



# HELM HILL WINTER LEAGUE - Helm Race

2025



DIFFERENT STROKES  
PAINTING & DECORATING LTD



U9 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
1020	Martha	Goadby	u9G	Helm Hill	0:07:46	1
1023	Erin	Butler	u9G	Helm Hill	0:08:19	2
1022	Dorothea	Schooler	u9G	Ambleside	0:08:22	3
1044	Verity	Butlin-Garside	u9G	Ambleside AC	0:08:25	4
1043	Louise	Butlin-Garside	u9G	Ambleside AC	0:08:58	5
1010	Alice	Hodgson	u9G	Ambleside	0:09:00	6
1014	Olwyn	Haslett	u9G	Helm Hill	0:09:09	7
1038	Jenny	Bamforth	u9G	Ambleside AC	0:09:46	8
1037	Martha	Upton	u9G		0:11:31	9
1025	Hessa	Pateson	u9G	Helm Hill	0:11:49	10

U9 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
1034	Samuel	Reid	u9B	N/a	0:06:44	1
1049	Harry	Brown	u9B	Settle harriers	0:06:46	2
1028	Seve	Stephenson	u9B	Ambleside AC	0:06:51	3
1027	George	Blackburn	u9B	Helm Hill	0:07:06	4
1007	Gabriel	Parsons	u9B	Helm Hill	0:07:16	5
1019	Joud	Riaz	u9B	Ambleside	0:07:32	6
1008	Jesse	Bibby	u9B	Helm Hill	0:07:48	7
1009	Ivan	Parsons	u9B	Helm Hill	0:07:56	8
1032	Isaac	Taylforth	u9B	Ambledide AC	0:08:07	9
1036	Alfie	Sharp	u9B	Ambleside AC	0:08:21	10
1012	Fergus	Plant	u9B		0:08:51	11
1046	Grayson	Rose	u9B		0:11:35	12

U11 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0205	Teigan	Wilcock	u11G	Ambleside	0:08:37	1
0061	Mila	Sillito	u11G	Helm Hill Runners	0:08:55	2
0258	Romy	Barron	u11G	Ambleside AC	0:09:03	3
0351	Isla	Dalton	u11G	Helm Hill	0:09:12	4
0030	Elena	Procter	u11G	Leven Valley Ac	0:09:17	5
0475	Lyra	Haslett	u11G	Helm Hill Runners	0:10:01	6
0013	Gabrielle	Murray	u11G	Leven Valley AC	0:10:09	7
0667	Jacy	Jewitt	u11G	Furness Fell Runners	0:10:52	8
0425	Pippa	Coke	u11G	Kendal	0:10:58	9
0771	Nieve	Stephenson	u11G	Ambleside	0:11:01	10
1041	Jessie	Whittington	u11G	Helm Hill	0:11:07	11
0680	Ava	Grandison	u11G	Helm hill	0:11:27	12
0377	Mia	Kourkoulos	u11G	Settle Harriers	0:11:31	13
1048	Lana	Lefton	u11G	Ambleside	0:11:35	14
0088	Harriet	Edwards	u11G	Dallam	0:11:43	15
0994	Imogen	Darcy	u11G	Helm Hill	0:11:58	16
0883	Rosie	Briggs	u11G	Ambleside AC	0:12:02	17
0193	Emilia	Nunns	u11G	Helm Hill	0:12:31	18

U11 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0394	Bobby	France	u11B	Settle Harriers	0:07:57	1
0822	Harrison	Reid	u11B	Kendal amateur athletic club	0:08:01	2
0541	Freddie	Fretwell	u11B	Settle Harriers	0:08:12	3
0295	Callum	Ainsworth	u11B	Helm Hill	0:08:32	4
0272	Freddie	Brown	u11B	Settle Harriers	0:08:52	5
1016	Lucas	Ridley	u11B	Helm Hill	0:09:32	6
0896	Edward	Sainsbury	u11B	Kendal Athletics	0:09:38	7
1033	Francis	Coombe	u11B	Ambleside	0:09:56	8
0003	James	Dennis	u11B	Bingley Harriers	0:10:04	9
0285	Lewis	McKim	u11B	Ambleside AC	0:10:10	10
0356	Elliot	Lowrie	u11B	Helm Hill	0:10:19	11
0117	Matt	Wild-Garcia	u11B	Ambleside	0:10:20	12
0062	Arlo	Sillito	u11B	Helm Hill Runners	0:10:26	13
0843	Toby	Davies	u11B		0:10:31	14
0877	Harry	Briggs	u11B	Ambleside running club	0:10:41	15
0838	Oliver	Marshall	u11B	Ambleside AC	0:10:45	16
0756	Jack	Lawson	u11B	Ambleside Athletics Club	0:10:57	17
0867	Stanley	Johnson	u11B	Helm Hill	0:11:02	18
0984	Noah	Penney	u11B	AAC	0:11:05	19
0089	Lewis	Edwards	u11B	Dallam	0:11:10	20
0386	Toby	Lawton	u11B	Helm Hill	0:11:33	21
0987	George	Butler	u11B	Ambleside AC	0:11:37	22
0998	Sam	Bamforth	u11B	Ambleside AC	0:18:49	23

U13 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0002	Hannah	Dennis	u13G	Bingley Harriers	0:08:14	1
0033	Charlotte	Richardson	u13G	Helm Hill Runners	0:08:33	2
0191	Maia	Dacre	u13G	Helm Hill	0:08:36	3
0228	Lola	Hodgson	u13G	Ambleside AC	0:08:40	4
0347	Izzy	Leigh	u13G	Helm Hill	0:08:47	5
0837	Ivy	Marshall	u13G	Ambleside AC	0:09:21	6
0728	Isla	Mason	u13G	Helm Hill Runners	0:09:23	7
0078	Iris	Lodge	u13G	Settle Harriers	0:10:02	8
0148	Lucy	Ward	u13G	Settle Harriers	0:10:05	9
0437	Matilda	Upton	u13G	N/A	0:10:17	10
0755	Sophie	Lawson	u13G	Ambleside Athletics Club	0:10:21	11
0273	Megan	Wright	u13G	Settle Harriers	0:10:23	12
0698	Michalina	Bojdol	u13G	Ambleside AC juniors	0:10:29	13
0235	Hattie	Blunt	u13G	Ambleside	0:10:30	14
0474	Elodie	Haslett	u13G	Helm Hill Runners	0:10:35	15
0344	Izzy	Lambert	u13G	Settle Harriers	0:10:36	16
0274	Sophie	Wright	u13G	Settle Harriers	0:10:37	17
0876	Rosa-Mae	Crompton	u13G	Ambleside	0:10:49	18
0140	Lana	Fosker	u13G	Bowland Fell Runners	0:10:51	19
1040	Celeste	Whittington	u13G	Helm Hill	0:10:54	20
0187	Betty	Jacques	u13G	Unattached	0:11:04	21
0823	Bessie	Lord	u13G		0:11:09	22
1030	Mary-Kate	Kidd	u13G	Ambleside AC	0:11:16	23
0129	Flo	Evans	u13G	Settle Harriers	0:11:17	24
0045	Izzy	Williams	u13G	none	0:11:18	25
1031	Rose	Hodgson	u13G	Ambleside AC	0:11:38	26
0759	Ella	Kay	u13G	Helm Hill	0:11:49	27
0699	Mila	Lefton	u13G	Ambleside	0:11:56	28

0478	Evie	Dean	u13G	Helm Hill	0:11:57	29
1002	Beatrice	Butlin-Garside	u13G	AAC	0:12:08	30
0683	Ruby	Taylforth	u13G	Ambleside	0:12:18	31

U13 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0341	Kit	Evans	u13B	Ambleside AC	0:07:30	1
0116	Sean	Wild-Garcia	u13B	Ambleside	0:07:36	2
0172	Ben	Ryan	u13B	Helm Hill	0:07:41	3
0127	Hugo	Meyfroidt	u13B	Helm Hill	0:08:09	4
0436	Peter	Butler	u13B	Ambleside AC	0:08:17	5
0331	Ethan	Douthwaite	u13B	Helm Hill	0:08:28	6
0817	Alfred	Heath	u13B	Helm	0:08:42	7
0995	Ivan	Waight	u13B	Ambleside	0:08:53	8
0359	Jonty	Brodie	u13B	Helm Hill	0:09:05	9
0329	Fraser	Hall	u13B	Pudsey and Bramley	0:09:06	10
0128	Stanley	Evans	u13B	Settle Harriers	0:09:07	11
0845	Philip	Bolland	u13B	Helm Hill	0:09:13	12
0241	Stan	Rushton	u13B	Helm Hill	0:09:19	13
0694	Rhys	Moffat	u13B	None	0:09:25	14
0898	Isaac	Hardy	u13B	HELM HILL	0:09:26	15
0944	Shane Thomas	Williamson	u13B	Helm hill	0:09:28	16
0190	Danny	Nunns	u13B	Helm Hill	0:09:34	17
0097	Rowan	Griffiths	u13B	Furness Fell Runners	0:09:37	18
0398	Stanley	Atkinson	u13B	Helm Hill	0:09:46	19
0929	Barnaby	Plant	u13B		0:09:47	20
0479	Haris	Riaz	u13B	Ambleside AC	0:09:50	21
0990	Harry	Sharp	u13B	Ambleside AC Juniors	0:09:52	22
1017	Zach	Lucas	u13B		0:09:54	23
0489	Fabian	Bulprich	u13B	Ambleside AC	0:10:39	24
0991	Finlay	Luxmoore	u13B	Ambleside AC	0:10:42	25
0887	Barney	Woodhouse	u13B		0:10:47	26
0325	Jasper	Rose	u13B	Helm Hill Runners	0:10:48	27
0864	Addison	Eastwood-Taylor	u13B	Ambleside AC	0:10:56	28

1000	Riley	Pickup	u13B	Ambleside	0:11:00	29
0438	Oliver	Shannon	u13B	Helm Hill	0:11:19	30
0855	Ethan	Davies	u13B		0:11:26	31

U15 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0531	Mia	McGoldrick	u15G	Settle Harriers	00:12:04	1
0132	Maisie	Oddy	u15G	Keighley and Craven	00:13:04	2
0259	Mila	Barron	u15G	Ambleside AC	00:13:20	3
0677	Lyla	Duffy	u15G	Rosendale Harriers	00:13:40	4
0014	Imogen	Moore	u15G	Leven Valley AC	00:14:14	5
0908	Thea	Newton	u15G	Rosendale Harriers	00:14:22	6
0200	Silvia	Parsons	u15G	Helm Hill	00:15:02	7
0835	Freya	Hodgson-Jones	u15G	Ambleside AC	00:15:11	8
0553	Tess	Reedy	u15G	Ambleside AC	00:16:05	9
0556	Lily	Neville	u15G	None	00:16:12	10
0993	F	D	u15G	Helm Hill	00:16:48	11
0086	Mary	Goodyear	u15G	Bingley Harriers	00:17:00	12
0294	Jessica	Ainsworth	u15G	Helm Hill	00:17:30	13

U15 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0075	Charlie	Dobson	u15B	Rossendale Harriers	00:11:58	1
0806	Archie	Cole	u15B	Settle Harriers	00:12:22	2
0179	Ben	Brummitt	u15B	Settle Harriers	00:13:00	3
0125	Lawrie	Belshaw	u15B	Ambleside AC	00:13:16	4
0783	Rowan	Bradley	u15B	Ambleside	00:14:31	5
0032	Aaron	Richardson	u15B	Helm Hill Runners	00:14:42	6
0727	Dougal	Houston	u15B	Helm Hill Runners	00:14:46	7
0291	George	Bromley	u15B	Settle Harriers	00:14:49	8
0704	Joseph	Giddings	u15B	Keswick AC	00:15:18	9
0424	Rhuari	Trott	u15B	Helm Hill	00:15:49	10
1004	Finn	Wilson	u15B	AAC	00:17:36	11
0301	Samuel	Evans	u15B	Settle Harriers	00:18:17	12

U17 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0343	Tess	Evans	u17G	Ambleside AC	00:22:28	1
0656	isabel	Sanderson	u17G	helm hill	00:23:16	2

U17 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0233	Will	Brayshaw	u17B	Helm Hill	00:16:34	1
0596	Zeke	Sumner	u17B	Ambleside AC	00:16:37	2
0434	Evan	Mulvany	u17B	Helm Hill	00:18:03	3
0769	Jonah	Hughes	u17B	Helm	00:18:37	4
0149	Carl	Sanderson	u17B	Settle Harriers	00:18:55	5
0546	Edward	Shawcross	u17B	Ambleside	00:19:27	6
0949	Theo	Robinson	u17B	Lackburn Harriers & Athletic Cl	00:19:37	7
0082	Sam	Oldham	u17B	Leven Valley AC	00:19:38	8
0085	Riley	Scott	u17B	Leven valley	00:19:52	9
0749	Stan	Marston	u17B	Helm Hill	00:20:34	10
0012	Henry	Murray	u17B	Leven Valley AC	00:20:50	11
0167	Joseff	Tancrel	u17B	Helm Hill Runners	00:21:52	12

U21 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0676	Tilly	Duffy	FU21	Rosendale Harriers	0:43:36	1
0011	Emily	MacPherson-Littler	FU21	Bowland Fell Runners	0:43:49	2
0380	Jennifer	Hayes	FU21	Settle Harriers	0:45:08	3
0422	Hannah	Dyer	FU21	Helm Hill Runners	0:55:09	4

U21 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0101	Alex	Speight	MU21	Helm Hill Runners	0:37:38	1
0954	Robbie	Watmough	MU21	Settle Harriers	0:38:16	2
0178	Oliver	Brummitt	MU21	Settle Harriers	0:39:17	3
0372	Toby	Acland	MU21	Helm Hill Runners	0:43:32	4
0559	Isaac	Robinson	MU21	Howgill Harriers	0:46:32	5

Seniors' Race						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0186	Steve	Jacques	MV40	Ambleside AC	0:34:42	1
0334	Rupert	Allison	MSEN	Peak Fell Run	0:35:02	2
1015	ANDREW	COLEY-MAUD	MV40	ELM HILL RUNNER	0:35:12	3
0758	Richard	Kay	MV40	Helm Hill	0:35:31	4
0540	Matthew	Fretwell	MSEN	Settle Harriers	0:35:57	5
0261	Mike	Barron	MSEN	Ambleside AC	0:36:24	6
0609	Phil	Mather	MV40	sdale Fell Runn	0:36:31	7
0031	Ben	Procter	MV40	elm hill runner	0:36:43	8
0290	Javier	Simon	MV50	Helm Hill	0:37:09	9
0552	Matt	Reedy	MV40	Ambleside AC	0:37:14	10
0101	Alex	Speight	MU21	elm Hill Runner	0:37:38	11
0954	Robbie	Watmough	MU21	ettle Harriers	0:38:16	12
0324	Scott	Rose	MV40	elm Hill Runner	0:38:44	13
0281	Paul	Upton	MV40	Helm Hill	0:38:49	14
0829	Sam	Harrison	MSEN	land Fell Runn	0:38:51	15
0381	Graham	Hayes	MV40	Unattached	0:38:56	16
0178	Oliver	Brummitt	MU21	Settle Harriers	0:39:17	17
0060	Seb	Sillito	MV40	elm Hill Runner	0:39:23	18
0663	Richard	Talbot	MV40		0:39:27	19
0714	Simon	Blunden	MV40	elm Hill Runner	0:39:49	20
0164	Matthew	Lovesey	MV40	N/A	0:39:56	21
0878	Jez	Lefton	MSEN	Ambleside	0:40:23	22
0640	David	Goadby	MSEN	Helm Hill	0:40:50	23
0165	Justin	Tancrel	MV50	elm Hill Runner	0:41:05	24
0679	Ian	Duffy	MV40	ssendale Harrie	0:41:24	25
1021	Michael	Kearney	MSEN	Helm Hill	0:41:28	26
0836	Christopher	Reade	MV60	wland Fellrunner	0:42:14	27
0053	David	Wilson	MV60	land Fell Runn	0:42:34	28

0365	Matthew	Swallow	MSEN		0:42:42	29
0118	Ross	Butler	MV40	Keswick AC	0:42:57	30
0087	James	Edwards	MV40	Dallam	0:43:25	31
0372	Toby	Acland	MU21	elm Hill Runners	0:43:32	32
0942	James	Baron	MV50	Helm Hill	0:43:34	33
0676	Tilly	Duffy	FU21	ssendale Harrie	0:43:36	34
0695	Robert	Moffat	MSEN		0:43:41	35
0011	Emily	MacPherson-Littler	FU21	land Fell Runn	0:43:49	36
0734	Philip	Mallaband	MV50		0:44:21	37
0547	Al	Shawcross	MV50	Dallam	0:44:40	38
0380	Jennifer	Hayes	FU21	Settle Harriers	0:45:08	39
1006	Harvey	Lord	MV40		0:45:10	40
0242	Steph	Jones	FV40	Ambleside ac	0:45:18	41
0099	Chris	Speight	MV60	elm Hill Runner	0:45:28	42
0232	Janie	Oates	FSEN	lm Hill Runner	0:45:29	43
0035	Simon	Richardson	MV50	lm Hill Runner	0:45:31	44
0015	Chris	Moore	MV40	Leven Valley AC	0:45:34	45
0363	Jim	Cater	MV50	Helm Hill	0:45:38	46
0989	Ross	Ellis-Butcher	MSEN	Helm Hill	0:45:48	47
0839	Carrie	Gibson	FV50	Helm Hill	0:45:55	48
0151	joe	blackett	MV60	rkpeakfellrunne	0:46:06	49
0559	Isaac	Robinson	MU21	owgill Harrier	0:46:32	50
0482	John	Bowman	MSEN		0:46:34	51
0141	Sophie	Fosker	FV40	land Fell Runn	0:46:49	52
0041	Paul	Revell	MV60	owgill Harrier	0:47:05	53
0304	John	Jones	MV60	Helm Hill	0:47:45	54
0389	Billy	Procter	MV60	lm hill runner	0:47:47	55
0525	Michael	Toman	MV50	sendale Harrie	0:47:50	56
0706	Catherine	Houston	FV40	elm Hill Runner	0:48:04	57
0524	Lisa	Parker	FV40	sendale Harrie	0:48:08	58

1051	Peter	Reilly	MSEN	Dark oak	0:48:32	59
0176	Katie	Milburn	FV40	Eden Runners	0:48:52	60
0655	Catherine	Cullinane	FV50	Helm Hill	0:49:07	61
0682	Geoff	Watson	MV40	Ham City Harriers	0:49:45	62
0083	Leanne	Scott	FV40	Leven valley	0:50:07	63
0606	Jonathan	Tombs	MV50	Eden Runners	0:51:03	64
0130	Beth	Evans	FSEN	Helm Hill Harriers	0:51:29	65
0625	Graham	Beaumont	MV60	Dallam	0:51:35	66
0282	Liz	Whitfield	FV40	Helm Hill	0:52:10	67
0453	Colin	Valentine	MV60	Keswick	0:52:21	68
0073	Lynn	Whittaker	FV60	Arfordale Harriers	0:53:20	69
0276	Matthew	France	MSEN	None	0:53:43	70
0833	Samuel	Jones	MSEN		0:53:50	71
0597	Jane	Findlay	FSEN	Helm Hill	0:54:22	72
0406	Sarah	Batten	FV40	Helm Hill	0:54:36	73
0077	Keith	Thomas	MV60	Hamden road runners	0:54:39	74
1050	David	Wright	MV50	Newbury	0:54:41	75
0422	Hannah	Dyer	FU21	Helm Hill Runner	0:55:09	76
0636	Rebecca	Willmott	FSEN	Vegan Runners	0:55:16	77
0300	Angela	Brand-Barker	FV60	FRA	0:55:49	78
0981	Vicky	Atkinson	FV50	Helm	0:55:59	79
0040	Suzanne	Budgett	FV60	Horwich RMI Harriers	0:56:24	80
0417	Vicki	Sherrington	FV50	Helm Hill	0:57:22	81
0121	Wendy	Dodds	FV70	Dallam Running Club	0:58:16	82
0642	Stephen	Libby	MV60	Eden Runners	0:59:12	83
0018	Jill	Libby	FV60	Eden Runners	0:59:48	84
0080	Colleen	Oldham	FV40	Leven Valley AC	0:59:50	85
0428	John	Taylor	MV70	Bowland	1:00:33	86
0730	Caroline	D'Arcy	FV50	Helm Hill	1:03:14	87
0267	Katie	Shrine	FV50	Helm Hill	1:04:49	88

0429	Joanne	Taylor	FV60	Bowland	1:05:26	89
0669	Sonja	Vietoris	FV60	Dallam RC	1:07:18	90
0138	Jill	Gates	FV60	Settle Harriers	1:10:46	91

OVERALL WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0676	Tilly	Duffy	FU21	Rossendale Harriers	0:43:36	1
0011	Emily	MacPherson-Littler	FU21	Bowland Fell Runners	0:43:49	2
0380	Jennifer	Hayes	FU21	Settle Harriers	0:45:08	3
0242	Steph	Jones	FV40	Ambleside ac	0:45:18	4
0232	Janie	Oates	FSEN	Helm Hill Runners	0:45:29	5
0839	Carrie	Gibson	FV50	Helm Hill	0:45:55	6
0141	Sophie	Fosker	FV40	Bowland Fell Runners	0:46:49	7
0706	Catherine	Houston	FV40	Helm Hill Runners	0:48:04	8
0524	Lisa	Parker	FV40	Rossendale Harriers	0:48:08	9
0176	Katie	Milburn	FV40	Eden Runners	0:48:52	10
0655	Catherine	Cullinane	FV50	Helm Hill	0:49:07	11
0083	Leanne	Scott	FV40	Leven valley	0:50:07	12
0130	Beth	Evans	FSEN	Settle Harriers	0:51:29	13
0282	Liz	Whitfield	FV40	Helm Hill	0:52:10	14
0073	Lynn	Whittaker	FV60	Wharfedale Harriers	0:53:20	15
0597	Jane	Findlay	FSEN	Helm Hill	0:54:22	16
0406	Sarah	Batten	FV40	Helm Hill	0:54:36	17
0422	Hannah	Dyer	FU21	Helm Hill Runners	0:55:09	18
0636	Rebecca	Willmott	FSEN	Vegan Runners	0:55:16	19
0300	Angela	Brand-Barker	FV60	FRA	0:55:49	20
0981	Vicky	Atkinson	FV50	Helm	0:55:59	21
0040	Suzanne	Budgett	FV60	Horwich RMI Harriers	0:56:24	22
0417	Vicki	Sherrington	FV50	Helm Hill	0:57:22	23
0121	Wendy	Dodds	FV70	Dallam Running Club	0:58:16	24
0018	Jill	Libby	FV60	Eden Runners	0:59:48	25
0080	Colleen	Oldham	FV40	Leven Valley AC	0:59:50	26
0730	Caroline	D'Arcy	FV50	Helm Hill	1:03:14	27
0267	Katie	Shrine	FV50	Helm Hill	1:04:49	28

0429	Joanne	Taylor	FV60	Bowland	1:05:26	29
0669	Sonja	Vietoris	FV60	Dallam RC	1:07:18	30
0138	Jill	Gates	FV60	Settle Harriers	1:10:46	31

OVERALL MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0186	Steve	Jacques	MV40	Ambleside AC	0:34:42	1
0334	Rupert	Allison	MSEN	Dark Peak Fell Runners	0:35:02	2
1015	ANDREW	COLEY-MAUD	MV40	HELM HILL RUNNERS	0:35:12	3
0758	Richard	Kay	MV40	Helm Hill	0:35:31	4
0540	Matthew	Fretwell	MSEN	Settle Harriers	0:35:57	5
0261	Mike	Barron	MSEN	Ambleside AC	0:36:24	6
0609	Phil	Mather	MV40	Lonsdale Fell Runners	0:36:31	7
0031	Ben	Procter	MV40	Helm hill runners	0:36:43	8
0290	Javier	Simon	MV50	Helm Hill	0:37:09	9
0552	Matt	Reedy	MV40	Ambleside AC	0:37:14	10
0101	Alex	Speight	MU21	Helm Hill Runners	0:37:38	11
0954	Robbie	Watmough	MU21	Settle Harriers	0:38:16	12
0324	Scott	Rose	MV40	Helm Hill Runners	0:38:44	13
0281	Paul	Upton	MV40	Helm Hill	0:38:49	14
0829	Sam	Harrison	MSEN	Bowland Fell Runners	0:38:51	15
0381	Graham	Hayes	MV40	Unattached	0:38:56	16
0178	Oliver	Brummitt	MU21	Settle Harriers	0:39:17	17
0060	Seb	Sillito	MV40	Helm Hill Runners	0:39:23	18
0663	Richard	Talbot	MV40		0:39:27	19
0714	Simon	Blunden	MV40	Helm Hill Runners	0:39:49	20
0164	Matthew	Lovesey	MV40	N/A	0:39:56	21
0878	Jez	Lefton	MSEN	Ambleside	0:40:23	22
0640	David	Goadby	MSEN	Helm Hill	0:40:50	23
0165	Justin	Tancred	MV50	Helm Hill Runners	0:41:05	24
0679	Ian	Duffy	MV40	Rosendale Harriers	0:41:24	25
1021	Michael	Kearney	MSEN	Helm Hill	0:41:28	26
0836	Christophe	Reade	MV60	Bowland Fellrunners	0:42:14	27
0053	David	Wilson	MV60	Bowland Fell Runners	0:42:34	28

0365	Matthew	Swallow	MSEN		0:42:42	29
0118	Ross	Butler	MV40	Keswick AC	0:42:57	30
0087	James	Edwards	MV40	Dallam	0:43:25	31
0372	Toby	Acland	MU21	Helm Hill Runners	0:43:32	32
0942	James	Baron	MV50	Helm Hill	0:43:34	33
0695	Robert	Moffat	MSEN		0:43:41	34
0734	Philip	Mallaband	MV50		0:44:21	35
0547	Al	Shawcross	MV50	Dallam	0:44:40	36
1006	Harvey	Lord	MV40		0:45:10	37
0099	Chris	Speight	MV60	Helm Hill Runners	0:45:28	38
0035	Simon	Richardson	MV50	Helm Hill Runners	0:45:31	39
0015	Chris	Moore	MV40	Leven Valley AC	0:45:34	40
0363	Jim	Cater	MV50	Helm Hill	0:45:38	41
0989	Ross	Ellis-Butcher	MSEN	Helm Hill	0:45:48	42
0151	joe	blackett	MV60	darkpeakfellrunners	0:46:06	43
0559	Isaac	Robinson	MU21	Howgill Harriers	0:46:32	44
0482	John	Bowman	MSEN		0:46:34	45
0041	Paul	Revell	MV60	Howgill Harriers	0:47:05	46
0304	John	Jones	MV60	Helm Hill	0:47:45	47
0389	Billy	Procter	MV60	Helm hill runners	0:47:47	48
0525	Michael	Toman	MV50	Rosendale Harriers	0:47:50	49
1051	Peter	Reilly	MSEN	Dark oak	0:48:32	50
0682	Geoff	Watson	MV40	Durham City Harriers	0:49:45	51
0606	Jonathan	Tombs	MV50	Eden Runners	0:51:03	52
0625	Graham	Beaumont	MV60	Dallam	0:51:35	53
0453	Colin	Valentine	MV60	Keswick	0:52:21	54
0276	Matthew	France	MSEN	None	0:53:43	55
0833	Samuel	Jones	MSEN		0:53:50	56
0077	Keith	Thomas	MV60	Burnden road runners	0:54:39	57
1050	David	Wright	MV50	Newbury	0:54:41	58

0642	Stephen	Libby	MV60	Eden Runners	0:59:12	59
0428	John	Taylor	MV70	Bowland	1:00:33	60

FV40 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0242	Steph	Jones	FV40	Ambleside ac	0:45:18	1
0141	Sophie	Fosker	FV40	Bowland Fell Runners	0:46:49	2
0706	Catherine	Houston	FV40	Helm Hill Runners	0:48:04	3
0524	Lisa	Parker	FV40	Rosendale Harriers	0:48:08	4
0176	Katie	Milburn	FV40	Eden Runners	0:48:52	5
0083	Leanne	Scott	FV40	Leven valley	0:50:07	6
0282	Liz	Whitfield	FV40	Helm Hill	0:52:10	7
0406	Sarah	Batten	FV40	Helm Hill	0:54:36	8
0080	Colleen	Oldham	FV40	Leven Valley AC	0:59:50	9

MV40 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0186	Steve	Jacques	MV40	Ambleside AC	0:34:42	1
1015	ANDREW	COLEY-MAUD	MV40	HELM HILL RUNNERS	0:35:12	2
0758	Richard	Kay	MV40	Helm Hill	0:35:31	3
0609	Phil	Mather	MV40	Lonsdale Fell Runners	0:36:31	4
0031	Ben	Procter	MV40	Helm hill runners	0:36:43	5
0552	Matt	Reedy	MV40	Ambleside AC	0:37:14	6
0324	Scott	Rose	MV40	Helm Hill Runners	0:38:44	7
0281	Paul	Upton	MV40	Helm Hill	0:38:49	8
0381	Graham	Hayes	MV40	Unattached	0:38:56	9
0060	Seb	Sillito	MV40	Helm Hill Runners	0:39:23	10
0663	Richard	Talbot	MV40		0:39:27	11
0714	Simon	Blunden	MV40	Helm Hill Runners	0:39:49	12
0164	Matthew	Lovesey	MV40	N/A	0:39:56	13
0679	Ian	Duffy	MV40	Rosendale Harriers	0:41:24	14
0118	Ross	Butler	MV40	Keswick AC	0:42:57	15
0087	James	Edwards	MV40	Dallam	0:43:25	16
1006	Harvey	Lord	MV40		0:45:10	17
0015	Chris	Moore	MV40	Leven Valley AC	0:45:34	18
0682	Geoff	Watson	MV40	Durham City Harriers	0:49:45	19

FV50 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0839	Carrie	Gibson	FV50	Helm Hill	0:45:55	1
0655	Catherine	Cullinane	FV50	Helm Hill	0:49:07	2
0981	Vicky	Atkinson	FV50	Helm	0:55:59	3
0417	Vicki	Sherrington	FV50	Helm Hill	0:57:22	4
0730	Caroline	D'Arcy	FV50	Helm Hill	1:03:14	5
0267	Katie	Shrine	FV50	Helm Hill	1:04:49	6

MV50 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0290	Javier	Simon	MV50	Helm Hill	0:37:09	1
0165	Justin	Tancrel	MV50	Helm Hill Runners	0:41:05	2
0942	James	Baron	MV50	Helm Hill	0:43:34	3
0734	Philip	Mallaband	MV50		0:44:21	4
0547	Al	Shawcross	MV50	Dallam	0:44:40	5
0035	Simon	Richardson	MV50	Helm Hill Runners	0:45:31	6
0363	Jim	Cater	MV50	Helm Hill	0:45:38	7
0525	Michael	Toman	MV50	Rossendale Harriers	0:47:50	8
0606	Jonathan	Tombs	MV50	Eden Runners	0:51:03	9
1050	David	Wright	MV50	Newbury	0:54:41	10

FV60 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0073	Lynn	Whittaker	FV60	Wharfedale Harriers	0:53:20	1
0300	Angela	Brand-Barker	FV60	FRA	0:55:49	2
0040	Suzanne	Budgett	FV60	Horwich RMI Harriers	0:56:24	3
0018	Jill	Libby	FV60	Eden Runners	0:59:48	4
0429	Joanne	Taylor	FV60	Bowland	1:05:26	5
0669	Sonja	Vietoris	FV60	Dallam RC	1:07:18	6
0138	Jill	Gates	FV60	Settle Harriers	1:10:46	7

MV60 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0836	Christopher	Reade	MV60	Bowland Fellrunners	0:42:14	1
0053	David	Wilson	MV60	Bowland Fell Runners	0:42:34	2
0099	Chris	Speight	MV60	Helm Hill Runners	0:45:28	3
0151	joe	blackett	MV60	darkpeakfellrunners	0:46:06	4
0041	Paul	Revell	MV60	Howgill Harriers	0:47:05	5
0304	John	Jones	MV60	Helm Hill	0:47:45	6
0389	Billy	Procter	MV60	Helm hill runners	0:47:47	7
0625	Graham	Beaumont	MV60	Dallam	0:51:35	8
0453	Colin	Valentine	MV60	Keswick	0:52:21	9
0077	Keith	Thomas	MV60	Burnden road runners	0:54:39	10
0642	Stephen	Libby	MV60	Eden Runners	0:59:12	11

FV70 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0121	Wendy	Dodds	FV70	Dallam Running Club	0:58:16	1

MV70 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0428	John	Taylor	MV70	Bowland	1:00:33	1