



Supported By  
Different Strokes  
and  
Pete Bland Sports



## Scout Scar - Results 6 January 2019

### Senior Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	765	Jack	Wright	Man	27:39	Ambleside	1st Man
2	614	Ben	Riddell	Man	27:49	Black Combe	2nd Man
3	666	Matthew	Knowles	MU21	27:52	Lancaster & Morecambe AC	3rd Man/1st MU21
4	732	Tom	Addison	Man	27:55	Helm Hill	
5	720	Michael	Ainsworth	Man	27:59	Helm Hill	
6	525	Jon	Rylance	MV40	28:05	Ambleside AC	1st MV40
7	588	Oliver	Heaton	Man	28:12	Preston Harriers	
8	718	Charlie	Ing	Man	28:16	Unattached	
9	790	Pete	Harrison	Man	28:23		
10	669	Benjamin	Forrest	MU21	28:54	Bury Athletic Club	
11	754	Mark	Purkis	Man	29:01	HBT	
12	781	John	Helme	MV40	29:36	Ambleside	
13	739	Chris	Waters	Man	30:01	Ambleside	
14	778	Steve	Jacques	MV40	30:04	Unattached	
15	725	Alex	Jones	MV50	30:04	Wellington Harriers	1st MV50
16	724	Ben	Jackson	Man	30:09		
17	697	Paul	Reilly	MV40	30:19	Helm Hill	
18	600	Robert	Askew	MU21	30:23	Helm Hill	
19	551	Will	Acland	MV40	30:29	Helm Hill	
20	733	Tom	Simpson	Man	30:29	Unattached	
21	642	Michael	Gregory	MV40	30:38	Ulverston Triathlon Club	
22	535	Brian	Pennington	MV40	30:43	Howgill Harriers	
23	716	Sebastian	Segger-Staveley	MU21	30:44	Settle Harriers	
24	695	John	Horrocks	Man	30:45	Blackburn Harriers	
25	760	George	Attwood	MU21	30:49	Dallam	
26	712	Matt	Simms	Man	30:52		
27	531	Alastair	Dunn	MV40	30:56	Helm Hill	
28	613	Sarah	Tunstall	Lady	30:57	Kendal AAC	1st Lady
29	650	Laurie	Kearsey	Man	30:58	Helm Hill	
30	789	Paul	Upton	Man	31:04	Helm Hill	
31	813	Jacob	Snowchowski	Man	31:05	Ambleside	
32	593	Scott	Umpleby	MV50	31:09	Kendal AAC	
33	574	Harvey	Lord	Man	31:19	Black Combe	
34	786	Joseph	Conner	MU21	31:22	Helm Hill	
35	819	Calvin	Routledge	MV50	31:24	Ambleside	
36	705	Joshua	Moon	Man	31:35		
37	599	Martin	Askew	MU21	31:38	Helm Hill	
38	722	Jack	Simpson	Man	31:39	Helm	
39	687	Josh	Murphy	Man	31:42	Levens Valley AC	
40	638	Simon	Mounsey	MV40	31:57	Howgill Harriers	
41	632	James	Baron	MV50	32:00	Helm Hill	
42	564	Rob	Harper	MV40	32:05	Ambleside	
43	595	Gary	Thorpe	MV50	32:18	Ambleside AC	
44	513	Justin	Tancrel	MV40	32:26	Helm Hill	
45	701	Sam	Moon	MV40	32:29	Helm Hill	
46	774	Graham	Hayes	MV40	32:33		
47	502	Daniel	Malcolm	MV40	32:48	Helm Hill	
48	547	Adam	Brailsford	MV40	32:49	Northern Fells	
49	713	John	Evason	Man	32:53	Black Combe	
50	640	James	Mellor	Man	32:54	Darwen Dashers	

51	797	Gavin	Lloyd	Man	32:55	Black Combe	
52	761	Rob	Mortimore	Man	32:57	Helm Hill	
53	662	David	Wilson	MV50	33:00	Bowland	
54	794	Simon	Whittaker	Man	33:02	Helm Hill	
55	753	Harry	Watler	Man	33:10	Ambleside	
56	625	Steve	Duncan	Man	33:21		
57	584	James	Todhunter	Man	33:26	Helm Hill	
58	554	Luke	Appleyard	Man	33:29	Wharfedale Harriers	
59	767	Tim	Pickering	Man	33:31	Helm Hill	
60	508	Billy	Procter	MV60	33:33	Helm Hill	1st MV60
61	601	Ben	Kirkman	MU21	33:33	Rossendale Harriers	
62	717	Kaisleigh	Atkinson	Lady	33:36		2nd Lady
63	603	Peter	German	Man	33:40	Helm Hill	
64	686	Lucas	Wilson	Man	33:45		
65	518	Rob	Crawford	MV40	33:50	Howgill Harriers	
66	672	Peter	Lawson	Man	33:53		
67	568	Mark	Cuthbertson	MV40	33:57	Hartfell	
68	734	Simon	Denny	Man	33:59	Bentham	
69	644	David	Griffin	MV50	34:00	Helm Hill	
70	633	Steven	Middleton	MV40	34:01	Howgill Harriers	
71	730	Anthony	Emmet	MV40	34:03	Helm Hill	
72	643	Annabel	Mason	Lady	34:04	Lancaster & Morecambe AC	3rd Lady
73	549	Graham	Schofield	MV60	34:07	Horwich RMI Harriers	
74	534	Gareth	Davies	Man	34:13	Darwen Dashers	
75	559	Sean	Robinson	MV40	34:16	Howgill Harriers	
76	648	David	Banks	MV50	34:19	Kendal AAC	
77	723	John	Dixon	Man	34:20		
78	770	Keith	Stronach	Man	34:24		
79	505	Tom	Matthew	MV40	34:26	Bowland	
80	618	Chris	Downham	Man	34:32	Unattached	
81	694	Celia	Powell	Lady	34:37		
82	591	Joey	Umpleby	MU21	34:45	Kendal AAC	
83	545	Dave	Bottomley	Man	34:46	Helm Hill	
84	582	Colin	Houston	MV40	34:52		
85	805	Robert	Moffat	Man	34:53		
86	649	Emma	Johnston	Lady	35:01	Helm Hill	
87	746	David	Holdsworth	MV60	35:11		
88	596	Alistair	Hearn	MV40	35:14	Helm Hill	
89	624	Michael	Toman	MV50	35:21	Accrington RR	
90	509	Chris	Green	MV40	35:25	Ambleside AC	
91	736	Tom	Batty	Man	35:26		
92	604	Dai	Bedwell	MV50	35:28	DVO	
93	752	Lucy	Varney	LV50	35:32	Kendal AAC	1st LV50
94	719	Matthew	Crawford	Man	35:34	Coniston	
95	707	Tony	Little	MV40	35:35	Bowland	
96	735	Joanna	Rycroft	Lady	35:40	Helm Hill	
97	516	Graham	Bird	MV50	35:45	Wharfedale Harriers	
98	566	Bianca	Dyer	LV40	35:48	Helm Hill	1st LV40
99	668	Michael	Green	MV40	35:49		
100	636	Brian	Thompson	MV60	35:51	Helm Hill	
101	820	Stuart	Allan	MV40	35:57	Helm Hill	
102	590	Nina	Walkingshaw	LV40	35:58	Howgill Harriers	
103	609	Simon	Waller	MV50	36:06	Helm Hill	
104	709	Ronald	Hummelink	MV40	36:17	Lonsdale Fell Runners	
105	628	James	Coulthard	MV40	36:19	Howgill Harriers	
106	522	Tom	Ward	MU21	36:20	Helm Hill	
107	660	John	Robson	MV50	36:24	Helm Hill	
108	671	Mick	Brankin	MV40	36:36	Unattached	
109	580	John	Jones	MV50	36:38	Helm Hill	
110	623	Richard	Briscoe	MV40	36:40	Clayton le Moors	
111	639	Keith	Tonkin	MV60	36:41	Border Liners OC	
112	605	Jack	Holt	MV70	36:42	Clayton le Moors	1st MV70

113	769	James	Metcalf	MV40	36:43		
114	795	Alison	Richards	LV40	36:44	Helm Hill	
115	521	John	Bagge	MV50	36:47	Helm Hill	
116	529	Jean	Brown	LV50	36:54	Clayton le Moors	
117	817	Michael	Smith	MV50	36:57	Dallam	
118	700	Jenny	Lyon	Lady	36:59	Dallam Running Club	
119	745	John	Fitzpatrick	MV50	37:02	Helm Hill	
120	692	Bill	Beckett	MV50	37:03	Chorley A&T	
121	696	Stephen	Roberts	MV40	37:04	Kendal AAC	
122	738	Gary	Lane	MV40	37:07	Howgill Harriers	
123	560	Sheldan	Pickles	MV40	37:18	Unattached	
124	702	Max	Nicholson	Man	37:28		
125	538	Ronnie	Haddow	MV40	37:30	Furness Fell Runners	
126	520	Alistair	Shawcross	MV40	37:30		
127	664	Larry	Day	MV40	37:32	Ambleside AC	
128	710	Andrew	Douglas	MV40	37:42	Kendal Tri	
129	670	James	Crawford	MV60	37:51	Border Liners OC	
130	816	Mark	Taylor	Man	37:54	Clayton le Moors	
131	804	Eddie	Leedham	MU21	37:58	Dallam	
132	583	Roger	Aubrey	MV50	37:58	Helm Hill	
133	758	Graham	Beaumont	MV50	38:04	Dallam	
134	657	Konstantinos	Georgalos	Man	38:07		
135	572	Robin	Parsons	MV40	38:12	Elvet Striders	
136	573	Andy	Evans	MV50	38:15	Settle Harriers	
137	565	Andy	Bennett	MV40	38:17	Helm Hill	
138	579	David	Barnes	MV60	38:18	Horwich RMI Harriers	
139	507	Andy	Holden	MV50	38:24	Wharfedale Harriers	
140	821	Neil	Robinson	MV40	38:26	COLT	
141	727	Paul	Corkill	Man	38:29	Levens Valley AC	
142	749	Will	Douthwaite	Man	38:33	Helm Hill	
143	673	Damian	Brankin	Man	38:36	Unattached	
144	680	Andrew	Stokes	MV60	38:40	Dallam	
145	512	Jonny	Grisedale	MV40	38:44	Helm Hill	
146	631	Debbie	Copley	LV50	38:49	Dallam	
147	570	Andy	Mingay	Man	38:51	Dallam	
148	743	Chloe	Brown	Lady	38:53	Howgill Harriers	
149	543	Mark	Villiers	MV40	38:53	Unattached	
150	818	Beth	Dutson	Lady	38:59	Westerlands	
151	561	Toby	Smith	Man	39:00		
152	699	Alexander	Fairer	Lady	39:08	Black Combe	
153	620	Julia	Sier	LV40	39:11	Dallam	
154	741	David	Roper	MV60	39:17	Howgill Harriers	
155	740	Jim	Fisher	MV50	39:22	Howgill Harriers	
156	728	Craig	Brown	Man	39:24	Helm Hill	
157	750	Richard	Halliday	Man	39:32	Howgill Harriers	
158	798	Alistair	Kirkbride	MV50	39:35		
159	536	Martin	Brady	MV50	39:40	Clayton le Moors	
160	532	Maia	Doherty	LU21	39:46	Helm Hill	1st LU21
161	748	Andrew	Leach	Man	39:49	Howgill Harriers	
162	792	Graham	Capper	MV60	39:51	LOC	
163	555	Colin	Briffett	MV40	39:52	Lancaster Runners	
164	811	John	Leech	MV50	39:53	Dallam	
165	621	Mike	Walsh	MV60	39:57	Kendal AAC	
166	563	Daniel	King	MV40	39:59	Millom Striders	
167	791	Dave	Hollingham	MV50	40:00	Kendal Tri	
168	784	Andrew	Conner	MV50	40:02	Helm Hill	
169	807	Fay	Tuffen	LV40	40:05		
170	799	Adam	Roberts	Man	40:06		
171	619	Chris	Lawrence	MV50	40:07	Clayton le Moors	
172	803	Will	Leedham	Man	40:09	Dallam	
173	602	Mick	Kirkman	MV50	40:10	Rosendale Harriers	
174	533	Claire	Davies	Lady	40:11	Darwen Dashers	

175	782	Chris	Schofield	MV50	40:11	Helm Hill	
176	626	Joanne	Taylor	LV40	40:16	Kendal AAC	
177	517	Tim	Murray	MV50	40:19	Helm Hill	
178	711	Chloe	Lumsdon	Lady	40:28	Helm Hill	
179	759	Phil	Harrington	MV40	40:30	Helm Hill	
180	823	Steve	Wathall	MV60	40:31	Black Combe	
181	587	Liz	McNally	LV40	40:34	Levens Valley AC	
182	706	Mark	Glaister	MV50	40:35	SBH	
183	688	Caroline	Holden	LV50	40:38	Helm Hill	
184	515	Jeremy	Wilkinson	MV50	40:41	Keighley and Craven AC	
185	556	Martin	Smith	MV50	40:42	Dark Peak Fell Runners	
186	612	Eleanor	Parker	Lady	40:44	Preston Harriers	
187	598	Lorna	Askew	LV40	40:48	Helm Hill	
188	597	Maria	Hearn	LV40	41:01	Helm Hill	
189	661	Peter	Singleton	MV60	41:03	Blackpool	
190	801	Andrew	Hewitson	MV40	41:09	Lonsdale	
191	690	Anna	Bailey	Lady	41:09		
192	647	Sarah	Storey	Lady	41:16		
193	768	Claire	Farrington	Lady	41:19		
194	780	Laurence	Ormerod	MV60	41:20	Settle Harriers	
195	546	Jo	Appleby	LV40	41:28	Helm Hill	
196	653	Neil	Hindle	MV60	41:30	FRA	
197	737	Stuart	Bell	MV60	41:39	Kendal AAC	
198	755	Joanne	Mcloud	LV50	41:46	Barrow & Furness striders	
199	785	Brian	Morris	MV50	41:53	Darwen Dashers	
200	646	Mark	Charnley	MV40	41:54	Settle Harriers	
201	682	Mike	Binks	Man	41:55	Unattached	
202	617	David	Johnson	MV50	41:56	Ambleside	
203	714	Pete	Coe	MV60	41:57	Helm Hill	
204	773	Abigail	Kerr	Lady	42:01		
205	808	Bertie	Goffe	MV40	42:06	Helm Hill	
206	685	John	Wood	MV40	42:11		
207	747	Wendy	Dodds	LV60	42:15	Clayton le Moors	1st LV60
208	772	Stephanie	Heys	Lady	42:25		
209	540	Richard	Cater	MV40	42:27	Helm Hill	
210	721	Grace	Leedham	LV50	42:33	Dallam	
211	674	Andy	Monk	MV60	42:36	FRA	
212	698	Rowan	Ranner	LV40	42:41	Helm Hill	
213	703	Sarah	Moon	LV40	42:54		
214	585	Leah	Albion	LU21	43:01	Broughton Runners	
215	523	Peter	Bardsley	MV40	43:06	Bowland	
216	751	Jerry	Purkis	MV60	43:10	LOC	
217	630	Jo	Taylor	LV50	43:13	Bowland FR	
218	610	Michael	McLoughlin	MV60	43:18	Preston Harriers	
219	524	Niki	Rylance	LV40	43:22	Ambleside AC	
220	744	Megan	Fitzpatrick	Lady	43:27	Helm Hill	
221	629	John	Taylor	MV60	43:30	Bowland FR	
222	757	Greg	Tagney	MV60	43:36	Dallam	
223	678	Chris	Beesley	MV60	43:44	Settle Harriers	
224	742	Francis	Leach	Lady	43:51	Howgill Harriers	
225	553	Kate	Brayshaw	LV40	43:53	Helm Hill	
226	519	Helen	Samson	LV40	43:58	Helm Hill	
227	586	Eilidh	Miller	LU21	44:01	Broughton Runners	
228	562	Rob	Sanders	MV60	44:01	Black Combe	
229	764	Vicky	Atkinson	LV40	44:07	Helm Hill	
230	704	Andy	Dalton	MV50	44:15	SBH	
231	802	Jackie	Chapman	LV60	44:26	LOC	
232	815	Daniel	Rayson	MV50	44:37		
233	514	Helen	Wilkinson	LV40	44:44	Keighley and Craven AC	
234	814	Helen	Barker	LV40	44:46	Kendal AAC	
235	812	Amanda	Burrow	LV40	44:50	Helm Hill	
236	592	Jane	Umpleby	LV50	44:52	Unattached	

237	637	Keith	Butterworth	MV60	44:53	Clayton le Moors	
238	677	Stephen	Moor	MV50	44:56	Settle Harriers	
239	506	Lynn	Whittaker	LV50	44:58	Wharfedale Harriers	
240	622	Andrew	Sier	MV50	45:02		
241	558	Zoe	Robinson	Lady	45:09	Howgill Harriers	
242	503	Pam	Bagot	LV40	45:11	Settle Harriers	
243	656	Leslie	Pateloup	Lady	45:38		
244	511	Jo	Grisedale	LV40	45:41	Helm Hill	
245	548	Paula	Bowen	LV40	45:42	Ambleside	
246	550	Libby	Dixon	LV40	45:44	Ambleside	
247	756	John	Hodgson	MV70	45:50	Dallam	
248	539	Jo	Cater	LV40	45:58	Helm Hill	
249	634	Elizabeth	Adams	LV40	46:02	Helm Hill	
250	763	Oliver	Haines	Man	46:04	Trawden AC	
251	762	Annie	Carrington	LV50	46:19	Settle Harriers	
252	788	Louise	Dunn	LV50	46:25		
253	575	Pamela	Hardman	LV60	46:33	Lytham St Annes RR	
254	822	Will	Thwaites	Man	46:55	Howgill Harriers	
255	544	Hanna	Latty	LV40	47:05		
256	606	Stephen	Fish	MV60	47:13	Clayton le Moors	
257	684	Sarah	Senior	LV50	47:19	Helm Hill	
258	777	Caroline	Wade	Lady	47:25	Helm Hill	
259	731	Rachel	Addison	Lady	47:28	Helm Hill	
260	665	Katy	Thompson	LV60	47:30	Clayton le Moors	
261	608	Veronica	Waller	LV40	47:35	Dallam	
262	627	Graham	Breeze	MV70	47:39	Wharfedale Harriers	
263	607	Olga	Wiggins	Lady	48:02	Preston Harriers	
264	766	Patty	Davies	LV50	48:09	Helm Hill	
265	641	Graham	Schofield	MV60	48:12	Chorley	
266	775	Lindsay	Harrod	LV50	48:19	Helm Hill	
267	689	Emma	Blundell	Lady	48:35	Lonsdale	
268	537	Kath	Brady	LV50	48:46	Clayton le Moors	
269	589	Andrew	Dewhurst	MV50	49:08	MS Running Club	
270	557	May	Crawford	LV40	49:09	Helm Hill	
271	793	Karen	Shackleton	LV50	49:09	Darwen Dashers	
272	552	Ian	Oakey	MV40	49:10	Settle Harriers	
273	800	Steven	Roberts	MV60	49:13		
274	611	Kevin	Cooke	MV40	49:17		
275	526	Wendy	Smith	LV40	49:19	Helm Hill	
276	708	Chris	Cash	MV60	49:21	Darwen Dashers	
277	635	Tyla	Crook	LU21	49:32	Helm Hill	
278	576	Greg	Oulton	MV50	49:38	Lytham St Annes RR	
279	594	Caroline	Beardwood	LV40	49:42	Helm Hill	
280	809	Phil	Corris	MV60	49:50	Lancs Constabulary	
281	667	George	Thompson	MV60	49:55	Darwen Dashers	
282	787	Ian	Peters	MV60	50:03	Hoad Hill Harriers	
283	779	Elaine	Cowperthwaite	LV50	50:04		
284	776	Sarah	Hards	Lady	50:05	Swaledale Harriers	
285	645	Simone	Rigby	LU21	50:38	Settle Harriers	
286	541	Miriam	Rosen	LV60	50:53	Lancaster & Morecambe AC	
287	659	Alan	Smart	MV60	50:58	Blackpool	
288	569	Jennifer	Weir	LV40	51:02	Hartfell	
289	542	Ariane	Domingo	LV40	51:09	Helm Hill	
290	616	Roger	Hall	MV70	51:34	Wharfedale Harriers	
291	504	Jo	Matthew	LV40	51:41	Dallam	
292	654	Emily	Crossley	LU21	51:52	Settle Harriers	
293	651	Jill	Gates	LV50	51:57	Settle Harriers	
294	806	Jill	Leader	LV60	52:06	Kendal Tri	
295	796	Barry	Shackleton	MV60	52:20	Darwen Dashers	
296	655	Carol	Downing	LV50	52:26	Howgill Harriers	
297	658	Gary	Hollis	MV50	52:27		
298	679	Ben	Higginson	MV60	52:28	Preston Harriers	

299	715	Janet	Greenhalgh	LV40	52:29	Darwen Dashers	
300	527	Becky	Gibbs	LV40	52:30	Helm Hill	
301	810	Sonja	Vietoris	LV50	55:17		
302	578	Leonie	Black	LV40	55:25	Helm Hill	
303	726	Lara	Williams	Lady	56:03		
304	581	Rebecca	Walker	LV40	56:12	Dallam	
305	663	George	James	MV70	56:22	Blackpool	
306	729	Janet	Nash	LV60	56:34	LOC	
307	681	Phil	Kirkby	MV60	57:21	Coniston	
308	571	Zoe	Parsons	LV40	57:29	Elvet Striders	
309	652	Linda	Edmondson	LV50	57:43		
310	675	Richard	Handford	MV60	59:02	Settle Harriers	
311	510	Kristian	Clayton	MV40	59:13	Barlick Fell Runners	
312	693	Leanne	Richie	Lady	59:40		
313	691	Scott	Thwaites	Man	1:00:56		
314	577	Phil	Martin	MV70	1:01:15	Bowland	
315	683	Rebecca	Simms	LV50	1:02:51	Darwen Dashers	
316	783	Alison	Abbott	LV40	1:02:52	Darwen Dashers	
317	771	Jim	Taylor	MV70	1:05:23	Darwen Dashers	
318	615	Joe	Howard	MV70	1:05:39	Preston Harriers	
319	501	Denis	Wood	MV70	1:05:44	Borrowdale	
320	530	Bob	Gibbs	MV70	1:12:04	LOC	
321	528	Sam	Gibbs	MV40	1:12:04	Helm Hill	
DNF	676	Wilfred	Bell	MV60	DNF	Howgill Harriers	
DNF	567	Jacob	Dyer	MV40	DNF	Helm Hill	

**Under 17 Race**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	72	Eric	Beaumont	Boy	16:49	Keighley & Craven AC	1st Boy
2	118	Toby	Umpleby	Boy	17:01	Kendal AAC	2nd Boy
3	67	Jack	Villiers	Boy	17:17	Barlick Fell Runners	3rd Boy
4	25	Ollie	Sanders	Boy	17:22	Helm Hill	
5	49	Alex	Tallon	Boy	17:28	Helm Hill	
6	36	Chloe	Rylance	Girl	19:13	Ambleside AC	1st Girl
7	146	Alfie	Thorpe	Boy	19:33	Broughton Runners	
8	87	Adam	Scott	Boy	19:38	Helm Hill	
9	147	Sonny	Ashton-Fitch	Boy	20:25	Settle Harriers	
10	73	Emily	Swarbrick	Girl	21:32	Cumberland Fell Runners	2nd Girl
11	108	Oliver	Corbett	Boy	21:49		
12	9	Alex	Matthew	Boy	22:16	Dallam	
13	112	Joseph	Morgan	Boy	22:22	Kendal AAC	
14	145	Ella	Beardwood	Girl	23:19	Helm Hill	3rd Girl
15	94	Freya	Richards	Girl	23:27	Helm Hill	
16	105	Becky	Dyer	Girl	25:25	Helm Hill	

### Under 15 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	65	Thomas	Brailsford	Boy	08:28	Ambleside	1st Boy
2	78	Dylan	Cater	Boy	08:40	Helm Hill	2nd Boy
3	32	John	Bardsley	Boy	08:48		3rd Boy
4	121	Ben	Greenep	Boy	08:51	Kendal AAC	
5	91	Amelie	Lane	Girl	08:54	Wharfedale Harriers	1st Girl
6	35	Sophie	Ryance	Girl	09:01	Ambleside AC	2nd Girl
7	59	Sarah	Smith	Girl	09:04	Helm Hill	3rd Girl
8	57	Jack	Dixon	Boy	09:13	Ambleside	
9	37	Joseph	Rigby	Boy	09:16	Helm Hill	
10	39	Christopher	Brown	Boy	09:26	Clayton le Moors	
11	81	Thomas	Adams	Boy	09:31	CFR	
12	27	Clara	Samson	Girl	09:34	Helm Hill	
13	99	Isaac	Robinson	Boy	09:35	Howgill Harriers	
14	139	Jamie	Waller	Boy	09:40	Dallam	
15	52	Caius	Pennington	Boy	09:43	Howgill Harriers	
16	19	Charlotte	Wilkinson	Girl	09:44	Horwich RMI Harriers	
17	7	Elodie	Malcolm	Girl	09:44	Helm Hill	
18	46	Elise	Tallon	Girl	09:48	Helm Hill	
19	131	Vladimir	Wiggins	Boy	10:03	Preston Harriers	
20	30	Melissa	McIntosh	Girl	10:05	Border Harriers	
21	76	Fayth	Bowness	Girl	10:14	CFR	
22	28	Ruby	Woodward	Girl	10:19		
23	98	Ciara	Duffy	Girl	10:30	Barlick Fell Runners	
24	69	Oliver	Willoughby	Boy	10:32	Helm Hill	
25	129	Travis	Coucom	Boy	10:44	Helm Hill	
26	88	Reece	Kinley	Boy	10:48	Helm Hill	
27	148	Joel	Saunders	Boy	10:49	Helm Hill	
28	96	Toby	Harper	Boy	11:02	Ambleside	
29	62	Vicky	Woof	Girl	11:04	Howgill Harriers	
30	90	Nathon	Ritchie	Boy	11:15	Levens Valley AC	
31	16	Finley	Grisedale	Boy	11:23	Helm Hill	
32	101	George	Campbell	Boy	11:25	Howgill Harriers	
33	8	Cate	Matthew	Girl	11:26	Dallam	
34	143	Beau	Walkingshaw	Girl	11:40	Howgill Harriers	
35	89	Megan	de Lacy-Perkins	Girl	12:49	Salt Ayre	
36	10	Benjamin	Grundy	Boy	13:16	Wharfedale Harriers	



### Under 13 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	63	Archie	Peaker	Boy	07:21	Keighley and Craven AC	1st Boy
2	136	Will	McNally	Boy	07:32	Levens Valley AC	2nd Boy
3	5	Rowan	Ashworth	Boy	07:38	Ambleside	3rd Boy
4	54	Simon	Rigby	Boy	07:46	Helm Hill	
5	2	Alfie	Addison	Boy	07:57	Helm Hill	
6	24	Ewen	Wilkinson	Boy	08:05	Keighley and Craven AC	
7	120	Leo	Ranner	Boy	08:05	Helm Hill	
8	117	Lucille	Pickles	Girl	08:14	Barlick Fell Runners	1st Girl
9	13	Ben	Allmond	Boy	08:17	Ambleside	
10	100	Toby	Acland	Boy	08:18	Helm Hill	
11	141	Aaran	Revill	Boy	08:30	Helm Hill	
12	124	Finn	Houston	Boy	08:32		
13	106	Olivia	Swarbrick	Girl	08:37	Cumberland Fell Runners	2nd Girl
14	97	Ewan	Black	Boy	08:40	Helm Hill	
15	75	Stanley	Metcalfe	Boy	08:41		
16	102	Ella	Martindale	Girl	08:41	Helm Hill	3rd Girl
17	44	Charlotte	Pear	Girl	08:45	Settle Harriers	
18	138	Sam	Greenep	Boy	08:52	Kendal AAC	
19	50	Cameron	Dunn	Boy	08:55	Helm Hill	
20	29	Amber	McIntosh	Girl	08:58	Border Harriers	
21	41	Marvin	Gibbs	Boy	08:59	Helm Hill	
22	11	Lara	Smith	Girl	09:00	Helm Hill	
23	74	Hester	Metcalfe	Girl	09:01	Ambleside AC	
24	42	Jude	Evans	Boy	09:01	Ambleside	
25	85	Andrew	Mitchell	Boy	09:08	Howgill Harriers	
26	82	Ned	Whitaker	Boy	09:14	Settle Harriers	
27	38	Aaron	Smith	Boy	09:15	Howgill Harriers	
28	71	Carla	Gardiner	Girl	09:20	Helm Hill	
29	14	Cameron	Storey	Boy	09:28		
30	93	Peter	de Lacy-Perkins	Boy	09:30	Salt Ayre	
31	3	Lucy	Bagot	Girl	09:33	Settle Harriers	
32	84	Connie-Maye	Scott	Girl	09:40	Kendal AAC	
33	137	Thomas	Hearn	Boy	09:42	Helm Hill	
34	33	Emma	Duxbury	Girl	09:58	Ambleside	
35	113	Theo	Robinson	Boy	10:06	Howgill Harriers	
36	79	Ellen	Dickson	Girl	10:08	Ambleside	
37	60	Katie	Lowis	Girl	10:14	Howgill Harriers	
38	130	Daisy	Lees	Girl	10:23	Ambleside	
39	53	Finlay	Aitken	Boy	10:35	Helm Hill	
40	48	Jasmine	Bottomley	Girl	10:40	Helm Hill	
41	12	Seren	Green	Girl	10:41	Ambleside AC	
42	128	Hannah	Dyer	Girl	10:47	Helm Hill	
43	58	Jessica	Oakey	Girl	10:49	Settle Harriers	
44	17	Lily -Grace	Clayton	Girl	10:51	Barlick Fell Runners	
45	126	Sophie	Goodall	Girl	11:02		
46	22	Isobelle	Wilkinson	Girl	11:51	Horwich	
47	122	Alicia	Crawford	Girl	12:02	Helm Hill	
48	23	Emily	Kerr	Girl	13:54		
49	77	Isabella	Latty	Girl	13:58	Settle Harriers	
DNF	103	Madeleine	Martindale	Girl	DNF	Helm Hill	

### Under 11 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	21	Joseff	Tancrel	Boy	08:15	Helm Hill	1st Boy
2	6	Tom	Ashworth	Boy	08:20	Ambleside	2nd Boy
3	15	Harvey	Shaw	Boy	08:27	Ambleside	3rd Boy
4	115	Alfie	Tipping	Boy	08:45	Kendal AAC	
5	66	Blake	Fleming	Boy	08:49	Hoad Hill Harriers	
6	104	Will	Brayshaw	Boy	08:57	Helm Hill	
7	107	Ella	Brayshaw	Girl	09:04	Lancaster & Morecambe AC	1st Girl
8	45	Millie	Jebb	Girl	09:17	Helm Hill	2nd Girl
9	51	Fraser	Dunn	Boy	09:19	Helm Hill	
10	111	Alex	Speight	Boy	09:20		
11	56	Ivan	Winder	Boy	09:27	Levens Valley AC	
12	47	Jackson	Bottomley	Boy	09:29	Helm Hill	
13	110	Eve	Briffett	Girl	09:30		3rd Girl
14	80	Isabella	Wright	Girl	09:31	Wharfedale Harriers	
15	119	Emmy	Ranner	Girl	09:32	Helm Hill	
16	61	Thomas	Lewis	Boy	09:39	Howgill Harriers	
17	95	Elissa	Kinley	Girl	09:39	Helm Hill	
18	133	Jack	Moon	Boy	09:44	Helm Hill	
19	127	Jack	Gilpin	Boy	09:46		
20	34	Ruby	Duxbury	Girl	09:49	Ambleside	
21	109	William	Hargreaves	Boy	09:50	Ambleside	
22	134	Ben	Todhunter	Boy	09:51	Unattached	
23	125	Aaron	Goodall	Boy	09:57		
24	70	George	Gardiner	Boy	10:03	Helm Hill	
25	114	Gus	Campbell	Boy	10:13	Howgill Harriers	
26	92	Robyn	de Lacy-Perkins	Girl	10:16	Salt Ayre	
27	140	Brodie	Revill	Boy	10:26	Helm Hill	
28	43	Tess	Evans	Girl	10:28	Ambleside	
29	64	Florrie	Haddow	Girl	10:40	Furness Fell Runners	
30	86	Luke	Mitchell	Boy	10:42	Howgill Harriers	
31	40	Tess	Gibbs	Girl	10:44	Helm Hill	
32	26	Edward	Shawcross	Boy	10:54		
33	142	Harry	Singleton	Boy	10:59		
34	18	Oscar	Clayton	Boy	11:10	Barlick Fell Runners	
35	116	Rowan	McCann	Girl	11:13		
36	55	Zach	Thomas	Boy	11:14	COLT	
37	132	Thomas	Iveson	Boy	11:14	Ambleside AC	
38	135	Ellie	Todhunter	Girl	11:16	Unattached	
39	83	Mabel	Whitaker	Girl	11:37	Settle Harriers	
40	68	Poppy	Cater	Girl	11:40	Helm Hill	
41	4	Francesca	Bagot	Girl	11:43	Settle Harriers	
42	123	Freddie	Crawford	Boy	12:15	Helm Hill	
43	1	Megan	Harris	Girl	12:27	Helm Hill	
44	31	Tommy	Brodrick	Boy	12:32	Ambleside	
45	144	Sadie	Walkingshaw	Girl	12:33	Eden Runners	

## Scout Scar 2019 Category Results

### ALL SENIOR MEN

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	765	Jack	Wright	Man	27:39	Ambleside	1st Man
2	614	Ben	Riddell	Man	27:49	Black Combe	2nd Man
3	666	Matthew	Knowles	MU21	27:52	Lancaster & Morecambe AC	3rd Man/1st MU21
4	732	Tom	Addison	Man	27:55	Helm Hill	
5	720	Michael	Ainsworth	Man	27:59	Helm Hill	
6	525	Jon	Rylance	MV40	28:05	Ambleside AC	1st MV40
7	588	Oliver	Heaton	Man	28:12	Preston Harriers	
8	718	Charlie	Ing	Man	28:16	Unattached	
9	790	Pete	Harrison	Man	28:23		
10	669	Benjamin	Forrest	MU21	28:54	Bury Athletic Club	
11	754	Mark	Purkis	Man	29:01	HBT	
12	781	John	Helme	MV40	29:36	Ambleside	
13	739	Chris	Waters	Man	30:01	Ambleside	
14	778	Steve	Jacques	MV40	30:04	Unattached	
15	725	Alex	Jones	MV50	30:04	Wellington Harriers	1st MV50
16	724	Ben	Jackson	Man	30:09		
17	697	Paul	Reilly	MV40	30:19	Helm Hill	
18	600	Robert	Askew	MU21	30:23	Helm Hill	
19	551	Will	Acland	MV40	30:29	Helm Hill	
20	733	Tom	Simpson	Man	30:29	Unattached	
21	642	Michael	Gregory	MV40	30:38	Ulverston Triathlon Club	
22	535	Brian	Pennington	MV40	30:43	Howgill Harriers	
23	716	Sebastian	Segger-Staveley	MU21	30:44	Settle Harriers	
24	695	John	Horrocks	Man	30:45	Blackburn Harriers	
25	760	George	Attwood	MU21	30:49	Dallam	
26	712	Matt	Simms	Man	30:52		
27	531	Alastair	Dunn	MV40	30:56	Helm Hill	
28	650	Laurie	Kearsey	Man	30:58	Helm Hill	
29	789	Paul	Upton	Man	31:04	Helm Hill	
30	813	Jacob	Snowchowski	Man	31:05	Ambleside	
31	593	Scott	Umpleby	MV50	31:09	Kendal AAC	
32	574	Harvey	Lord	Man	31:19	Black Combe	
33	786	Joseph	Conner	MU21	31:22	Helm Hill	
34	819	Calvin	Routledge	MV50	31:24	Ambleside	
35	705	Joshua	Moon	Man	31:35		
36	599	Martin	Askew	MU21	31:38	Helm Hill	
37	722	Jack	Simpson	Man	31:39	Helm	
38	687	Josh	Murphy	Man	31:42	Levens Valley AC	
39	638	Simon	Mounsey	MV40	31:57	Howgill Harriers	
40	632	James	Baron	MV50	32:00	Helm Hill	
41	564	Rob	Harper	MV40	32:05	Ambleside	
42	595	Gary	Thorpe	MV50	32:18	Ambleside AC	
43	513	Justin	Tancrel	MV40	32:26	Helm Hill	
44	701	Sam	Moon	MV40	32:29	Helm Hill	
45	774	Graham	Hayes	MV40	32:33		
46	502	Daniel	Malcolm	MV40	32:48	Helm Hill	
47	547	Adam	Brailsford	MV40	32:49	Northern Fells	
48	713	John	Evason	Man	32:53	Black Combe	
49	640	James	Mellor	Man	32:54	Darwen Dashers	
50	797	Gavin	Lloyd	Man	32:55	Black Combe	
51	761	Rob	Mortimore	Man	32:57	Helm Hill	
52	662	David	Wilson	MV50	33:00	Bowland	
53	794	Simon	Whittaker	Man	33:02	Helm Hill	
54	753	Harry	Watler	Man	33:10	Ambleside	
55	625	Steve	Duncan	Man	33:21		
56	584	James	Todhunter	Man	33:26	Helm Hill	
57	554	Luke	Appleyard	Man	33:29	Wharfedale Harriers	
58	767	Tim	Pickering	Man	33:31	Helm Hill	

59	508	Billy	Procter	MV60	33:33	Helm Hill	1st MV60
60	601	Ben	Kirkman	MU21	33:33	Rossendale Harriers	
61	603	Peter	German	Man	33:40	Helm Hill	
62	686	Lucas	Wilson	Man	33:45		
63	518	Rob	Crawford	MV40	33:50	Howgill Harriers	
64	672	Peter	Lawson	Man	33:53		
65	568	Mark	Cuthbertson	MV40	33:57	Hartfell	
66	734	Simon	Denny	Man	33:59	Bentham	
67	644	David	Griffin	MV50	34:00	Helm Hill	
68	633	Steven	Middleton	MV40	34:01	Howgill Harriers	
69	730	Anthony	Emmet	MV40	34:03	Helm Hill	
70	549	Graham	Schofield	MV60	34:07	Horwich RMI Harriers	
71	534	Gareth	Davies	Man	34:13	Darwen Dashers	
72	559	Sean	Robinson	MV40	34:16	Howgill Harriers	
73	648	David	Banks	MV50	34:19	Kendal AAC	
74	723	John	Dixon	Man	34:20		
75	770	Keith	Stronach	Man	34:24		
76	505	Tom	Matthew	MV40	34:26	Bowland	
77	618	Chris	Downham	Man	34:32	Unattached	
78	591	Joey	Umpleby	MU21	34:45	Kendal AAC	
79	545	Dave	Bottomley	Man	34:46	Helm Hill	
80	582	Colin	Houston	MV40	34:52		
81	805	Robert	Moffat	Man	34:53		
82	746	David	Holdsworth	MV60	35:11		
83	596	Alistair	Hearn	MV40	35:14	Helm Hill	
84	624	Michael	Toman	MV50	35:21	Accrington RR	
85	509	Chris	Green	MV40	35:25	Ambleside AC	
86	736	Tom	Batty	Man	35:26		
87	604	Dai	Bedwell	MV50	35:28	DVO	
88	719	Matthew	Crawford	Man	35:34	Coniston	
89	707	Tony	Little	MV40	35:35	Bowland	
90	516	Graham	Bird	MV50	35:45	Wharfedale Harriers	
91	668	Michael	Green	MV40	35:49		
92	636	Brian	Thompson	MV60	35:51	Helm Hill	
93	820	Stuart	Allan	MV40	35:57	Helm Hill	
94	609	Simon	Waller	MV50	36:06	Helm Hill	
95	709	Ronald	Hummelink	MV40	36:17	Lonsdale Fell Runners	
96	628	James	Coulthard	MV40	36:19	Howgill Harriers	
97	522	Tom	Ward	MU21	36:20	Helm Hill	
98	660	John	Robson	MV50	36:24	Helm Hill	
99	671	Mick	Brankin	MV40	36:36	Unattached	
100	580	John	Jones	MV50	36:38	Helm Hill	
101	623	Richard	Briscoe	MV40	36:40	Clayton le Moors	
102	639	Keith	Tonkin	MV60	36:41	Border Liners OC	
103	605	Jack	Holt	MV70	36:42	Clayton le Moors	1st MV70
104	769	James	Metcalf	MV40	36:43		
105	521	John	Bagge	MV50	36:47	Helm Hill	
106	817	Michael	Smith	MV50	36:57	Dallam	
107	745	John	Fitzpatrick	MV50	37:02	Helm Hill	
108	692	Bill	Beckett	MV50	37:03	Chorley A&T	
109	696	Stephen	Roberts	MV40	37:04	Kendal AAC	
110	738	Gary	Lane	MV40	37:07	Howgill Harriers	
111	560	Sheldan	Pickles	MV40	37:18	Unattached	
112	702	Max	Nicholson	Man	37:28		
113	538	Ronnie	Haddow	MV40	37:30	Furness Fell Runners	
114	520	Alistair	Shawcross	MV40	37:30		
115	664	Larry	Day	MV40	37:32	Ambleside AC	
116	710	Andrew	Douglas	MV40	37:42	Kendal Tri	
117	670	James	Crawford	MV60	37:51	Border Liners OC	
118	816	Mark	Taylor	Man	37:54	Clayton le Moors	
119	804	Eddie	Leedham	MU21	37:58	Dallam	
120	583	Roger	Aubrey	MV50	37:58	Helm Hill	

121	758	Graham	Beaumont	MV50	38:04	Dallam	
122	657	Konstantinos	Georgalos	Man	38:07		
123	572	Robin	Parsons	MV40	38:12	Elvet Striders	
124	573	Andy	Evans	MV50	38:15	Settle Harriers	
125	565	Andy	Bennett	MV40	38:17	Helm Hill	
126	579	David	Barnes	MV60	38:18	Horwich RMI Harriers	
127	507	Andy	Holden	MV50	38:24	Wharfedale Harriers	
128	821	Neil	Robinson	MV40	38:26	COLT	
129	727	Paul	Corkill	Man	38:29	Levens Valley AC	
130	749	Will	Douthwaite	Man	38:33	Helm Hill	
131	673	Damian	Brankin	Man	38:36	Unattached	
132	680	Andrew	Stokes	MV60	38:40	Dallam	
133	512	Jonny	Grisedale	MV40	38:44	Helm Hill	
134	570	Andy	Mingay	Man	38:51	Dallam	
135	543	Mark	Villiers	MV40	38:53	Unattached	
136	561	Toby	Smith	Man	39:00		
137	741	David	Roper	MV60	39:17	Howgill Harriers	
138	740	Jim	Fisher	MV50	39:22	Howgill Harriers	
139	728	Craig	Brown	Man	39:24	Helm Hill	
140	750	Richard	Halliday	Man	39:32	Howgill Harriers	
141	798	Alistair	Kirkbride	MV50	39:35		
142	536	Martin	Brady	MV50	39:40	Clayton le Moors	
143	748	Andrew	Leach	Man	39:49	Howgill Harriers	
144	792	Graham	Capper	MV60	39:51	LOC	
145	555	Colin	Briffett	MV40	39:52	Lancaster Runners	
146	811	John	Leech	MV50	39:53	Dallam	
147	621	Mike	Walsh	MV60	39:57	Kendal AAC	
148	563	Daniel	King	MV40	39:59	Millom Striders	
149	791	Dave	Hollingham	MV50	40:00	Kendal Tri	
150	784	Andrew	Conner	MV50	40:02	Helm Hill	
151	799	Adam	Roberts	Man	40:06		
152	619	Chris	Lawrence	MV50	40:07	Clayton le Moors	
153	803	Will	Leedham	Man	40:09	Dallam	
154	602	Mick	Kirkman	MV50	40:10	Rosendale Harriers	
155	782	Chris	Schofield	MV50	40:11	Helm Hill	
156	517	Tim	Murray	MV50	40:19	Helm Hill	
157	759	Phil	Harrington	MV40	40:30	Helm Hill	
158	823	Steve	Wathall	MV60	40:31	Black Combe	
159	706	Mark	Glaister	MV50	40:35	SBH	
160	515	Jeremy	Wilkinson	MV50	40:41	Keighley and Craven AC	
161	556	Martin	Smith	MV50	40:42	Dark Peak Fell Runners	
162	661	Peter	Singleton	MV60	41:03	Blackpool	
163	801	Andrew	Hewitson	MV40	41:09	Lonsdale	
164	780	Laurence	Ormerod	MV60	41:20	Settle Harriers	
165	653	Neil	Hindle	MV60	41:30	FRA	
166	737	Stuart	Bell	MV60	41:39	Kendal AAC	
167	785	Brian	Morris	MV50	41:53	Darwen Dashers	
168	646	Mark	Charnley	MV40	41:54	Settle Harriers	
169	682	Mike	Binks	Man	41:55	Unattached	
170	617	David	Johnson	MV50	41:56	Ambleside	
171	714	Pete	Coe	MV60	41:57	Helm Hill	
172	808	Bertie	Goffe	MV40	42:06	Helm Hill	
173	685	John	Wood	MV40	42:11		
174	540	Richard	Cater	MV40	42:27	Helm Hill	
175	674	Andy	Monk	MV60	42:36	FRA	
176	523	Peter	Bardsley	MV40	43:06	Bowland	
177	751	Jerry	Purkis	MV60	43:10	LOC	
178	610	Michael	McLoughlin	MV60	43:18	Preston Harriers	
179	629	John	Taylor	MV60	43:30	Bowland FR	
180	757	Greg	Tagney	MV60	43:36	Dallam	
181	678	Chris	Beesley	MV60	43:44	Settle Harriers	
182	562	Rob	Sanders	MV60	44:01	Black Combe	

183	704	Andy	Dalton	MV50	44:15	SBH	
184	815	Daniel	Rayson	MV50	44:37		
185	637	Keith	Butterworth	MV60	44:53	Clayton le Moors	
186	677	Stephen	Moor	MV50	44:56	Settle Harriers	
187	622	Andrew	Sier	MV50	45:02		
188	756	John	Hodgson	MV70	45:50	Dallam	
189	763	Oliver	Haines	Man	46:04	Trawden AC	
190	822	Will	Thwaites	Man	46:55	Howgill Harriers	
191	606	Stephen	Fish	MV60	47:13	Clayton le Moors	
192	627	Graham	Breeze	MV70	47:39	Wharfedale Harriers	
193	641	Graham	Schofield	MV60	48:12	Chorley	
194	589	Andrew	Dewhurst	MV50	49:08	MS Running Club	
195	552	Ian	Oakey	MV40	49:10	Settle Harriers	
196	800	Steven	Roberts	MV60	49:13		
197	611	Kevin	Cooke	MV40	49:17		
198	708	Chris	Cash	MV60	49:21	Darwen Dashers	
199	576	Greg	Oulton	MV50	49:38	Lytham St Annes RR	
200	809	Phil	Corris	MV60	49:50	Lancs Constabulary	
201	667	George	Thompson	MV60	49:55	Darwen Dashers	
202	787	Ian	Peters	MV60	50:03	Hoad Hill Harriers	
203	659	Alan	Smart	MV60	50:58	Blackpool	
204	616	Roger	Hall	MV70	51:34	Wharfedale Harriers	
205	796	Barry	Shackleton	MV60	52:20	Darwen Dashers	
206	658	Gary	Hollis	MV50	52:27		
207	679	Ben	Higginson	MV60	52:28	Preston Harriers	
208	663	George	James	MV70	56:22	Blackpool	
209	681	Phil	Kirkby	MV60	57:21	Coniston	
210	675	Richard	Handford	MV60	59:02	Settle Harriers	
211	510	Kristian	Clayton	MV40	59:13	Barlick Fell Runners	
212	691	Scott	Thwaites	Man	1:00:56		
213	577	Phil	Martin	MV70	1:01:15	Bowland	
214	771	Jim	Taylor	MV70	1:05:23	Darwen Dashers	
215	615	Joe	Howard	MV70	1:05:39	Preston Harriers	
216	501	Denis	Wood	MV70	1:05:44	Borrowdale	
217	530	Bob	Gibbs	MV70	1:12:04	LOC	
218	528	Sam	Gibbs	MV40	1:12:04	Helm Hill	
DNF	676	Wilfred	Bell	MV60	DNF	Howgill Harriers	
DNF	567	Jacob	Dyer	MV40	DNF	Helm Hill	

**MEN**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	765	Jack	Wright	Man	27:39	Ambleside	1st Man
2	614	Ben	Riddell	Man	27:49	Black Combe	2nd Man
3	666	Matthew	Knowles	MU21	27:52	Lancaster & Morecambe AC	3rd Man/1st MU21
4	732	Tom	Addison	Man	27:55	Helm Hill	
5	720	Michael	Ainsworth	Man	27:59	Helm Hill	
6	588	Oliver	Heaton	Man	28:12	Preston Harriers	
7	718	Charlie	Ing	Man	28:16	Unattached	
8	790	Pete	Harrison	Man	28:23		
9	669	Benjamin	Forrest	MU21	28:54	Bury Athletic Club	
10	754	Mark	Purkis	Man	29:01	HBT	
11	739	Chris	Waters	Man	30:01	Ambleside	
12	724	Ben	Jackson	Man	30:09		
13	600	Robert	Askew	MU21	30:23	Helm Hill	
14	733	Tom	Simpson	Man	30:29	Unattached	
15	716	Sebastian	Segger-Staveley	MU21	30:44	Settle Harriers	
16	695	John	Horrocks	Man	30:45	Blackburn Harriers	
17	760	George	Attwood	MU21	30:49	Dallam	
18	712	Matt	Simms	Man	30:52		
19	650	Laurie	Kearsey	Man	30:58	Helm Hill	
20	789	Paul	Upton	Man	31:04	Helm Hill	
21	813	Jacob	Snowchowski	Man	31:05	Ambleside	
22	574	Harvey	Lord	Man	31:19	Black Combe	
23	786	Joseph	Conner	MU21	31:22	Helm Hill	
24	705	Joshua	Moon	Man	31:35		
25	599	Martin	Askew	MU21	31:38	Helm Hill	
26	722	Jack	Simpson	Man	31:39	Helm	
27	687	Josh	Murphy	Man	31:42	Levens Valley AC	
28	713	John	Evason	Man	32:53	Black Combe	
29	640	James	Mellor	Man	32:54	Darwen Dashers	
30	797	Gavin	Lloyd	Man	32:55	Black Combe	
31	761	Rob	Mortimore	Man	32:57	Helm Hill	
32	794	Simon	Whittaker	Man	33:02	Helm Hill	
33	753	Harry	Watler	Man	33:10	Ambleside	
34	625	Steve	Duncan	Man	33:21		
35	584	James	Todhunter	Man	33:26	Helm Hill	
36	554	Luke	Appleyard	Man	33:29	Wharfedale Harriers	
37	767	Tim	Pickering	Man	33:31	Helm Hill	
38	601	Ben	Kirkman	MU21	33:33	Rosendale Harriers	
39	603	Peter	German	Man	33:40	Helm Hill	
40	686	Lucas	Wilson	Man	33:45		
41	672	Peter	Lawson	Man	33:53		
42	734	Simon	Denny	Man	33:59	Bentham	
43	534	Gareth	Davies	Man	34:13	Darwen Dashers	
44	723	John	Dixon	Man	34:20		
45	770	Keith	Stronach	Man	34:24		
46	618	Chris	Downham	Man	34:32	Unattached	
47	591	Joey	Umpleby	MU21	34:45	Kendal AAC	
48	545	Dave	Bottomley	Man	34:46	Helm Hill	
49	805	Robert	Moffat	Man	34:53		
50	736	Tom	Batty	Man	35:26		
51	719	Matthew	Crawford	Man	35:34	Coniston	
52	522	Tom	Ward	MU21	36:20	Helm Hill	
53	702	Max	Nicholson	Man	37:28		
54	816	Mark	Taylor	Man	37:54	Clayton le Moors	
55	804	Eddie	Leedham	MU21	37:58	Dallam	
56	657	Konstantinos	Georgalos	Man	38:07		
57	727	Paul	Corkill	Man	38:29	Levens Valley AC	
58	749	Will	Douthwaite	Man	38:33	Helm Hill	
59	673	Damian	Brankin	Man	38:36	Unattached	
60	570	Andy	Mingay	Man	38:51	Dallam	

61	561	Toby	Smith	Man	39:00		
62	728	Craig	Brown	Man	39:24	Helm Hill	
63	750	Richard	Halliday	Man	39:32	Howgill Harriers	
64	748	Andrew	Leach	Man	39:49	Howgill Harriers	
65	799	Adam	Roberts	Man	40:06		
66	803	Will	Leedham	Man	40:09	Dallam	
67	682	Mike	Binks	Man	41:55	Unattached	
68	763	Oliver	Haines	Man	46:04	Trawden AC	
69	822	Will	Thwaites	Man	46:55	Howgill Harriers	
70	691	Scott	Thwaites	Man	1:00:56		



**MEN UNDER 21**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	666	Matthew	Knowles	MU21	27:52	Lancaster & Morecambe AC	3rd Man/1st MU21
2	669	Benjamin	Forrest	MU21	28:54	Bury Athletic Club	
3	600	Robert	Askew	MU21	30:23	Helm Hill	
4	716	Sebastian	Segger-Staveley	MU21	30:44	Settle Harriers	
5	760	George	Attwood	MU21	30:49	Dallam	
6	786	Joseph	Conner	MU21	31:22	Helm Hill	
7	599	Martin	Askew	MU21	31:38	Helm Hill	
8	601	Ben	Kirkman	MU21	33:33	Rosendale Harriers	
9	591	Joey	Umpleby	MU21	34:45	Kendal AAC	
10	522	Tom	Ward	MU21	36:20	Helm Hill	
11	804	Eddie	Leedham	MU21	37:58	Dallam	

**MEN - VET 40**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	525	Jon	Rylance	MV40	28:05	Ambleside AC	1st MV40
2	781	John	Helme	MV40	29:36	Ambleside	
3	778	Steve	Jacques	MV40	30:04	Unattached	
4	697	Paul	Reilly	MV40	30:19	Helm Hill	
5	551	Will	Acland	MV40	30:29	Helm Hill	
6	642	Michael	Gregory	MV40	30:38	Ulverston Triathlon Club	
7	535	Brian	Pennington	MV40	30:43	Howgill Harriers	
8	531	Alastair	Dunn	MV40	30:56	Helm Hill	
9	638	Simon	Mounsey	MV40	31:57	Howgill Harriers	
10	564	Rob	Harper	MV40	32:05	Ambleside	
11	513	Justin	Tancrel	MV40	32:26	Helm Hill	
12	701	Sam	Moon	MV40	32:29	Helm Hill	
13	774	Graham	Hayes	MV40	32:33		
14	502	Daniel	Malcolm	MV40	32:48	Helm Hill	
15	547	Adam	Brailsford	MV40	32:49	Northern Fells	
16	518	Rob	Crawford	MV40	33:50	Howgill Harriers	
17	568	Mark	Cuthbertson	MV40	33:57	Hartfell	
18	633	Steven	Middleton	MV40	34:01	Howgill Harriers	
19	730	Anthony	Emmet	MV40	34:03	Helm Hill	
20	559	Sean	Robinson	MV40	34:16	Howgill Harriers	
21	505	Tom	Matthew	MV40	34:26	Bowland	
22	582	Colin	Houston	MV40	34:52		
23	596	Alistair	Hearn	MV40	35:14	Helm Hill	
24	509	Chris	Green	MV40	35:25	Ambleside AC	
25	707	Tony	Little	MV40	35:35	Bowland	
26	668	Michael	Green	MV40	35:49		
27	820	Stuart	Allan	MV40	35:57	Helm Hill	
28	709	Ronald	Hummelink	MV40	36:17	Lonsdale Fell Runners	
29	628	James	Coulthard	MV40	36:19	Howgill Harriers	
30	671	Mick	Brankin	MV40	36:36	Unattached	
31	623	Richard	Briscoe	MV40	36:40	Clayton le Moors	
32	769	James	Metcalfe	MV40	36:43		
33	696	Stephen	Roberts	MV40	37:04	Kendal AAC	
34	738	Gary	Lane	MV40	37:07	Howgill Harriers	
35	560	Sheldan	Pickles	MV40	37:18	Unattached	
36	538	Ronnie	Haddow	MV40	37:30	Furness Fell Runners	
37	520	Alistair	Shawcross	MV40	37:30		
38	664	Larry	Day	MV40	37:32	Ambleside AC	
39	710	Andrew	Douglas	MV40	37:42	Kendal Tri	
40	572	Robin	Parsons	MV40	38:12	Elvet Striders	
41	565	Andy	Bennett	MV40	38:17	Helm Hill	
42	821	Neil	Robinson	MV40	38:26	COLT	
43	512	Jonny	Grisedale	MV40	38:44	Helm Hill	
44	543	Mark	Villiers	MV40	38:53	Unattached	
45	555	Colin	Briffett	MV40	39:52	Lancaster Runners	
46	563	Daniel	King	MV40	39:59	Millom Striders	
47	759	Phil	Harrington	MV40	40:30	Helm Hill	
48	801	Andrew	Hewitson	MV40	41:09	Lonsdale	
49	646	Mark	Charnley	MV40	41:54	Settle Harriers	
50	808	Bertie	Goffe	MV40	42:06	Helm Hill	
51	685	John	Wood	MV40	42:11		
52	540	Richard	Cater	MV40	42:27	Helm Hill	
53	523	Peter	Bardsley	MV40	43:06	Bowland	
54	552	Ian	Oakey	MV40	49:10	Settle Harriers	
55	611	Kevin	Cooke	MV40	49:17		
56	510	Kristian	Clayton	MV40	59:13	Barlick Fell Runners	
57	528	Sam	Gibbs	MV40	1:12:04	Helm Hill	
DNF	567	Jacob	Dyer	MV40	DNF	Helm Hill	

**MEN - VET 50**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	725	Alex	Jones	MV50	30:04	Wellington Harriers	1st MV50
2	593	Scott	Umpleby	MV50	31:09	Kendal AAC	
3	819	Calvin	Routledge	MV50	31:24	Ambleside	
4	632	James	Baron	MV50	32:00	Helm Hill	
5	595	Gary	Thorpe	MV50	32:18	Ambleside AC	
6	662	David	Wilson	MV50	33:00	Bowland	
7	644	David	Griffin	MV50	34:00	Helm Hill	
8	648	David	Banks	MV50	34:19	Kendal AAC	
9	624	Michael	Toman	MV50	35:21	Accrington RR	
10	604	Dai	Bedwell	MV50	35:28	DVO	
11	516	Graham	Bird	MV50	35:45	Wharfedale Harriers	
12	609	Simon	Waller	MV50	36:06	Helm Hill	
13	660	John	Robson	MV50	36:24	Helm Hill	
14	580	John	Jones	MV50	36:38	Helm Hill	
15	521	John	Bagge	MV50	36:47	Helm Hill	
16	817	Michael	Smith	MV50	36:57	Dallam	
17	745	John	Fitzpatrick	MV50	37:02	Helm Hill	
18	692	Bill	Beckett	MV50	37:03	Chorley A&T	
19	583	Roger	Aubrey	MV50	37:58	Helm Hill	
20	758	Graham	Beaumont	MV50	38:04	Dallam	
21	573	Andy	Evans	MV50	38:15	Settle Harriers	
22	507	Andy	Holden	MV50	38:24	Wharfedale Harriers	
23	740	Jim	Fisher	MV50	39:22	Howgill Harriers	
24	798	Alistair	Kirkbride	MV50	39:35		
25	536	Martin	Brady	MV50	39:40	Clayton le Moors	
26	811	John	Leech	MV50	39:53	Dallam	
27	791	Dave	Hollingham	MV50	40:00	Kendal Tri	
28	784	Andrew	Conner	MV50	40:02	Helm Hill	
29	619	Chris	Lawrence	MV50	40:07	Clayton le Moors	
30	602	Mick	Kirkman	MV50	40:10	Rosendale Harriers	
31	782	Chris	Schofield	MV50	40:11	Helm Hill	
32	517	Tim	Murray	MV50	40:19	Helm Hill	
33	706	Mark	Glaister	MV50	40:35	SBH	
34	515	Jeremy	Wilkinson	MV50	40:41	Keighley and Craven AC	
35	556	Martin	Smith	MV50	40:42	Dark Peak Fell Runners	
36	785	Brian	Morris	MV50	41:53	Darwen Dashers	
37	617	David	Johnson	MV50	41:56	Ambleside	
38	704	Andy	Dalton	MV50	44:15	SBH	
39	815	Daniel	Rayson	MV50	44:37		
40	677	Stephen	Moor	MV50	44:56	Settle Harriers	
41	622	Andrew	Sier	MV50	45:02		
42	589	Andrew	Dewhurst	MV50	49:08	MS Running Club	
43	576	Greg	Oulton	MV50	49:38	Lytham St Annes RR	
44	658	Gary	Hollis	MV50	52:27		

**MEN - VET 60**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	508	Billy	Procter	MV60	33:33	Helm Hill	1st MV60
2	549	Graham	Schofield	MV60	34:07	Horwich RMI Harriers	
3	746	David	Holdsworth	MV60	35:11		
4	636	Brian	Thompson	MV60	35:51	Helm Hill	
5	639	Keith	Tonkin	MV60	36:41	Border Liners OC	
6	670	James	Crawford	MV60	37:51	Border Liners OC	
7	579	David	Barnes	MV60	38:18	Horwich RMI Harriers	
8	680	Andrew	Stokes	MV60	38:40	Dallam	
9	741	David	Roper	MV60	39:17	Howgill Harriers	
10	792	Graham	Capper	MV60	39:51	LOC	
11	621	Mike	Walsh	MV60	39:57	Kendal AAC	
12	823	Steve	Wathall	MV60	40:31	Black Combe	
13	661	Peter	Singleton	MV60	41:03	Blackpool	
14	780	Laurence	Ormerod	MV60	41:20	Settle Harriers	
15	653	Neil	Hindle	MV60	41:30	FRA	
16	737	Stuart	Bell	MV60	41:39	Kendal AAC	
17	714	Pete	Coe	MV60	41:57	Helm Hill	
18	674	Andy	Monk	MV60	42:36	FRA	
19	751	Jerry	Purkis	MV60	43:10	LOC	
20	610	Michael	McLoughlin	MV60	43:18	Preston Harriers	
21	629	John	Taylor	MV60	43:30	Bowland FR	
22	757	Greg	Tagney	MV60	43:36	Dallam	
23	678	Chris	Beesley	MV60	43:44	Settle Harriers	
24	562	Rob	Sanders	MV60	44:01	Black Combe	
25	637	Keith	Butterworth	MV60	44:53	Clayton le Moors	
26	606	Stephen	Fish	MV60	47:13	Clayton le Moors	
27	641	Graham	Schofield	MV60	48:12	Chorley	
28	800	Steven	Roberts	MV60	49:13		
29	708	Chris	Cash	MV60	49:21	Darwen Dashers	
30	809	Phil	Corris	MV60	49:50	Lancs Constabulary	
31	667	George	Thompson	MV60	49:55	Darwen Dashers	
32	787	Ian	Peters	MV60	50:03	Hoad Hill Harriers	
33	659	Alan	Smart	MV60	50:58	Blackpool	
34	796	Barry	Shackleton	MV60	52:20	Darwen Dashers	
35	679	Ben	Higginson	MV60	52:28	Preston Harriers	
36	681	Phil	Kirkby	MV60	57:21	Coniston	
37	675	Richard	Handford	MV60	59:02	Settle Harriers	
DNF	676	Wilfred	Bell	MV60	DNF	Howgill Harriers	

**MEN - VET 70**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	605	Jack	Holt	MV70	36:42	Clayton le Moors	1st MV70
2	756	John	Hodgson	MV70	45:50	Dallam	
3	627	Graham	Breeze	MV70	47:39	Wharfedale Harriers	
4	616	Roger	Hall	MV70	51:34	Wharfedale Harriers	
5	663	George	James	MV70	56:22	Blackpool	
6	577	Phil	Martin	MV70	1:01:15	Bowland	
7	771	Jim	Taylor	MV70	1:05:23	Darwen Dashers	
8	615	Joe	Howard	MV70	1:05:39	Preston Harriers	
9	501	Denis	Wood	MV70	1:05:44	Borrowdale	
10	530	Bob	Gibbs	MV70	1:12:04	LOC	

**ALL SENIOR LADIES**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	613	Sarah	Tunstall	Lady	30:57	Kendal AAC	1st Lady
2	717	Kaisleigh	Atkinson	Lady	33:36		2nd Lady
3	643	Annabel	Mason	Lady	34:04	Lancaster & Morecambe AC	3rd Lady
4	694	Celia	Powell	Lady	34:37		
5	649	Emma	Johnston	Lady	35:01	Helm Hill	
6	752	Lucy	Varney	LV50	35:32	Kendal AAC	1st LV50
7	735	Joanna	Rycroft	Lady	35:40	Helm Hill	
8	566	Bianca	Dyer	LV40	35:48	Helm Hill	1st LV40
9	590	Nina	Walkingshaw	LV40	35:58	Howgill Harriers	
10	795	Alison	Richards	LV40	36:44	Helm Hill	
11	529	Jean	Brown	LV50	36:54	Clayton le Moors	
12	700	Jenny	Lyon	Lady	36:59	Dallam Running Club	
13	631	Debbie	Copley	LV50	38:49	Dallam	
14	743	Chloe	Brown	Lady	38:53	Howgill Harriers	
15	818	Beth	Dutson	Lady	38:59	Westerlands	
16	699	Alexander	Fairer	Lady	39:08	Black Combe	
17	620	Julia	Sier	LV40	39:11	Dallam	
18	532	Maïa	Doherty	LU21	39:46	Helm Hill	1st LU21
19	807	Fay	Tuffen	LV40	40:05		
20	533	Claire	Davies	Lady	40:11	Darwen Dashers	
21	626	Joanne	Taylor	LV40	40:16	Kendal AAC	
22	711	Chloe	Lumsdon	Lady	40:28	Helm Hill	
23	587	Liz	McNally	LV40	40:34	Levens Valley AC	
24	688	Caroline	Holden	LV50	40:38	Helm Hill	
25	612	Eleanor	Parker	Lady	40:44	Preston Harriers	
26	598	Lorna	Askew	LV40	40:48	Helm Hill	
27	597	Maria	Hearn	LV40	41:01	Helm Hill	
28	690	Anna	Bailey	Lady	41:09		
29	647	Sarah	Storey	Lady	41:16		
30	768	Claire	Farrington	Lady	41:19		
31	546	Jo	Appleby	LV40	41:28	Helm Hill	
32	755	Joanne	Mcloud	LV50	41:46	Barrow & Furness striders	
33	773	Abigail	Kerr	Lady	42:01		
34	747	Wendy	Dodds	LV60	42:15	Clayton le Moors	1st LV60
35	772	Stephanie	Heys	Lady	42:25		
36	721	Grace	Leedham	LV50	42:33	Dallam	
37	698	Rowan	Ranner	LV40	42:41	Helm Hill	
38	703	Sarah	Moon	LV40	42:54		
39	585	Leah	Albion	LU21	43:01	Broughton Runners	
40	630	Jo	Taylor	LV50	43:13	Bowland FR	
41	524	Niki	Rylance	LV40	43:22	Ambleside AC	
42	744	Megan	Fitzpatrick	Lady	43:27	Helm Hill	
43	742	Francis	Leach	Lady	43:51	Howgill Harriers	
44	553	Kate	Brayshaw	LV40	43:53	Helm Hill	
45	519	Helen	Samson	LV40	43:58	Helm Hill	
46	586	Eilidh	Miller	LU21	44:01	Broughton Runners	
47	764	Vicky	Atkinson	LV40	44:07	Helm Hill	
48	802	Jackie	Chapman	LV60	44:26	LOC	
49	514	Helen	Wilkinson	LV40	44:44	Keighley and Craven AC	
50	814	Helen	Barker	LV40	44:46	Kendal AAC	
51	812	Amanda	Burrow	LV40	44:50	Helm Hill	
52	592	Jane	Umpleby	LV50	44:52	Unattached	
53	506	Lynn	Whittaker	LV50	44:58	Wharfedale Harriers	
54	558	Zoe	Robinson	Lady	45:09	Howgill Harriers	
55	503	Pam	Bagot	LV40	45:11	Settle Harriers	
56	656	Leslie	Pateloup	Lady	45:38		
57	511	Jo	Grisedale	LV40	45:41	Helm Hill	
58	548	Paula	Bowen	LV40	45:42	Ambleside	
59	550	Libby	Dixon	LV40	45:44	Ambleside	
60	539	Jo	Cater	LV40	45:58	Helm Hill	

61	634	Elizabeth	Adams	LV40	46:02	Helm Hill	
62	762	Annie	Carrington	LV50	46:19	Settle Harriers	
63	788	Louise	Dunn	LV50	46:25		
64	575	Pamela	Hardman	LV60	46:33	Lytham St Annes RR	
65	544	Hanna	Latty	LV40	47:05		
66	684	Sarah	Senior	LV50	47:19	Helm Hill	
67	777	Caroline	Wade	Lady	47:25	Helm Hill	
68	731	Rachel	Addison	Lady	47:28	Helm Hill	
69	665	Katy	Thompson	LV60	47:30	Clayton le Moors	
70	608	Veronica	Waller	LV40	47:35	Dallam	
71	607	Olga	Wiggins	Lady	48:02	Preston Harriers	
72	766	Patty	Davies	LV50	48:09	Helm Hill	
73	775	Lindsay	Harrod	LV50	48:19	Helm Hill	
74	689	Emma	Blundell	Lady	48:35	Lonsdale	
75	537	Kath	Brady	LV50	48:46	Clayton le Moors	
76	557	May	Crawford	LV40	49:09	Helm Hill	
77	793	Karen	Shackleton	LV50	49:09	Darwen Dashers	
78	526	Wendy	Smith	LV40	49:19	Helm Hill	
79	635	Tyla	Crook	LU21	49:32	Helm Hill	
80	594	Caroline	Beardwood	LV40	49:42	Helm Hill	
81	779	Elaine	Cowperthwaite	LV50	50:04		
82	776	Sarah	Hards	Lady	50:05	Swaledale Harriers	
83	645	Simone	Rigby	LU21	50:38	Settle Harriers	
84	541	Miriam	Rosen	LV60	50:53	Lancaster & Morecambe AC	
85	569	Jennifer	Weir	LV40	51:02	Hartfell	
86	542	Ariane	Domingo	LV40	51:09	Helm Hill	
87	504	Jo	Matthew	LV40	51:41	Dallam	
88	654	Emily	Crossley	LU21	51:52	Settle Harriers	
89	651	Jill	Gates	LV50	51:57	Settle Harriers	
90	806	Jill	Leader	LV60	52:06	Kendal Tri	
91	655	Carol	Downing	LV50	52:26	Howgill Harriers	
92	715	Janet	Greenhalgh	LV40	52:29	Darwen Dashers	
93	527	Becky	Gibbs	LV40	52:30	Helm Hill	
94	810	Sonja	Vietoris	LV50	55:17		
95	578	Leonie	Black	LV40	55:25	Helm Hill	
96	726	Lara	Williams	Lady	56:03		
97	581	Rebecca	Walker	LV40	56:12	Dallam	
98	729	Janet	Nash	LV60	56:34	LOC	
99	571	Zoe	Parsons	LV40	57:29	Elvet Striders	
100	652	Linda	Edmondson	LV50	57:43		
101	693	Leanne	Richie	Lady	59:40		
102	683	Rebecca	Simms	LV50	1:02:51	Darwen Dashers	
103	783	Alison	Abbott	LV40	1:02:52	Darwen Dashers	

**LADIES**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	613	Sarah	Tunstall	Lady	30:57	Kendal AAC	1st Lady
2	717	Kaisleigh	Atkinson	Lady	33:36		2nd Lady
3	643	Annabel	Mason	Lady	34:04	Lancaster & Morecambe AC	3rd Lady
4	694	Celia	Powell	Lady	34:37		
5	649	Emma	Johnston	Lady	35:01	Helm Hill	
6	735	Joanna	Rycroft	Lady	35:40	Helm Hill	
7	700	Jenny	Lyon	Lady	36:59	Dallam Running Club	
8	743	Chloe	Brown	Lady	38:53	Howgill Harriers	
9	818	Beth	Dutson	Lady	38:59	Westerlands	
10	699	Alexander	Fairer	Lady	39:08	Black Combe	
11	532	Maia	Doherty	LU21	39:46	Helm Hill	1st LU21
12	533	Claire	Davies	Lady	40:11	Darwen Dashers	
13	711	Chloe	Lumsdon	Lady	40:28	Helm Hill	
14	612	Eleanor	Parker	Lady	40:44	Preston Harriers	
15	690	Anna	Bailey	Lady	41:09		
16	647	Sarah	Storey	Lady	41:16		
17	768	Claire	Farrington	Lady	41:19		
18	773	Abigail	Kerr	Lady	42:01		
19	772	Stephanie	Heys	Lady	42:25		
20	585	Leah	Albion	LU21	43:01	Broughton Runners	
21	744	Megan	Fitzpatrick	Lady	43:27	Helm Hill	
22	742	Francis	Leach	Lady	43:51	Howgill Harriers	
23	586	Eilidh	Miller	LU21	44:01	Broughton Runners	
24	558	Zoe	Robinson	Lady	45:09	Howgill Harriers	
25	656	Leslie	Pateloup	Lady	45:38		
26	777	Caroline	Wade	Lady	47:25	Helm Hill	
27	731	Rachel	Addison	Lady	47:28	Helm Hill	
28	607	Olga	Wiggins	Lady	48:02	Preston Harriers	
29	689	Emma	Blundell	Lady	48:35	Lonsdale	
30	635	Tyla	Crook	LU21	49:32	Helm Hill	
31	776	Sarah	Hards	Lady	50:05	Swaledale Harriers	
32	645	Simone	Rigby	LU21	50:38	Settle Harriers	
33	654	Emily	Crossley	LU21	51:52	Settle Harriers	
34	726	Lara	Williams	Lady	56:03		
35	693	Leanne	Richie	Lady	59:40		



**LADIES UNDER 21**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	532	Maia	Doherty	LU21	39:46	Helm Hill	1st LU21
2	585	Leah	Albion	LU21	43:01	Broughton Runners	
3	586	Eilidh	Miller	LU21	44:01	Broughton Runners	
4	635	Tyla	Crook	LU21	49:32	Helm Hill	
5	645	Simone	Rigby	LU21	50:38	Settle Harriers	
6	654	Emily	Crossley	LU21	51:52	Settle Harriers	

**LADIES - VET 40**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	566	Bianca	Dyer	LV40	35:48	Helm Hill	1st LV40
2	590	Nina	Walkingshaw	LV40	35:58	Howgill Harriers	
3	795	Alison	Richards	LV40	36:44	Helm Hill	
4	620	Julia	Sier	LV40	39:11	Dallam	
5	807	Fay	Tuffen	LV40	40:05		
6	626	Joanne	Taylor	LV40	40:16	Kendal AAC	
7	587	Liz	McNally	LV40	40:34	Levens Valley AC	
8	598	Lorna	Askew	LV40	40:48	Helm Hill	
9	597	Maria	Hearn	LV40	41:01	Helm Hill	
10	546	Jo	Appleby	LV40	41:28	Helm Hill	
11	698	Rowan	Ranner	LV40	42:41	Helm Hill	
12	703	Sarah	Moon	LV40	42:54		
13	524	Niki	Rylance	LV40	43:22	Ambleside AC	
14	553	Kate	Brayshaw	LV40	43:53	Helm Hill	
15	519	Helen	Samson	LV40	43:58	Helm Hill	
16	764	Vicky	Atkinson	LV40	44:07	Helm Hill	
17	514	Helen	Wilkinson	LV40	44:44	Keighley and Craven AC	
18	814	Helen	Barker	LV40	44:46	Kendal AAC	
19	812	Amanda	Burrow	LV40	44:50	Helm Hill	
20	503	Pam	Bagot	LV40	45:11	Settle Harriers	
21	511	Jo	Grisedale	LV40	45:41	Helm Hill	
22	548	Paula	Bowen	LV40	45:42	Ambleside	
23	550	Libby	Dixon	LV40	45:44	Ambleside	
24	539	Jo	Cater	LV40	45:58	Helm Hill	
25	634	Elizabeth	Adams	LV40	46:02	Helm Hill	
26	544	Hanna	Latty	LV40	47:05		
27	608	Veronica	Waller	LV40	47:35	Dallam	
28	557	May	Crawford	LV40	49:09	Helm Hill	
29	526	Wendy	Smith	LV40	49:19	Helm Hill	
30	594	Caroline	Beardwood	LV40	49:42	Helm Hill	
31	569	Jennifer	Weir	LV40	51:02	Hartfell	
32	542	Ariane	Domingo	LV40	51:09	Helm Hill	
33	504	Jo	Matthew	LV40	51:41	Dallam	
34	715	Janet	Greenhalgh	LV40	52:29	Darwen Dashers	
35	527	Becky	Gibbs	LV40	52:30	Helm Hill	
36	578	Leonie	Black	LV40	55:25	Helm Hill	
37	581	Rebecca	Walker	LV40	56:12	Dallam	
38	571	Zoe	Parsons	LV40	57:29	Elvet Striders	
39	783	Alison	Abbott	LV40	1:02:52	Darwen Dashers	

**LADIES - VET 50**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	752	Lucy	Varney	LV50	35:32	Kendal AAC	1st LV50
2	529	Jean	Brown	LV50	36:54	Clayton le Moors	
3	631	Debbie	Copley	LV50	38:49	Dallam	
4	688	Caroline	Holden	LV50	40:38	Helm Hill	
5	755	Joanne	Mcloud	LV50	41:46	Barrow & Furness striders	
6	721	Grace	Leedham	LV50	42:33	Dallam	
7	630	Jo	Taylor	LV50	43:13	Bowland FR	
8	592	Jane	Umpleby	LV50	44:52	Unattached	
9	506	Lynn	Whittaker	LV50	44:58	Wharfedale Harriers	
10	762	Annie	Carrington	LV50	46:19	Settle Harriers	
11	788	Louise	Dunn	LV50	46:25		
12	684	Sarah	Senior	LV50	47:19	Helm Hill	
13	766	Patty	Davies	LV50	48:09	Helm Hill	
14	775	Lindsay	Harrod	LV50	48:19	Helm Hill	
15	537	Kath	Brady	LV50	48:46	Clayton le Moors	
16	793	Karen	Shackleton	LV50	49:09	Darwen Dashers	
17	779	Elaine	Cowperthwaite	LV50	50:04		
18	651	Jill	Gates	LV50	51:57	Settle Harriers	
19	655	Carol	Downing	LV50	52:26	Howgill Harriers	
20	810	Sonja	Vietoris	LV50	55:17		
21	652	Linda	Edmondson	LV50	57:43		
22	683	Rebecca	Simms	LV50	1:02:51	Darwen Dashers	

**LADIES - VET 60**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	747	Wendy	Dodds	LV60	42:15	Clayton le Moors	1st LV60
2	802	Jackie	Chapman	LV60	44:26	LOC	
3	575	Pamela	Hardman	LV60	46:33	Lytham St Annes RR	
4	665	Katy	Thompson	LV60	47:30	Clayton le Moors	
5	541	Miriam	Rosen	LV60	50:53	Lancaster & Morecambe AC	
6	806	Jill	Leader	LV60	52:06	Kendal Tri	
7	729	Janet	Nash	LV60	56:34	LOC	

**UNDER 17 BOYS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	72	Eric	Beaumont	Boy	16:49	Keighley & Craven AC	1st Boy
2	118	Toby	Umpleby	Boy	17:01	Kendal AAC	2nd Boy
3	67	Jack	Villiers	Boy	17:17	Barlick Fell Runners	3rd Boy
4	25	Ollie	Sanders	Boy	17:22	Helm Hill	
5	49	Alex	Tallon	Boy	17:28	Helm Hill	
6	146	Alfie	Thorpe	Boy	19:33	Broughton Runners	
7	87	Adam	Scott	Boy	19:38	Helm Hill	
8	147	Sonny	Ashton-Fitch	Boy	20:25	Settle Harriers	
9	108	Oliver	Corbett	Boy	21:49		
10	9	Alex	Matthew	Boy	22:16	Dallam	
11	112	Joseph	Morgan	Boy	22:22	Kendal AAC	

**UNDER 17 GIRLS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	36	Chloe	Rylance	Girl	19:13	Ambleside AC	1st Girl
2	73	Emily	Swarbrick	Girl	21:32	Cumberland Fell Runners	2nd Girl
3	145	Ella	Beardwood	Girl	23:19	Helm Hill	3rd Girl
4	94	Freya	Richards	Girl	23:27	Helm Hill	
5	105	Becky	Dyer	Girl	25:25	Helm Hill	

**UNDER 15 BOYS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	65	Thomas	Brailsford	Boy	08:28	Ambleside	1st Boy
2	78	Dylan	Cater	Boy	08:40	Helm Hill	2nd Boy
3	32	John	Bardsley	Boy	08:48		3rd Boy
4	121	Ben	Greenep	Boy	08:51	Kendal AAC	
5	57	Jack	Dixon	Boy	09:13	Ambleside	
6	37	Joseph	Rigby	Boy	09:16	Helm Hill	
7	39	Christopher	Brown	Boy	09:26	Clayton le Moors	
8	81	Thomas	Adams	Boy	09:31	CFR	
9	99	Isaac	Robinson	Boy	09:35	Howgill Harriers	
10	139	Jamie	Waller	Boy	09:40	Dallam	
11	52	Caius	Pennington	Boy	09:43	Howgill Harriers	
12	131	Vladimir	Wiggins	Boy	10:03	Preston Harriers	
13	69	Oliver	Willoughby	Boy	10:32	Helm Hill	
14	129	Travis	Coucom	Boy	10:44	Helm Hill	
15	88	Reece	Kinley	Boy	10:48	Helm Hill	
16	148	Joel	Saunders	Boy	10:49	Helm Hill	
17	96	Toby	Harper	Boy	11:02	Ambleside	
18	90	Nathon	Ritchie	Boy	11:15	Levens Valley AC	
19	16	Finley	Grisedale	Boy	11:23	Helm Hill	
20	101	George	Campbell	Boy	11:25	Howgill Harriers	
21	10	Benjamin	Grundy	Boy	13:16	Wharfedale Harriers	

**UNDER 15 GIRLS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	91	Amelie	Lane	Girl	08:54	Wharfedale Harriers	1st Girl
2	35	Sophie	Rylance	Girl	09:01	Ambleside AC	2nd Girl
3	59	Sarah	Smith	Girl	09:04	Helm Hill	3rd Girl
4	27	Clara	Samson	Girl	09:34	Helm Hill	
5	19	Charlotte	Wilkinson	Girl	09:44	Horwich RMI Harriers	
6	7	Elodie	Malcolm	Girl	09:44	Helm Hill	
7	46	Elise	Tallon	Girl	09:48	Helm Hill	
8	30	Melissa	McIntosh	Girl	10:05	Border Harriers	
9	76	Fayth	Bowness	Girl	10:14	CFR	
10	28	Ruby	Woodward	Girl	10:19		
11	98	Ciara	Duffy	Girl	10:30	Barlick Fell Runners	
12	62	Vicky	Woof	Girl	11:04	Howgill Harriers	
13	8	Cate	Matthew	Girl	11:26	Dallam	
14	143	Beau	Walkingshaw	Girl	11:40	Howgill Harriers	
15	89	Megan	de Lacy-Perkins	Girl	12:49	Salt Ayre	



**UNDER 13 BOYS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	63	Archie	Peaker	Boy	07:21	Keighley and Craven AC	1st Boy
2	136	Will	McNally	Boy	07:32	Levens Valley AC	2nd Boy
3	5	Rowan	Ashworth	Boy	07:38	Ambleside	3rd Boy
4	54	Simon	Rigby	Boy	07:46	Helm Hill	
5	2	Alfie	Addison	Boy	07:57	Helm Hill	
6	24	Ewen	Wilkinson	Boy	08:05	Keighley and Craven AC	
7	120	Leo	Ranner	Boy	08:05	Helm Hill	
8	13	Ben	Allmond	Boy	08:17	Ambleside	
9	100	Toby	Acland	Boy	08:18	Helm Hill	
10	141	Aaran	Revill	Boy	08:30	Helm Hill	
11	124	Finn	Houston	Boy	08:32		
12	97	Ewan	Black	Boy	08:40	Helm Hill	
13	75	Stanley	Metcalfe	Boy	08:41		
14	138	Sam	Greenep	Boy	08:52	Kendal AAC	
15	50	Cameron	Dunn	Boy	08:55	Helm Hill	
16	41	Marvin	Gibbs	Boy	08:59	Helm Hill	
17	42	Jude	Evans	Boy	09:01	Ambleside	
18	85	Andrew	Mitchell	Boy	09:08	Howgill Harriers	
19	82	Ned	Whitaker	Boy	09:14	Settle Harriers	
20	38	Aaron	Smith	Boy	09:15	Howgill Harriers	
21	14	Cameron	Storey	Boy	09:28		
22	93	Peter	de Lacy-Perkins	Boy	09:30	Salt Ayre	
23	137	Thomas	Hearn	Boy	09:42	Helm Hill	
24	113	Theo	Robinson	Boy	10:06	Howgill Harriers	
25	53	Finlay	Aitken	Boy	10:35	Helm Hill	

### UNDER 13 GIRLS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	117	Lucille	Pickles	Girl	08:14	Barlick Fell Runners	1st Girl
2	106	Olivia	Swarbrick	Girl	08:37	Cumberland Fell Runners	2nd Girl
3	102	Ella	Martindale	Girl	08:41	Helm Hill	3rd Girl
4	44	Charlotte	Peart	Girl	08:45	Settle Harriers	
5	29	Amber	McIntosh	Girl	08:58	Border Harriers	
6	11	Lara	Smith	Girl	09:00	Helm Hill	
7	74	Hester	Metcalfe	Girl	09:01	Ambleside AC	
8	71	Carla	Gardiner	Girl	09:20	Helm Hill	
9	3	Lucy	Bagot	Girl	09:33	Settle Harriers	
10	84	Connie-Maye	Scott	Girl	09:40	Kendal AAC	
11	33	Emma	Duxbury	Girl	09:58	Ambleside	
12	79	Ellen	Dickson	Girl	10:08	Ambleside	
13	60	Katie	Lewis	Girl	10:14	Howgill Harriers	
14	130	Daisy	Lees	Girl	10:23	Ambleside	
15	48	Jasmine	Bottomley	Girl	10:40	Helm Hill	
16	12	Seren	Green	Girl	10:41	Ambleside AC	
17	128	Hannah	Dyer	Girl	10:47	Helm Hill	
18	58	Jessica	Oakey	Girl	10:49	Settle Harriers	
19	17	Lily -Grace	Clayton	Girl	10:51	Barlick Fell Runners	
20	126	Sophie	Goodall	Girl	11:02		
21	22	Isobelle	Wilkinson	Girl	11:51	Horwich	
22	122	Alicia	Crawford	Girl	12:02	Helm Hill	
23	23	Emily	Kerr	Girl	13:54		
24	77	Isabella	Latty	Girl	13:58	Settle Harriers	
DNF	103	Madeleine	Martindale	Girl	DNF	Helm Hill	

**UNDER 11 BOYS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	21	Joseff	Tancrel	Boy	08:15	Helm Hill	1st Boy
2	6	Tom	Ashworth	Boy	08:20	Ambleside	2nd Boy
3	15	Harvey	Shaw	Boy	08:27	Ambleside	3rd Boy
4	115	Alfie	Tipping	Boy	08:45	Kendal AAC	
5	66	Blake	Fleming	Boy	08:49	Hoad Hill Harriers	
6	104	Will	Brayshaw	Boy	08:57	Helm Hill	
7	51	Fraser	Dunn	Boy	09:19	Helm Hill	
8	111	Alex	Speight	Boy	09:20		
9	56	Ivan	Winder	Boy	09:27	Levens Valley AC	
10	47	Jackson	Bottomley	Boy	09:29	Helm Hill	
11	61	Thomas	Lewis	Boy	09:39	Howgill Harriers	
12	133	Jack	Moon	Boy	09:44	Helm Hill	
13	127	Jack	Gilpin	Boy	09:46		
14	109	William	Hargreaves	Boy	09:50	Ambleside	
15	134	Ben	Todhunter	Boy	09:51	Unattached	
16	125	Aaron	Goodall	Boy	09:57		
17	70	George	Gardiner	Boy	10:03	Helm Hill	
18	114	Gus	Campbell	Boy	10:13	Howgill Harriers	
19	140	Brodie	Revill	Boy	10:26	Helm Hill	
20	86	Luke	Mitchell	Boy	10:42	Howgill Harriers	
21	26	Edward	Shawcross	Boy	10:54		
22	142	Harry	Singleton	Boy	10:59		
23	18	Oscar	Clayton	Boy	11:10	Barlick Fell Runners	
24	55	Zach	Thomas	Boy	11:14	COLT	
25	132	Thomas	Iveson	Boy	11:14	Ambleside AC	
26	123	Freddie	Crawford	Boy	12:15	Helm Hill	
27	31	Tommy	Brodrick	Boy	12:32	Ambleside	

**UNDER 11 GIRLS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	107	Ella	Brayshaw	Girl	09:04	Lancaster & Morecambe AC	1st Girl
2	45	Millie	Jebb	Girl	09:17	Helm Hill	2nd Girl
3	110	Eve	Briffett	Girl	09:30		3rd Girl
4	80	Isabella	Wright	Girl	09:31	Wharfedale Harriers	
5	119	Emmy	Ranner	Girl	09:32	Helm Hill	
6	95	Elissa	Kinley	Girl	09:39	Helm Hill	
7	34	Ruby	Duxbury	Girl	09:49	Ambleside	
8	92	Robyn	de Lacy-Perkins	Girl	10:16	Salt Ayre	
9	43	Tess	Evans	Girl	10:28	Ambleside	
10	64	Florrie	Haddow	Girl	10:40	Furness Fell Runners	
11	40	Tess	Gibbs	Girl	10:44	Helm Hill	
12	116	Rowan	McCann	Girl	11:13		
13	135	Ellie	Todhunter	Girl	11:16	Unattached	
14	83	Mabel	Whitaker	Girl	11:37	Settle Harriers	
15	68	Poppy	Cater	Girl	11:40	Helm Hill	
16	4	Francesca	Bagot	Girl	11:43	Settle Harriers	
17	1	Megan	Harris	Girl	12:27	Helm Hill	
18	144	Sadie	Walkingshaw	Girl	12:33	Eden Runners	