



Supported by Different Strokes

Cunswick - Results 21 February 2016

Senior Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	636	Chris	Arthur	Man	32:16	Bowland	1st Man
2	790	Steve	Swarbrick	MV40	34:01	Bowland	2nd Man/1st MV40
3	516	Jon	Rylance	MV40	34:14	Ambleside	3rd Man
4	566	Harvey	Lord	Man	34:18	Black Combe	
5	760	Sam	Harrison	Man	34:23	Bowland	
6	766	Jack	Eyre	Man	35:31	Eden Runners	
7	863	Josh	Jardine	Man	36:12	UA	
8	902	Jon	Deegan	MV40	36:23	Ambleside	
9	885	Paul	Reilly	Man	36:35	Coniston	
10	637	James	Gray	Man	36:39	UA	
11	698	Johnny	Marchant	MV40	36:56	Helm Hill	
12	889	Robert	Moffat	Man	37:07	Howgill Harrier	
13	736	Mike	Egner	MV60	37:13	Settle	1st MV60
14	504	Craig	Burrows	MV40	37:17	Helm Hill	
15	887	James	Dalgleish	MV40	37:19	Lancaster and Morecambe	
16	881	Dan	Duxbury	MV40	37:32	Ambleside	
17	806	James	Annan	MV40	37:42	Settle	
18	545	Jacob	Dyer	MV40	37:54	Helm Hill	
19	565	Peter	German	Man	38:04	Helm Hill	
20	639	James	Baron	MV40	38:33	Helm Hill	
21	573	Anthony	Bowness	MV40	38:34	Kendal	
22	840	Martin	Spooner	Man	38:36	Howgill Harrier	
23	832	Ian	Barnes	Man	38:46	Ambleside	
24	883	Darren	Fishwick	MV40	38:52	Chorley	
25	676	Peter	Lawson	Man	38:57	UA	
26	530	James	Graham	MV40	39:15	UA	
27	892	Fiona	Hughes	Lady	39:24	UA	1st Lady
28	527	Sean	Robinson	Man	39:27	Howgill Harrier	
29	893	Sean	Bolland	MV40	39:36	Bowland	
30	898	Lou	Roberts	LV40	39:47	Ambleside	2nd Lady/1st LV40
31	711	Jonathan	Boadle	Man	39:48	UA	
32	569	David	Houlsworth	MV50	39:50	UA	1st MV50
33	689	Andrew	Hebson	Man	39:52	UA	
34	669	Paul	MacFarlane	Man	39:58	Helm Hill	
35	588	Robert	Crawford	MV40	40:05	Coniston	
36	606	Paul	Lambert	MV50	40:29	Wharfedale	
37	752	Ray	Gill	MV50	40:35	Dallam	
38	546	Richard	Wells	MV40	40:42	UA	
39	518	Carol	Evans	LV50	40:47	Settle	3rd Lady/1st LV50
40	552	Nina	Walkingshaw	Lady	40:59	Howgill Harrier	
41	901	Stuart	Duthie	MV40	41:06	Coniston	
42	612	John	Rainford	MV50	41:09	Preston	
43	582	Paul	Senior	MV40	41:24	Helm Hill	
44	564	Steven	Procter	Man	41:39	Settle	
45	627	Richard	Duckett	Man	41:47	UA	
46	890	Martin	Ramsay	MV40	42:05	UA	
47	724	Steph	Jones	Lady	42:19	Ambleside	
48	903	Jason	Berry	Man	42:21	Coniston	
49	505	Tim	Murray	MV50	42:34	Helm Hill	
50	727	Andrew	Shepherd	Man	42:52	UA	
51	640	Michael	Duncan	Man	43:02	UA	
52	754	Mark	Bell	MV50	43:08	Dallam	
53	847	Mike	Walsh	MV60	43:16	Kendal	

54	537	Debbie	Copley	LV50	43:20	Dallam	
55	896	Graham	Moffat	MV50	43:24	Howgill Harrier	
56	886	Simon	Brister	MV60	43:43	Matlock AC	
57	784	Tod	Coates	MV40	43:51	Ambleside	
58	672	Stephen	Moor	MV50	44:09	Settle	
59	560	Luke	Appleyard	Man	44:22	Wharfedale	
60	583	Michael	Toman	MV50	44:24	Rossendale	
61	539	Peter	Singleton	MV50	44:27	Blackpool	
62	810	Adrian	Walker	MV50	44:36	Settle	
63	506	Caroline	Holden	LV40	44:39	Helm Hill	
64	833	Amy	Whelan	Lady	44:49	Ambleside	
65	522	Chris	Schofield	MV50	44:58	Helm Hill	
66	605	Jonathan	Gibson	MV50	45:00	Wharfedale	
67	730	Jill	Eccleston	LV40	45:08	Settle	
68	732	Mark	Cropper	MV40	45:11	Helm Hill	
69	691	Brian	Thompson	MV60	45:16	Helm Hill	
70	508	Jo	Wilcox	LV40	45:17	Helm Hill	
71	610	Stephen	Taylor	MV50	45:27	Preston	
72	880	Jim	Evans	MV40	45:35	Ambleside	
73	743	Barry	Scholes	MV60	45:38	Settle	
74	585	Mo	Kelly	Lady	45:48	Howgill Harrier	
75	679	Patrick	Willink	MV50	45:59	Helm Hill	
76	593	Alice	Steele	Lady	46:15	Dallam	
77	619	Grace	Leedham	LV40	46:25	Dallam	
78	544	Bianca	Dyer	LV40	46:37	Kendal Tri	
79	555	Ann-Marie	Swallow	LV40	46:43	UA	
80	520	Eleanor	Knowles	LV40	46:53	Ambleside	
81	614	Michael	McLoughlin	MV60	46:55	Preston	
82	532	Jayne	Rigby	LV40	47:04	Helm Hill	
83	576	Andy	Dickson	MV50	47:15	Coniston	
84	884	Katie	Hacknex	Lady	47:20	Helm Hill	
85	664	Chris	Beesley	MV60	47:20	Settle	
86	502	Amanda	Burrows	LV40	47:30	Helm Hill	
87	556	Russell	Cannon	MV50	47:33	Helm Hill	
88	684	Marie	Robson	LV40	47:41	Helm Hill	
89	815	Carmel	Ramwell	LV40	47:54	Settle	
90	577	Debs	Greaves	LV40	47:55	Howgill Harrier	
91	547	Mike	Troup	MV60	48:03	Ambleside	
92	904	Ivan	Scrase	MV40	48:21	UA	
93	647	John	Armstrong	MV60	48:24	Rochdale	
94	668	Wendy	Dodds	LV60	48:40	Clayton	1st LV60
95	673	Victoria	Upton	Lady	49:05	Helm Hill	
96	510	Lynn	Whittaker	LV50	49:13	Wharfedale	
97	500	Georgia	Stevens	Lady	49:24	Helm Hill	
98	515	Niki	Rylance	LV40	49:29	Ambleside	
99	899	Tim	Jenner	MV40	49:41	UA	
100	888	Jenna	Wood	Lady	49:44	Howgill Harrier	
101	692	Emma	Gill	LV40	49:51	Helm Hill	
102	897	Matt	Glendenning	Man	50:00	UA	
103	737	Pete	Coe	MV60	50:01	Helm Hill	
104	820	Judith	Marshall	LV40	50:14	Settle	
105	895	Ray	McGarry	MV50	50:22	UA	
106	873	Jez	Nelson	MV40	50:29	UA	
107	807	Julia	Hargreaves	LV40	51:08	Settle	
108	602	Gregory	Tagney	MV60	51:12	Dallam	
109	581	Sarah	Senior	LV40	51:27	Helm Hill	
110	648	John	Taylor	MV60	51:31	Bowland	
111	850	Richard	Simpson	MV50	51:59	UA	
112	725	Grant	Remmington	Man	52:06	UA	
113	900	Miranda	Taylor	LV40	52:11	Knutsford Tri	
114	704	Ian	Peters	MV50	52:14	Hoad Hill Harriers	
115	649	Jo	Taylor	LV50	52:18	Bowland	

116	891	Gill	Ramsay	LV50	52:33	UA	
117	536	Jan	Wulf	MV40	52:56	Settle	
118	781	Rosie	Dutson	Lady	53:13	UA	
119	601	John	Hodgson	MV60	53:13	Dallam	
120	568	Rebecca	Hodgson	Lady	53:16	UA	
121	591	Dave	Hewitt	MV50	53:38	Dallam	
122	638	Elizabeth	Adams	LV40	53:42	Helm Hill	
123	712	Elizabeth	Hindle	LV60	53:45	Dallam	
124	882	Lynda	Bigmore	LV40	54:26	UA	
125	521	Paula	Bowen	LV40	55:20	Ambleside	
126	618	Penny	Attwood	LV50	56:03	Dallam	
127	501	Anna	Stevens	LV40	57:16	Helm Hill	
128	718	Lindsay	Harrod	LV40	57:52	Helm Hill	
129	872	Tracey	Strong	Lady	59:31	Wharfedale	
130	848	Maddy	Bell	Lady	59:55	Dallam	
131	623	Phil	Kirby	MV60	1:00:51	Coniston	
132	894	Victoria	McGarry	LV40	1:01:25	Kendal Tri	
133	590	Lorna	Hewitt	LV40	1:02:01	Dallam	
134	534	Jo	Matthew	LV40	1:02:21	UA	
135	879	Tom	Matthews	MV40	1:02:22	Bowland	
136	846	Denis	Wood	MV70	1:09:09	Borrowdale	1st MV70
137	750	Joe	Howard	MV70	1:23:27	Preston	
138	641	Jim	Andrews	MV50	DNF	Coniston	

Under 17 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	13	Joe	Edmondson	Boy	19:30	Ambleside	1st Boy
2	134	Reuben	Fox Copley	Boy	19:48	Dallam	2nd Boy
3	69	Thomas	Nelson	Boy	20:19	Wharfedale	3rd Boy
4	43	Luke	Bowen	Boy	20:38	Ambleside	
5	84	Martin	Askew	Boy	21:06	Helm Hill	
6	150	Michael	Dugdale	Boy	21:33	Helm Hill	
7	139	Jacob	Aubrey	Boy	21:38	Helm Hill	
8	140	George	Attwood	Boy	21:43	Dallam	
9	223	Robert	Albion	Boy	22:40	Broughton	
10	143	Lewis	Bowness	Boy	22:53	Helm Hill	
11	2	Imogen	Burrow	Girl	23:02	Helm Hill	1st Girl
12	128	Jamie	Macleod	Boy	23:55	Dallam	
13	158	Hannah	Durkin	Girl	26:04	Ambleside	2nd Girl
14	8	Jodie	Ritchie	Girl	29:59	Hoad Hill Harriers	3rd Girl
15	222	Leah	Albion	Girl	30:20	Broughton	
16	151	Katie	ThurLOW	Girl	DNF	Helm Hill	

Under 14 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	185	Samuel	Almond	Boy	14:34	Eden Runners	1st Boy
2	61	Jacob	Smith	Boy	15:28	Kendal	2nd Boy
3	221	Thomas	Marshall	Boy	15:56	Settle	3rd Boy
4	23	Chloe	Rylance	Girl	16:33	Ambleside	1st Girl
5	228	Lilli	Carr	Girl	16:36	Keighley and Craven	2nd Girl
6	229	Briony	Holt	Girl	16:44	Clayton	3rd Girl
7	12	Ben	Edmondson	Boy	16:56	Ambleside	
8	21	Sebastian	Segger-Stavel	Boy	16:57	Settle	
9	31	Bob	Evans	Boy	17:26	Settle	
10	88	Daniel	Sanderson	Boy	17:28	Ambleside	
11	162	John	Egner	Boy	17:32	Settle	
12	168	Rosie	Woodhams	Girl	17:48	Dallam	
13	18	Vaughan	Samson	Boy	18:32	Helm Hill	
14	133	Alfie	Thorpe	Boy	19:05	Broughton	
15	49	Brodie	Weymouth	Boy	19:08	Aragons Junior Tri	
16	87	Harry	Sanderson	Boy	19:11	Ambleside	
17	33	Maia	Doherty	Girl	19:22	Helm Hill	
18	252	Liberty	Thompson	Girl	19:30	Clayton	
19	76	Erin	Bagge	Girl	20:14	Helm Hill	
20	130	Charlotte	Barrett	Girl	20:22	Wharfedale	
21	125	Beckie	Dyer	Girl	22:31	Helm Hill	

Under 12 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	41	Sam	Smith	Boy	08:48	Wharfedale	1st Boy
2	46	Harry	Bowen	Boy	09:08	Ambleside	2nd Boy
3	6	Henry	Hunter	Boy	09:13	Helm Hill	3rd Boy
4	253	Dexta	Thompson	Boy	09:17	Clayton	
5	35	Olesia	Winder	Girl	09:51	Hoad Hill Harriers	1st Girl
6	4	Emily	Swarbrick	Girl	09:58	Broughton	2nd Girl
7	72	Scott	Fisher	Boy	10:01	Hoad Hill Harriers	
8	195	Cameron	Coates	Boy	10:02	Ambleside	
9	58	Ben	Smith	Boy	10:09	Kendal	
10	24	Sophie	Rylance	Girl	10:10	Ambleside	3rd Girl
11	66	Warren	Flemming	Boy	10:11	Hoad Hill Harriers	
12	56	Charlie	Barry	Boy	10:29	Settle	
13	60	Oliver	Smith	Boy	10:31	Kendal	
14	19	Clara	Samson	Girl	10:34	Helm Hill	
15	157	William	Durkin	Boy	10:38	Ambleside	
16	20	Douglas	Segger-Stavel	Boy	10:42	Settle	
17	7	Nathan	Richie	Boy	10:47	Hoad Hill Harriers	
18	205	Jake	Tilburn	Boy	10:52	Settle	
19	85	Joseph	Rigby	Boy	10:59	Helm Hill	
20	81	Alex	Graham	Boy	11:06	Ambleside	
21	177	Jack	Benson	Boy	11:16	Ambleside	
22	29	Bethan	Saunders	Girl	11:18	Hoad Hill Harriers	
23	104	Ella	Park	Girl	11:24	Helm Hill	
24	11	Jessica	Edmondson	Girl	11:27	Ambleside	
25	93	Alex	Matthew	Boy	11:33	Lancaster and Morecambe	
26	71	Jamie	Harris	Boy	11:35	Hoad Hill Harriers	
27	3	Olivia	Swarbrick	Girl	11:36	Broughton	
28	196	Theo	Coates	Boy	11:39	Ambleside	
29	120	Toby	Harper	Boy	11:40	UA	
30	132	Rowan	Ashworth	Boy	11:56	Ambleside	
31	100	Alfie	Wilkin	Boy	11:57	UA	
32	63	Marvin	Gibbs	Boy	11:59	Helm Hill	
33	182	Jamie	Waller	Boy	12:03	Dallam	
34	119	Grace	Wells	Girl	12:04	Howgill Harrier	
35	163	Rio	Egner	Boy	12:07	Settle	
36	124	Reuben	Dyer	Boy	12:11	UA	
37	254	Helena	White	Girl	12:12	Clayton	
38	165	Megan	Bascombe	Girl	12:14	UA	
39	123	Esme	Walkingshaw	Girl	12:18	Eden Runners	
40	54	Oliver	Willoghby	Boy	12:19	Helm Hill	
41	250	Hannah	Nicholson	Girl	12:23	Ambleside	
42	248	Ella	Martindale	Girl	12:25	UA	
43	249	Emma	Duxbury	Girl	12:40	Ambleside	
44	251	Kady	Thompson	Girl	12:43	Clayton	
45	114	Maesie	Evans	Girl	12:44	Ambleside	
46	74	Theo	Robinson	Boy	12:45	Howgill Harrier	
47	106	Oscar	Wulf	Boy	12:58	Settle	
48	194	Edie	Eccleston	Girl	13:03	Settle	
49	200	Ned	Whittaker	Boy	13:05	Settle	
50	48	Oliver	Oldham	Boy	13:07	Hoad Hill Harriers	
51	212	Daisy	Pilkington	Girl	13:16	Settle	
52	92	Cate	Matthew	Girl	13:27	Lancaster and Morecambe	
53	115	Joss	Evans	Girl	13:54	Ambleside	
54	38	Matthew	Wright	Boy	14:55	Helm Hill	
55	40	Mollie	Smith	Girl	15:00	Wharfedale	
56	193	Connie	Eccleston	Girl	15:04	Settle	
57	30	Lauren	Evans	Girl	15:06	Settle	
58	135	Johnny	Swallow	Boy	DNF	UA	
59	164	Charlie	Blackburn	Boy	DNF	Ambleside	

Cunswick 2016 Category Results

ALL SENIOR MEN

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	636	Chris	Arthur	Man	32:16	Bowland	1st Man
2	790	Steve	Swarbrick	MV40	34:01	Bowland	2nd Man/1st MV40
3	516	Jon	Rylance	MV40	34:14	Ambleside	3rd Man
4	566	Harvey	Lord	Man	34:18	Black Combe	
5	760	Sam	Harrison	Man	34:23	Bowland	
6	766	Jack	Eyre	Man	35:31	Eden Runners	
7	863	Josh	Jardine	Man	36:12	UA	
8	902	Jon	Deegan	MV40	36:23	Ambleside	
9	885	Paul	Reilly	Man	36:35	Coniston	
10	637	James	Gray	Man	36:39	UA	
11	698	Johnny	Marchant	MV40	36:56	Helm Hill	
12	889	Robert	Moffat	Man	37:07	Howgill Harrier	
13	736	Mike	Egner	MV60	37:13	Settle	1st MV60
14	504	Craig	Burrows	MV40	37:17	Helm Hill	
15	887	James	Dalgleish	MV40	37:19	Lancaster and Morecambe	
16	881	Dan	Duxbury	MV40	37:32	Ambleside	
17	806	James	Annan	MV40	37:42	Settle	
18	545	Jacob	Dyer	MV40	37:54	Helm Hill	
19	565	Peter	German	Man	38:04	Helm Hill	
20	639	James	Baron	MV40	38:33	Helm Hill	
21	573	Anthony	Bowness	MV40	38:34	Kendal	
22	840	Martin	Spooner	Man	38:36	Howgill Harrier	
23	832	Ian	Barnes	Man	38:46	Ambleside	
24	883	Darren	Fishwick	MV40	38:52	Chorley	
25	676	Peter	Lawson	Man	38:57	UA	
26	530	James	Graham	MV40	39:15	UA	
27	527	Sean	Robinson	Man	39:27	Howgill Harrier	
28	893	Sean	Bolland	MV40	39:36	Bowland	
29	711	Jonathan	Boadle	Man	39:48	UA	
30	569	David	Houlsworth	MV50	39:50	UA	1st MV50
31	689	Andrew	Hebson	Man	39:52	UA	
32	669	Paul	MacFarlane	Man	39:58	Helm Hill	
33	588	Robert	Crawford	MV40	40:05	Coniston	
34	606	Paul	Lambert	MV50	40:29	Wharfedale	
35	752	Ray	Gill	MV50	40:35	Dallam	
36	546	Richard	Wells	MV40	40:42	UA	
37	901	Stuart	Duthie	MV40	41:06	Coniston	
38	612	John	Rainford	MV50	41:09	Preston	
39	582	Paul	Senior	MV40	41:24	Helm Hill	
40	564	Steven	Procter	Man	41:39	Settle	
41	627	Richard	Duckett	Man	41:47	UA	
42	890	Martin	Ramsay	MV40	42:05	UA	
43	903	Jason	Berry	Man	42:21	Coniston	
44	505	Tim	Murray	MV50	42:34	Helm Hill	
45	727	Andrew	Shepherd	Man	42:52	UA	
46	640	Michael	Duncan	Man	43:02	UA	
47	754	Mark	Bell	MV50	43:08	Dallam	
48	847	Mike	Walsh	MV60	43:16	Kendal	
49	896	Graham	Moffat	MV50	43:24	Howgill Harrier	
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52	672	Stephen	Moor	MV50	44:09	Settle	
53	560	Luke	Appleyard	Man	44:22	Wharfedale	
54	583	Michael	Toman	MV50	44:24	Rossendale	
55	539	Peter	Singleton	MV50	44:27	Blackpool	
56	810	Adrian	Walker	MV50	44:36	Settle	
57	522	Chris	Schofield	MV50	44:58	Helm Hill	
58	605	Jonathan	Gibson	MV50	45:00	Wharfedale	

59	732	Mark	Cropper	MV40	45:11	Helm Hill	
60	691	Brian	Thompson	MV60	45:16	Helm Hill	
61	610	Stephen	Taylor	MV50	45:27	Preston	
62	880	Jim	Evans	MV40	45:35	Ambleside	
63	743	Barry	Scholes	MV60	45:38	Settle	
64	679	Patrick	Willink	MV50	45:59	Helm Hill	
65	614	Michael	McLoughlin	MV60	46:55	Preston	
66	576	Andy	Dickson	MV50	47:15	Coniston	
67	664	Chris	Beesley	MV60	47:20	Settle	
68	556	Russell	Cannon	MV50	47:33	Helm Hill	
69	547	Mike	Troup	MV60	48:03	Ambleside	
70	904	Ivan	Scrase	MV40	48:21	UA	
71	647	John	Armstrong	MV60	48:24	Rochdale	
72	899	Tim	Jenner	MV40	49:41	UA	
73	897	Matt	Glendenning	Man	50:00	UA	
74	737	Pete	Coe	MV60	50:01	Helm Hill	
75	895	Ray	McGarry	MV50	50:22	UA	
76	873	Jez	Nelson	MV40	50:29	UA	
77	602	Gregory	Tagney	MV60	51:12	Dallam	
78	648	John	Taylor	MV60	51:31	Bowland	
79	850	Richard	Simpson	MV50	51:59	UA	
80	725	Grant	Remmington	Man	52:06	UA	
81	704	Ian	Peters	MV50	52:14	Hoad Hill Harriers	
82	536	Jan	Wulf	MV40	52:56	Settle	
83	601	John	Hodgson	MV60	53:13	Dallam	
84	591	Dave	Hewitt	MV50	53:38	Dallam	
85	623	Phil	Kirby	MV60	1:00:51	Coniston	
86	879	Tom	Matthews	MV40	1:02:22	Bowland	
87	846	Denis	Wood	MV70	1:09:09	Borrowdale	1st MV70
88	750	Joe	Howard	MV70	1:23:27	Preston	
DNF	641	Jim	Andrews	MV50	DNF	Coniston	

MEN

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	636	Chris	Arthur	Man	32:16	Bowland	1st Man
2	566	Harvey	Lord	Man	34:18	Black Combe	
3	760	Sam	Harrison	Man	34:23	Bowland	
4	766	Jack	Eyre	Man	35:31	Eden Runners	
5	863	Josh	Jardine	Man	36:12	UA	
6	885	Paul	Reilly	Man	36:35	Coniston	
7	637	James	Gray	Man	36:39	UA	
8	889	Robert	Moffat	Man	37:07	Howgill Harrier	
9	565	Peter	German	Man	38:04	Helm Hill	
10	840	Martin	Spooner	Man	38:36	Howgill Harrier	
11	832	Ian	Barnes	Man	38:46	Ambleside	
12	676	Peter	Lawson	Man	38:57	UA	
13	527	Sean	Robinson	Man	39:27	Howgill Harrier	
14	711	Jonathan	Boadle	Man	39:48	UA	
15	689	Andrew	Hebson	Man	39:52	UA	
16	669	Paul	MacFarlane	Man	39:58	Helm Hill	
17	564	Steven	Procter	Man	41:39	Settle	
18	627	Richard	Duckett	Man	41:47	UA	
19	903	Jason	Berry	Man	42:21	Coniston	
20	727	Andrew	Shepherd	Man	42:52	UA	
21	640	Michael	Duncan	Man	43:02	UA	
22	560	Luke	Appleyard	Man	44:22	Wharfedale	
23	897	Matt	Glendenning	Man	50:00	UA	
24	725	Grant	Remmington	Man	52:06	UA	

MEN - VET 40

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	790	Steve	Swarbrick	MV40	34:01	Bowland	2nd Man/1st MV40
2	516	Jon	Rylance	MV40	34:14	Ambleside	3rd Man
3	902	Jon	Deegan	MV40	36:23	Ambleside	
4	698	Johnny	Marchant	MV40	36:56	Helm Hill	
5	504	Craig	Burrows	MV40	37:17	Helm Hill	
6	887	James	Dalgleish	MV40	37:19	Lancaster and Morecambe	
7	881	Dan	Duxbury	MV40	37:32	Ambleside	
8	806	James	Annan	MV40	37:42	Settle	
9	545	Jacob	Dyer	MV40	37:54	Helm Hill	
10	639	James	Baron	MV40	38:33	Helm Hill	
11	573	Anthony	Bowness	MV40	38:34	Kendal	
12	883	Darren	Fishwick	MV40	38:52	Chorley	
13	530	James	Graham	MV40	39:15	UA	
14	893	Sean	Bolland	MV40	39:36	Bowland	
15	588	Robert	Crawford	MV40	40:05	Coniston	
16	546	Richard	Wells	MV40	40:42	UA	
17	901	Stuart	Duthie	MV40	41:06	Coniston	
18	582	Paul	Senior	MV40	41:24	Helm Hill	
19	890	Martin	Ramsay	MV40	42:05	UA	
20	784	Tod	Coates	MV40	43:51	Ambleside	
21	732	Mark	Cropper	MV40	45:11	Helm Hill	
22	880	Jim	Evans	MV40	45:35	Ambleside	
23	904	Ivan	Scrase	MV40	48:21	UA	
24	899	Tim	Jenner	MV40	49:41	UA	
25	873	Jez	Nelson	MV40	50:29	UA	
26	536	Jan	Wulf	MV40	52:56	Settle	
27	879	Tom	Matthews	MV40	1:02:22	Bowland	

MEN - VET 50

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	569	David	Houlsworth	MV50	39:50	UA	1st MV50
2	606	Paul	Lambert	MV50	40:29	Wharfedale	
3	752	Ray	Gill	MV50	40:35	Dallam	
4	612	John	Rainford	MV50	41:09	Preston	
5	505	Tim	Murray	MV50	42:34	Helm Hill	
6	754	Mark	Bell	MV50	43:08	Dallam	
7	896	Graham	Moffat	MV50	43:24	Howgill Harrier	
8	672	Stephen	Moor	MV50	44:09	Settle	
9	583	Michael	Toman	MV50	44:24	Rosendale	
10	539	Peter	Singleton	MV50	44:27	Blackpool	
11	810	Adrian	Walker	MV50	44:36	Settle	
12	522	Chris	Schofield	MV50	44:58	Helm Hill	
13	605	Jonathan	Gibson	MV50	45:00	Wharfedale	
14	610	Stephen	Taylor	MV50	45:27	Preston	
15	679	Patrick	Willink	MV50	45:59	Helm Hill	
16	576	Andy	Dickson	MV50	47:15	Coniston	
17	556	Russell	Cannon	MV50	47:33	Helm Hill	
18	895	Ray	McGarry	MV50	50:22	UA	
19	850	Richard	Simpson	MV50	51:59	UA	
20	704	Ian	Peters	MV50	52:14	Hoad Hill Harriers	
21	591	Dave	Hewitt	MV50	53:38	Dallam	
DNF	641	Jim	Andrews	MV50	DNF	Coniston	

MEN - VET 60

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	736	Mike	Egner	MV60	37:13	Settle	1st MV60
2	847	Mike	Walsh	MV60	43:16	Kendal	
3	886	Simon	Brister	MV60	43:43	Matlock AC	
4	691	Brian	Thompson	MV60	45:16	Helm Hill	
5	743	Barry	Scholes	MV60	45:38	Settle	
6	614	Michael	McLoughlin	MV60	46:55	Preston	
7	664	Chris	Beesley	MV60	47:20	Settle	
8	547	Mike	Troup	MV60	48:03	Ambleside	
9	647	John	Armstrong	MV60	48:24	Rochdale	
10	737	Pete	Coe	MV60	50:01	Helm Hill	
11	602	Gregory	Tagney	MV60	51:12	Dallam	
12	648	John	Taylor	MV60	51:31	Bowland	
13	601	John	Hodgson	MV60	53:13	Dallam	
14	623	Phil	Kirby	MV60	1:00:51	Coniston	

MEN - VET 70

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	846	Denis	Wood	MV70	1:09:09	Borrowdale	1st MV70
2	750	Joe	Howard	MV70	1:23:27	Preston	

ALL SENIOR LADIES

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	892	Fiona	Hughes	Lady	39:24	UA	1st Lady
2	898	Lou	Roberts	LV40	39:47	Ambleside	2nd Lady/1st LV40
3	518	Carol	Evans	LV50	40:47	Settle	3rd Lady/1st LV50
4	552	Nina	Walkingshaw	Lady	40:59	Howgill Harrier	
5	724	Steph	Jones	Lady	42:19	Ambleside	
6	537	Debbie	Copley	LV50	43:20	Dallam	
7	506	Caroline	Holden	LV40	44:39	Helm Hill	
8	833	Amy	Whelan	Lady	44:49	Ambleside	
9	730	Jill	Eccleston	LV40	45:08	Settle	
10	508	Jo	Wilcox	LV40	45:17	Helm Hill	
11	585	Mo	Kelly	Lady	45:48	Howgill Harrier	
12	593	Alice	Steele	Lady	46:15	Dallam	
13	619	Grace	Leedham	LV40	46:25	Dallam	
14	544	Bianca	Dyer	LV40	46:37	Kendal Tri	
15	555	Ann-Marie	Swallow	LV40	46:43	UA	
16	520	Eleanor	Knowles	LV40	46:53	Ambleside	
17	532	Jayne	Rigby	LV40	47:04	Helm Hill	
18	884	Katie	Hacknex	Lady	47:20	Helm Hill	
19	502	Amanda	Burrows	LV40	47:30	Helm Hill	
20	684	Marie	Robson	LV40	47:41	Helm Hill	
21	815	Carmel	Ramwell	LV40	47:54	Settle	
22	577	Debs	Greaves	LV40	47:55	Howgill Harrier	
23	668	Wendy	Dodds	LV60	48:40	Clayton	1st LV60
24	673	Victoria	Upton	Lady	49:05	Helm Hill	
25	510	Lynn	Whittaker	LV50	49:13	Wharfedale	
26	500	Georgia	Stevens	Lady	49:24	Helm Hill	
27	515	Niki	Rylance	LV40	49:29	Ambleside	
28	888	Jenna	Wood	Lady	49:44	Howgill Harrier	
29	692	Emma	Gill	LV40	49:51	Helm Hill	
30	820	Judith	Marshall	LV40	50:14	Settle	
31	807	Julia	Hargreaves	LV40	51:08	Settle	
32	581	Sarah	Senior	LV40	51:27	Helm Hill	
33	900	Miranda	Taylor	LV40	52:11	Knutsford Tri	
34	649	Jo	Taylor	LV50	52:18	Bowland	
35	891	Gill	Ramsay	LV50	52:33	UA	
36	781	Rosie	Dutson	Lady	53:13	UA	
37	568	Rebecca	Hodgson	Lady	53:16	UA	
38	638	Elizabeth	Adams	LV40	53:42	Helm Hill	
39	712	Elizabeth	Hindle	LV60	53:45	Dallam	
40	882	Lynda	Bigmore	LV40	54:26	UA	
41	521	Paula	Bowen	LV40	55:20	Ambleside	
42	618	Penny	Attwood	LV50	56:03	Dallam	
43	501	Anna	Stevens	LV40	57:16	Helm Hill	
44	718	Lindsay	Harrod	LV40	57:52	Helm Hill	
45	872	Tracey	Strong	Lady	59:31	Wharfedale	
46	848	Maddy	Bell	Lady	59:55	Dallam	
47	894	Victoria	McGarry	LV40	1:01:25	Kendal Tri	
48	590	Lorna	Hewitt	LV40	1:02:01	Dallam	
49	534	Jo	Matthew	LV40	1:02:21	UA	

LADIES

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	892	Fiona	Hughes	Lady	39:24	UA	1st Lady
2	552	Nina	Walkingshaw	Lady	40:59	Howgill Harrier	
3	724	Steph	Jones	Lady	42:19	Ambleside	
4	833	Amy	Whelan	Lady	44:49	Ambleside	
5	585	Mo	Kelly	Lady	45:48	Howgill Harrier	
6	593	Alice	Steele	Lady	46:15	Dallam	
7	884	Katie	Hacknex	Lady	47:20	Helm Hill	
8	673	Victoria	Upton	Lady	49:05	Helm Hill	
9	500	Georgia	Stevens	Lady	49:24	Helm Hill	
10	888	Jenna	Wood	Lady	49:44	Howgill Harrier	
11	781	Rosie	Dutson	Lady	53:13	UA	
12	568	Rebecca	Hodgson	Lady	53:16	UA	
13	872	Tracey	Strong	Lady	59:31	Wharfedale	
14	848	Maddy	Bell	Lady	59:55	Dallam	

LADIES - VET 40

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	898	Lou	Roberts	LV40	39:47	Ambleside	2nd Lady/1st LV40
2	506	Caroline	Holden	LV40	44:39	Helm Hill	
3	730	Jill	Eccleston	LV40	45:08	Settle	
4	508	Jo	Wilcox	LV40	45:17	Helm Hill	
5	619	Grace	Leedham	LV40	46:25	Dallam	
6	544	Bianca	Dyer	LV40	46:37	Kendal Tri	
7	555	Ann-Marie	Swallow	LV40	46:43	UA	
8	520	Eleanor	Knowles	LV40	46:53	Ambleside	
9	532	Jayne	Rigby	LV40	47:04	Helm Hill	
10	502	Amanda	Burrows	LV40	47:30	Helm Hill	
11	684	Marie	Robson	LV40	47:41	Helm Hill	
12	815	Carmel	Ramwell	LV40	47:54	Settle	
13	577	Debs	Greaves	LV40	47:55	Howgill Harrier	
14	515	Niki	Rylance	LV40	49:29	Ambleside	
15	692	Emma	Gill	LV40	49:51	Helm Hill	
16	820	Judith	Marshall	LV40	50:14	Settle	
17	807	Julia	Hargreaves	LV40	51:08	Settle	
18	581	Sarah	Senior	LV40	51:27	Helm Hill	
19	900	Miranda	Taylor	LV40	52:11	Knutsford Tri	
20	638	Elizabeth	Adams	LV40	53:42	Helm Hill	
21	882	Lynda	Bigmore	LV40	54:26	UA	
22	521	Paula	Bowen	LV40	55:20	Ambleside	
23	501	Anna	Stevens	LV40	57:16	Helm Hill	
24	718	Lindsay	Harrod	LV40	57:52	Helm Hill	
25	894	Victoria	McGarry	LV40	1:01:25	Kendal Tri	
26	590	Lorna	Hewitt	LV40	1:02:01	Dallam	
27	534	Jo	Matthew	LV40	1:02:21	UA	

LADIES - VET 50

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	518	Carol	Evans	LV50	40:47	Settle	3rd Lady/1st LV50
2	537	Debbie	Copley	LV50	43:20	Dallam	
3	510	Lynn	Whittaker	LV50	49:13	Wharfedale	
4	649	Jo	Taylor	LV50	52:18	Bowland	
5	891	Gill	Ramsay	LV50	52:33	UA	
6	618	Penny	Attwood	LV50	56:03	Dallam	

LADIES - VET 60

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	668	Wendy	Dodds	LV60	48:40	Clayton	1st LV60
2	712	Elizabeth	Hindle	LV60	53:45	Dallam	

UNDER 17 BOYS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	13	Joe	Edmondson	Boy	19:30	Ambleside	1st Boy
2	134	Reuben	Fox Copley	Boy	19:48	Dallam	2nd Boy
3	69	Thomas	Nelson	Boy	20:19	Wharfedale	3rd Boy
4	43	Luke	Bowen	Boy	20:38	Ambleside	
5	84	Martin	Askew	Boy	21:06	Helm Hill	
6	150	Michael	Dugdale	Boy	21:33	Helm Hill	
7	139	Jacob	Aubrey	Boy	21:38	Helm Hill	
8	140	George	Attwood	Boy	21:43	Dallam	
9	223	Robert	Albion	Boy	22:40	Broughton	
10	143	Lewis	Bowness	Boy	22:53	Helm Hill	
11	128	Jamie	Macleod	Boy	23:55	Dallam	

UNDER 17 GIRLS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	2	Imogen	Burrow	Girl	23:02	Helm Hill	1st Girl
2	158	Hannah	Durkin	Girl	26:04	Ambleside	2nd Girl
3	8	Jodie	Ritchie	Girl	29:59	Hoad Hill Harriers	3rd Girl
4	222	Leah	Albion	Girl	30:20	Broughton	
DNF	151	Katie	Thurlow	Girl	DNF	Helm Hill	

UNDER 14 BOYS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	185	Samuel	Almond	Boy	14:34	Eden Runners	1st Boy
2	61	Jacob	Smith	Boy	15:28	Kendal	2nd Boy
3	221	Thomas	Marshall	Boy	15:56	Settle	3rd Boy
4	12	Ben	Edmondson	Boy	16:56	Ambleside	
5	21	Sebastian	Segger-Stavel	Boy	16:57	Settle	
6	31	Bob	Evans	Boy	17:26	Settle	
7	88	Daniel	Sanderson	Boy	17:28	Ambleside	
8	162	John	Egner	Boy	17:32	Settle	
9	18	Vaughan	Samson	Boy	18:32	Helm Hill	
10	133	Alfie	Thorpe	Boy	19:05	Broughton	
11	49	Brodie	Weymouth	Boy	19:08	Aragons Junior Tri	
12	87	Harry	Sanderson	Boy	19:11	Ambleside	

UNDER 14 GIRLS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	23	Chloe	Rylance	Girl	16:33	Ambleside	1st Girl
2	228	Lilli	Carr	Girl	16:36	Keighley and Craven	2nd Girl
3	229	Briony	Holt	Girl	16:44	Clayton	3rd Girl
4	168	Rosie	Woodhams	Girl	17:48	Dallam	
5	33	Maia	Doherty	Girl	19:22	Helm Hill	
6	252	Liberty	Thompson	Girl	19:30	Clayton	
7	76	Erin	Bagge	Girl	20:14	Helm Hill	
8	130	Charlotte	Barrett	Girl	20:22	Wharfedale	
9	125	Beckie	Dyer	Girl	22:31	Helm Hill	

UNDER 12 BOYS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	41	Sam	Smith	Boy	08:48	Wharfedale	1st Boy
2	46	Harry	Bowen	Boy	09:08	Ambleside	2nd Boy
3	6	Henry	Hunter	Boy	09:13	Helm Hill	3rd Boy
4	253	Dexta	Thompson	Boy	09:17	Clayton	
5	72	Scott	Fisher	Boy	10:01	Hoad Hill Harriers	
6	195	Cameron	Coates	Boy	10:02	Ambleside	
7	58	Ben	Smith	Boy	10:09	Kendal	
8	66	Warren	Flemming	Boy	10:11	Hoad Hill Harriers	
9	56	Charlie	Barry	Boy	10:29	Settle	
10	60	Oliver	Smith	Boy	10:31	Kendal	
11	157	William	Durkin	Boy	10:38	Ambleside	
12	20	Douglas	Segger-Stavel	Boy	10:42	Settle	
13	7	Nathan	Richie	Boy	10:47	Hoad Hill Harriers	
14	205	Jake	Tilburn	Boy	10:52	Settle	
15	85	Joseph	Rigby	Boy	10:59	Helm Hill	
16	81	Alex	Graham	Boy	11:06	Ambleside	
17	177	Jack	Benson	Boy	11:16	Ambleside	
18	93	Alex	Matthew	Boy	11:33	Lancaster and Morecambe	
19	71	Jamie	Harris	Boy	11:35	Hoad Hill Harriers	
20	196	Theo	Coates	Boy	11:39	Ambleside	
21	120	Toby	Harper	Boy	11:40	UA	
22	132	Rowan	Ashworth	Boy	11:56	Ambleside	
23	100	Alfie	Wilkin	Boy	11:57	UA	
24	63	Marvin	Gibbs	Boy	11:59	Helm Hill	
25	182	Jamie	Waller	Boy	12:03	Dallam	
26	163	Rio	Egner	Boy	12:07	Settle	
27	124	Reuben	Dyer	Boy	12:11	UA	
28	54	Oliver	Willoghby	Boy	12:19	Helm Hill	
29	74	Theo	Robinson	Boy	12:45	Howgill Harrier	
30	106	Oscar	Wulf	Boy	12:58	Settle	
31	200	Ned	Whittaker	Boy	13:05	Settle	
32	48	Oliver	Oldham	Boy	13:07	Hoad Hill Harriers	
33	38	Matthew	Wright	Boy	14:55	Helm Hill	
DNF	135	Johnny	Swallow	Boy	DNF	UA	
DNF	164	Charlie	Blackburn	Boy	DNF	Ambleside	

UNDER 12 GIRLS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	35	Olesia	Winder	Girl	09:51	Hoad Hill Harriers	1st Girl
2	4	Emily	Swarbrick	Girl	09:58	Broughton	2nd Girl
3	24	Sophie	Rylance	Girl	10:10	Ambleside	3rd Girl
4	19	Clara	Samson	Girl	10:34	Helm Hill	
5	29	Bethan	Saunders	Girl	11:18	Hoad Hill Harriers	
6	104	Ella	Park	Girl	11:24	Helm Hill	
7	11	Jessica	Edmondson	Girl	11:27	Ambleside	
8	3	Olivia	Swarbrick	Girl	11:36	Broughton	
9	119	Grace	Wells	Girl	12:04	Howgill Harrier	
10	254	Helena	White	Girl	12:12	Clayton	
11	165	Megan	Bascombe	Girl	12:14	UA	
12	123	Esme	Walkingshaw	Girl	12:18	Eden Runners	
13	250	Hannah	Nicholson	Girl	12:23	Ambleside	
14	248	Ella	Martindale	Girl	12:25	UA	
15	249	Emma	Duxbury	Girl	12:40	Ambleside	
16	251	Kady	Thompson	Girl	12:43	Clayton	
17	114	Maesie	Evans	Girl	12:44	Ambleside	
18	194	Edie	Eccleston	Girl	13:03	Settle	
19	212	Daisy	Pilkington	Girl	13:16	Settle	
20	92	Cate	Matthew	Girl	13:27	Lancaster and Morecambe	
21	115	Joss	Evans	Girl	13:54	Ambleside	
22	40	Mollie	Smith	Girl	15:00	Wharfedale	
23	193	Connie	Eccleston	Girl	15:04	Settle	
24	30	Lauren	Evans	Girl	15:06	Settle	