



HELM HILL WINTER LEAGUE 2023 - Cunswick



DIFFERENT STROKES
PAINTING & DECORATING LTD

U11 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0305	Martha	Hart	u11G	Settle Harriers	0:09:58	1
0268	Iris	Thwaites	u11G	Ambleside A	0:10:20	2
0152	Izzy	Leigh	u11G	Helm Hill	0:10:33	3
0837	Rona	Houston	u11G	Helm Hill	0:10:47	4
0167	Lucy	Ward	u11G	Settle Harriers	0:10:54	5
0864	Lola	Hodgson	u11G	Ambleside	0:11:07	6
0149	Martha	Johnson	u11G	Helm Hill	0:11:10	7
0200	Silvia	Parsons	u11G	Helm Hill	0:11:15	8
0250	Lana	Fosker	u11G	Bowland Fell Runners	0:11:18	9
0815	Maia	Dacre	u11G	Helm Hill	0:11:48	10
0956	Harriet	Coward	u11G	Ambleside	0:11:55	11
0049	Elodie	Haslett	u11G	Helm Hill	0:12:02	12
0309	Tabetha	Pell	u11G	Ambleside AC	0:12:22	13
0280	Flo	Evans	u11G	Settle Harriers	0:12:35	14

U11 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0323	Jos	Jebb	u11B	Helm Hill Runners	0:08:24	1
0639	Calum	McGoldrick	u11B	Settle Harriers	0:08:51	2
0449	Kit	Evans	u11B	Ambleside AC	0:09:18	3
0369	Peter	Butler	u11B	Ambleside AC	0:09:25	4
0229	Olly	Fox	u11B	Settle Harriers	0:09:53	5
0641	Finlay	McGoldrick	u11B	Settle Harriers	0:10:06	6
0233	Dougie	Giles	u11B	Settle Harriers	0:10:09	7
0964	Zach	Harris	u11B	Howgill Harriers	0:10:15	8
0869	Haris	Riaz	u11B	Sedbergh School	0:10:25	9
0974	Philip	Bolland	u11B	Helm Hill	0:10:34	10
0269	James	McAleese	u11B	Ambleside AC	0:10:41	11
0958	Kornel	Devlin	u11B		0:11:21	12
0068	Danny	Nunns	u11B	Helm Hill	0:11:23	13
0279	Stanley	Evans	u11B	Settle Harriers	0:11:30	14
0813	ROWAN	Griffiths	u11B	Furness Fell Runners	0:11:40	15
0558	Murray	Page	u11B	Helm Hill Runners	0:11:57	16
0065	Andrew	Skeldon	u11B	Settle Harriers	0:12:15	17

U13 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0322	Isla	Jebb	u13G	Helm Hill Runners	0:08:35	1
0226	Fay	Thomas	u13G	Helm Hill	0:08:55	2
0642	Mia	McGoldrick	u13G	Settle Harriers	0:08:58	3
0072	Imogen	Moore	u13G	Leven Valley	0:09:41	4
0826	Freya	Hodgson-Jones	u13G	Ambleside	0:10:59	5
0851	Lua	Swami	u13G	Helm	0:12:05	6
0444	Tess	Reedy	u13G	Ambleside AC	0:12:09	7
0494	Annabelle	Atkinson	u13G		0:12:17	8

U13 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0442	Joseph	Green	u13B	Ambleside AC	0:08:11	1
0875	Ben	Brummitt	u13B	Settle Harriers	0:08:20	2
0840	Dougal	Houston	u13B	Helm Hill	0:08:28	3
1057	Harry	Mason	u13B		0:08:32	4
0609	Charlie	Hodgson	u13B	Helm hill	0:09:09	5
0742	Rowan	Bradley	u13B	Ambleside	0:09:22	6
0064	James	Skeldon	u13B	Settle Harriers	0:09:33	7
0142	Ghyll	Baker	u13B	Helm Hill Runners	0:09:46	8
0041	Lewis	Dalton	u13B	Helm Hill	0:09:55	9
0668	HARRI	TANCREL	u13B	Helm Hill	0:10:29	10
0207	Joss	Wood	u13B	Helm hill	0:10:49	11
0270	F	D	u13B	Ambleside AC	0:11:05	12
0238	Harry	Hearn	u13B	Helm Hill	0:11:35	13
0723	Rhuari	Trott	u13B	unattached	0:12:19	14

U15 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0390	Penelope	Boyle	u15G	Leven Valley	00:14:41	1
0321	Millie	Jebb	u15G	Helm Hill Runners	00:15:23	2
0126	Isla	Pearman	u15G	Helm Hill	00:15:34	3
0606	Cara	Bradley	u15G	Ambleside AC	00:16:10	4
0384	Holly	Fitch	u15G	Wharfedale Harriers	00:16:34	5
0682	Rosie	Scott	u15G	Ambleside	00:17:06	6
0495	Bridget	Atkinson	u15G	Howgill Harrier	00:17:09	7
0378	Isabel	Sanderson	u15G	Helm hill runners	00:17:21	8
0507	Lily	Slater	u15G	Ambleside	00:17:39	9
0740	Ellie	Todhunter	u15G	Helm Hill	00:17:42	10
0192	Katelyn	Douglas	u15G	Leven valley ac	00:17:45	11
1053	Tamzin	Osborne	u15G	Blackburn harriers	00:18:14	12
0484	Francesca	Bagot	u15G	Settle	00:18:38	13
1026	Mabel	Whitaker	u15G	Settle Harriers	00:19:09	14
0343	Eleanor	King	u15G	Helm Hill	00:19:14	15

U15 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0300	Will	Pease	u15B	Barlick Fell Runners	00:14:15	1
0667	JOSEFF	TANCREL	u15B	Helm Hill	00:14:20	2
0538	Zeke	Sumner	u15B	Ambleside AC	00:14:26	3
0376	Evan	Mulvany	u15B	Helm Hill	00:14:37	4
0345	Oscar	Timbers	u15B	Keighley and Craven	00:15:06	5
0026	Edward	Shawcross	u15B	Ambleside	00:15:30	6
0044	Fraser	Dunn	u15B	Helm Hill Runners	00:15:39	7
0286	Riley	Scott	u15B	Leven valley	00:15:44	8
0468	Thomas	Iveson	u15B	Ambleside	00:15:52	9
0292	Carl	Sanderson	u15B	Settle Harriers	00:15:56	10
0078	Sam	Oldham	u15B	Leven Valley AC	00:16:00	11
0608	Demitri	Kyriacou	u15B	Leven valley	00:16:13	12
0285	Oliver	Scott	u15B	Leven valley	00:16:16	13
0380	Henry	Murray	u15B	Levens Valley	00:18:44	14
0225	Zach	Thomas	u15B	Helm Hill	00:19:21	15
0034	Freddie	Crawford	u15B	Helm Hill Runners	00:22:50	16

U17 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0358	Marina	Bailey	u17G	Leven Valley AC	00:20:43	1
0406	Katie	Sandham	u17G	Ambleside AC	00:22:41	2
0191	Ellen	Douglas	u17G	Leven valley ac	00:23:07	3

U17 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0251	Jack	Sanderson	u17B	Settle Harriers	00:17:48	1
0057	Max	Hazlehurst	u17B	Leven Valley AC	00:18:35	2
0052	Logan	McCredie	u17B	Blackburn Harriers	00:18:49	3
0087	Oliver	Oldham	u17B	Leven Valley AC	00:18:57	4
0258	Robbie	Watmough	u17B	Settle harriers	00:19:00	5
0581	Josh	Todd	u17B	Kendal AC	00:19:06	6
0265	John	Williamson	u17B	Leven Valley AC	00:20:04	7
0580	Alfie	Todd	u17B	Kendal Ac	00:20:10	8
0738	Ben	Todhunter	u17B	Helm Hill	00:20:47	9
0340	Alex	Speight	u17B	Helm Hill Runners	00:20:57	10
0154	Toby	Acland	u17B	Helm Hill Runners	00:21:43	11
0239	Thomas	Hearn	u17B	Helm Hill	00:22:54	12
0439	Theo	Robinson	u17B	Howgill Harriers	00:22:57	13
0585	Edward	Jermy	u17B	Howgill Harriers	00:23:14	14

U21 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0055	Vicky	Woof	FU21	Howgill Harriers	0:44:22	1

U21 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0374	James	Bowen	MU21	Ambleside	0:32:28	1
0336	Harry	Bowen	MU21	Kendal AC	0:33:51	2
0438	Isaac	Robinson	MU21	Howgill Harriers	0:43:22	3

OVERALL WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
1060	Rhiannon	Douglas	FSEN	Border harriers	0:36:07	1
0480	Ellie	Mather	FSEN	Lonsdale Fell Runners	0:36:46	2
0103	Bianca	Dyer	FV40	Helm Hill Runners	0:37:44	3
0375	Emma	Kearsey	FSEN	Helm Hill Runners	0:38:18	4
0467	Ruth	Bell	FSEN	Helm Hill	0:39:49	5
0148	Deborah	Gowans	FV50	Todmorden Harriers	0:40:07	6
0456	Lisa	Parker	FV40	Rossendale Harriers	0:40:25	7
0474	Lorna	Askew	FV50	Helm Hill	0:40:45	8
0047	Charlotte	Seward	FSEN		0:41:20	9
0379	Catherine	Cullinane	FV50	Helm hill	0:41:46	10
0140	Caroline	Holden	FV50	Helm Hill	0:41:50	11
0076	Leanne	Scott	FV40	Leven valley	0:42:16	12
0156	Kirsten	Angus	FV40	Settle Harriers	0:42:46	13
0249	Sophie	Fosker	FV40	Bowland Fell Runers	0:43:01	14
0800	Karen	Bridge	FV50	Eden Runners	0:43:46	15
0101	Hannah	Waterhouse	FSEN		0:43:52	16
0055	Vicky	Woof	FU21	Howgill Harriers	0:44:22	17
0334	Eleanor	Knowles	FV50	Ambleside AC	0:44:42	18
0781	Sarah	Batten	FSEN	Helm Hill	0:45:14	19
0102	Rebecca	Howard	FSEN	AAC	0:45:21	20
0017	Suzanne	Budgett	FV60	Horwich RMI Harriers	0:45:31	21
0187	Liz	Whitfield	FV40	Helm Hill	0:46:19	22
0015	Lynn	Whittaker	FV60	Wharfedale Harriers	0:47:08	23
0048	Joanne	Haslett	FV40	Helm Hill	0:47:23	24
0281	Beth	Evans	FSEN	Settle Harriers	0:47:47	25
0622	Emma	Blundell	FSEN	Lonsdale Fell Runners	0:48:04	26
0525	Libby	DIXON	FV40	Ambleside AC	0:49:03	27
0088	Colleen	Oldham	FV40	Leven Valley AC	0:49:09	28

0486	Paula	Bowen	FV50	Ambleside	0:49:13	29
0107	Louise	Robinson	FSEN	Women on the Run	0:49:36	30
0626	Ruth	Webster	FV50	non	0:50:12	31
0030	Wendy	Dodds	FV70	Dallam Running Club	0:50:15	32
0844	Caroline	D'Arcy	FV50	Helm Hill	0:50:20	33
0561	Louise	Dunn	FV60		0:51:29	34
0153	Julia	Murfin	FV50	Settle Harriers	0:51:41	35
0339	vicki	sherrington	FV50	Helm Hill	0:51:44	36
0713	Anna	Maciejkowicz	FSEN	Women on the Run	0:51:58	37
0092	Denise	Tunstall	FV50	Durham Fell Runners	0:52:09	38
0482	Pam	Bagot	FV40	Settle	0:53:24	39
0492	Rebecca	Atkinson	FV40		0:53:26	40
0750	Dawn	Bradley	FV40	None	0:53:32	41
0810	Emma	Griffiths	FV40	Furness Fell Runners	0:53:41	42
0895	Andrena	Ball	FSEN		0:53:48	43
0687	Veronica	Waller	FV50	Dallam	0:53:56	44
0763	Marian	de Silver	FV60	Dallam	0:53:58	45
0120	Anna	Stevens	FV50	Helm Hill	0:54:54	46
0224	Katharine	Shrine	FV40	Helm Hill	0:55:37	47
0199	Elena	Parsons	FSEN	Helm Hill	0:56:05	48
0528	Sonja	Vietoris	FV60	Dallam Running	0:56:27	49
0847	Jayne	Scott	FV50		0:56:38	50
0141	Anna	Baker	FV40	Helm Hill Runners	0:56:49	51
0665	ALISON	TANCREL	FV50	Helm Hill	0:57:08	52
0016	Jill	Gates	FV60	Settle Harriers	1:00:41	53

OVERALL MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0196	Peter	Stock	MSEN	Helm Hill	0:30:22	1
0264	Lewis	Bowness	MSEN	Helm Hill	0:30:38	2
0098	Sam	Burnstone	MSEN	Helm Hill	0:30:53	3
0450	Jose	Concha	MSEN	Helm Hill Runners	0:31:36	4
0643	Mark	McGoldrick	MV40	Settle Harriers	0:31:53	5
0009	Andy	F	MSEN	Unaffiliated	0:32:20	6
0374	James	Bowen	MU21	Ambleside	0:32:28	7
0638	Sam	Harrison	MSEN	Bowland Fell Runners	0:32:32	8
0578	Jethro	Whitfield	MV40	Wharfedale	0:32:36	9
0209	Jos	Addison	MSEN	Helm Hill	0:32:44	10
1058	Tom	Simpson	MSEN	N/A	0:32:56	11
0039	Rory	Addison	MSEN	Helm Hill	0:33:33	12
0042	Alastair	Dunn	MV50	Helm Hill Runners	0:33:43	13
0336	Harry	Bowen	MU21	Kendal AC	0:33:51	14
0338	Ben	Timbers	MV40	Keighley and Craven	0:34:10	15
0275	derek	hurton	MV50	Eden Runners	0:34:31	16
0165	Padraig	Spillane	MSEN	Helm Hill	0:34:48	17
0906	colin	houston	MV40	helm hill	0:34:52	18
0308	James	Pell	MSEN	Helm Hill	0:34:54	19
0033	James	Baron	MV50	Helm Hill	0:35:03	20
0104	Jacob	Dyer	MV50	Helm Hill Runners	0:35:10	21
0957	Steven	Devlun	MV40		0:35:42	22
0073	Joe	Hobbs	MSEN	Lonsdale Fell Runners	0:36:02	23
0975	Anthony	Bowness	MV50	Kendal AC	0:36:52	24
0301	David	Pease	MV40	Barlick Fell Runners	0:37:16	25
0211	Nigel	Wood	MV40	Helmhill	0:37:28	26
0777	Matthew	Swallow	MSEN		0:37:47	27
0236	Alistair	Hearn	MV50	Helm Hill	0:37:50	28

0457	Michael	Toman	MV50	Rossendale Harriers	0:37:52	29
0856	Henry	James	MSEN	Helm Hill	0:37:55	30
0040	David	Griffin	MV60	Helm Hill Runners	0:38:01	31
0025	Alistair	Shawcross	MV40	Dallam	0:38:09	32
0521	Peter	Lawson	MSEN	Howgill Harriers	0:38:41	33
0735	James	Todhunter	MV40	Helm Hill	0:38:57	34
0045	Steve	King	MV50	Helm Hill	0:39:05	35
0773	Seren	Darrell	MSEN	Helm Hill	0:39:11	36
0306	Andrew	Cox	MV50	Helm Hill	0:39:21	37
0437	Sean	Robinson	MV40	Howgill Harriers	0:39:32	38
0018	Paul	Revell	MV60		0:39:48	39
0182	Mark	Cropper	MV40	Helm Hill	0:40:09	40
0150	Brian	Hickey	MV60	Cheshire Hill Racers	0:40:13	41
0094	Ray	Gill	MV60	Helm Hill	0:40:27	42
0166	Graham	Schofield	MV60	Horwich RMI Harriers	0:40:53	43
0118	Andrew	Stokes	MV60	Dallam	0:41:21	44
0937	Jack	Taylor	MSEN		0:42:19	45
0311	Andrew	Russell	MV50	Helm Hill	0:42:23	46
0240	Andy	Ward	MV40	Settle Harriers	0:42:43	47
0326	Jonathan	Tombs	MV50	Eden Runners	0:42:56	48
0387	Chris	Evans	MV50	Ambleside AC	0:43:04	49
0747	Stefan	Bradley	MV40	Unattached	0:43:07	50
0091	John	Jones	MV60	Helm Hill	0:43:09	51
0116	Stuart	Lockton	MV50	Helm Hill	0:43:15	52
0438	Isaac	Robinson	MU21	Howgill Harriers	0:43:22	53
0342	Chris	Speight	MV60	Kendal AAC	0:44:19	54
0381	Russell	Cannon	MV60	Helm Hill Runners	0:44:45	55
0793	Andy	Evans	MV60	Settle Harriers	0:45:59	56
0393	Mark	Charnley	MV50	Settle Harriers	0:47:13	57
0368	Peter	Ellwood	MV50	Settle Harriers	0:47:17	58

0043	Keith	Masser	MV60	Helm Hill Runners	0:47:52	59
0584	Colin	Valentine	MV60	Keswick	0:48:15	60
0493	Matt	Atkinson	MV40		0:48:17	61
0132	Phil	Davies	MV50	Preston Harriers	0:49:04	62
0523	daniel	Rayson	MV50		0:49:05	63
0700	David	Mainwaring	MV60		0:49:10	64
0714	Rudolf	Maciejkowicz	MV70		0:49:20	65
1040	Chris	Winter	MV40	N/A	0:49:23	66
0560	Graham	Capper	MV60	Helm Hill	0:49:33	67
0256	Andy	Connor	MV50	Ambleside	0:50:18	68
0127	Jim	Fisher	MV60	Howgill Harriers	0:50:21	69
0002	Rich	Cater	MV50	Helm Hill	0:52:27	70
0183	Trevor	Metcalfe	MV70	Wharfedale Harriers	1:07:56	71

FV40 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0103	Bianca	Dyer	FV40	Helm Hill Runners	0:37:44	1
0456	Lisa	Parker	FV40	Rosendale Harriers	0:40:25	2
0076	Leanne	Scott	FV40	Leven valley	0:42:16	3
0156	Kirsten	Angus	FV40	Settle Harriers	0:42:46	4
0249	Sophie	Fosker	FV40	Bowland Fell Runers	0:43:01	5
0187	Liz	Whitfield	FV40	Helm Hill	0:46:19	6
0048	Joanne	Haslett	FV40	Helm Hill	0:47:23	7
0525	Libby	DIXON	FV40	Ambleside AC	0:49:03	8
0088	Colleen	Oldham	FV40	Leven Valley AC	0:49:09	9
0482	Pam	Bagot	FV40	Settle	0:53:24	10
0492	Rebecca	Atkinson	FV40		0:53:26	11
0750	Dawn	Bradley	FV40	None	0:53:32	12
0810	Emma	Griffiths	FV40	Furness Fell Runners	0:53:41	13
0224	Katharine	Shrine	FV40	Helm Hill	0:55:37	14
0141	Anna	Baker	FV40	Helm Hill Runners	0:56:49	15

MV40 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0643	Mark	McGoldrick	MV40	Settle Harriers	0:31:53	1
0578	Jethro	Whitfield	MV40	Wharfedale	0:32:36	2
0338	Ben	Timbers	MV40	Keighley and Craven	0:34:10	3
0906	colin	houston	MV40	helm hill	0:34:52	4
0957	Steven	Devlun	MV40		0:35:42	5
0301	David	Pease	MV40	Barlick Fell Runners	0:37:16	6
0211	Nigel	Wood	MV40	Helmhill	0:37:28	7
0025	Alistair	Shawcross	MV40	Dallam	0:38:09	8
0735	James	Todhunter	MV40	Helm Hill	0:38:57	9
0437	Sean	Robinson	MV40	Howgill Harriers	0:39:32	10
0182	Mark	Cropper	MV40	Helm Hill	0:40:09	11
0240	Andy	Ward	MV40	Settle Harriers	0:42:43	12
0747	Stefan	Bradley	MV40	Unattached	0:43:07	13
0493	Matt	Atkinson	MV40		0:48:17	14
1040	Chris	Winter	MV40	N/A	0:49:23	15

FV50 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0148	Deborah	Gowans	FV50	Todmorden Harriers	0:40:07	1
0474	Lorna	Askew	FV50	Helm Hill	0:40:45	2
0379	Catherine	Cullinane	FV50	Helm hill	0:41:46	3
0140	Caroline	Holden	FV50	Helm Hill	0:41:50	4
0800	Karen	Bridge	FV50	Eden Runners	0:43:46	5
0334	Eleanor	Knowles	FV50	Ambleside AC	0:44:42	6
0486	Paula	Bowen	FV50	Ambleside	0:49:13	7
0626	Ruth	Webster	FV50	non	0:50:12	8
0844	Caroline	D'Arcy	FV50	Helm Hill	0:50:20	9
0153	Julia	Murfin	FV50	Settle Harriers	0:51:41	10
0339	vicki	sherrington	FV50	Helm Hill	0:51:44	11
0092	Denise	Tunstall	FV50	Durham Fell Runners	0:52:09	12
0687	Veronica	Waller	FV50	Dallam	0:53:56	13
0120	Anna	Stevens	FV50	Helm Hill	0:54:54	14
0847	Jayne	Scott	FV50		0:56:38	15
0665	ALISON	TANCREL	FV50	Helm Hill	0:57:08	16

MV50 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0042	Alastair	Dunn	MV50	Helm Hill Runners	0:33:43	1
0275	derek	hurton	MV50	Eden Runners	0:34:31	2
0033	James	Baron	MV50	Helm Hill	0:35:03	3
0104	Jacob	Dyer	MV50	Helm Hill Runners	0:35:10	4
0975	Anthony	Bowness	MV50	Kendal AC	0:36:52	5
0236	Alistair	Hearn	MV50	Helm Hill	0:37:50	6
0457	Michael	Toman	MV50	Rosendale Harriers	0:37:52	7
0045	Steve	King	MV50	Helm Hill	0:39:05	8
0306	Andrew	Cox	MV50	Helm Hill	0:39:21	9
0311	Andrew	Russell	MV50	Helm Hill	0:42:23	10
0326	Jonathan	Tombs	MV50	Eden Runners	0:42:56	11
0387	Chris	Evans	MV50	Ambleside AC	0:43:04	12
0116	Stuart	Lockton	MV50	Helm Hill	0:43:15	13
0393	Mark	Charnley	MV50	Settle Harriers	0:47:13	14
0368	Peter	Ellwood	MV50	Settle Harriers	0:47:17	15
0132	Phil	Davies	MV50	Preston Harriers	0:49:04	16
0523	daniel	Rayson	MV50		0:49:05	17
0256	Andy	Connor	MV50	Ambleside	0:50:18	18
0002	Rich	Cater	MV50	Helm Hill	0:52:27	19

FV60 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0017	Suzanne	Budgett	FV60	Horwich RMI Harriers	0:45:31	1
0015	Lynn	Whittaker	FV60	Wharfedale Harriers	0:47:08	2
0561	Louise	Dunn	FV60		0:51:29	3
0763	Marian	de Silver	FV60	Dallam	0:53:58	4
0528	Sonja	Vietoris	FV60	Dallam Running	0:56:27	5
0016	Jill	Gates	FV60	Settle Harriers	1:00:41	6

MV60 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0040	David	Griffin	MV60	Helm Hill Runners	0:38:01	1
0018	Paul	Revell	MV60		0:39:48	2
0150	Brian	Hickey	MV60	Cheshire Hill Racers	0:40:13	3
0094	Ray	Gill	MV60	Helm Hill	0:40:27	4
0166	Graham	Schofield	MV60	Horwich RMI Harriers	0:40:53	5
0118	Andrew	Stokes	MV60	Dallam	0:41:21	6
0091	John	Jones	MV60	Helm Hill	0:43:09	7
0342	Chris	Speight	MV60	Kendal AAC	0:44:19	8
0381	Russell	Cannon	MV60	Helm Hill Runners	0:44:45	9
0793	Andy	Evans	MV60	Settle Harriers	0:45:59	10
0043	Keith	Masser	MV60	Helm Hill Runners	0:47:52	11
0584	Colin	Valentine	MV60	Keswick	0:48:15	12
0700	David	Mainwaring	MV60		0:49:10	13
0560	Graham	Capper	MV60	Helm Hill	0:49:33	14
0127	Jim	Fisher	MV60	Howgill Harriers	0:50:21	15

FV70 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0030	Wendy	Dodds	FV70	Dallam Running Club	0:50:15	1

MV70 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0714	Rudolf	Maciejkowicz	MV70		0:49:20	1
0183	Trevor	Metcalfe	MV70	Wharfedale Harriers	1:07:56	2