

Helm 2013 U12

Number	Time	Position	Name	Club	Boys	Girls
309	6:51	1	Euan Brennan	Ilkley	1	
115	7:23	2	Tom Humphries	Eden	2	
41	7:40	3	Robert Askew	Helm Hill	3	
7	7:44	4	Ben Edmondson	Broughton	4	
36	7:47	5	Mia Walsh	Helm Hill		1
146	7:53	6	Gabe Connolly	u/a	5	
47	8:01	7	Alfie Thorpe	Broughton	6	
31	8:03	8	Tom Allan	Helm Hill	7	
56	8:08	9	Tom Willacy	Helm Hill	8	
327	8:10	10	Matthew Holroyd	Settle	9	
90	8:11	11	Jack Beamont	Keighley & Craven	10	
340	8:13	12	Jacob Smith	u/a	11	
93	8:14	13	Harry Bowen	Ambleside	12	
348	8:15	14	Alfie Walton	Dallam	13	
26	8:18	15	Logan Hargreaves-Madhas	Wharfedale	14	
101	8:19	16	Sebastian Segger-Staveley	Settle	15	
71	8:23	17	Caitlin Whitehead	Helm Hill		2
73	8:25	18	Chloe Rylance	Ambleside		3
149	8:25	19	Sam Thom	Keighley & Craven	16	
29	8:27	20	Abbie Allan	Helm Hill		4
127	8:29	21	Bob Evans	Settle	17	
77	8:31	22	Jenny Lomax	Howgill		5
102	8:32	23	Pierce Harris	Helm Hill	18	
108	8:33	24	Alfie Savage	Ambleside	19	
380	8:35	25	Kitty Morrison	Settle		6
156	8:39	26	Jim O'Reilly	Helm Hill	20	
70	8:41	27	Ryan Whitehead	Helm Hill	21	
17	8:43	28	Carlos Purcell	Ambleside	22	
136	8:45	29	Joe Clayton	Helm Hill	23	
27	8:46	30	Mollie Bratt	Helm Hill		7

Helm 2013 U12

Number	Time	Position	Name	Club	Boys	Girls
2	8:47	31	Josh Roleants	Helm Hill	24	
52	8:56	32	Emelia Stevens	Helm Hill		8
122	9:05	33	Lewis Airey	u/a	25	
63	9:06	34	Vaughan Samson	Helm Hill	26	
32	9:10	35	Katie Thurlow	Helm Hill		9
105	9:11	36	Sam Johnston	Wharfedale	27	
440	9:12	37	James Taylor	Ambleside	28	
23	9:12	38	Erin Bagge	Helm Hill		10
329	9:12	39	Honor Jeffrey	Settle		11
188	9:13	40	Barnaby Walkingshaw	CFR	29	
98	9:17	41	Amy Slattery	Helm Hill		12
135	9:19	42	Louis Swarbrick	Bowland Fell Runners	30	
175	9:21	43	Daniel Harris	Helm Hill	31	
106	9:24	44	Keera Nelson	Wharfedale		13
22	9:26	45	Elliot Wren	Helm Hill	32	
384	9:28	46	Alexandra Agliolo	u/a		14
37	9:29	47	Maddie Walsh	Helm Hill		15
413	9:35	48	Cassius Fawcett	u/a	33	
379	9:36	49	Kaya Carradice	Helm Hill		16
78	9:36	50	Gordon Blackburn	Ambleside	34	
83	9:41	51	Alex Jackson	Ambleside	35	
79	9:45	52	Charlie Blackburn	Ambleside	36	
183	9:46	53	Will Durkin	Ambleside	37	
137	9:47	54	Dylan Cater	Helm Hill	38	
145	9:50	55	Ethan Leahy	Helm Hill	39	
443	9:52	56	Seth Howel	Helm Hill	40	
103	10:02	57	Douglas Segger-Steveley	Settle	41	
76	10:04	58	Sophie Rylance	Ambleside		17
439	10:20	59	Matilda Carrick	U/A		18
342	10:20	60	Jamie Waller	u/a	42	

Helm 2013 U12

Number	Time	Position	Name	Club	Boys	Girls
176	10:28	61	Jamie Harris	Helm Hill	43	
334	10:29	62	Briege Hutchinson	u/a		19
320	10:32	63	Skye Hunter-Dale	u/a		20
54	10:37	64	Rowan Baker	Helm Hill		21
53	10:41	65	Tessa Knowles	Ambleside		22
118	10:43	66	Freya Richards	Helm Hill		23
133	10:52	67	Rosie Swallow	Helm Hill		24
123	10:53	68	George Keevil	u/a	44	
442	11:08	69	Kofi Fawcett	U/A	45	
55	11:12	70	Alexander Knowles	Ambleside	46	
129	11:18	71	Abi Waller	Helm Hill		25
189	11:21	72	Beau Walkingshaw	CFR		26
370	11:25	73	James Brooks	Helm Hill	47	
332	11:25	74	Grace Attwood	Dallam		27
317	11:35	75	Ben Albion	Broughton	48	
161	11:37	76	Luke Leadbeater	u/a	49	
62	11:38	77	Clara Samson	Helm Hill		28
438	11:42	78	Scarlet Carrick	U/A		29
107	11:48	79	Tristain Nelson	Wharfedale	50	
410	11:52	80	James Taylor	u/a	51	
411	11:55	81	Joshua Taylor	u/a	52	
319	12:38	82	Matthew Wright	Helm Hill	53	
126	12:46	83	Lauren Evans	Settle		30
187	13:20	84	Roxana Gittins	Broughton		31

## Helm 2013 U14

Number	Time	Position	Name	Club	Boys	Girls
164	12:16	1	Jacob Steele	Dallam	1	
109	12:21	2	Thomas Nelson	Wharfedale	2	
9	12:32	3	Jack Edmondson	Broughton	3	
8	13:02	4	Joe Edmondson	Broughton	4	
325	13:22	5	George Tostevin	Lancs and Morecambe	5	
3	13:31	6	Imogen Burrow	Helm Hill		1
143	13:51	7	Katherine Lawson	Helm Hill		2
89	13:58	8	Joshua Newbold	Wharfedale	6	
40	14:10	9	Robert Lambert	Wharfedale	7	
181	15:19	10	Katie Russell	Helm Hill		3
14	15:31	11	Mia Senior	Helm Hill		4
313	15:32	12	Jake Shuttleworth	Ambleside	8	
369	16:00	13	Brandon Brooks	Helm Hill	9	
316	17:27	14	Robert Albion	Broughton	10	
318	18:21	15	Leah Albion	Broughton		5
100	18:43	16	Alice Slattery	Helm Hill		6
341	19:04	17	Amy Hambly	Broughton		7
184	20:28	18	Hannah Durkin	Ambleside		8
408	20:30	19	Charlotte Goodfellow	Dallam		9

## Helm 2013 U17

Number	Time	Position	Name	Club	Boys	Girls
10	18:44	1	Matthew Senior	Helm Hill	1	
92	19:14	2	Oscar Meanwell	Borrowdale	2	
339	19:19	3	Gavin Lloyd	Broughton Runners	3	
368	19:36	4	Jake Lowther	Helm Hill	4	
321	20:17	5	Jack Sharples	Dallam	5	
179	21:09	6	Tom Harkes	Dallam	6	
38	21:11	7	Ellie Lambert	Wharfdale		1
58	21:45	8	Sarah Thompson	Dallam		2
153	22:24	9	Will Leedham	Dallam	7	
326	22:35	10	Grace Jeffrey	Settle Harriers		3
386	23:04	11	Katie Wright	Ambleside		4
353	24:01	12	Erin Proctor	Howgill		5
196	24:59	13	Jamie Gittins	Broughton Runners	8	
165	25:07	14	Alice Steele	Dallam		6
150	25:17	15	Hannah Thom	Keighley & Craven		7
88	25:47	16	Hannah Newbold	Wharfdale		8
349	26:17	17	Rosie Dutson	u/a		9
416	27:45	18	Maddy Bell	Dallam		10
373	32:16	19	Hannah Foster	Dallam		11

Helm 2013 Seniors

Number	Time	Position	Name	Club	Men	Ladies	v40	fv40	v50	fv50	v60	fv60	v70
432	34:54	1	Paul Webb	U/A	1								
132	35:23	2	Steve Swarbrick	Bowland	2		1						
451	35:31	3	Will Jackson	Helm Hill	3								
251	36:10	4	Andy Beanland	Settle Harriers	4								
302	36:16	5	Jos Addison	Helm Hill	5								
447	36:38	6	John Deegan	Ambleside	6		2						
159	36:39	7	Ray Edgar	U/A	7								
291	37:24	8	Chris Lightburn	U/A	8								
221	37:28	9	Mark Taylor	U/A	9		3						
82	37:47	10	Paul Knowles	Ambleside	10		4						
454	38:40	11	Jamie Luxmorre	Ambleside	11								
427	39:06	12	Nigel Wood	Coniston	12								
306	39:08	13	Robin Stones	Helm Hill	13								
258	39:16	14	Patrick Hanna	Howgill	14								
277	39:21	15	Paul Riley	Coniston	15								
4	39:23	16	Craig Burrow	Helm Hill	16								
213	39:24	17	Billy Procter	Helm Hill	17			1					
287	39:55	18	Paul Upton	U/A	18								
160	40:06	19	Lee Parrington	U/A	19								
271	40:22	20	Chris Speight	Helm Hill	20			2					
265	40:24	21	Martin Summerfield	Helm Hill	21		5						
352	40:45	22	John Cooper	U/A	22		6						
229	41:14	23	Sean Addison	Helm Hill	23			3					
34	41:33	24	Jack Holt	Clayton	24						1		
21	41:35	25	Gavin Thomas	Helm Hill	25		7						
425	41:38	26	Mike Walsh	Kendal	26						2		
39	42:01	27	Paul Lambet	Wharfedale	27		8						
50	42:05	28	Roger Aubrey	Helm Hill	28			4					
64	42:11	29	Sean Robinson	Howgill	29								
130	42:19	30	Carol Evans	Settle Harriers			1				1		



Helm 2013 Seniors

Number	Time	Position	Name	Club	Men	Ladies	v40	fv40	v50	fv50	v60	fv60	v70
239	48:23	61	Peter Singleton	Blackpool	51				10				
433	48:32	62	Chris Ruston	Kendal Tri	52		18						
5	48:49	63	Amanda Burrow	Helm Hill		11							
57	48:55	64	Eleanor Knowles	Ambleside		12		4					
124	48:58	65	Barry Scholes	Wharfdale	53						3		
424	49:27	66	Beth Dutson	Helm Hill		13							
125	49:31	67	Ann-Marie Swallow	U/A		14		5					
393	49:35	68	Wendy Dodds	Clayton		15						1	
222	49:48	69	Mike Cronshaw	Kendal	54						4		
74	50:14	70	Sean Whitehead	U/A	55		19						
350	50:21	71	John Hodgson	Dallam	56						5		
426	50:33	72	Chris Schofield	Helm Hill	57				11				
95	50:50	73	Rachel Slattery	Helm Hill		16		6					
87	51:02	74	Lyndon Dixon	Helm Hill	58				12				
394	51:10	75	Victoria Upton	Helm Hill		17							
266	51:17	76	John Wood	U/A	59								
430	51:22	77	Bianca Dyer	Kendal Tri		18							
246	51:23	78	Richard Tickner	U/A					13				
328	51:24	79	Trevor Metcalfe	Wharfdale	60						6		
147	51:31	80	Grace Leedham	Dallam		19		7					
268	51:45	81	Jenna Wood	Howgill		20							
205	52:01	82	Lynn Whittaker	Wharfdale		21				3			
401	52:26	83	Rob Jeffery	U/A	61		20						
241	52:40	84	Peter Heneghan	Horwich	62								1
25	52:48	85	Raj Madhas	Wharfdale	63		21						
206	53:16	86	Andy Sumo Holden	Sumo Harriers	64		22						
85	53:27	87	Roger Bell	Ambleside	65								
355	53:31	88	Greg Tagney	Dallam	66						7		
247	54:47	89	Guy Brooke	U/A	67		23						
242	55:21	90	George James	Blackpool	68						8		



Helm 2013 Seniors
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Number	Time	Position	Name	Club	Men	Ladies	v40	fv40	v50	fv50	v60	fv60	v70
288	57:14	91	Alan Chamberlain	U/A	69		24						
450	58:14	92	Gill Wilkinson	Helm Hill		22				4			
112	59:10	93	Neil Dyson	Ochil	70						9		
364	1:00:50	94	Becca Atkinson	Helm Hill		23							
24	1:01:29	95	Lynda Hargreaves	Wharfdale		24		8					
444	1:01:38	96	Ellie Ames	U/A		25							
336	1:01:44	97	Richard Clives	U/A	71								2
293	1:02:41	98	Anna Stevens	Helm Hill		26		9					
254	1:03:05	99	Denis Wood	Borrowdale	72						10		
453	1:03:06	100	Peter Oughtibridge	U/A	73		25						