



## HELM HILL WINTER LEAGUE - Helm Race



DIFFERENT STROKES  
PAINTING & DECORATING LTD

U11 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0066	Lola	Hodgson	u11G	Ambleside AC	0:09:04	1
1041	Elsie	Duffy	u11G	Rosendale Harriers	0:09:44	2
0355	Teigan	Wilcock	u11G	Ambleside AC	0:09:51	3
0582	Romy	Barron	u11G	Ambleside	0:09:58	4
0191	Isla	Dalton	u11G	Helm Hill	0:10:11	5
0436	Matilda	Upton	u11G		0:10:47	6
0194	Gabrielle	Murray	u11G	Leven Valley	0:11:11	7
0565	Iris	Lodge	u11G	Settle Harriers	0:11:12	8
0594	Harriet Lily	Coward	u11G	Ambleside AC	0:11:15	9
0690	Amika Rose	Gregory	u11G	Helm Hill	0:11:16	10
0853	Izzy	Lambert	u11G	Settle Harriers	0:11:28	11
0322	Beau	Smith	u11G	Ambleside AC	0:11:34	12
0213	Flo	Evans	u11G	Settle Harriers	0:13:01	13
0382	Celeste	Whittington	u11G	Helme Hill	0:13:44	14
1038	Ruby	Taylforth	u11G	Ambleside	0:13:51	15
0536	Nieve	Stephenson	u11G	Ambleside AC	0:15:19	16

U11 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0474	Calum	McGoldrick	u11B	Settle Harriers	0:08:12	1
0333	Haris	Riaz	u11B	Sedbergh School	0:09:09	2
0458	Luca	Crawshaw	u11B	Bowland Fell Runners	0:09:28	3
0096	Sean	Wild -Garcia	u11B	Kendal athletics club	0:09:36	4
0299	Freddie	Fretwell	u11B	Settle Harriers	0:09:38	5
0281	Olly	Fox	u11B	Settle Harriers	0:09:40	6
0171	Callum	Ainsworth	u11B	Helm Hill	0:10:18	7
0328	Bobby	France	u11B	Settle Harriers	0:10:21	8
0329	Rowan	Griffiths	u11B	Furness Fell Runners	0:10:30	9
0052	Danny	Nunns	u11B	Helm Hill	0:10:32	10
0849	George	Lowde	u11B	Clayton Le Moors Harriers	0:10:35	11
0334	Freddie	Brown	u11B	Settle Harriers	0:10:43	12
0475	Finlay	McGoldrick	u11B	Settle Harriers	0:10:53	13
0136	Jasper	Rose	u11B	Helm Hill	0:11:18	14
0032	Ted	McAleese	u11B	Ambleside AC	0:11:21	15
0018	Andrew	Skeldon	u11B	Settle Harriers	0:12:10	16
1009	Fabian	Bulprich	u11B	Ambleside	0:16:55	17

U13 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0016	Charlotte	Richardson	u13G	Helm Hill	0:09:14	1
0107	Imogen	Moore	u13G	Leven Valley	0:09:42	2
0665	Rona	Houston	u13G	Helm Hill	0:10:00	3
0615	Islay	Atkinson	u13G	None	0:10:38	4
0406	Lucy	Ward	u13G	Settle Harriers	0:10:55	5
0094	Maia	Dacre	u13G	Helm Hill	0:11:01	6
0277	Tess	Reedy	u13G	Ambleside AC	0:11:05	7
0447	Tabetha	Pell	u13G	Ambleside AC	0:11:08	8
0992	Poppy	Carlton	u13G		0:11:36	9
0104	Lana	Fosker	u13G	Bowland Fell Runners	0:12:57	10
0836	Lily	Neville	u13G	None	0:13:32	11

U13 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0095	Tom	Craker	u13B	Ambleside AC	0:07:36	1
0310	Harri	Tancrel	u13B	Helm Hill	0:07:52	2
0401	Jos	Jebb	u13B	Helm Hill Runners	0:07:55	3
0131	Charlie	Hodgson	u13B	Helm Hill	0:08:10	4
0393	Kit	Evans	u13B	Ambleside AC	0:08:19	5
0005	Rhys	Price	u13B	Darlington Harriers	0:08:47	6
0112	Lawrie	Belshaw	u13B	Ambleside	0:08:54	7
0017	James	Skeldon	u13B	Settle Harriers	0:09:02	8
0444	Jonty	Brodie	u13B	Helm Hill	0:09:11	9
0839	George	Bromley	u13B	Settle Harriers	0:09:18	10
0031	James	McAleese	u13B	Ambleside AC	0:09:21	11
0848	Harry	Lowde	u13B	Clayton Le Moors Harriers	0:09:22	12
0670	Philip	Bolland	u13B	Helm Hill	0:10:08	13
0531	Stanley	Atkinson	u13B	Helm	0:10:14	14
0798	Isaac	Hardy	u13B	Helm hill	0:10:19	15
0212	Stanley	Evans	u13B	Settle Harriers	0:10:36	16
0573	Harry	Hearn	u13B	Helm	0:10:45	17
0385	Kit	Grandison	u13B	Helm Hill	0:11:02	18
0337	Murray	Page	u13B	Helm Hill	0:11:25	19

U15 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0402	Isla	Jebb	u15G	Helm Hill Runners	00:12:56	1
0473	Mia	McGoldrick	u15G	Settle Harriers	00:13:40	2
0775	Emmy	Ranner	u15G	Helm hill	00:14:15	3
0004	Maisie	Oddy	u15G	Keighley and Craven	00:14:30	4
1040	Lyla	Duffy	u15G	Rosendale Harriers	00:14:38	5
0006	Lily	Slater	u15G	Ambleside AC	00:15:34	6
0176	Katelyn	Douglas	u15G	Leven valley ac	00:16:36	7
0562	Ava	Brierley	u15G	Ambleside AC	00:16:45	8

U15 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0221	Joseph	Green	u15B	Ambleside AC	00:12:44	1
0232	Evan	Mulvany	u15B	Helm Hill Runners	00:13:17	2
0092	Sam	Oldham	u15B	Leven Valley AC	00:13:36	3
0251	Riley	Scott	u15B	Leven valley	00:13:58	4
0250	Oliver	Scott	u15B	Leven valley	00:14:36	5
0127	Carl	Sanderson	u15B	Settle Harriers	00:14:49	6
0451	Joss	Wood	u15B	Helm Hill Runners	00:15:35	7
0015	Aaron	Richardson	u15B	Helm Hill	00:15:48	8
0135	Austin	Rose	u15B	Helm Hill	00:18:29	9

U17 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0394	Tess	Evans	u17G	Ambleside AC	00:23:19	1
0008	Emily	MacPherson-Littler	u17G	Bowland Fell Runners	00:23:57	2
0177	Ellen	Douglas	u17G	Leven valley ac	00:25:30	3
0331	Lydia	Benson	u17G	Settle Harriers	00:26:45	4
0245	Hannah	Dyer	u17G	Helm Hill	00:33:50	5
1051	Eleanor	King	u17G	Helm Hill Runners	00:33:51	6



U17 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0215	Will	Brayshaw	u17B	Helm Hill	00:18:55	1
0040	Fraser	Dunn	u17B	Helm Hill Runners	00:19:22	2
0048	Alex	Speight	u17B	Helm Hill Runners	00:20:21	3
1054	Theo	Robinson	u17B	Blackburn Harriers	00:20:23	4
0309	Joseff	Tancrel	u17B	Helm Hill	00:21:24	5
0117	Toby	Acland	u17B	Helm Hill Runners	00:22:23	6
0713	Theo	Robinson	u17B	Howgill Harriers	00:24:00	7
0077	Zach	Thomas	u17B	Helm Hill	00:26:26	8

U21 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0121	Vicky	Woof	FU21	Howgill Harriers	0:54:26	1

U21 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0416	Tom	Ward	MU21	Helm Hill	0:45:28	1
0605	George	Campbell	MU21	Howgill Harrier	0:46:04	2
0663	Edward	Jermy	MU21	Howgill Harriers	0:47:55	3
0712	Isaac	Robinson	MU21	Howgill Harriers	0:51:41	4

Seniors' Race						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0314	Rupert	Allison	MSEN	Peak Fell Run	0:36:42	1
0629	Gary	Gregory	MV40	Helm hill	0:37:33	2
0065	Sam	Burnstone	MSEN	Helm Hill	0:37:50	3
0298	Matthew	Fretwell	MSEN	ettle Harriers	0:37:58	4
0639	Phil	Mather	MV40	sdale Fell Runr	0:38:43	5
0529	James	Byrne	MV40	Ambleside AC	0:39:01	6
0414	John	Evason	MV40	ack Combe Runne	0:41:10	7
0672	David	Goadby	MSEN	Helm Hill	0:43:36	8
0315	Lizzy	Allison	FSEN	ettle Harriers	0:44:15	9
0185	Matthew	Lovesey	MV40	elm Hill Runner	0:44:20	10
0246	Ross	Butler	MV40	Keswick AC	0:44:27	11
0777	Neil	Robinson	MV40	COLT	0:44:37	12
0307	Justin	Tancrel	MV40	Helm Hill	0:44:45	13
1042	ian	Duffy	MV40	ssendale Harrie	0:44:48	14
0630	Adam	Oliver	MV40	Helm Hill	0:44:54	15
0714	Rhiannon	Douglas	FSEN	order harriers	0:45:24	16
0416	Tom	Ward	MU21	Helm Hill	0:45:28	17
0734	James	Cater	MV50	Helm Hill	0:45:36	18
0605	George	Campbell	MU21	owgill Harrier	0:46:04	19
0161	Peter	German	MV40	Helm Hill	0:46:16	20
0364	Emma	Kearsey	FSEN	elm Hill Runner	0:46:20	21
0064	Matthew	Swallow	MSEN		0:46:33	22
0614	Paul	Atkinson	MV40	None	0:46:42	23
0243	Bianca	Dyer	FV50	Helm Hill	0:47:08	24
0680	Martin	Barnes	MSEN	Helm hill	0:47:19	25
0600	James	Edwards	MV40	Dallam	0:47:22	26
0206	Paul	Revell	MV60	FRA	0:47:35	27
0313	Simon	Thompson	MV40	Keswick AC	0:47:43	28

0663	Edward	Jermy	MU21	owgill Harrier	0:47:55	29
0348	Joe	Blackett	MV60	rkPeakFellRunne	0:48:50	30
1003	John	Bagge	MV60	Helm Hill	0:48:58	31
0501	Charlotte	Seward	FSEN	Unaffiliated	0:49:09	32
0159	Christopher	Hemsley	MSEN	Helm Hill	0:49:12	33
0710	Sean	Robinson	MV40	owgill Harrier	0:49:18	34
0275	Jane	Reedy	FV40	Ambleside AC	0:49:44	35
0712	Isaac	Robinson	MU21	owgill Harrier	0:51:41	36
0103	Sophie	Fosker	FV40	land Fell Runn	0:51:48	37
0457	Rebecca	Crawshaw	FV40	LAND FELL Runne	0:51:55	38
0249	Leanne	Scott	FV40	Leven valley	0:52:03	39
0025	Katie	Milburn	FV40	Eden Runners	0:52:27	40
0343	Claire	Kennedy	FSEN		0:52:56	41
0579	Andy	Stokes	MV70	Dallam	0:53:04	42
0674	Nick	Kitching	MV50	None	0:53:38	43
0339	Megan	James	FSEN	Eden Runners	0:54:08	44
0220	Chris	Green	MV40	Ambleside AC	0:54:15	45
0050	Colin	Valentine	MV60	Keswick	0:54:22	46
0121	Vicky	Woof	FU21	owgill Harriers	0:54:26	47
0211	Beth	Evans	FSEN	Settle Harriers	0:54:45	48
0208	Mark	Cottam	MSEN	None	0:54:57	49
0520	Jonathan	Tombs	MV50	Eden Runners	0:55:11	50
0196	Stuart	Lockton	MV60	elm Hill Runners	0:55:20	51
0286	Chris	Moore	MV40	Leven Valley AC	0:55:54	52
0128	Tim	Field	MV50	elm Hill Runner	0:56:20	53
0435	Victoria	Upton	FV40	Helm Hill	0:56:28	54
0205	Suzanne	Budgett	FV60	wich RMI Harri	0:56:34	55
0907	Russell	Cannon	MV60	elm Hill Runner	0:56:55	56
0226	Chris	Heaton	MV40	nd Orienteerin	0:57:27	57
0397	Lynn	Whittaker	FV60	arfedale Harrie	0:58:10	58

0199	Wendy	Dodds	FV70	llam Running Cl	0:59:17	59
0528	Andy	Evans	MV60	Settle Harriers	1:00:44	60
0067	Simon	Thomas	MV40	Eden Runners	1:02:08	61
0739	Allan	Miller	MV60	N/a	1:02:26	62
0356	Rebecca	Atkinson	FV40	Howgill Harriers	1:02:53	63
0657	Caroline	D'Arcy	FV50	Helm Hill	1:03:08	64
0533	Debbie	Thompson	FV60	Eden runners	1:03:50	65
0645	Ruth	Webster	FV50	Non	1:04:03	66
0709	Zoe	Robinson	FV40	Howgill Harrier	1:04:07	67
0365	Vicki	Sherrington	FV50	Helm Hill	1:04:13	68
0609	Dawn	Bradley	FV40		1:06:23	69
0023	Sonia	Woods	FV50	land Fell Runn	1:06:31	70
0075	Katharine	Shrine	FV40	Helm Hill	1:07:19	71
0679	Anna	Stevens	FV50	Helm Hill	1:08:09	72
0706	Sonja	Vietoris	FV60	llam Running Cl	1:08:36	73
0715	Veronica	Waller	FV50	Dallam	1:09:50	74
0432	Angela	Burley	FV60	Helm Hill	1:11:16	75
0293	Jill	Gates	FV60	Settle Harriers	1:12:22	76
0558	Andy	Connor	FV60	Ambleside AC	1:12:54	77
0308	Alison	Tancrel	FV50	Helm Hill	1:13:57	78
0223	Jayne	Scott	FV50	Helm Hill	1:16:01	79
0367	Miriam	Rosen	FV70	Lancaster & More	1:20:53	80
0366	David	Rosen	MV70	ster & Morecam	1:27:14	81
0445	Phil	Kirby	MV70	Coniston	1:35:26	82

OVERALL WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0315	Lizzy	Allison	FSEN	Settle Harriers	0:44:15	1
0714	Rhiannon	Douglas	FSEN	Border harriers	0:45:24	2
0364	Emma	Kearsey	FSEN	Helm Hill Runners	0:46:20	3
0243	Bianca	Dyer	FV50	Helm Hill	0:47:08	4
0501	Charlotte	Seward	FSEN	Unaffiliated	0:49:09	5
0275	Jane	Reedy	FV40	Ambleside AC	0:49:44	6
0103	Sophie	Fosker	FV40	Bowland Fell Runners	0:51:48	7
0457	Rebecca	Crawshaw	FV40	BOWLAND FELL Runners	0:51:55	8
0249	Leanne	Scott	FV40	Leven valley	0:52:03	9
0025	Katie	Milburn	FV40	Eden Runners	0:52:27	10
0343	Claire	Kennedy	FSEN		0:52:56	11
0339	Megan	James	FSEN	Eden Runners	0:54:08	12
0121	Vicky	Woof	FU21	Howgill Harriers	0:54:26	13
0211	Beth	Evans	FSEN	Settle Harriers	0:54:45	14
0435	Victoria	Upton	FV40	Helm Hill	0:56:28	15
0205	Suzanne	Budgett	FV60	Horwich RMI Harriers	0:56:34	16
0397	Lynn	Whittaker	FV60	Wharfedale Harriers	0:58:10	17
0199	Wendy	Dodds	FV70	Dallam Running Club	0:59:17	18
0356	Rebecca	Atkinson	FV40	Howgill Harriers	1:02:53	19
0657	Caroline	D'Arcy	FV50	Helm Hill	1:03:08	20
0533	Debbie	Thompson	FV60	Eden runners	1:03:50	21
0645	Ruth	Webster	FV50	Non	1:04:03	22
0709	Zoe	Robinson	FV40	Howgill Harrier	1:04:07	23
0365	Vicki	Sherrington	FV50	Helm Hill	1:04:13	24
0609	Dawn	Bradley	FV40		1:06:23	25
0023	Sonia	Woods	FV50	Bowland Fell Runners	1:06:31	26
0075	Katharine	Shrine	FV40	Helm Hill	1:07:19	27
0679	Anna	Stevens	FV50	Helm Hill	1:08:09	28

0706	Sonja	Vietoris	FV60	Dallam Running Club	1:08:36	29
0715	Veronica	Waller	FV50	Dallam	1:09:50	30
0432	Angela	Burley	FV60	Helm Hill	1:11:16	31
0293	Jill	Gates	FV60	Settle Harriers	1:12:22	32
0558	Andy	Connor	FV60	Ambleside AC	1:12:54	33
0308	Alison	Tancred	FV50	Helm Hill	1:13:57	34
0223	Jayne	Scott	FV50	Helm Hill	1:16:01	35
0367	Miriam	Rosen	FV70	Lancaster & Morecambe AC	1:20:53	36



OVERALL MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0314	Rupert	Allison	MSEN	Dark Peak Fell Runners	0:36:42	1
0629	Gary	Gregory	MV40	Helm hill	0:37:33	2
0065	Sam	Burnstone	MSEN	Helm Hill	0:37:50	3
0298	Matthew	Fretwell	MSEN	Settle Harriers	0:37:58	4
0639	Phil	Mather	MV40	Lonsdale Fell Runners	0:38:43	5
0529	James	Byrne	MV40	Ambleside AC	0:39:01	6
0414	John	Evason	MV40	Black Combe Runners	0:41:10	7
0672	David	Goadby	MSEN	Helm Hill	0:43:36	8
0185	Matthew	Lovesey	MV40	Helm Hill Runners	0:44:20	9
0246	Ross	Butler	MV40	Keswick AC	0:44:27	10
0777	Neil	Robinson	MV40	COLT	0:44:37	11
0307	Justin	Tancred	MV40	Helm Hill	0:44:45	12
1042	ian	Duffy	MV40	Rosendale Harriers	0:44:48	13
0630	Adam	Oliver	MV40	Helm Hill	0:44:54	14
0416	Tom	Ward	MU21	Helm Hill	0:45:28	15
0734	James	Cater	MV50	Helm Hill	0:45:36	16
0605	George	Campbell	MU21	Howgill Harrier	0:46:04	17
0161	Peter	German	MV40	Helm Hill	0:46:16	18
0064	Matthew	Swallow	MSEN		0:46:33	19
0614	Paul	Atkinson	MV40	None	0:46:42	20
0680	Martin	Barnes	MSEN	Helm hill	0:47:19	21
0600	James	Edwards	MV40	Dallam	0:47:22	22
0206	Paul	Revell	MV60	FRA	0:47:35	23
0313	Simon	Thompson	MV40	Keswick AC	0:47:43	24
0663	Edward	Jermy	MU21	Howgill Harriers	0:47:55	25
0348	Joe	Blackett	MV60	DarkPeakFellRunners	0:48:50	26
1003	John	Bagge	MV60	Helm Hill	0:48:58	27
0159	Christophe	Hemsley	MSEN	Helm Hill	0:49:12	28

0710	Sean	Robinson	MV40	Howgill Harriers	0:49:18	29
0712	Isaac	Robinson	MU21	Howgill Harriers	0:51:41	30
0579	Andy	Stokes	MV70	Dallam	0:53:04	31
0674	Nick	Kitching	MV50	None	0:53:38	32
0220	Chris	Green	MV40	Ambleside AC	0:54:15	33
0050	Colin	Valentine	MV60	Keswick	0:54:22	34
0208	Mark	Cottam	MSEN	None	0:54:57	35
0520	Jonathan	Tombs	MV50	Eden Runners	0:55:11	36
0196	Stuart	Lockton	MV60	Helm Hill Runners	0:55:20	37
0286	Chris	Moore	MV40	Leven Valley AC	0:55:54	38
0128	Tim	Field	MV50	Helm Hill Runners	0:56:20	39
0907	Russell	Cannon	MV60	Helm Hill Runners	0:56:55	40
0226	Chris	Heaton	MV40	Lakeland Orienteering Club	0:57:27	41
0528	Andy	Evans	MV60	Settle Harriers	1:00:44	42
0067	Simon	Thomas	MV40	Eden Runners	1:02:08	43
0739	Allan	Miller	MV60	N/a	1:02:26	44
0366	David	Rosen	MV70	Lancaster & Morecambe AC	1:27:14	45
0445	Phil	Kirby	MV70	Coniston	1:35:26	46

FV40 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0275	Jane	Reedy	FV40	Ambleside AC	0:49:44	1
0103	Sophie	Fosker	FV40	Bowland Fell Runners	0:51:48	2
0457	Rebecca	Crawshaw	FV40	BOWLAND FELL Runners	0:51:55	3
0249	Leanne	Scott	FV40	Leven valley	0:52:03	4
0025	Katie	Milburn	FV40	Eden Runners	0:52:27	5
0435	Victoria	Upton	FV40	Helm Hill	0:56:28	6
0356	Rebecca	Atkinson	FV40	Howgill Harriers	1:02:53	7
0709	Zoe	Robinson	FV40	Howgill Harrier	1:04:07	8
0609	Dawn	Bradley	FV40		1:06:23	9
0075	Katharine	Shrine	FV40	Helm Hill	1:07:19	10

MV40 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0629	Gary	Gregory	MV40	Helm hill	0:37:33	1
0639	Phil	Mather	MV40	Lonsdale Fell Runners	0:38:43	2
0529	James	Byrne	MV40	Ambleside AC	0:39:01	3
0414	John	Evason	MV40	Black Combe Runners	0:41:10	4
0185	Matthew	Lovesey	MV40	Helm Hill Runners	0:44:20	5
0246	Ross	Butler	MV40	Keswick AC	0:44:27	6
0777	Neil	Robinson	MV40	COLT	0:44:37	7
0307	Justin	Tancrel	MV40	Helm Hill	0:44:45	8
1042	ian	Duffy	MV40	Rosendale Harriers	0:44:48	9
0630	Adam	Oliver	MV40	Helm Hill	0:44:54	10
0161	Peter	German	MV40	Helm Hill	0:46:16	11
0614	Paul	Atkinson	MV40	None	0:46:42	12
0600	James	Edwards	MV40	Dallam	0:47:22	13
0313	Simon	Thompson	MV40	Keswick AC	0:47:43	14
0710	Sean	Robinson	MV40	Howgill Harriers	0:49:18	15
0220	Chris	Green	MV40	Ambleside AC	0:54:15	16
0286	Chris	Moore	MV40	Leven Valley AC	0:55:54	17
0226	Chris	Heaton	MV40	Lakeland Orienteering Club	0:57:27	18
0067	Simon	Thomas	MV40	Eden Runners	1:02:08	19

FV50 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0243	Bianca	Dyer	FV50	Helm Hill	0:47:08	1
0657	Caroline	D'Arcy	FV50	Helm Hill	1:03:08	2
0645	Ruth	Webster	FV50	Non	1:04:03	3
0365	Vicki	Sherrington	FV50	Helm Hill	1:04:13	4
0023	Sonia	Woods	FV50	Bowland Fell Runners	1:06:31	5
0679	Anna	Stevens	FV50	Helm Hill	1:08:09	6
0715	Veronica	Waller	FV50	Dallam	1:09:50	7
0308	Alison	Tancred	FV50	Helm Hill	1:13:57	8
0223	Jayne	Scott	FV50	Helm Hill	1:16:01	9

MV50 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0734	James	Cater	MV50	Helm Hill	0:45:36	1
0674	Nick	Kitching	MV50	None	0:53:38	2
0520	Jonathan	Tombs	MV50	Eden Runners	0:55:11	3
0128	Tim	Field	MV50	Helm Hill Runners	0:56:20	4

FV60 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0205	Suzanne	Budgett	FV60	Horwich RMI Harriers	0:56:34	1
0397	Lynn	Whittaker	FV60	Wharfedale Harriers	0:58:10	2
0533	Debbie	Thompson	FV60	Eden runners	1:03:50	3
0706	Sonja	Vietoris	FV60	Dallam Running Club	1:08:36	4
0432	Angela	Burley	FV60	Helm Hill	1:11:16	5
0293	Jill	Gates	FV60	Settle Harriers	1:12:22	6
0558	Andy	Connor	FV60	Ambleside AC	1:12:54	7

MV60 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0206	Paul	Revell	MV60	FRA	0:47:35	1
0348	Joe	Blackett	MV60	DarkPeakFellRunners	0:48:50	2
1003	John	Bagge	MV60	Helm Hill	0:48:58	3
0050	Colin	Valentine	MV60	Keswick	0:54:22	4
0196	Stuart	Lockton	MV60	Helm Hill Runners	0:55:20	5
0907	Russell	Cannon	MV60	Helm Hill Runners	0:56:55	6
0528	Andy	Evans	MV60	Settle Harriers	1:00:44	7
0739	Allan	Miller	MV60	N/a	1:02:26	8



FV70 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0199	Wendy	Dodds	FV70	Dallam Running Club	0:59:17	1
0367	Miriam	Rosen	FV70	Lancaster & Morecambe AC	1:20:53	2

MV70 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0579	Andy	Stokes	MV70	Dallam	0:53:04	1
0366	David	Rosen	MV70	Lancaster & Morecambe AC	1:27:14	2
0445	Phil	Kirby	MV70	Coniston	1:35:26	3