



HELM HILL WINTER LEAGUE - Sedbergh



DIFFERENT STROKES
PAINTING & DECORATING LTD

U11 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0066	Lola	Hodgson	u11G	Ambleside AC	0:08:37	1
0582	Romy	Barron	u11G	Ambleside	0:08:53	2
0355	Teigan	Wilcock	u11G	Ambleside AC	0:09:16	3
0565	Iris	Lodge	u11G	Settle Harriers	0:09:24	4
0853	Izzy	Lambert	u11G	Settle Harriers	0:09:26	5
0284	Sienna	Bousfield-Evans	u11G	Settle Harriers	0:10:04	6
0594	Harriet Lily	Coward	u11G	Ambleside AC	0:10:24	7
0536	Nieve	Stephenson	u11G	Ambleside AC	0:10:48	8
0213	Flo	Evans	u11G	Settle Harriers	0:10:50	9
0322	Beau	Smith	u11G	Ambleside AC	0:11:03	10
0931	Mila	Lefton	u11G	Ambleside AC	0:11:07	11
0996	Lilyluna	Rothwell	u11G		0:12:53	12
0930	Lana	Lefton	u11G	Ambleside AC	0:12:54	13
0690	Amika Rose	Gregory	u11G	Helm Hill	0:12:58	14

U11 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0474	Calum	McGoldrick	u11B	Settle Harriers	0:07:44	1
0458	Luca	Crawshaw	u11B	Bowland Fell Runners	0:08:02	2
0539	Judah	Basham	u11B	Ambleside AC	0:08:20	3
0333	Haris	Riaz	u11B	Sedbergh School	0:08:23	4
0236	Dougie	Giles	u11B	Settle Harriers	0:08:26	5
0096	Sean	Wild -Garcia	u11B	Kendal athletics club	0:08:28	6
0328	Bobby	France	u11B	Settle Harriers	0:08:34	7
0475	Finlay	McGoldrick	u11B	Settle Harriers	0:08:42	8
0281	Olly	Fox	u11B	Settle Harriers	0:08:44	9
0299	Freddie	Fretwell	u11B	Settle Harriers	0:08:47	10
0171	Callum	Ainsworth	u11B	Helm Hill	0:08:59	11
0334	Freddie	Brown	u11B	Settle Harriers	0:09:04	12
0052	Danny	Nunns	u11B	Helm Hill	0:09:11	13
0329	Rowan	Griffiths	u11B	Furness Fell Runners	0:09:21	14
0450	Fraser	Hall	u11B	Skyrack AC	0:09:31	15
0324	Oliver	Marshall	u11B	Ambleside AC	0:09:50	16
0991	Owen	Millen	u11B	N/A	0:10:27	17
0018	Andrew	Skeldon	u11B	Settle Harriers	0:10:29	18
0926	Harrison	Reid	u11B	N/a	0:12:14	19

U13 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0584	Mila	Barron	u13G	Ambleside	0:07:25	1
0415	Iris	Thwaites	u13G	Ambleside AC	0:07:57	2
0016	Charlotte	Richardson	u13G	Helm Hill	0:08:31	3
0107	Imogen	Moore	u13G	Leven Valley	0:08:39	4
0993	Jess	Norman	u13G		0:08:56	5
0665	Rona	Houston	u13G	Helm Hill	0:09:08	6
0094	Maia	Dacre	u13G	Helm Hill	0:09:13	7
0268	Megan	Wright	u13G	Settle Harriers	0:09:29	8
0104	Lana	Fosker	u13G	Bowland Fell Runners	0:10:01	9
0172	Jessica	Ainsworth	u13G	Helm Hill	0:10:17	10
0277	Tess	Reedy	u13G	Ambleside AC	0:10:22	11
0447	Tabetha	Pell	u13G	Ambleside AC	0:10:26	12

U13 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0095	Tom	Craker	u13B	Ambleside AC	0:06:45	1
0310	Harri	Tancrel	u13B	Helm Hill	0:07:03	2
0131	Charlie	Hodgson	u13B	Helm Hill	0:07:15	3
0393	Kit	Evans	u13B	Ambleside AC	0:07:17	4
0995	William	Goligher	u13B	Howgill harriers	0:07:22	5
0005	Rhys	Price	u13B	Darlington Harriers	0:07:47	6
0017	James	Skeldon	u13B	Settle Harriers	0:07:52	7
0183	Charlie	Potter	u13B	Helm Hill	0:07:58	8
0112	Lawrie	Belshaw	u13B	Ambleside	0:08:00	9
0839	George	Bromley	u13B	Settle Harriers	0:08:17	10
0908	Jack	Parrington	u13B	Lancaster and Morecambe	0:08:36	11
0637	Peter	Butler	u13B	Ambleside AC	0:08:46	12
0444	Jonty	Brodie	u13B	Helm Hill	0:09:10	13
0385	Kit	Grandison	u13B	Helm Hill	0:09:14	14
0212	Stanley	Evans	u13B	Settle Harriers	0:09:28	15
0531	Stanley	Atkinson	u13B	Helm	0:09:38	16
0846	Adam	Horrocks Berney	u13B	Giggleswick School	0:09:46	17
0868	Louis	Hoskin	u13B	Helm Hill	0:09:56	18

U15 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0473	Mia	McGoldrick	u15G	Settle Harriers	00:08:50	1
0004	Maisie	Oddy	u15G	Keighley and Craven	00:09:16	2
0775	Emmy	Ranner	u15G	Helm hill	00:09:27	3
0006	Lily	Slater	u15G	Ambleside AC	00:09:37	4
0618	Camilla	Hart	u15G	Settle Harriers	00:09:40	5
0076	Fay	Thomas	u15G	Helm Hill	00:09:51	6

U15 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0221	Joseph	Green	u15B	Ambleside AC	00:08:37	1
0232	Evan	Mulvany	u15B	Helm Hill Runners	00:08:46	2
0420	Edward	Shawcross	u15B	Ambleside AC	00:08:56	3
0251	Riley	Scott	u15B	Leven valley	00:08:57	4
0250	Oliver	Scott	u15B	Leven valley	00:09:11	5
0092	Sam	Oldham	u15B	Leven Valley AC	00:09:24	6
0193	Henry	Murray	u15B	Leven Valley	00:09:30	7
0301	Thomas	Iveson	u15B	Ambleside AC	00:09:33	8
0127	Carl	Sanderson	u15B	Settle Harriers	00:10:05	9
0437	Stan	Marston	u15B	Helm Hill	00:10:14	10
0451	Joss	Wood	u15B	Helm Hill Runners	00:10:50	11
0015	Aaron	Richardson	u15B	Helm Hill	00:10:56	12

U17 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0316	Isla	Pearman	u17G	Helm hill	00:19:33	1
0911	Marina	Bailey	u17G	Leven Valley AC	00:19:43	2
0439	Holly	Fitch	u17G	Wharfedale Harriers	00:20:24	3
0611	Cara	Bradley	u17G	Ambleside	00:21:02	4
0517	Iona	Barrowdale-Smith	u17G	Leven Valley AC	00:21:47	5
0394	Tess	Evans	u17G	Ambleside AC	00:22:11	6
0583	Lucy	Bagot	u17G	Settle	00:23:02	7
0358	Bridget	Atkinson	u17G	Howgill Harriers	00:24:06	8
0331	Lydia	Benson	u17G	Settle Harriers		9

U17 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0119	Jack	Sanderson	u17B	Settle Harriers	00:15:52	1
0215	Will	Brayshaw	u17B	Helm Hill	00:17:10	2
0503	Alfie	Addison	u17B	Kendal AAC	00:17:18	3
0502	Zeke	Sumner	u17B	Ambleside AC	00:17:45	4
0354	Joseph	Smith	u17B	Wharfedale harriers	00:19:29	5
0713	Theo	Robinson	u17B	Howgill Harriers	00:21:20	6

U21 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0121	Vicky	Woof	FU21	Howgill Harriers	0:39:55	1

U21 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0267	Sonny	Ashton fitch	MU21	settle harriers	0:26:42	1
0091	Oliver	Oldham	MU21	Leven Valley AC	0:29:08	2
0605	George	Campbell	MU21	Howgill Harrier	0:30:09	3
0863	Ned	Whitaker	MU21	Settle Harriers	0:30:17	4
0663	Edward	Jermy	MU21	Howgill Harriers	0:32:40	5
0712	Isaac	Robinson	MU21	Howgill Harriers	0:34:35	6

Seniors' Race							
NUMBER		NAME	CAT	CLUB	TIMESCAN	TIME	POSITION
0314	Rupert	Allison	MSEN	Peak Fell Run	0:25:13	0:25:13	1
0629	Gary	Gregory	MV40	Helm hill	0:26:11	0:26:11	2
0038	Barney	Plummer	MSEN	Helm Hill	0:26:20	0:26:20	3
0639	Phil	Mather	MV40	sdale Fell Runr	0:26:34	0:26:34	4
0267	Sonny	Ashton fitch	MU21	settle harriers	0:26:42	0:26:42	5
0360	Ben	Procter	MV40	elm Hill Runner	0:26:53	0:26:53	6
0529	James	Byrne	MV40	Ambleside AC	0:27:57	0:27:57	7
0548	Callum	Lambert	MSEN	Unattached	0:28:08	0:28:08	8
0034	Jo	Hickman Dunne	FSEN	Helm Hill	0:28:38	0:28:38	9
0058	John	Millen	MV50	Helm Hill	0:29:00	0:29:00	10
0091	Oliver	Oldham	MU21	even Valley AC	0:29:08	0:29:08	11
0315	Lizzy	Allison	FSEN	settle Harriers	0:29:11	0:29:11	12
0534	Jamie	Partridge	MSEN	Eden Runners	0:29:23	0:29:23	13
0452	Nigel	Wood	MV40	elm Hill Runner	0:29:28	0:29:28	14
0734	James	Cater	MV50	Helm Hill	0:29:32	0:29:32	15
0769	Phillip	Craker	MV50	Ambleside AC	0:29:55	0:29:55	16
0307	Justin	Tancrel	MV40	Helm Hill	0:30:00	0:30:00	17
0007	Daz	Slater	MV40	Ambleside AC	0:30:03	0:30:03	18
0605	George	Campbell	MU21	owgill Harrier	0:30:09	0:30:09	19
0702	Timothy	Cowin	MV50	Helm hill	0:30:11	0:30:11	20
0446	James	Pell	MSEN	Helm Hill	0:30:15	0:30:15	21
0863	Ned	Whitaker	MU21	Settle Harriers	0:30:17	0:30:17	22
0064	Matthew	Swallow	MSEN		0:30:22	0:30:22	23
0157	Andrew	Douglas	MV40	Helm Hill	0:30:35	0:30:35	24
0747	Mike	Berners-Lee	MV50	Helm Hill	0:30:41	0:30:41	25
0714	Rhiannon	Douglas	FSEN	order harriers	0:30:47	0:30:47	26
0543	Rob	Critchlow	MV40		0:30:52	0:30:52	27
0680	Martin	Barnes	MSEN	Helm hill	0:30:57	0:30:57	28

0155	Rosie	Parkinson	FSEN	Helm Hill Runner	0:31:02	0:31:02	29
0777	Neil	Robinson	MV50	COLT	0:31:23	0:31:23	30
0600	James	Edwards	MV40	Dallam	0:31:43	0:31:43	31
0630	Adam	Oliver	MV40	Helm Hill	0:31:53	0:31:53	32
0820	Tom	Batty	MSEN	N/A	0:32:00	0:32:00	33
0364	Emma	Kearsey	FSEN	Helm Hill Runner	0:32:21	0:32:21	34
0663	Edward	Jermy	MU21	Dowgill Harrier	0:32:40	0:32:40	35
0206	Paul	Revell	MV60	FRA	0:32:53	0:32:53	36
0289	Pete	Marston	MV40	Helm Hill	0:33:00	0:33:00	37
0161	Peter	German	MV40	Helm Hill	0:33:03	0:33:03	38
0710	Sean	Robinson	MV40	Dowgill Harrier	0:33:05	0:33:05	39
0348	Joe	Blackett	MV60	DarkPeakFellRun	0:33:07	0:33:07	40
0054	Ray	Gill	MV60	Helm Hill	0:33:18	0:33:18	41
0501	Charlotte	Seward	FSEN	Unaffiliated	0:33:32	0:33:32	42
0873	Sam	Hart	MV40	Settle Harriers	0:33:34	0:33:34	43
0532	Graham	Beaumont	MV60	Dallam	0:33:41	0:33:41	44
0686	Jenny	Lyon	FV40	Dallam RC	0:33:57	0:33:57	45
0599	Paul	Trott	MV50	Helm Hill	0:34:08	0:34:08	46
0997	Seren	Darrell	MSEN	Helm Hill	0:34:11	0:34:11	47
0156	Ruth	Bell	FSEN	Helm Hill	0:34:16	0:34:16	48
0457	Rebecca	Crawshaw	FV40	AND FELL Runner	0:34:20	0:34:20	49
0249	Leanne	Scott	FV40	Leven valley	0:34:22	0:34:22	50
0025	Katie	Milburn	FV40	Eden Runners	0:34:24	0:34:24	51
0082	Matt	Davis	MV40	Dowgill Harrier	0:34:26	0:34:26	52
0667	Catherine	Houston	FV40	Helm Hill	0:34:32	0:34:32	53
0712	Isaac	Robinson	MU21	Dowgill Harrier	0:34:35	0:34:35	54
0275	Jane	Reedy	FV40	Ambleside AC	0:35:22	0:35:22	55
0103	Sophie	Fosker	FV40	land Fell Runn	0:35:31	0:35:31	56
0311	Joe	Curran	MV60	ngton Road Run	0:35:37	0:35:37	57
0579	Andy	Stokes	MV70	Dallam	0:36:05	0:36:05	58

0220	Chris	Green	MV40	Ambleside AC	0:36:35	0:36:35	59
0286	Chris	Moore	MV40	Leven Valley AC	0:36:44	0:36:44	60
0771	Robert	Crawford	MV40	Howgill Harriers	0:36:53	0:36:53	61
0520	Jonathan	Tombs	MV50	Eden Runners	0:36:56	0:36:56	62
0608	Stefan	Bradley	MV40		0:37:00	0:37:00	63
0674	Nick	Kitching	MV50	None	0:37:20	0:37:20	64
0099	Debbie	Howard	FV50	Wess Fell Runners	0:37:27	0:37:27	65
0754	Steve	Wathall	MV60		0:37:33	0:37:33	66
0386	Diane	Grandison	FV40	Helm Hill	0:37:59	0:37:59	67
0852	Tim	Roe	MV40	Helm Hill	0:38:01	0:38:01	68
0397	Lynn	Whittaker	FV60	Arfedale Harriers	0:38:05	0:38:05	69
0211	Beth	Evans	FSEN	Settle Harriers	0:38:16	0:38:16	70
0234	Stuart	Bell	MV60	Kendal AAC	0:38:18	0:38:18	71
0226	Chris	Heaton	MV40	Wind Orienteeing	0:38:22	0:38:22	72
0205	Suzanne	Budgett	FV60	Widch RMI Harriers	0:38:26	0:38:26	73
0098	Liz	Whitfield	FV40	Helm Hill	0:38:47	0:38:47	74
0148	Hazel	Clark	FV40	Helm Hill	0:39:10	0:39:10	75
0121	Vicky	Woof	FU21	Howgill Harriers	0:39:55	0:39:55	76
0762	Richard	Cater	MV50	Helm Hill	0:40:22	0:40:22	77
0356	Rebecca	Atkinson	FV40	Howgill Harriers	0:41:27	0:41:27	78
0704	Kate	Morley	FSEN		0:41:33	0:41:33	79
0645	Ruth	Webster	FV50	None	0:41:38	0:41:38	80
0090	Colleen	Oldham	FV40	Leven Valley AC	0:41:52	0:41:52	81
0365	Vicki	Sherrington	FV50	Helm Hill	0:42:04	0:42:04	82
0709	Zoe	Robinson	FV40	Howgill Harriers	0:42:23	0:42:23	83
0657	Caroline	D'Arcy	FV50	Helm Hill	0:43:10	0:43:10	84
0739	Allan	Miller	MV60	N/a	0:43:14	0:43:14	85
0772	Karen	Fyles	FV50	Howgill Harriers	0:43:51	0:43:51	86
0456	Denise	Tunstall	FV50	Oldham Fell Runners	0:44:08	0:44:08	87
0679	Anna	Stevens	FV50	Helm Hill	0:45:40	0:45:40	88

0609	Dawn	Bradley	FV40		0:45:44	0:45:44	89
0023	Sonia	Woods	FV50	land Fell Runn	0:45:47	0:45:47	90
0075	Katharine	Shrine	FV40	Helm Hill	0:46:00	0:46:00	91
0432	Angela	Burley	FV60	Helm Hill	0:46:13	0:46:13	92
0558	Andy	Connor	FV60	Ambleside AC	0:46:48	0:46:48	93
0706	Sonja	Vietoris	FV60	lam Running Cl	0:48:02	0:48:02	94
0223	Jayne	Scott	FV50	Helm Hill	0:49:01	0:49:01	95
0308	Alison	Tancrel	FV50	Helm Hill	0:49:43	0:49:43	96
0293	Jill	Gates	FV60	Settle Harriers	0:50:43	0:50:43	97
0019	Hilary	Coates	FV40	None	0:53:10	0:53:10	98
0126	Victoria	McGarry	FV50	Helm Hill Runner	0:53:36	0:53:36	99
0445	Phil	Kirby	MV70	Coniston	1:03:41	1:03:41	100

OVERALL WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0034	Jo	Hickman Dunne	FSEN	Helm Hill	0:28:38	1
0315	Lizzy	Allison	FSEN	Settle Harriers	0:29:11	2
0714	Rhiannon	Douglas	FSEN	Border harriers	0:30:47	3
0155	Rosie	Parkinson	FSEN	Helm Hill Runners	0:31:02	4
0364	Emma	Kearsey	FSEN	Helm Hill Runners	0:32:21	5
0501	Charlotte	Seward	FSEN	Unaffiliated	0:33:32	6
0686	Jenny	Lyon	FV40	Dallam RC	0:33:57	7
0156	Ruth	Bell	FSEN	Helm Hill	0:34:16	8
0457	Rebecca	Crawshaw	FV40	BOWLAND FELL Runners	0:34:20	9
0249	Leanne	Scott	FV40	Leven valley	0:34:22	10
0025	Katie	Milburn	FV40	Eden Runners	0:34:24	11
0667	Catherine	Houston	FV40	Helm Hill	0:34:32	12
0275	Jane	Reedy	FV40	Ambleside AC	0:35:22	13
0103	Sophie	Fosker	FV40	Bowland Fell Runners	0:35:31	14
0099	Debbie	Howard	FV50	Furness Fell Runners	0:37:27	15
0386	Diane	Grandison	FV40	Helm Hill	0:37:59	16
0397	Lynn	Whittaker	FV60	Wharfedale Harriers	0:38:05	17
0211	Beth	Evans	FSEN	Settle Harriers	0:38:16	18
0205	Suzanne	Budgett	FV60	Horwich RMI Harriers	0:38:26	19
0098	Liz	Whitfield	FV40	Helm Hill	0:38:47	20
0148	Hazel	Clark	FV40	Helm Hill	0:39:10	21
0121	Vicky	Woof	FU21	Howgill Harriers	0:39:55	22
0356	Rebecca	Atkinson	FV40	Howgill Harriers	0:41:27	23
0704	Kate	Morley	FSEN		0:41:33	24
0645	Ruth	Webster	FV50	Non	0:41:38	25
0090	Colleen	Oldham	FV40	Leven Valley AC	0:41:52	26
0365	Vicki	Sherrington	FV50	Helm Hill	0:42:04	27
0709	Zoe	Robinson	FV40	Howgill Harrier	0:42:23	28

0657	Caroline	D'Arcy	FV50	Helm Hill	0:43:10	29
0772	Karen	Fyles	FV50	Howgill Harriers	0:43:51	30
0456	Denise	Tunstall	FV50	Durham Fell Runners	0:44:08	31
0679	Anna	Stevens	FV50	Helm Hill	0:45:40	32
0609	Dawn	Bradley	FV40		0:45:44	33
0023	Sonia	Woods	FV50	Bowland Fell Runners	0:45:47	34
0075	Katharine	Shrine	FV40	Helm Hill	0:46:00	35
0432	Angela	Burley	FV60	Helm Hill	0:46:13	36
0558	Andy	Connor	FV60	Ambleside AC	0:46:48	37
0706	Sonja	Vietoris	FV60	Dallam Running Club	0:48:02	38
0223	Jayne	Scott	FV50	Helm Hill	0:49:01	39
0308	Alison	Tancrel	FV50	Helm Hill	0:49:43	40
0293	Jill	Gates	FV60	Settle Harriers	0:50:43	41
0019	Hilary	Coates	FV40	None	0:53:10	42
0126	Victoria	McGarry	FV50	Helm Hill Runners	0:53:36	43

OVERALL MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0314	Rupert	Allison	MSEN	Dark Peak Fell Runners	0:25:13	1
0629	Gary	Gregory	MV40	Helm hill	0:26:11	2
0038	Barney	Plummer	MSEN	Helm Hill	0:26:20	3
0639	Phil	Mather	MV40	Lonsdale Fell Runners	0:26:34	4
0267	Sonny	Ashton fitch	MU21	settle harriers	0:26:42	5
0360	Ben	Procter	MV40	Helm Hill Runners	0:26:53	6
0529	James	Byrne	MV40	Ambleside AC	0:27:57	7
0548	Callum	Lambert	MSEN	Unattached	0:28:08	8
0058	John	Millen	MV50	Helm Hill	0:29:00	9
0091	Oliver	Oldham	MU21	Leven Valley AC	0:29:08	10
0534	Jamie	Partridge	MSEN	Eden Runners	0:29:23	11
0452	Nigel	Wood	MV40	Helm Hill Runners	0:29:28	12
0734	James	Cater	MV50	Helm Hill	0:29:32	13
0769	Phillip	Craker	MV50	Ambleside AC	0:29:55	14
0307	Justin	Tancrel	MV40	Helm Hill	0:30:00	15
0007	Daz	Slater	MV40	Ambleside AC	0:30:03	16
0605	George	Campbell	MU21	Howgill Harrier	0:30:09	17
0702	Timothy	Cowin	MV50	Helm hill	0:30:11	18
0446	James	Pell	MSEN	Helm Hill	0:30:15	19
0863	Ned	Whitaker	MU21	Settle Harriers	0:30:17	20
0064	Matthew	Swallow	MSEN		0:30:22	21
0157	Andrew	Douglas	MV40	Helm Hill	0:30:35	22
0747	Mike	Berners-Lee	MV50	Helm Hill	0:30:41	23
0543	Rob	Critchlow	MV40		0:30:52	24
0680	Martin	Barnes	MSEN	Helm hill	0:30:57	25
0777	Neil	Robinson	MV50	COLT	0:31:23	26
0600	James	Edwards	MV40	Dallam	0:31:43	27
0630	Adam	Oliver	MV40	Helm Hill	0:31:53	28

0820	Tom	Batty	MSEN	N/A	0:32:00	29
0663	Edward	Jermy	MU21	Howgill Harriers	0:32:40	30
0206	Paul	Revell	MV60	FRA	0:32:53	31
0289	Pete	Marston	MV40	Helm Hill	0:33:00	32
0161	Peter	German	MV40	Helm Hill	0:33:03	33
0710	Sean	Robinson	MV40	Howgill Harriers	0:33:05	34
0348	Joe	Blackett	MV60	DarkPeakFellRunners	0:33:07	35
0054	Ray	Gill	MV60	Helm Hill	0:33:18	36
0873	Sam	Hart	MV40	Settle Harriers	0:33:34	37
0532	Graham	Beaumont	MV60	Dallam	0:33:41	38
0599	Paul	Trott	MV50	Helm Hill	0:34:08	39
0997	Seren	Darrell	MSEN	Helm Hill	0:34:11	40
0082	Matt	Davis	MV40	Howgill Harriers	0:34:26	41
0712	Isaac	Robinson	MU21	Howgill Harriers	0:34:35	42
0311	Joe	Curran	MV60	Accrington Road Runners	0:35:37	43
0579	Andy	Stokes	MV70	Dallam	0:36:05	44
0220	Chris	Green	MV40	Ambleside AC	0:36:35	45
0286	Chris	Moore	MV40	Leven Valley AC	0:36:44	46
0771	Robert	Crawford	MV40	Howgill Harriers	0:36:53	47
0520	Jonathan	Tombs	MV50	Eden Runners	0:36:56	48
0608	Stefan	Bradley	MV40		0:37:00	49
0674	Nick	Kitching	MV50	None	0:37:20	50
0754	Steve	Wathall	MV60		0:37:33	51
0852	Tim	Roe	MV40	Helm Hill	0:38:01	52
0234	Stuart	Bell	MV60	Kendal AAC	0:38:18	53
0226	Chris	Heaton	MV40	Lakeland Orienteering Club	0:38:22	54
0762	Richard	Cater	MV50	Helm Hill	0:40:22	55
0739	Allan	Miller	MV60	N/a	0:43:14	56
0445	Phil	Kirby	MV70	Coniston	1:03:41	57

FV40 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0686	Jenny	Lyon	FV40	Dallam RC	0:33:57	1
0457	Rebecca	Crawshaw	FV40	BOWLAND FELL Runners	0:34:20	2
0249	Leanne	Scott	FV40	Leven valley	0:34:22	3
0025	Katie	Milburn	FV40	Eden Runners	0:34:24	4
0667	Catherine	Houston	FV40	Helm Hill	0:34:32	5
0275	Jane	Reedy	FV40	Ambleside AC	0:35:22	6
0103	Sophie	Fosker	FV40	Bowland Fell Runners	0:35:31	7
0386	Diane	Grandison	FV40	Helm Hill	0:37:59	8
0098	Liz	Whitfield	FV40	Helm Hill	0:38:47	9
0148	Hazel	Clark	FV40	Helm Hill	0:39:10	10
0356	Rebecca	Atkinson	FV40	Howgill Harriers	0:41:27	11
0090	Colleen	Oldham	FV40	Leven Valley AC	0:41:52	12
0709	Zoe	Robinson	FV40	Howgill Harrier	0:42:23	13
0609	Dawn	Bradley	FV40		0:45:44	14
0075	Katharine	Shrine	FV40	Helm Hill	0:46:00	15
0019	Hilary	Coates	FV40	None	0:53:10	16

MV40 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0629	Gary	Gregory	MV40	Helm hill	0:26:11	1
0639	Phil	Mather	MV40	Lonsdale Fell Runners	0:26:34	2
0360	Ben	Procter	MV40	Helm Hill Runners	0:26:53	3
0529	James	Byrne	MV40	Ambleside AC	0:27:57	4
0452	Nigel	Wood	MV40	Helm Hill Runners	0:29:28	5
0307	Justin	Tancred	MV40	Helm Hill	0:30:00	6
0007	Daz	Slater	MV40	Ambleside AC	0:30:03	7
0157	Andrew	Douglas	MV40	Helm Hill	0:30:35	8
0543	Rob	Critchlow	MV40		0:30:52	9
0600	James	Edwards	MV40	Dallam	0:31:43	10
0630	Adam	Oliver	MV40	Helm Hill	0:31:53	11
0289	Pete	Marston	MV40	Helm Hill	0:33:00	12
0161	Peter	German	MV40	Helm Hill	0:33:03	13
0710	Sean	Robinson	MV40	Howgill Harriers	0:33:05	14
0873	Sam	Hart	MV40	Settle Harriers	0:33:34	15
0082	Matt	Davis	MV40	Howgill Harriers	0:34:26	16
0220	Chris	Green	MV40	Ambleside AC	0:36:35	17
0286	Chris	Moore	MV40	Leven Valley AC	0:36:44	18
0771	Robert	Crawford	MV40	Howgill Harriers	0:36:53	19
0608	Stefan	Bradley	MV40		0:37:00	20
0852	Tim	Roe	MV40	Helm Hill	0:38:01	21
0226	Chris	Heaton	MV40	Lakeland Orienteering Club	0:38:22	22

FV50 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0099	Debbie	Howard	FV50	Furness Fell Runners	0:37:27	1
0645	Ruth	Webster	FV50	Non	0:41:38	2
0365	Vicki	Sherrington	FV50	Helm Hill	0:42:04	3
0657	Caroline	D'Arcy	FV50	Helm Hill	0:43:10	4
0772	Karen	Fyles	FV50	Howgill Harriers	0:43:51	5
0456	Denise	Tunstall	FV50	Durham Fell Runners	0:44:08	6
0679	Anna	Stevens	FV50	Helm Hill	0:45:40	7
0023	Sonia	Woods	FV50	Bowland Fell Runners	0:45:47	8
0223	Jayne	Scott	FV50	Helm Hill	0:49:01	9
0308	Alison	Tancred	FV50	Helm Hill	0:49:43	10
0126	Victoria	McGarry	FV50	Helm Hill Runners	0:53:36	11

MV50 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0058	John	Millen	MV50	Helm Hill	0:29:00	1
0734	James	Cater	MV50	Helm Hill	0:29:32	2
0769	Phillip	Craker	MV50	Ambleside AC	0:29:55	3
0702	Timothy	Cowin	MV50	Helm hill	0:30:11	4
0747	Mike	Berners-Lee	MV50	Helm Hill	0:30:41	5
0777	Neil	Robinson	MV50	COLT	0:31:23	6
0599	Paul	Trott	MV50	Helm Hill	0:34:08	7
0520	Jonathan	Tombs	MV50	Eden Runners	0:36:56	8
0674	Nick	Kitching	MV50	None	0:37:20	9
0762	Richard	Cater	MV50	Helm Hill	0:40:22	10

FV60 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0397	Lynn	Whittaker	FV60	Wharfedale Harriers	0:38:05	1
0205	Suzanne	Budgett	FV60	Horwich RMI Harriers	0:38:26	2
0432	Angela	Burley	FV60	Helm Hill	0:46:13	3
0558	Andy	Connor	FV60	Ambleside AC	0:46:48	4
0706	Sonja	Vietoris	FV60	Dallam Running Club	0:48:02	5
0293	Jill	Gates	FV60	Settle Harriers	0:50:43	6

MV60 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0206	Paul	Revell	MV60	FRA	0:32:53	1
0348	Joe	Blackett	MV60	DarkPeakFellRunners	0:33:07	2
0054	Ray	Gill	MV60	Helm Hill	0:33:18	3
0532	Graham	Beaumont	MV60	Dallam	0:33:41	4
0311	Joe	Curran	MV60	Accrington Road Runners	0:35:37	5
0754	Steve	Wathall	MV60		0:37:33	6
0234	Stuart	Bell	MV60	Kendal AAC	0:38:18	7
0739	Allan	Miller	MV60	N/a	0:43:14	8

FV70 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
#N/A						#N/A

MV70 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0579	Andy	Stokes	MV70	Dallam	0:36:05	1
0445	Phil	Kirby	MV70	Coniston	1:03:41	2