



## HELM HILL WINTER LEAGUE 2023 - Arant Haw



DIFFERENT STROKES  
PAINTING & DECORATING LTD

		Senior	Race		
Name	Surname	Category	Club	Time	Position
Matt	Knowles	MSEN	Lancaster and Morecambe AC	0:37:40	2
Peter	Stock	MSEN	Helm Hill	0:40:15	3
Lewis	Bowness	MSEN	Helm Hill	0:42:06	4
Alastair	Dunn	MV50	Helm Hill Runners	0:43:08	5
Bobby	Gard-Storry	MSEN	Ochil Hill Runners	0:43:12	6
Hannah	Russell	FSEN	Helm Hill	0:43:17	7
Ben	Procter	MV40	Helm Hill Runners	0:43:44	8
Jack	Eyre	MSEN	Eden Runners	0:44:12	9
Jos	Addison	MSEN	Helm Hill	0:44:20	10
Brian	Pennington	MV40	Howgill Harriers	0:44:37	11
Emma	Gould	FSEN	Helm Hill Runners	0:44:41	12
Andy	F	MSEN	Unaffiliated	0:45:10	13
Victoria	Wilkinson	FV40	Bingley Harriers	0:45:34	14
Scott	Morley	MSEN	Eden Runners	0:46:38	15
Daniel	Jones	MSEN	Eden Runners	0:47:03	16
Harry	Ewbank	MU21	Eden Runners	0:50:03	17
David	Griffin	MV60	Helm Hill Runners	0:50:16	18
Ben	Wilson	MSEN	Bowland	0:50:36	19
David	Wilson	MV50	Bowland	0:50:38	20
David	Pease	MV40	Barlick Fell Runners	0:51:27	21
Ross	Butler	MV40	Keswick AC	0:51:41	22
Alice	Rea	FSEN	Helm Hill	0:53:20	23
Padraig	Spillane	MSEN	Helm Hill	0:53:23	24
Alistair	Shawcross	MV40	Dallam	0:53:27	25
Peter	Lawson	MSEN	Howgill Harriers	0:54:29	26
Ellie	Mather	FSEN	Lonsdale Fell Runners	0:54:42	27
Deborah	Gowans	FV50	Todmorden Harriers	0:54:45	28

Paul	Revell	MV60		0:55:00	29
Emma	Nielsen	FV40	Eden Runners	0:56:14	30
Brian	Hickey	MV60	Cheshire Hill Racers	0:56:33	31
Anthony	Bowness	MV50	Kendal AC	0:57:22	32
Sean	Robinson	MV40	Howgill Harriers	0:57:33	33
Chris	Speight	MV60	Kendal AAC	0:58:40	34
Ray	Gill	MV60	Helm Hill	0:59:28	35
Chris	Evans	MV50	Ambleside AC	0:59:34	36
Sophie	Fosker	FV40	Bowland Fell Runers	0:59:45	37
Ian	Hewitt	MV40	Eden Runners	1:00:07	38
Jonathan	Tombs	MV50	Eden Runners	1:00:22	39
Andy	Ward	MV40	Settle Harriers	1:00:33	40
Annabelle	Innerdale	FV50	Eden runners	1:00:37	41
Ellie	Simmonds	FU21	Hoad Hill Harriers	1:00:51	42
Megan	James	FSEN	EDEN RUNNERS	1:02:37	43
Jess	Bagnall	FV40	Settle Harriers	1:02:41	44
Rachael	Mellor	FV50	Howgill Harriers	1:02:55	45
Vicky	Woof	FU21	Howgill Harriers	1:03:30	46
Tim	Field	MV50		1:04:15	47
Wendy	Dodds	FV70	Dallam Running Club	1:04:30	48
Esther	Lambert	FSEN	Helm Hill	1:04:41	49
Suzanne	Budgett	FV60	Horwich RMI Harriers	1:05:11	50
Colin	Valentine	MV60	Keswick	1:05:13	51
Mike	Falgate	MV60	Helm Hill	1:05:21	52
Peter	Ellwood	MV50	Settle Harriers	1:05:30	53
Beth	Evans	FSEN	Settle Harriers	1:07:13	54
Caroline	D'Arcy	FV50	Helm Hill	1:07:59	55
Tim	Palmer	MV50	Helsby RC	1:09:59	56
Jim	Fisher	MV60	Howgill Harriers	1:10:35	57



U11 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0268	Iris	Thwaites	u11G	Ambleside A	0:10:22	1
0167	Lucy	Ward	u11G	Settle Harriers	0:11:25	2
1034	Jessica	Norman	u11G	Howgill Harriers	0:11:29	3
0200	Silvia	Parsons	u11G	Helm Hill	0:11:35	4
0864	Lola	Hodgson	u11G	Ambleside	0:11:41	5
0250	Lana	Fosker	u11G	Bowland Fell Runners	0:11:49	6
0815	Maia	Dacre	u11G	Helm Hill	0:12:20	7
0280	Flo	Evans	u11G	Settle Harriers	0:13:16	8

U11 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0639	Calum	McGoldrick	u11B	Settle Harriers	0:09:09	1
0530	Rhys	Price	u11B	Darlington Harriers	0:09:37	2
0449	Kit	Evans	u11B	Ambleside AC	0:09:53	3
0369	Peter	Butler	u11B	Ambleside AC	0:09:56	4
0869	Haris	Riaz	u11B	Sedbergh School	0:10:44	5
0279	Stanley	Evans	u11B	Settle Harriers	0:11:21	6
0068	Danny	Nunns	u11B	Helm Hill	0:11:38	7

U13 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0642	Mia	McGoldrick	u13G	Settle Harriers	0:09:30	1
1084	Sophie	Norman	u13G	Howgill Harriers	0:09:58	2
0826	Freya	Hodgson-Jones	u13G	Ambleside	0:11:51	3

U13 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0442	Joseph	Green	u13B	Ambleside AC	0:08:16	1
0875	Ben	Brummitt	u13B	Settle Harriers	0:08:33	2
0609	Charlie	Hodgson	u13B	Helm hill	0:09:49	3
0142	Ghyll	Baker	u13B	Helm Hill Runners	0:10:14	4
0041	Lewis	Dalton	u13B	Helm Hill	0:10:31	5
0270	F	D	u13B	Ambleside AC	0:11:12	6



U15 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0126	Isla	Pearman	u15G	Helm Hill	00:13:08	1
0507	Lily	Slater	u15G	Ambleside	00:13:13	2
0484	Francesca	Bagot	u15G	Settle	00:14:59	3
0688	Ava	Brierley	u15G	Ambleside Athletics Juniors	00:15:32	4

U15 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0026	Edward	Shawcross	u15B	Ambleside	00:08:39	1
0300	Will	Pease	u15B	Barlick Fell Runners	00:10:49	2
0538	Zeke	Sumner	u15B	Ambleside AC	00:10:53	3
0044	Fraser	Dunn	u15B	Helm Hill Runners	00:12:01	4
0286	Riley	Scott	u15B	Leven valley	00:12:30	5
0026	Edward	Shawcross	u15B	Ambleside	00:12:48	6
0285	Oliver	Scott	u15B	Leven valley	00:12:55	7
0468	Thomas	Iveson	u15B	Ambleside	00:13:02	8
0034	Freddie	Crawford	u15B	Helm Hill Runners	00:15:18	9

U17 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0085	Emily	MacPherson-Littler	u17G	Bowland Fell Runners	00:23:58	1

U17 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0161	Joe	Hilborne	u17B	Helm Hill	00:17:45	1
0585	Edward	Jermy	u17B	Howgill Harriers	00:20:35	2

U21 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
1023	Ellie	Simmonds	FU21	Hoad Hill Harriers	1:00:51	1
0055	Vicky	Woof	FU21	Howgill Harriers	1:03:30	2

U21 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0086	Harry	Ewbank	MU21	Eden Runners	0:50:03	1
0050	Benji	Grundy	MU21	Wharfedale Harriers	1:12:52	2

OVERALL WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
1067	Hannah	Russell	FSEN	Helm Hill	0:43:17	1
0029	Emma	Gould	FSEN	Helm Hill Runners	0:44:41	2
0663	Victoria	Wilkinson	FV40	Bingley Harriers	0:45:34	3
0147	Alice	Rea	FSEN	Helm Hill	0:53:20	4
0480	Ellie	Mather	FSEN	Lonsdale Fell Runners	0:54:42	5
0148	Deborah	Gowans	FV50	Todmorden Harriers	0:54:45	6
1077	Emma	Nielsen	FV40	Eden Runners	0:56:14	7
0249	Sophie	Fosker	FV40	Bowland Fell Runners	0:59:45	8
0522	Annabelle	Innerdale	FV50	Eden runners	1:00:37	9
1023	Ellie	Simmonds	FU21	Hoad Hill Harriers	1:00:51	10
0020	Megan	James	FSEN	EDEN RUNNERS	1:02:37	11
0243	Jess	Bagnall	FV40	Settle Harriers	1:02:41	12
0721	Rachael	Mellor	FV50	Howgill Harriers	1:02:55	13
0055	Vicky	Woof	FU21	Howgill Harriers	1:03:30	14
0030	Wendy	Dodds	FV70	Dallam Running Club	1:04:30	15
0400	Esther	Lambert	FSEN	Helm Hill	1:04:41	16
0017	Suzanne	Budgett	FV60	Horwich RMI Harriers	1:05:11	17
0281	Beth	Evans	FSEN	Settle Harriers	1:07:13	18
0844	Caroline	D'Arcy	FV50	Helm Hill	1:07:59	19
0486	Paula	Bowen	FV50	Ambleside	1:13:56	20
0093	Jill	Libby	FV60	Eden Runners	1:14:07	21
0339	vicki	sherrington	FV50	Helm Hill	1:15:54	22
0626	Ruth	Webster	FV50	non	1:18:25	23
0492	Rebecca	Atkinson	FV40		1:18:28	24
0525	Libby	DIXON	FV40	Ambleside AC	1:18:47	25
0088	Colleen	Oldham	FV40	Leven Valley AC	1:18:51	26
0687	Veronica	Waller	FV50	Dallam	1:19:57	27
0528	Sonja	Vietoris	FV60	Dallam Running	1:24:31	28
0016	Jill	Gates	FV60	Settle Harriers	1:24:44	29
0316	Miriam	Rosen	FV70	Lancaster & Morecambe AC	1:25:19	30

OVERALL MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
1075	Matt	Knowles	MSEN	Lancaster and Morecambe AC	0:37:40	1
0196	Peter	Stock	MSEN	Helm Hill	0:40:15	2
0264	Lewis	Bowness	MSEN	Helm Hill	0:42:06	3
0042	Alastair	Dunn	MV50	Helm Hill Runners	0:43:08	4
0548	Bobby	Gard-Storry	MSEN	Ochil Hill Runners	0:43:12	5
0570	Ben	Procter	MV40	Helm Hill Runners	0:43:44	6
0061	Jack	Eyre	MSEN	Eden Runners	0:44:12	7
0209	Jos	Addison	MSEN	Helm Hill	0:44:20	8
0469	Brian	Pennington	MV40	Howgill Harriers	0:44:37	9
0009	Andy	F	MSEN	Unaffiliated	0:45:10	10
0277	Scott	Morley	MSEN	Eden Runners	0:46:38	11
1087	Daniel	Jones	MSEN	Eden Runners	0:47:03	12
0086	Harry	Ewbank	MU21	Eden Runners	0:50:03	13
0040	David	Griffin	MV60	Helm Hill Runners	0:50:16	14
0190	Ben	Wilson	MSEN	Bowland	0:50:36	15
0178	David	Wilson	MV50	Bowland	0:50:38	16
0301	David	Pease	MV40	Barlick Fell Runners	0:51:27	17
0488	Ross	Butler	MV40	Keswick AC	0:51:41	18
0165	Padraig	Spillane	MSEN	Helm Hill	0:53:23	19
0025	Alistair	Shawcross	MV40	Dallam	0:53:27	20
0521	Peter	Lawson	MSEN	Howgill Harriers	0:54:29	21
0018	Paul	Revell	MV60		0:55:00	22
0150	Brian	Hickey	MV60	Cheshire Hill Racers	0:56:33	23
0975	Anthony	Bowness	MV50	Kendal AC	0:57:22	24
0437	Sean	Robinson	MV40	Howgill Harriers	0:57:33	25
0342	Chris	Speight	MV60	Kendal AAC	0:58:40	26
0094	Ray	Gill	MV60	Helm Hill	0:59:28	27
0387	Chris	Evans	MV50	Ambleside AC	0:59:34	28
1032	Ian	Hewitt	MV40	Eden Runners	1:00:07	29
0326	Jonathan	Tombs	MV50	Eden Runners	1:00:22	30



0240	Andy	Ward	MV40	Settle Harriers	1:00:33	31
1076	Tim	Field	MV50		1:04:15	32
0584	Colin	Valentine	MV60	Keswick	1:05:13	33
0262	Mike	Falgate	MV60	Helm Hill	1:05:21	34
0368	Peter	Ellwood	MV50	Settle Harriers	1:05:30	35
1083	Tim	Palmer	MV50	Helsby RC	1:09:59	36
0127	Jim	Fisher	MV60	Howgill Harriers	1:10:35	37
1010	Toby	Campbell	MV50	Unattached	1:11:50	38
0050	Benji	Grundy	MU21	Wharfedale Harriers	1:12:52	39
0079	Stephen	Libby	MV60	Eden Runners	1:14:12	40
0183	Trevor	Metcalfe	MV70	Wharfedale Harriers	1:25:15	41
0315	David	Rosen	MV60	Lancaster & Morecambe AC	1:26:20	42

FV40 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0663	Victoria	Wilkinson	FV40	Bingley Harriers	0:45:34	1
1077	Emma	Nielsen	FV40	Eden Runners	0:56:14	2
0249	Sophie	Fosker	FV40	Bowland Fell Runers	0:59:45	3
0243	Jess	Bagnall	FV40	Settle Harriers	1:02:41	4
0492	Rebecca	Atkinson	FV40		1:18:28	5
0525	Libby	DIXON	FV40	Ambleside AC	1:18:47	6
0088	Colleen	Oldham	FV40	Leven Valley AC	1:18:51	7

MV40 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0570	Ben	Procter	MV40	Helm Hill Runners	0:43:44	1
0469	Brian	Pennington	MV40	Howgill Harriers	0:44:37	2
0301	David	Pease	MV40	Barlick Fell Runners	0:51:27	3
0488	Ross	Butler	MV40	Keswick AC	0:51:41	4
0025	Alistair	Shawcross	MV40	Dallam	0:53:27	5
0437	Sean	Robinson	MV40	Howgill Harriers	0:57:33	6
1032	Ian	Hewitt	MV40	Eden Runners	1:00:07	7
0240	Andy	Ward	MV40	Settle Harriers	1:00:33	8

FV50 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0148	Deborah	Gowans	FV50	Todmorden Harriers	0:54:45	1
0522	Annabelle	Innerdale	FV50	Eden runners	1:00:37	2
0721	Rachael	Mellor	FV50	Howgill Harriers	1:02:55	3
0844	Caroline	D'Arcy	FV50	Helm Hill	1:07:59	4
0486	Paula	Bowen	FV50	Ambleside	1:13:56	5
0339	vicki	sherrington	FV50	Helm Hill	1:15:54	6
0626	Ruth	Webster	FV50	non	1:18:25	7
0687	Veronica	Waller	FV50	Dallam	1:19:57	8

MV50 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0042	Alastair	Dunn	MV50	Helm Hill Runners	0:43:08	1
0178	David	Wilson	MV50	Bowland	0:50:38	2
0975	Anthony	Bowness	MV50	Kendal AC	0:57:22	3
0387	Chris	Evans	MV50	Ambleside AC	0:59:34	4
0326	Jonathan	Tombs	MV50	Eden Runners	1:00:22	5
1076	Tim	Field	MV50		1:04:15	6
0368	Peter	Ellwood	MV50	Settle Harriers	1:05:30	7
1083	Tim	Palmer	MV50	Helsby RC	1:09:59	8
1010	Toby	Campbell	MV50	Unattached	1:11:50	9

FV60 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0017	Suzanne	Budgett	FV60	Horwich RMI Harriers	1:05:11	1
0093	Jill	Libby	FV60	Eden Runners	1:14:07	2
0528	Sonja	Vietoris	FV60	Dallam Running	1:24:31	3
0016	Jill	Gates	FV60	Settle Harriers	1:24:44	4

MV60 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0040	David	Griffin	MV60	Helm Hill Runners	0:50:16	1
0018	Paul	Revell	MV60		0:55:00	2
0150	Brian	Hickey	MV60	Cheshire Hill Racers	0:56:33	3
0342	Chris	Speight	MV60	Kendal AAC	0:58:40	4
0094	Ray	Gill	MV60	Helm Hill	0:59:28	5
0584	Colin	Valentine	MV60	Keswick	1:05:13	6
0262	Mike	Falgate	MV60	Helm Hill	1:05:21	7
0127	Jim	Fisher	MV60	Howgill Harriers	1:10:35	8
0079	Stephen	Libby	MV60	Eden Runners	1:14:12	9
0315	David	Rosen	MV60	Lancaster & Morecambe AC	1:26:20	10

FV70 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0030	Wendy	Dodds	FV70	Dallam Running Club	1:04:30	1
0316	Miriam	Rosen	FV70	Lancaster & Morecambe AC	1:25:19	2



MV70 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0183	Trevor	Metcalfe	MV70	Wharfedale Harriers	1:25:15	1