



Supported by Different Strokes

Longsleddle - Results 19 March 2017

Senior Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	964	Tom	Addison	Man	36:52	Helm Hill	1st Man
2	25	Josh	Jardine	Man	37:57	Helm Hill	2nd Man
3	267	John	Helme	Man	40:10	Ambleside	3rd Man
4	224	Kieran	Hodgson	MV40	41:21	Helm Hill	1st MV40
5	183	Ben	Jackson	Man	42:39	Unattached	
6	351	Sam	Mason	MU21	43:03	Helm Hill	1st MU21
7	18	Jon	Rylance	MV40	43:06	Ambleside	
8	399	Jack	Simpson	Man	43:19	Unattached	
9	350	Mark	Irving	Man	43:25	Bowland	
10	98	Rob	Dewhurst	MV50	43:31	Ambleside	1st MV50
11	77	Scott	Umpleby	MV50	43:58	Kendal	
12	483	Rick	Stuart	MV50	44:44	Helm Hill	
13	54	Brian	Pennington	MV40	44:51	Howgill Harriers	
14	2	Robert	Crawford	MV40	45:08	Howgill Harriers	
15	429	Martin	Spoons	Man	45:12	Howgill Harriers	
16	394	Craig	Smith	MV50	45:17	Keswick	
17	377	William	Procter	MV60	45:37	Helm Hill	1st MV60
18	241	Ian	Palmer	MV40	46:02	Unattached	
19	189	Hannah	Russell	LU21	46:51	Helm Hill	1st Lady/1st LU21
20	5	Craig	Burrow	MV40	47:16	Helm Hill	
21	20	James	Graham	MV40	48:04	Unattached	
22	963	David	Wilson	MV50	48:35	Bowland	
23	434	Martin	Holroyd	MV50	48:36	Borrowdale	
24	103	David	Bainbridge	Man	48:39	Howgill Harriers	
25	203	Peter	Lawson	Man	48:54	Unattached	
26	345	Tim	Roe	Man	48:59	Helm Hill	
27	304	Steven	Middleton	MV40	49:14	Howgill Harriers	
28	288	Daniel	Malcolm	MV40	49:19	Unattached	
29	349	Nina	Walkingshaw	Lady	49:24	Howgill Harriers	2nd Lady
30	339	James	Coulthard	Man	49:33	Howgill Harriers	
31	51	Sean	Robinson	Man	49:37	Howgill Harriers	
32	24	Tom	Matthew	MV40	50:06	Bowland	
33	68	Chris	Green	MV40	50:19	Unattached	
34	38	Stuart	Walton	MV40	50:20	KCAC	
35	361	James	Annan	MV40	50:45	Settle	
36	9	Graham	Schofield	MV60	50:54	Horwich	
37	259	Jacob	Aubrey	MU21	51:00	Helm Hill	
38	961	Adrian	Walker	MV50	52:04	Settle	
39	435	David	Odowd	MV50	52:08	Northern Fells	
40	322	Ray	Gill	MV50	52:25	Dallam	
41	292	Imogen	Burrow	LU21	52:35	Helm Hill	3rd Lady
42	154	John	Fitzpatrick	MV50	52:52	Unattached	
43	130	Michael	Toman	MV50	53:21	Rosendale	
44	482	John	Robson	MV50	53:44	Helm Hill	
45	216	Will	Buckton	Man	53:46	Settle	
46	3	Ali	Richards	LV40	53:48	Helm Hill	1st LV40
47	965	Jo	Wilcox	LV40	54:19	Helm Hill	
48	415	Wilfred	Bell	MV60	54:33	Unattached	
49	387	Justin	Bibby	MV40	54:51	Unattached	
50	431	Marie	Robson	LV40	54:54	Helm Hill	
51	962	Oliver	Last	Man	55:33	Bishop Stortford RC	
52	106	Mike	Calvert	MV50	56:10	Howgill Harriers	
53	45	Jayne	Rigby	LV40	56:34	Helm Hill	

54	967	Angela	Paxton	LV50	57:16	Keighley & Craven	1st LV50
55	86	Dave	Appleyard	MV50	57:36	Helm Hill	
56	946	Caroline	Holden	LV50	58:25	Helm Hill	
57	165	Michael	Duncan	Man	58:30	Helm Hill	
58	169	Jonathon	Gibson	MV50	58:45	Wharfedale	
59	291	David	Hunter	MV50	59:09	Unattached	
60	75	Jonny	Grisedale	MV40	59:16	Helm Hill	
61	67	Matthew	Cannon	Man	59:33	Helm Hill	
62	960	Michael	Richards	MV60	59:48	Helm Hill	
63	966	Mal	Weightman	MV50	59:53	Unattached	
64	158	Mo	Kelly	Lady	1:00:31	Howgill Harriers	
65	329	Jenny	Lyon	Lady	1:01:01	Dallam	
66	4	Amanda	Burrow	LV40	1:02:53	Helm Hill	
67	258	Roger	Aubrey	MV50	1:03:18	Helm Hill	
68	66	Russ	Cannon	MV50	1:03:36	Helm Hill	
69	7	Sarah	Senior	LV50	1:03:41	Helm Hill	
70	15	Jo	Pennington	LV40	1:03:52	Kendal	
71	85	Katy	Thompson	LV60	1:04:54	Clayton-Le-Moors	1st LV60
72	360	Julia	Hargreaves	LV40	1:05:16	Settle	
73	194	Richard	Simpson	MV60	1:05:23	Dallam	
74	22	Paula	Bowen	LV40	1:05:26	Ambleside	
75	390	Gareth	Bradburn-Sims	MV40	1:05:28	Howgill Harriers	
76	240	Katie	Palmer	LV40	1:05:48	Unattached	
77	72	Jo	Taylor	LV50	1:06:54	Bowland	
78	275	Lindsay	Harrod	LV40	1:07:59	Helm Hill	
79	414	Andy	Monk	MV60	1:09:13	ABFR	
80	968	Liz	Pilgram	LV40	1:10:35	Helm Hill	
81	135	Elizabeth	Adams	LV40	1:11:00	Helm Hill	
82	195	Joanne	McLeod	LV50	1:11:40	Barrow & Furness Striders	
83	307	Zoe	Robinson	Lady	1:11:54	Howgill Harriers	
84	8	May	Crawford	Lady	1:14:58	Helm Hill	
85	316	Jill	Gates	LV50	1:15:53	Settle	
86	39	Geoff	Thompson	MV50	1:18:19	Wharfedale	
87	152	Miriam	Rosen	LV60	1:18:44	Lancaster & Morecambe	
88	381	Su	Thompson	LV40	1:19:36	Wharfedale	
89	295	Jo	Matthew	LV40	1:21:30	Lancaster & Morecambe	
90	31	Wendy	Smith	LV40	1:23:16	Helm Hill	
91	96	Joe	Howard	MV70	1:31:06	Preston Harriers	1st MV70
92	1	Dennis	Wood	MV70	1:33:05	Borrowdale	

Under 17 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	633	Robert	Askew	Boy	16:37	Helm Hill	1st Boy
2	576	Jack	Walton	Boy	18:01	Keighley & Craven	2nd Boy
3	561	Rosie	Woodhams	Girl	18:24	Dallam	1st Girl
4	574	Matthew	Holroyd	Boy	19:48	Settle	3rd Boy
5	742	Ben	Kirkham	Boy	20:14	Rossendale	
6	784	Kurtis	Mitton	Boy	20:33	Rossendale	
7	592	Lottie	Beardwood	Girl	22:15	Helm Hill	2nd Girl
8	598	Erin	Bagge	Girl	24:29	Helm Hill	3rd Girl
9	565	Tyla	Crook	Girl	26:04	Helm Hill	
10	662	Simone	Rigby	Girl	26:43	Settle	

Under 15 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	504	Ollie	Sanders	Boy	12:21	Helm Hill	1st Boy
2	531	Henry	Hunter	Boy	12:35	Helm Hill	2nd Boy
3	619	Ben	O'Dowd	Boy	13:29	Northern Fells	3rd Boy
4	533	Chloe	Rylance	Girl	13:40	Ambleside	1st Girl
5	525	Ben	Smith	Boy	14:01	Kendal	
6	603	Brodie Joh	Weymouth	Boy	14:10	Unattached	
7	737	Oliver	Saxon	Boy	14:34	Unattached	
8	644	Toby	Umpleby	Boy	14:40	Kendal	
9	665	Lilli	Carr	Girl	14:42	Keighley & Craven	2nd Girl
10	521	Vaughan	Sampson	Boy	15:12	Helm Hill	
11	591	Ella	Beardwood	Girl	15:13	Helm Hill	3rd Girl
12	753	Annabelle	Taylor	Girl	15:36	Helm Hill	
13	725	Alexander	Matthew	Boy	15:57	Lancaster & Morecambe	
14	594	Freya	Richards	Girl	16:21	Helm Hill	
15	693	Edward	Thomas	Boy	16:39	Howgill Harriers	

Under 13 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	766	William	Hall	Boy	05:59	Calder Valley	1st Boy
2	539	Harry	Bowen	Boy	06:13	Ambleside	2nd Boy
3	730	Cameron	Coates	Boy	06:18	Ambleside	3rd Boy
4	535	Rowan	Ashworth	Boy	06:24	Ambleside	
5	523	Matthew	Ansell	Boy	06:28	Helm Hill	
6	527	Oliver	Smith	Boy	06:29	Kendal	
7	532	Sophie	Ryland	Girl	06:29	Ambleside	1st Girl
8	520	Clara	Samson	Girl	06:30	Helm Hill	2nd Girl
9	526	Sarah	Smith	Girl	06:41	Helm Hill	3rd Girl
10	583	Simon	Rigby	Boy	06:47	Helm Hill	
11	734	Joe	Ligema	Boy	06:48	Ambleside	
12	761	Patrick	Casey	Boy	06:51	CVFR	
13	538	Alex	Graham	Boy	06:55	Ambleside	
14	604	Matti	Ligema	Boy	06:58	Ambleside	
15	518	Elodie	Malcolm	Girl	07:01	Helm Hill	
16	689	Caius	Pennington	Boy	07:02	Howgill Harriers	
17	624	Jody	Middleton	Boy	07:02	Howgill Harriers	
18	702	Callum	Osborne	Boy	07:19	Trawden	
19	516	Frankie	Exley-Harper	Boy	07:22	Ambleside	
20	620	Gemma	O'Dowd	Girl	07:23	Northern Fells	
21	505	Jack	Sanderson	Boy	07:26	Settle	
22	616	Jamie	Waller	Boy	07:29	Dallam	
23	783	James	Hudson	Boy	07:31	Unattached	
24	515	Theo	Coates	Boy	07:33	Ambleside	
25	503	Richard	Goode-Smith	Boy	07:39	Ambleside	
26	562	Douglas	Segger-Staveley	Boy	07:41	Settle	
27	746	Matthew	Gornall	Boy	07:57	Kendal	
28	596	Isaac	Robinson	Boy	07:58	Howgill Harriers	
29	534	Martha	Rigby	Girl	08:07	Settle	
30	613	Vicky	Woof	Girl	08:08	Howgill Harriers	
31	566	Aaron	Smith	Boy	08:09	Helm Hill	
32	628	Paddy	Wood	Boy	08:09	Ambleside	
33	559	Charlotte	Pear	Girl	08:45	Settle	
34	587	Thomas	Hearn	Boy	08:46	Unattached	
35	673	Charlie	Clayton	Boy	08:47	Helm Hill	
36	646	Joel	Saunders	Boy	08:58	Helm Hill	
37	611	Katie	Lewis	Girl	09:22	Howgill Harriers	
38	597	Theo	Robinson	Boy	09:24	Howgill Harriers	
39	780	Toby	Alland	Boy	09:33	Unattached	
40	782	Ewan	Black	Boy	09:34	Unattached	
41	781	Scott	Lawson	Boy	09:36	Unattached	
42	740	Noa	Calman	Girl	09:38	Ambleside	
43	629	Seren	Green	Girl	09:42	Ambleside	
44	506	Alicia	Crawford	Girl	09:54	Helm Hill	
45	614	Madeleine	Martindale	Girl	10:00	Unattached	
46	683	Jessica	Oakey	Girl	10:20	Settle	
47	548	Cate	Matthew	Girl	10:22	Lancaster & Morecambe	
48	599	Hannah	Dyer	Girl	10:52	Helm Hill	
49	501	Jamie	Harris	Boy	DNF	Helm Hill	
50	540	James	Bowen	Boy	DNF	Ambleside	

Longsleddle 2017 Category Results

ALL SENIOR MEN

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	964	Tom	Addison	Man	36:52	Helm Hill	1st Man
2	25	Josh	Jardine	Man	37:57	Helm Hill	2nd Man
3	267	John	Helme	Man	40:10	Ambleside	3rd Man
4	224	Kieran	Hodgson	MV40	41:21	Helm Hill	1st MV40
5	183	Ben	Jackson	Man	42:39	Unattached	
6	351	Sam	Mason	MU21	43:03	Helm Hill	1st MU21
7	18	Jon	Rylance	MV40	43:06	Ambleside	
8	399	Jack	Simpson	Man	43:19	Unattached	
9	350	Mark	Irving	Man	43:25	Bowland	
10	98	Rob	Dewhurst	MV50	43:31	Ambleside	1st MV50
11	77	Scott	Umpleby	MV50	43:58	Kendal	
12	483	Rick	Stuart	MV50	44:44	Helm Hill	
13	54	Brian	Pennington	MV40	44:51	Howgill Harriers	
14	2	Robert	Crawford	MV40	45:08	Howgill Harriers	
15	429	Martin	Spoons	Man	45:12	Howgill Harriers	
16	394	Craig	Smith	MV50	45:17	Keswick	
17	377	William	Procter	MV60	45:37	Helm Hill	1st MV60
18	241	Ian	Palmer	MV40	46:02	Unattached	
19	5	Craig	Burrow	MV40	47:16	Helm Hill	
20	20	James	Graham	MV40	48:04	Unattached	
21	963	David	Wilson	MV50	48:35	Bowland	
22	434	Martin	Holroyd	MV50	48:36	Borrowdale	
23	103	David	Bainbridge	Man	48:39	Howgill Harriers	
24	203	Peter	Lawson	Man	48:54	Unattached	
25	345	Tim	Roe	Man	48:59	Helm Hill	
26	304	Steven	Middleton	MV40	49:14	Howgill Harriers	
27	288	Daniel	Malcolm	MV40	49:19	Unattached	
28	339	James	Coulthard	Man	49:33	Howgill Harriers	
29	51	Sean	Robinson	Man	49:37	Howgill Harriers	
30	24	Tom	Matthew	MV40	50:06	Bowland	
31	68	Chris	Green	MV40	50:19	Unattached	
32	38	Stuart	Walton	MV40	50:20	KCAC	
33	361	James	Annan	MV40	50:45	Settle	
34	9	Graham	Schofield	MV60	50:54	Horwich	
35	259	Jacob	Aubrey	MU21	51:00	Helm Hill	
36	961	Adrian	Walker	MV50	52:04	Settle	
37	435	David	Odowd	MV50	52:08	Northern Fells	
38	322	Ray	Gill	MV50	52:25	Dallam	
39	154	John	Fitzpatrick	MV50	52:52	Unattached	
40	130	Michael	Toman	MV50	53:21	Rosendale	
41	482	John	Robson	MV50	53:44	Helm Hill	
42	216	Will	Buckton	Man	53:46	Settle	
43	415	Wilfred	Bell	MV60	54:33	Unattached	
44	387	Justin	Bibby	MV40	54:51	Unattached	
45	962	Oliver	Last	Man	55:33	Bishop Stortford RC	
46	106	Mike	Calvert	MV50	56:10	Howgill Harriers	
47	86	Dave	Appleyard	MV50	57:36	Helm Hill	
48	165	Michael	Duncan	Man	58:30	Helm Hill	
49	169	Jonathon	Gibson	MV50	58:45	Wharfedale	
50	291	David	Hunter	MV50	59:09	Unattached	
51	75	Jonny	Grisedale	MV40	59:16	Helm Hill	
52	67	Matthew	Cannon	Man	59:33	Helm Hill	
53	960	Michael	Richards	MV60	59:48	Helm Hill	
54	966	Mal	Weightman	MV50	59:53	Unattached	
55	258	Roger	Aubrey	MV50	1:03:18	Helm Hill	
56	66	Russ	Cannon	MV50	1:03:36	Helm Hill	
57	194	Richard	Simpson	MV60	1:05:23	Dallam	
58	390	Gareth	Bradburn-Sims	MV40	1:05:28	Howgill Harriers	

59	414	Andy	Monk	MV60	1:09:13	ABFR	
60	39	Geoff	Thompson	MV50	1:18:19	Wharfedale	
61	96	Joe	Howard	MV70	1:31:06	Preston Harriers	1st MV70
62	1	Dennis	Wood	MV70	1:33:05	Borrowdale	

MEN

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	964	Tom	Addison	Man	36:52	Helm Hill	1st Man
2	25	Josh	Jardine	Man	37:57	Helm Hill	2nd Man
3	267	John	Helme	Man	40:10	Ambleside	3rd Man
4	183	Ben	Jackson	Man	42:39	Unattached	
5	351	Sam	Mason	MU21	43:03	Helm Hill	1st MU21
6	399	Jack	Simpson	Man	43:19	Unattached	
7	350	Mark	Irving	Man	43:25	Bowland	
8	429	Martin	Spoons	Man	45:12	Howgill Harriers	
9	103	David	Bainbridge	Man	48:39	Howgill Harriers	
10	203	Peter	Lawson	Man	48:54	Unattached	
11	345	Tim	Roe	Man	48:59	Helm Hill	
12	339	James	Coulthard	Man	49:33	Howgill Harriers	
13	51	Sean	Robinson	Man	49:37	Howgill Harriers	
14	259	Jacob	Aubrey	MU21	51:00	Helm Hill	
15	216	Will	Buckton	Man	53:46	Settle	
16	962	Oliver	Last	Man	55:33	Bishop Stortford RC	
17	165	Michael	Duncan	Man	58:30	Helm Hill	
18	67	Matthew	Cannon	Man	59:33	Helm Hill	

MEN UNDER 21

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	351	Sam	Mason	MU21	43:03	Helm Hill	1st MU21
2	259	Jacob	Aubrey	MU21	51:00	Helm Hill	

MEN - VET 40

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	224	Kieran	Hodgson	MV40	41:21	Helm Hill	1st MV40
2	18	Jon	Rylance	MV40	43:06	Ambleside	
3	54	Brian	Pennington	MV40	44:51	Howgill Harriers	
4	2	Robert	Crawford	MV40	45:08	Howgill Harriers	
5	241	Ian	Palmer	MV40	46:02	Unattached	
6	5	Craig	Burrow	MV40	47:16	Helm Hill	
7	20	James	Graham	MV40	48:04	Unattached	
8	304	Steven	Middleton	MV40	49:14	Howgill Harriers	
9	288	Daniel	Malcolm	MV40	49:19	Unattached	
10	24	Tom	Matthew	MV40	50:06	Bowland	
11	68	Chris	Green	MV40	50:19	Unattached	
12	38	Stuart	Walton	MV40	50:20	KCAC	
13	361	James	Annan	MV40	50:45	Settle	
14	387	Justin	Bibby	MV40	54:51	Unattached	
15	75	Jonny	Grisedale	MV40	59:16	Helm Hill	
16	390	Gareth	Bradburn-Sims	MV40	1:05:28	Howgill Harriers	

MEN - VET 50

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	98	Rob	Dewhurst	MV50	43:31	Ambleside	1st MV50
2	77	Scott	Umpleby	MV50	43:58	Kendal	
3	483	Rick	Stuart	MV50	44:44	Helm Hill	
4	394	Craig	Smith	MV50	45:17	Keswick	
5	963	David	Wilson	MV50	48:35	Bowland	
6	434	Martin	Holroyd	MV50	48:36	Borrowdale	
7	961	Adrian	Walker	MV50	52:04	Settle	
8	435	David	Odowd	MV50	52:08	Northern Fells	
9	322	Ray	Gill	MV50	52:25	Dallam	
10	154	John	Fitzpatrick	MV50	52:52	Unattached	
11	130	Michael	Toman	MV50	53:21	Rosendale	
12	482	John	Robson	MV50	53:44	Helm Hill	
13	106	Mike	Calvert	MV50	56:10	Howgill Harriers	
14	86	Dave	Appleyard	MV50	57:36	Helm Hill	
15	169	Jonathon	Gibson	MV50	58:45	Wharfedale	
16	291	David	Hunter	MV50	59:09	Unattached	
17	966	Mal	Weightman	MV50	59:53	Unattached	
18	258	Roger	Aubrey	MV50	1:03:18	Helm Hill	
19	66	Russ	Cannon	MV50	1:03:36	Helm Hill	
20	39	Geoff	Thompson	MV50	1:18:19	Wharfedale	

MEN - VET 60

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	377	William	Procter	MV60	45:37	Helm Hill	1st MV60
2	9	Graham	Schofield	MV60	50:54	Horwich	
3	415	Wilfred	Bell	MV60	54:33	Unattached	
4	960	Michael	Richards	MV60	59:48	Helm Hill	
5	194	Richard	Simpson	MV60	1:05:23	Dallam	
6	414	Andy	Monk	MV60	1:09:13	ABFR	

MEN - VET 70

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	96	Joe	Howard	MV70	1:31:06	Preston Harriers	1st MV70
2	1	Dennis	Wood	MV70	1:33:05	Borrowdale	

ALL SENIOR LADIES

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	189	Hannah	Russell	LU21	46:51	Helm Hill	1st Lady/1st LU21
2	349	Nina	Walkingshaw	Lady	49:24	Howgill Harriers	2nd Lady
3	292	Imogen	Burrow	LU21	52:35	Helm Hill	3rd Lady
4	3	Ali	Richards	LV40	53:48	Helm Hill	1st LV40
5	965	Jo	Wilcox	LV40	54:19	Helm Hill	
6	431	Marie	Robson	LV40	54:54	Helm Hill	
7	45	Jayne	Rigby	LV40	56:34	Helm Hill	
8	967	Angela	Paxton	LV50	57:16	Keighley & Craven	1st LV50
9	946	Caroline	Holden	LV50	58:25	Helm Hill	
10	158	Mo	Kelly	Lady	1:00:31	Howgill Harriers	
11	329	Jenny	Lyon	Lady	1:01:01	Dallam	
12	4	Amanda	Burrow	LV40	1:02:53	Helm Hill	
13	7	Sarah	Senior	LV50	1:03:41	Helm Hill	
14	15	Jo	Pennington	LV40	1:03:52	Kendal	
15	85	Katy	Thompson	LV60	1:04:54	Clayton-Le-Moors	1st LV60
16	360	Julia	Hargreaves	LV40	1:05:16	Settle	
17	22	Paula	Bowen	LV40	1:05:26	Ambleside	
18	240	Katie	Palmer	LV40	1:05:48	Unattached	
19	72	Jo	Taylor	LV50	1:06:54	Bowland	
20	275	Lindsay	Harrod	LV40	1:07:59	Helm Hill	
21	968	Liz	Pilgram	LV40	1:10:35	Helm Hill	
22	135	Elizabeth	Adams	LV40	1:11:00	Helm Hill	
23	195	Joanne	McLeod	LV50	1:11:40	Barrow & Furness Striders	
24	307	Zoe	Robinson	Lady	1:11:54	Howgill Harriers	
25	8	May	Crawford	Lady	1:14:58	Helm Hill	
26	316	Jill	Gates	LV50	1:15:53	Settle	
27	152	Miriam	Rosen	LV60	1:18:44	Lancaster & Morecambe	
28	381	Su	Thompson	LV40	1:19:36	Wharfedale	
29	295	Jo	Matthew	LV40	1:21:30	Lancaster & Morecambe	
30	31	Wendy	Smith	LV40	1:23:16	Helm Hill	

LADIES

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	189	Hannah	Russell	LU21	46:51	Helm Hill	1st Lady/1st LU21
2	349	Nina	Walkingshaw	Lady	49:24	Howgill Harriers	2nd Lady
3	292	Imogen	Burrow	LU21	52:35	Helm Hill	3rd Lady
4	158	Mo	Kelly	Lady	1:00:31	Howgill Harriers	
5	329	Jenny	Lyon	Lady	1:01:01	Dallam	
6	307	Zoe	Robinson	Lady	1:11:54	Howgill Harriers	
7	8	May	Crawford	Lady	1:14:58	Helm Hill	

LADIES UNDER 21

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	189	Hannah	Russell	LU21	46:51	Helm Hill	1st Lady/1st LU21
2	292	Imogen	Burrow	LU21	52:35	Helm Hill	3rd Lady

LADIES - VET 40

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	3	Ali	Richards	LV40	53:48	Helm Hill	1st LV40
2	965	Jo	Wilcox	LV40	54:19	Helm Hill	
3	431	Marie	Robson	LV40	54:54	Helm Hill	
4	45	Jayne	Rigby	LV40	56:34	Helm Hill	
5	4	Amanda	Burrow	LV40	1:02:53	Helm Hill	
6	15	Jo	Pennington	LV40	1:03:52	Kendal	
7	360	Julia	Hargreaves	LV40	1:05:16	Settle	
8	22	Paula	Bowen	LV40	1:05:26	Ambleside	
9	240	Katie	Palmer	LV40	1:05:48	Unattached	
10	275	Lindsay	Harrod	LV40	1:07:59	Helm Hill	
11	968	Liz	Pilgram	LV40	1:10:35	Helm Hill	
12	135	Elizabeth	Adams	LV40	1:11:00	Helm Hill	
13	381	Su	Thompson	LV40	1:19:36	Wharfedale	
14	295	Jo	Matthew	LV40	1:21:30	Lancaster & Morecambe	
15	31	Wendy	Smith	LV40	1:23:16	Helm Hill	

LADIES - VET 50

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	967	Angela	Paxton	LV50	57:16	Keighley & Craven	1st LV50
2	946	Caroline	Holden	LV50	58:25	Helm Hill	
3	7	Sarah	Senior	LV50	1:03:41	Helm Hill	
4	72	Jo	Taylor	LV50	1:06:54	Bowland	
5	195	Joanne	McLeod	LV50	1:11:40	Barrow & Furness Striders	
6	316	Jill	Gates	LV50	1:15:53	Settle	

LADIES - VET 60

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	85	Katy	Thompson	LV60	1:04:54	Clayton-Le-Moors	1st LV60
2	152	Miriam	Rosen	LV60	1:18:44	Lancaster & Morecambe	

UNDER 17 BOYS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	633	Robert	Askew	Boy	16:37	Helm Hill	1st Boy
2	576	Jack	Walton	Boy	18:01	Keighley & Craven	2nd Boy
3	574	Matthew	Holroyd	Boy	19:48	Settle	3rd Boy
4	742	Ben	Kirkham	Boy	20:14	Rossendale	
5	784	Kurtis	Mitton	Boy	20:33	Rossendale	

UNDER 17 GIRLS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	561	Rosie	Woodhams	Girl	18:24	Dallam	1st Girl
2	592	Lottie	Beardwood	Girl	22:15	Helm Hill	2nd Girl
3	598	Erin	Bagge	Girl	24:29	Helm Hill	3rd Girl
4	565	Tyla	Crook	Girl	26:04	Helm Hill	
5	662	Simone	Rigby	Girl	26:43	Settle	

UNDER 15 BOYS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	504	Ollie	Sanders	Boy	12:21	Helm Hill	1st Boy
2	531	Henry	Hunter	Boy	12:35	Helm Hill	2nd Boy
3	619	Ben	O'Dowd	Boy	13:29	Northern Fells	3rd Boy
4	525	Ben	Smith	Boy	14:01	Kendal	
5	603	Brodie Joh	Weymouth	Boy	14:10	Unattached	
6	737	Oliver	Saxon	Boy	14:34	Unattached	
7	644	Toby	Umpleby	Boy	14:40	Kendal	
8	521	Vaughan	Sampson	Boy	15:12	Helm Hill	
9	725	Alexander	Matthew	Boy	15:57	Lancaster & Morecambe	
10	693	Edward	Thomas	Boy	16:39	Howgill Harriers	

UNDER 15 GIRLS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	533	Chloe	Rylance	Girl	13:40	Ambleside	1st Girl
2	665	Lilli	Carr	Girl	14:42	Keighley & Craven	2nd Girl
3	591	Ella	Beardwood	Girl	15:13	Helm Hill	3rd Girl
4	753	Annabelle	Taylor	Girl	15:36	Helm Hill	
5	594	Freya	Richards	Girl	16:21	Helm Hill	

UNDER 13 BOYS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	766	William	Hall	Boy	05:59	Calder Valley	1st Boy
2	539	Harry	Bowen	Boy	06:13	Ambleside	2nd Boy
3	730	Cameron	Coates	Boy	06:18	Ambleside	3rd Boy
4	535	Rowan	Ashworth	Boy	06:24	Ambleside	
5	523	Matthew	Ansell	Boy	06:28	Helm Hill	
6	527	Oliver	Smith	Boy	06:29	Kendal	
7	583	Simon	Rigby	Boy	06:47	Helm Hill	
8	734	Joe	Ligema	Boy	06:48	Ambleside	
9	761	Patrick	Casey	Boy	06:51	CVFR	
10	538	Alex	Graham	Boy	06:55	Ambleside	
11	604	Matti	Ligema	Boy	06:58	Ambleside	
12	689	Caius	Pennington	Boy	07:02	Howgill Harriers	
13	624	Jody	Middleton	Boy	07:02	Howgill Harriers	
14	702	Callum	Osborne	Boy	07:19	Trawden	
15	516	Frankie	Exley-Harper	Boy	07:22	Ambleside	
16	505	Jack	Sanderson	Boy	07:26	Settle	
17	616	Jamie	Waller	Boy	07:29	Dallam	
18	783	James	Hudson	Boy	07:31	Unattached	
19	515	Theo	Coates	Boy	07:33	Ambleside	
20	503	Richard	Goode-Smith	Boy	07:39	Ambleside	
21	562	Douglas	Segger-Staveley	Boy	07:41	Settle	
22	746	Matthew	Gornall	Boy	07:57	Kendal	
23	596	Isaac	Robinson	Boy	07:58	Howgill Harriers	
24	566	Aaron	Smith	Boy	08:09	Helm Hill	
25	628	Paddy	Wood	Boy	08:09	Ambleside	
26	587	Thomas	Hearn	Boy	08:46	Unattached	
27	673	Charlie	Clayton	Boy	08:47	Helm Hill	
28	646	Joel	Saunders	Boy	08:58	Helm Hill	
29	597	Theo	Robinson	Boy	09:24	Howgill Harriers	
30	780	Toby	Alland	Boy	09:33	Unattached	
31	782	Ewan	Black	Boy	09:34	Unattached	
32	781	Scott	Lawson	Boy	09:36	Unattached	
DNF	501	Jamie	Harris	Boy	DNF	Helm Hill	
DNF	540	James	Bowen	Boy	DNF	Ambleside	

UNDER 13 GIRLS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	532	Sophie	Rylance	Girl	06:29	Ambleside	1st Girl
2	520	Clara	Samson	Girl	06:30	Helm Hill	2nd Girl
3	526	Sarah	Smith	Girl	06:41	Helm Hill	3rd Girl
4	518	Elodie	Malcolm	Girl	07:01	Helm Hill	
5	620	Gemma	O'Dowd	Girl	07:23	Northern Fells	
6	534	Martha	Rigby	Girl	08:07	Settle	
7	613	Vicky	Woof	Girl	08:08	Howgill Harriers	
8	559	Charlotte	Peart	Girl	08:45	Settle	
9	611	Katie	Lowis	Girl	09:22	Howgill Harriers	
10	740	Noa	Calman	Girl	09:38	Ambleside	
11	629	Seren	Green	Girl	09:42	Ambleside	
12	506	Alicia	Crawford	Girl	09:54	Helm Hill	
13	614	Madeleine	Martindale	Girl	10:00	Unattached	
14	683	Jessica	Oakey	Girl	10:20	Settle	
15	548	Cate	Matthew	Girl	10:22	Lancaster & Morecambe	
16	599	Hannah	Dyer	Girl	10:52	Helm Hill	