14	
93	6:44	16	Harry Bowen	Ambleside	15	
327	6:45	17	Matthew Holroyd	Settle	16	
90	6:46	18	Jack Beamont	Keighley & Craven	17	
101	6:47	19	Sebastian Segger-Staveley	Settle	18	
340	6:50	20	Jacob Smith	u/a	19	
70	6:51	21	Ryan Whitehead	Helm Hill	20	
77	6:52	22	Jenny Lomax	Howgill		2
71	6:55	23	Caitlin Whitehead	Helm Hill		3
348	6:56	24	Alfie Walton	Dallam	21	
149	6:57	25	Sam Thom	Keighley & Craven	22	
86	6:57	26	Luca Messenger Jones	Broughton	23	
29	6:58	27	Abbie Allan	Helm Hill		4
119	7:00	28	Thomas Russell	Helm Hill	24	
314	7:04	29	Angus Kennedy	Dallam	25	
134	7:09	30	Max Swarbrick	Bowland Fell Runners	26	

## Firbank U12

Number	Time	Position	Name	Club	Boys	Girls
22	7:10	31	Elliot Wren	Helm Hill	27	
310	7:11	32	Gregor Miller	Broughton	28	
127	7:11	33	Bob Evans	Settle	29	
190	7:12	34	William Helme	u/a	30	
135	7:13	35	Louis Swarbrick	Bowland Fell Runners	31	
52	7:14	36	Emelia Stevens	Helm Hill		5
173	7:16	37	Ben Shaw	u/a	32	
98	7:17	38	Amy Slattery	Helm Hill		6
63	7:18	39	Vaughan Samson	Helm Hill	33	
175	7:20	40	Daniel Harris	Helm Hill	34	
136	7:20	41	Joe Clayton	Helm Hill	35	
104	7:22	42	Thomas Burrow	Dallam	36	
116	7:23	43	James Abbatt	Howgill	37	
151	7:24	44	Edward Leedham	Dallam	38	
188	7:32	45	Barnaby Walkingshaw	CFR	39	
329	7:34	46	Honor Jeffrey	Settle		7
16	7:35	47	Ella Beardwood	Helm Hill		8
320	7:41	48	Skye Hunter-Dale	u/a		9
78	7:44	49	Gordon Blackburn	Ambleside	40	
23	7:45	50	Erin Bagge	Helm Hill		10
122	7:46	51	Lewis Airey	u/a	41	
44	7:47	52	Harry Sanderson	Ambleside	42	
106	7:49	53	Keera Nelson	Wharfedale		11
156	7:58	54	Jim O'Reilly	Helm Hill	43	
170	8:00	55	Iona Webster	u/a		12
117	8:04	56	Maud Humphries	Eden Runners		13
145	8:08	57	Ethan Leahy	Helm Hill	44	
176	8:13	58	Jamie Harris	Helm Hill	45	
110	8:16	59	Cole Kirby	Ambleside	46	

## Firbank U12

Number	Time	Position	Name	Club	Boys	Girls
140	8:22	60	Ella Park	Helm Hill		14
59	8:30	61	Issac Robinson	u/a	47	
103	8:37	62	Douglas Segger-Staveley	Settle	48	
343	8:38	63	Meg Owen	Helm Hill		15
129	8:41	64	Abi Waller	Helm Hill		16
121	8:44	65	Ewan Benson	Dallam	49	
319	8:44	66	Matthew Wright	Helm Hill	50	
118	8:45	67	Freya Richards	Helm Hill		17
131	8:49	68	Edie Eccleston	Settle		18
79	8:51	69	Charlie Blackburn	Ambleside	51	
139	8:52	70	Ellen Mossman	Helm Hill		19
53	8:57	71	Tessa Knowles	Ambleside		20
334	8:58	72	Briege Hutchinson	u/a		21
342	8:58	73	Jamie Waller	u/a	52	
107	9:05	74	Tristain Nelson	Wharfedale	53	
332	9:07	75	Grace Attwood	Dallam		22
114	9:11	76	Robert Porter	Ambleside	54	
55	9:15	77	Alexander Knowles	Ambleside	55	
317	9:18	78	Ben Albion	Broughton	56	
142	9:19	79	Rebecca Dyer	Helm Hill		23
161	9:20	80	Luke Leadbeater	u/a	57	
189	9:21	81	Beau Walkingshaw	CFR		24
330	10:40	82	Molly Steels	Ambleside		25
171	12:38	83	Benjamin Smith	u/a	58	
61	12:57	84	Theo Robinson	u/a	59	

## Firbank U14

Number	Time	Position	Name	Club	Boys	Girls
164	8:08	1	Jacob Steele	Dallam	1	
109	8:15	2	Thomas Nelson	Wharfedale	2	
9	8:23	3	Jack Edmondson	Broughton	3	
48	8:28	4	Jacob Aubrey	Helm Hill	4	
8	8:34	5	Joe Edmondson	Broughton	5	
3	8:40	6	Imogen Burrow	Helm Hill		1
97	8:49	7	Jack Byrne	U/A	6	
89	9:00	8	Joshua Newbold	Wharfedale	7	
325	9:02	9	George Tostevin	Lancs and Morecambe	8	
143	9:10	10	Katherine Lawson	Helm Hill		2
40	9:18	11	Robert Lambert	Wharfedale	9	
14	9:43	12	Mia Senior	Helm Hill		3
331	10:05	13	George Attwood	Dallam	10	
313	10:06	14	Jake Shuttleworth	Ambleside	11	
316	11:03	15	Robert Albion	Broughton	12	
311	11:08	16	Eilidh Miller	Broughton		4
346	11:29	17	Hector Meanwell	Borrowdale	13	
318	11:58	18	Leah Albion	Broughton		5
100	12:18	19	Alice Slattery	Helm Hill		6
152	12:27	20	Vicky Leedham	Dallam		7
341	12:37	21	Amy Hambly	Broughton		8

## Firbank U17

Number	Time	Position	Name	Club	Boys	Girls
339	11:50	1	Gavin Lloyd	Broughton Runners	1	
199	12:13	2	Ben Johnstone	Wharfdale	2	
35	12:14	3	Mark Mahoney	Settle Harriers	3	
92	12:46	4	Oscar Meanwell	Borrowdale	4	
321	13:24	5	Jack Sharples	Dallam	5	
179	13:43	6	Tom Harkes	Dallam	6	
38	13:47	7	Ellie Lambert	Wharfdale		1
58	13:56	8	Sarah Thompson	Dallam		2
326	14:22	9	Grace Jeffrey	Settle Harriers		3
153	15:08	10	Will Leedham	Dallam	7	
312	15:18	11	Dan Miller	Broughton Runners	8	
6	15:27	12	Georgia Stevens	Helm Hill		4
165	15:39	13	Alice Steele	Dallam		5
88	15:40	14	Hannah Newbold	Wharfdale		6
150	16:00	15	Hannah Thom	Keighley & Craven		7
349	16:55	16	Rosie Dutson	u/a		8
353	16:56	17	Erin Proctor	Howgill		9

## Firbank Seniors

Number	Time	Position	Name	Club	Men	Ladies	v40	f v40	v50	f v50	v60	f v60	v70
132	21:37	1	Steve Swarbrick	Bowland	1		1						
291	22:12	2	Chris Lightburn	U/A	2								
258	23:05	3	Patrick Hanna	Howgill	3								
221	23:08	4	Mark Taylor	U/A	4		2						
279	23:25	5	Paul Mason	Helm Hill	5								
69	23:40	6	Shane Beaumont	Keighley & Craven	6								
352	24:09	7	John Cooper	U/A	7		3						
226	24:14	8	Richard Talbot	Ambleside	8								
235	24:19	9	David Banks	Kendal	9		4						
366	24:22	10	Jacob Dyer	U/A	10		5						
287	24:24	11	Paul Upton	U/A	11								
4	24:25	12	Craig Burrow	Helm Hill	12								
229	24:26	13	Sean Addison	Helm Hill	13				1				
213	24:28	14	Billy Procter	Helm Hill	14				2				
265	24:47	15	Martin Summerfield	Helm Hill	15		6						
34	24:49	16	Jack Holt	Clayton	16						1		
210	25:15	17	Sam Dalby	Settle Harriers	17								
362	25:23	18	Paul Troughton	Kendal Tri	18								
64	25:26	19	Sean Robinson	Howgill	19								
217	25:30	20	Terry Aitken	Ambleside	20				3				
130	25:33	21	Carol Evans	Settle Harriers		1				1			
280	25:37	22	Tom Owen	Helm Hill	21		7						
301	25:43	23	Robert Crawford	Coniston	22								
50	25:46	24	Roger Aubrey	Helm Hill	23				4				
297	25:51	25	Stuart Allan	Allithwaite	24		8						
21	25:56	26	Gavin Thomas	Helm Hill	25		9						
141	25:57	27	Peter Lawson	U/A	26								
204	26:01	28	Graham Broad	U/A	27		10						
363	26:12	29	Phil Whiting	U/A	28				5				

## Firbank Seniors

Number	Time	Position	Name	Club	Men	Ladies	v40	f v40	v50	f v50	v60	f v60	v70
30	26:14	30	Phil Thurlow	Helm Hill	29		11						
215	26:25	31	Paul Jennings	Kendal Tri	30		12						
49	26:27	32	Kathleen Aubrey	Helm Hill		2		1					
335	26:28	33	Simon Waller	Helm Hill	31		13						
354	26:51	34	Jack Simpson	U/A	32								
39	26:52	35	Paul Lambet	Wharfdale	33		14						
163	26:53	36	Mark Leadbeatter	U/A	34								
255	26:57	37	Peter Clives	U/A	35		15						
347	27:00	38	Ali Richards	Helm Hill		3							
296	27:04	39	John Coulston	U/A	36								
202	27:18	40	Terry Robinson	U/A	37				6				
224	27:20	41	Patrick Willink	Helm Hill	38		16						
295	27:28	42	Tim Murray	Helm Hill	39				7				
120	27:39	43	Martin Benson	Dallam	40								
360	27:40	44	Rae Dalziel	Dallam	41		17						
128	27:45	45	Andy Evans	Settle Harriers	42				8				
244	27:53	46	Simon Hill	U/A	43								
322	27:58	47	Debbie Copley	Dallam		4		2					
359	28:08	48	Alan Barr	U/A	44		18						
28	28:16	49	Debbie Mahoney	Settle Harriers		5		3					
75	28:20	50	Donna Whitehead	Helm Hill		6		4					
20	28:24	51	John Armistead	Helm Hill	45								
284	28:25	52	Jayne Rigby	Helm Hill		7							
290	28:27	53	Neil Thompson	Howgill	46								
225	28:45	54	Steph Jones	U/A		8							
239	28:51	55	Peter Singleton	Blackpool	47				9				
365	28:55	56	Mark Braithwaite	U/A	48		19						
361	28:57	57	Stephen Cooper	Kendal Tri	49								
367	28:59	58	Jim Fisher	Howgill	50				10				

## Firbank Seniors

Number	Time	Position	Name	Club	Men	Ladies	v40	f v40	v50	f v50	v60	f v60	v70
124	29:02	59	Barry Scholes	Wharfdale	51						2		
344	29:09	60	Kate Ayres	Ambleside		9				2			
5	29:18	61	Amanda Burrow	Helm Hill		10							
201	29:25	62	David Appleyard	Helm Hill	52		20						
167	29:30	63	David Webster	U/A	53		21						
186	29:32	64	Jonathan Walkingshaw	CFR	54								
356	29:50	65	David Timmins	U/A	55						3		
222	29:52	66	Mike Cronshaw	Kendal	56						4		
350	29:54	67	John Hodgson	Dallam	57						5		
233	30:05	68	Nicki Kay	Helm Hill		11							
125	30:14	69	Ann-Marie Swallow	U/A		12		5					
95	30:24	70	Rachel Slattery	Helm Hill		13		6					
74	30:28	71	Sean Whitehead	U/A	58		22						
57	30:43	72	Eleanor Knowles	Ambleside		14		7					
87	31:05	73	Lyndon Dixon	Helm Hill	59				11				
305	31:26	74	William Watson	CFR	60		23						
195	31:36	75	Paul Sessford	Keighley & Craven	61		24						
147	31:40	76	Grace Leedham	Dallam		15		8					
12	31:50	77	Paul Senior	Helm Hill	62		25						
294	31:56	78	Lyndsay Harrod	Helm Hill		16		9					
247	31:59	79	Guy Brooke	U/A	63		26						
243	32:00	80	Judith Marshall	Settle Harriers		17							
214	32:01	81	Christine Jennings	Kendal Tri		18		10					
234	32:03	82	Phil Corris	Lancs Constabulary	64				12				
355	32:08	83	Greg Tagney	Dallam	65						6		
273	32:20	84	Emily Baldock	Kendal Tri		19							
328	32:36	85	Trevor Metcalfe	Wharfdale	66						7		
200	32:44	86	Stuart Johnston	U/A	67		27						
148	33:02	87	Andrew Leedham	Dallam	68		28						



## Firbank Seniors

Number	Time	Position	Name	Club	Men	Ladies	v40	f v40	v50	f v50	v60	f v60	v70
166	33:25	88	Ruth Webster	U/A		20		11					
333	33:30	89	Penny Attwood	Dallam		21		12					
337	34:39	90	Veronica Waller	U/A		22		13					
242	34:45	91	George James	Blackpool	69						8		
11	35:33	92	Sarah Senior	Helm Hill		23		14					
357	35:56	93	Dawn Denton	Wharfdale		24							
144	36:38	94	Tim Thom	Keighley & Craven	70		29						
60	38:18	95	Anna Baker	Helm Hill		25							
198	38:37	96	Caroline Harrison	Wharfdale		26		15					
293	39:01	97	Anna Stevens	Helm Hill		27		16					
254	39:03	98	Denis Wood	Borrowdale	71						9		
351	39:44	99	Katie Robinson	U/A		28							
364	41:08	100	Becca Atkinson	Helm Hill		29							
300	41:09	101	Matt Atkinson	Kendal Tri	72								
336	49:49	102	Richard Clives	U/A	73								1
99	51:45	103	Tracey Strong	Wharfdale		30							