



HELM HILL WINTER LEAGUE - Sedbergh



DIFFERENT STROKES
PAINTING & DECORATING LTD

U11 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0205	Teigan	Wilcock	u11G	Ambleside	0:08:09	1
0258	Romy	Barron	u11G	Ambleside AC	0:08:17	2
0061	Mila	Sillito	u11G	Helm Hill Runners	0:08:23	3
0475	Lyra	Haslett	u11G	Helm Hill Runners	0:08:27	4
0030	Elena	Procter	u11G	Leven Valley Ac	0:08:49	5
0948	Grace	Eaton	u11G	Leven Valley AC	0:08:59	6
0104	Maya	Zaboklicka	u11G	Furness Fell Runners	0:09:20	7
0425	Pippa	Coke	u11G	Kendal	0:09:36	8
0667	Jacy	Jewitt	u11G	Furness Fell Runners	0:09:46	9
0377	Mia	Kourkoulos	u11G	Settle Harriers	0:09:54	10
0947	Franco	Henson	u11G	Settle Harriers	0:09:59	11
0877	Harry	Briggs	u11G	Ambleside running club	0:10:05	12
0771	Nieve	Stephenson	u11G	Ambleside	0:10:48	13
0883	Rosie	Briggs	u11G	Ambleside AC	0:11:16	14
0680	Ava	Grandison	u11G	Helm hill	0:11:22	15

U11 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0541	Freddie	Fretwell	u11B	Settle Harriers	0:07:30	1
0539	Judah	Basham	u11B	Ambleside	0:07:42	2
0394	Bobby	France	u11B	Settle Harriers	0:07:43	3
0818	Freddie	Woodburn	u11B	Helm Hill	0:08:06	4
0493	Ted	McAleese	u11B	Ambleside AC	0:08:29	5
0899	Charlie	Middleton	u11B		0:08:31	6
0958	Finn	Rabone	u11B	Ambleside	0:08:36	7
0272	Freddie	Brown	u11B	Settle Harriers	0:08:55	8
0843	Toby	Davies	u11B		0:08:56	9
0955	Bruce	Meyfroidt	u11B	None	0:09:06	10
0838	Grace	Olsen	u11B	Ambleside AC	0:09:09	11
0062	Arlo	Sillito	u11B	Helm Hill Runners	0:09:12	12
0941	Edward	Richardson	u11B		0:09:16	13
0867	Stanley	Johnson	u11B	Helm Hill	0:09:23	14
0285	Lewis	McKim	u11B	Ambleside AC	0:09:24	15
0117	Matt	Wild-Garcia	u11B	Ambleside	0:09:30	16
0756	Jack	Lawson	u11B	Ambleside Athletics Club	0:09:35	17
0356	Elliot	Lowrie	u11B	Helm Hill	0:10:31	18
0813	Calum	Pearce	u11B	Eden Runners	0:11:15	19

U13 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0002	Hannah	Dennis	u13G	Bingley Harriers	0:07:46	1
0033	Charlotte	Richardson	u13G	Helm Hill Runners	0:08:00	2
0191	Maia	Dacre	u13G	Helm Hill	0:08:20	3
0837	Grace	Olsen	u13G	Ambleside AC	0:08:24	4
0174	Martha	Hart	u13G	Settle Harriers	0:08:32	5
0678	Elsie	Duffy	u13G	Rossendale Harriers	0:08:34	6
0228	Lola	Hodgson	u13G	Ambleside AC	0:08:37	7
0828	Saraya	Plenderleith	u13G	BWFAC	0:08:40	8
0474	Elodie	Haslett	u13G	Helm Hill Runners	0:08:58	9
0148	Lucy	Ward	u13G	Settle Harriers	0:09:00	10
0078	Iris	Lodge	u13G	Settle Harriers	0:09:04	11
0755	Sophie	Lawson	u13G	Ambleside Athletics Club	0:09:16	12
0946	Roman	Porter	u13G	Levens Valley	0:09:19	13
0223	Harriet	Coward	u13G	Ambleside AC	0:09:29	14
0344	Izzy	Lambert	u13G	Settle Harriers	0:09:48	15
0129	Flo	Evans	u13G	Settle Harriers	0:10:07	16
0140	Lana	Fosker	u13G	Bowland Fell Runners	0:10:15	17
0698	Michalina	Bojdol	u13G	Ambleside AC juniors	0:10:17	18
0187	Betty	Jacques	u13G	Unattached	0:10:46	19
0876	Rosa-Mae	Crompton	u13G	Ambleside	0:10:47	20
0823	Bessie	Lord	u13G		0:10:52	21
0683	Ruby	Taylforth	u13G	Ambleside	0:11:21	22

U13 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0442	Jos	Jebb	u13B	Helm Hill Runners	0:06:55	1
0532	Calum	McGoldrick	u13B	Settle Harriers	0:07:05	2
0341	Kit	Evans	u13B	Ambleside AC	0:07:11	3
0331	Ethan	Douthwaite	u13B	Helm Hill	0:07:15	4
0127	Hugo	Meyfroidt	u13B	Helm Hill	0:07:23	5
0116	Sean	Wild-Garcia	u13B	Ambleside	0:07:25	6
0664	Charlie	Potter	u13B	Helm Hill Runners	0:07:28	7
0939	Oliver	Partington	u13B	Lancaster and Morecambe AC	0:07:36	8
0359	Jonty	Brodie	u13B	Helm Hill	0:07:37	9
0436	Peter	Butler	u13B	Ambleside AC	0:07:40	10
0172	Ben	Ryan	u13B	Helm Hill	0:07:41	11
0492	James	McAleese	u13B	Ambleside AC	0:07:49	12
0929	Barnaby	Plant	u13B		0:07:51	13
0137	Charlie	Peters	u13B	Settle Harriers	0:08:11	14
0128	Stanley	Evans	u13B	Settle Harriers	0:08:13	15
0817	Alfred	Heath	u13B	Helm	0:08:22	16
0241	Stan	Rushton	u13B	Helm Hill	0:08:41	17
0898	Isaac	Hardy	u13B	HELM HILL	0:08:43	18
0533	Finlay	McGoldrick	u13B	Settle Harriers	0:08:44	19
0694	Rhys	Moffat	u13B	None	0:08:45	20
0190	Danny	Nunns	u13B	Helm Hill	0:08:51	21
0398	Stanley	Atkinson	u13B	Helm Hill	0:08:53	22
0479	Haris	Riaz	u13B	Ambleside AC	0:09:02	23
0944	Shane Tho	Williamson	u13B	Helm hill	0:09:08	24
0564	Kit	Grandison	u13B	Helm Hill	0:09:25	25
0489	Fabian	Bulprich	u13B	Ambleside AC	0:09:41	26
0855	Ethan	Davies	u13B		0:12:41	27

U15 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0531	Mia	McGoldrick	u15G	Settle Harriers	00:14:34	1
0259	Mila	Barron	u15G	Ambleside AC	00:15:39	2
0268	Fay	Thomas	u15G	Helm Hill	00:16:27	3
0014	Imogen	Moore	u15G	Leven Valley AC	00:17:09	4
0677	Lyla	Duffy	u15G	Rosendale Harriers	00:17:26	5
0556	Lily	Neville	u15G	None	00:19:39	6
0086	Mary	Goodyear	u15G	Bingley Harriers	00:20:28	7
0521	Maisie	Todhunter	u15G	Helm Hill	00:20:40	8
0200	Silvia	Parsons	u15G	Helm Hill	00:22:38	9
0294	Jessica	Ainsworth	u15G	Helm Hill	00:23:08	10

U15 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0103	Theo	Zaboklicki	u15B	Furness Fell Runners	00:14:39	1
0957	Benedict	Raby	u15B	Cholrley athletic and Tri	00:14:52	2
0371	Milo	Williams	u15B	Helme Hill	00:14:57	3
0219	Charlie	Hodgson	u15B	Ambleside AC	00:15:18	4
0125	Lawrie	Belshaw	u15B	Ambleside AC	00:16:12	5
0017	Ryan	Birt Reed	u15B	Leven Valley	00:16:51	6
0435	Ben	Mulvany	u15B	Helm Hill	00:16:54	7
0036	James	Skeldon	u15B	Settle Harriers	00:17:01	8
0032	Aaron	Richardson	u15B	Helm Hill Runners	00:17:38	9

U17 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0305	Isla	Pearman	u17G	Helm Hill	00:16:01	1
0343	Tess	Evans	u17G	Ambleside AC	00:16:47	2

U17 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0233	Will	Brayshaw	u17B	Helm Hill	00:13:45	1
0434	Evan	Mulvany	u17B	Helm Hill	00:14:00	2
0596	Zeke	Sumner	u17B	Ambleside AC	00:14:08	3
0949	Theo	Robinson	u17B	ackburn Harriers & Athletic Cl	00:14:41	4
0546	Edward	Shawcross	u17B	Ambleside	00:15:00	5
0084	Oliver	Scott	u17B	Leven valley	00:15:06	6
0085	Riley	Scott	u17B	Leven valley	00:15:34	7
0149	Carl	Sanderson	u17B	Settle Harriers	00:15:42	8
0167	Joseff	Tancrel	u17B	Helm Hill Runners	00:15:53	9
0082	Sam	Oldham	u17B	Leven Valley AC	00:16:04	10
0012	Henry	Murray	u17B	Leven Valley AC	00:16:42	11
0749	Stan	Marston	u17B	Helm Hill	00:16:59	12
0269	Zach	Thomas	u17B	Helm Hill	00:18:37	13

U21 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0676	Tilly	Duffy	FU21	Rosendale Harriers	0:25:39	1
0011	Emily	MacPherson-Littler	FU21	Bowland Fell Runners	0:25:59	2
0380	Jennifer	Hayes	FU21	Settle Harriers	0:26:48	3
0315	Iona	Barrowdale-Smith	FU21	Leven Valley AC	0:26:52	4
0224	Vicky	Woof	FU21	Furness Fell Runners	0:31:00	5

U21 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0058	Alfie	Addison	MU21	Kendal AAC	0:20:46	1
0954	Robbie	Watmough	MU21	Settle Harriers	0:22:22	2
0101	Alex	Speight	MU21	Helm Hill Runners	0:22:43	3
0081	Oliver	Oldham	MU21	Leven Valley AC	0:23:05	4
0372	Toby	Acland	MU21	Helm Hill Runners	0:23:43	5
0467	Edward	Jermy	MU21	Howgill Harriers	0:25:15	6
0559	Isaac	Robinson	MU21	Howgill Harriers	0:26:56	7

Seniors' Race							
NUMBER		NAME	CAT	CLUB	TIMESCAN	TIME	POSITION
0334	Rupert	Allison	MSEN	Peak Fell Run	0:20:16	0:20:16	1
0950	Ben	Grayson	MSEN	Eden Runners	0:20:32	0:20:32	2
0261	Mike	Barron	MSEN	Ambleside AC	0:20:44	0:20:44	3
0058	Alfie	Addison	MU21	Kendal AAC	0:20:46	0:20:46	4
0186	Steve	Jacques	MV40	Ambleside AC	0:20:57	0:20:57	5
0540	Matthew	Fretwell	MSEN	Settle Harriers	0:21:32	0:21:32	6
0031	Ben	Procter	MV40	Helm Hill Runner	0:21:34	0:21:34	7
0829	Sam	Harrison	MSEN	Land Fell Runn	0:21:38	0:21:38	8
0609	Phil	Mather	MV40	Sdale Fell Runn	0:22:07	0:22:07	9
0954	Robbie	Watmough	MU21	Settle Harriers	0:22:22	0:22:22	10
0234	Rhys	Findlay-Robinson	MSEN	Dark Peak	0:22:33	0:22:33	11
0060	Seb	Sillito	MV40	Helm Hill Runner	0:22:40	0:22:40	12
0101	Alex	Speight	MU21	Helm Hill Runner	0:22:43	0:22:43	13
0136	John	Peters	MV50	Settle Harriers	0:22:44	0:22:44	14
0081	Oliver	Oldham	MU21	Leven Valley AC	0:23:05	0:23:05	15
0381	Graham	Hayes	MV40	Unattached	0:23:06	0:23:06	16
0714	Simon	Blunden	MV40	Helm Hill Runner	0:23:36	0:23:36	17
0372	Toby	Acland	MU21	Helm Hill Runner	0:23:43	0:23:43	18
0613	Emily	Strathdee	FSEN	Helm Hill	0:23:48	0:23:48	19
0419	Jacob	Dyer	MV50	Helm Hill Runner	0:23:54	0:23:54	20
0476	David	Yates	MV40		0:24:02	0:24:02	21
0165	Justin	Tancred	MV50	Helm Hill Runner	0:24:03	0:24:03	22
0956	Dominic	Raby	MV50	Key athletic an	0:24:05	0:24:05	23
0821	jack	waterhouse	MSEN	Helm Hill	0:24:11	0:24:11	24
0679	Ian	Duffy	MV40	Assendale Harrie	0:24:15	0:24:15	25
0365	Matthew	Swallow	MSEN		0:24:24	0:24:24	26
0047	Matt	Harris	MSEN	Helm Hill	0:24:40	0:24:40	27
0467	Edward	Jermy	MU21	Howgill Harrier	0:25:15	0:25:15	28
0462	Ellie	Mather	FSEN	Sdale Fell Runn	0:25:17	0:25:17	29
0517	James	Todhunter	MV40	Helm Hill	0:25:36	0:25:36	30

0676	Tilly	Duffy	FU21	ssendale Harrie	0:25:39	0:25:39	31
0289	Thomas	Brown	MV40	Settle Harriers	0:25:41	0:25:41	32
0836	Christopher	Reade	MV60	wland Fellrunner	0:25:43	0:25:43	33
0942	James	Baron	MV50	Helm Hill	0:25:45	0:25:45	34
0363	Jim	Cater	MV50	Helm Hill	0:25:48	0:25:48	35
0011	Emily	MacPherson-Littl	FU21	land Fell Runn	0:25:59	0:25:59	36
0547	Al	Shawcross	MV50	Dallam	0:26:02	0:26:02	37
0342	Peter	German	MV40	Helm Hill	0:26:09	0:26:09	38
0389	Billy	Procter	MV60	lm hill runner	0:26:12	0:26:12	39
0211	Amy	Boustead	FSEN	Helm	0:26:14	0:26:14	40
0159	Richard	Timms	MV50	Settle Harriers	0:26:25	0:26:25	41
0482	John	Bowman	MSEN		0:26:28	0:26:28	42
0099	Chris	Speight	MV60	elm Hill Runner	0:26:31	0:26:31	43
0214	Anthony	Emmet	MV40	elm Hill Runner	0:26:37	0:26:37	44
0150	Claire	Kennedy	FSEN	elm Hill Runner	0:26:41	0:26:41	45
0938	Nicholas	Parkes	MSEN		0:26:44	0:26:44	46
0380	Jennifer	Hayes	FU21	Settle Harriers	0:26:48	0:26:48	47
0315	Iona	Barrowdale-Smit	FU21	Leven Valley AC	0:26:52	0:26:52	48
0559	Isaac	Robinson	MU21	owgill Harrier	0:26:56	0:26:56	49
0361	Rachel	Brodie	FV40	Helm Hill	0:27:02	0:27:02	50
0242	Steph	Jones	FV40	Ambleside ac	0:27:05	0:27:05	51
0035	Simon	Richardson	MV50	lm Hill Runner	0:27:09	0:27:09	52
0525	Michael	Toman	MV50	sendale Harrie	0:27:15	0:27:15	53
0605	John	Embrey	MV60	SROC	0:27:18	0:27:18	54
0620	Graeme	Kennedy	MV40		0:27:33	0:27:33	55
0420	Bianca	Dyer	FV50	elm Hill Runner	0:27:40	0:27:40	56
0682	Geoff	Watson	MV40	ham City Harri	0:27:44	0:27:44	57
0959	Jo	Rabone	FV40		0:27:50	0:27:50	58
0083	Leanne	Scott	FV40	Leven valley	0:28:01	0:28:01	59
0610	Thomas	Findlay	MSEN	Helm Hill	0:28:12	0:28:12	60
0041	Paul	Revell	MV60	Howgill Harriers	0:28:15	0:28:15	61

0557	Sean	Robinson	MV40	owgill harrier	0:28:18	0:28:18	62
0935	Michael	Smith	MV50	Dallam RC	0:28:21	0:28:21	63
0176	Katie	Milburn	FV40	Eden Runners	0:28:25	0:28:25	64
0124	Jamie	Jephcott	MV50	Eden Runners	0:28:27	0:28:27	65
0913	Tanya	Lambert	FV50	Eden Runners	0:28:34	0:28:34	66
0615	Esther	Lambert	FSEN	Helm Hill	0:28:56	0:28:56	67
0914	Richard	Lambert	MV50	Eden Runners	0:28:58	0:28:58	68
0141	Sophie	Fosker	FV40	land Fell Runn	0:29:02	0:29:02	69
0593	Tony	Murray	MV50	Leven Valley	0:29:05	0:29:05	70
0625	Graham	Beaumont	MV60	Dallam	0:29:14	0:29:14	71
0524	Lisa	Parker	FV40	sendale Harrie	0:29:18	0:29:18	72
0406	Sarah	Batten	FV40	Helm Hill	0:29:52	0:29:52	73
0522	Caroline	White	FV40	elm Hill Runner	0:29:56	0:29:56	74
0606	Jonathan	Tombs	MV50	Eden Runners	0:30:04	0:30:04	75
0454	Nick	Kitching	MV50	None	0:30:06	0:30:06	76
0399	Rachael	Mellor	FV60	owgill Harrier	0:30:17	0:30:17	77
0597	Jane	Findlay	FSEN	Helm Hill	0:30:33	0:30:33	78
0001	David	Appleyard	MV60	HelmHill	0:30:57	0:30:57	79
0224	Vicky	Woof	FU21	ness Fell Runne	0:31:00	0:31:00	80
0276	Matthew	France	MSEN	None	0:31:07	0:31:07	81
0073	Lynn	Whittaker	FV60	arfedale Harrie	0:31:13	0:31:13	82
0247	Abi	Catt	FSEN	Eden Runners	0:31:29	0:31:29	83
0296	Ray	Gill	MV60	Helm Hill	0:31:32	0:31:32	84
0160	Simon	Thomas	MV40	Eden runners	0:31:53	0:31:53	85
0550	Tim	Field	MV60	elm Hill Runner	0:32:16	0:32:16	86
0090	Rachel	Thomas	FV50	Helm Hill	0:32:45	0:32:45	87
0642	Stephen	Libby	MV60	Eden Runners	0:32:57	0:32:57	88
0888	Phillip	Davies	MV40		0:33:14	0:33:14	89
0428	John	Taylor	MV70	Bowland	0:33:34	0:33:34	90
0953	Karon	Forster	FV60	sendale Harrie	0:34:10	0:34:10	91
0943	Sarah	Senior	FV50	ill / Border R	0:34:23	0:34:23	92

0417	Vicki	Sherrington	FV50	Helm Hill	0:34:27	0:34:27	93
0080	Colleen	Oldham	FV40	Leven Valley AC	0:35:28	0:35:28	94
0494	Sarah	Douthwaite	FV40		0:35:31	0:35:31	95
0018	Jill	Libby	FV60	Eden Runners	0:35:57	0:35:57	96
0448	Andy	Robinson	MV70	mes Hare & Hou	0:36:23	0:36:23	97
0429	Joanne	Taylor	FV60	Bowland	0:38:11	0:38:11	98
0595	Heather	Holden	FV40	N/A	0:38:13	0:38:13	99
0267	Katie	Shrine	FV50	Helm Hill	0:38:36	0:38:36	100
0669	Sonja	Vietoris	FV60	Dallam RC	0:39:08	0:39:08	101
0166	Alison	Tancred	FV50	Helm Hill Runner	0:39:24	0:39:24	102
0403	David	Rosen	MV70	ster & Morecam	0:48:14	0:48:14	103

OVERALL WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0613	Emily	Strathdee	FSEN	Helm Hill	0:23:48	1
0462	Ellie	Mather	FSEN	Lonsdale Fell Runners	0:25:17	2
0676	Tilly	Duffy	FU21	Rossendale Harriers	0:25:39	3
0011	Emily	MacPherson-Littler	FU21	Bowland Fell Runners	0:25:59	4
0211	Amy	Boustead	FSEN	Helm	0:26:14	5
0150	Claire	Kennedy	FSEN	Helm Hill Runners	0:26:41	6
0380	Jennifer	Hayes	FU21	Settle Harriers	0:26:48	7
0315	Iona	Barrowdale-Smith	FU21	Leven Valley AC	0:26:52	8
0361	Rachel	Brodie	FV40	Helm Hill	0:27:02	9
0242	Steph	Jones	FV40	Ambleside ac	0:27:05	10
0420	Bianca	Dyer	FV50	Helm Hill Runners	0:27:40	11
0959	Jo	Rabone	FV40		0:27:50	12
0083	Leanne	Scott	FV40	Leven valley	0:28:01	13
0176	Katie	Milburn	FV40	Eden Runners	0:28:25	14
0913	Tanya	Lambert	FV50	Eden Runners	0:28:34	15
0615	Esther	Lambert	FSEN	Helm Hill	0:28:56	16
0141	Sophie	Fosker	FV40	Bowland Fell Runners	0:29:02	17
0524	Lisa	Parker	FV40	Rossendale Harriers	0:29:18	18
0406	Sarah	Batten	FV40	Helm Hill	0:29:52	19
0522	Caroline	White	FV40	Helm Hill Runners	0:29:56	20
0399	Rachael	Mellor	FV60	Howgill Harriers	0:30:17	21
0597	Jane	Findlay	FSEN	Helm Hill	0:30:33	22
0224	Vicky	Woof	FU21	Furness Fell Runners	0:31:00	23
0073	Lynn	Whittaker	FV60	Wharfedale Harriers	0:31:13	24
0247	Abi	Catt	FSEN	Eden Runners	0:31:29	25
0090	Rachel	Thomas	FV50	Helm Hill	0:32:45	26
0953	Karon	Forster	FV60	Rossendale Harriers	0:34:10	27
0943	Sarah	Senior	FV50	Helm Hill / Border Reivers	0:34:23	28
0417	Vicki	Sherrington	FV50	Helm Hill	0:34:27	29
0080	Colleen	Oldham	FV40	Leven Valley AC	0:35:28	30

0494	Sarah	Douthwaite	FV40		0:35:31	31
0018	Jill	Libby	FV60	Eden Runners	0:35:57	32
0429	Joanne	Taylor	FV60	Bowland	0:38:11	33
0595	Heather	Holden	FV40	N/A	0:38:13	34
0267	Katie	Shrine	FV50	Helm Hill	0:38:36	35
0669	Sonja	Vietoris	FV60	Dallam RC	0:39:08	36
0166	Alison	Tancrel	FV50	Helm Hill Runners	0:39:24	37

OVERALL MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0334	Rupert	Allison	MSEN	Dark Peak Fell Runners	0:20:16	1
0950	Ben	Grayson	MSEN	Eden Runners	0:20:32	2
0261	Mike	Barron	MSEN	Ambleside AC	0:20:44	3
0058	Alfie	Addison	MU21	Kendal AAC	0:20:46	4
0186	Steve	Jacques	MV40	Ambleside AC	0:20:57	5
0540	Matthew	Fretwell	MSEN	Settle Harriers	0:21:32	6
0031	Ben	Procter	MV40	Helm hill runners	0:21:34	7
0829	Sam	Harrison	MSEN	Bowland Fell Runners	0:21:38	8
0609	Phil	Mather	MV40	Lonsdale Fell Runners	0:22:07	9
0954	Robbie	Watmough	MU21	Settle Harriers	0:22:22	10
0234	Rhys	Findlay-Robinson	MSEN	Dark Peak	0:22:33	11
0060	Seb	Sillito	MV40	Helm Hill Runners	0:22:40	12
0101	Alex	Speight	MU21	Helm Hill Runners	0:22:43	13
0136	John	Peters	MV50	Settle Harriers	0:22:44	14
0081	Oliver	Oldham	MU21	Leven Valley AC	0:23:05	15
0381	Graham	Hayes	MV40	Unattached	0:23:06	16
0714	Simon	Blunden	MV40	Helm Hill Runners	0:23:36	17
0372	Toby	Acland	MU21	Helm Hill Runners	0:23:43	18
0419	Jacob	Dyer	MV50	Helm Hill Runners	0:23:54	19
0476	David	Yates	MV40		0:24:02	20
0165	Justin	Tancrel	MV50	Helm Hill Runners	0:24:03	21
0956	Dominic	Raby	MV50	Chorley athletic and tri	0:24:05	22
0821	jack	waterhouse	MSEN	Helm Hill	0:24:11	23
0679	Ian	Duffy	MV40	Rosendale Harriers	0:24:15	24
0365	Matthew	Swallow	MSEN		0:24:24	25
0047	Matt	Harris	MSEN	Helm Hill	0:24:40	26
0467	Edward	Jermy	MU21	Howgill Harriers	0:25:15	27
0517	James	Todhunter	MV40	Helm Hill	0:25:36	28
0289	Thomas	Brown	MV40	Settle Harriers	0:25:41	29
0836	Christophe	Reade	MV60	Bowland Fellrunners	0:25:43	30

0942	James	Baron	MV50	Helm Hill	0:25:45	31
0363	Jim	Cater	MV50	Helm Hill	0:25:48	32
0547	Al	Shawcross	MV50	Dallam	0:26:02	33
0342	Peter	German	MV40	Helm Hill	0:26:09	34
0389	Billy	Procter	MV60	Helm hill runners	0:26:12	35
0159	Richard	Timms	MV50	Settle Harriers	0:26:25	36
0482	John	Bowman	MSEN		0:26:28	37
0099	Chris	Speight	MV60	Helm Hill Runners	0:26:31	38
0214	Anthony	Emmet	MV40	Helm Hill Runners	0:26:37	39
0938	Nicholas	Parkes	MSEN		0:26:44	40
0559	Isaac	Robinson	MU21	Howgill Harriers	0:26:56	41
0035	Simon	Richardson	MV50	Helm Hill Runners	0:27:09	42
0525	Michael	Toman	MV50	Rosendale Harriers	0:27:15	43
0605	John	Embrey	MV60	SROC	0:27:18	44
0620	Graeme	Kennedy	MV40		0:27:33	45
0682	Geoff	Watson	MV40	Durham City Harriers	0:27:44	46
0610	Thomas	Findlay	MSEN	Helm Hill	0:28:12	47
0041	Paul	Revell	MV60	Howgill Harriers	0:28:15	48
0557	Sean	Robinson	MV40	Howgill harriers	0:28:18	49
0935	Michael	Smith	MV50	Dallam RC	0:28:21	50
0124	Jamie	Jephcott	MV50	Eden Runners	0:28:27	51
0914	Richard	Lambert	MV50	Eden Runners	0:28:58	52
0593	Tony	Murray	MV50	Leven Valley	0:29:05	53
0625	Graham	Beaumont	MV60	Dallam	0:29:14	54
0606	Jonathan	Tombs	MV50	Eden Runners	0:30:04	55
0454	Nick	Kitching	MV50	None	0:30:06	56
0001	David	Appleyard	MV60	HelmHill	0:30:57	57
0276	Matthew	France	MSEN	None	0:31:07	58
0296	Ray	Gill	MV60	Helm Hill	0:31:32	59
0160	Simon	Thomas	MV40	Eden runners	0:31:53	60
0550	Tim	Field	MV60	Helm Hill Runners	0:32:16	61

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0642	Stephen	Libby	MV60	Eden Runners	0:32:57	62
0888	Phillip	Davies	MV40		0:33:14	63
0428	John	Taylor	MV70	Bowland	0:33:34	64
0448	Andy	Robinson	MV70	Thames Hare & Hounds	0:36:23	65
0403	David	Rosen	MV70	Lancaster & Morecambe AC	0:48:14	66

FV40 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0361	Rachel	Brodie	FV40	Helm Hill	0:27:02	1
0242	Steph	Jones	FV40	Ambleside ac	0:27:05	2
0959	Jo	Rabone	FV40		0:27:50	3
0083	Leanne	Scott	FV40	Leven valley	0:28:01	4
0176	Katie	Milburn	FV40	Eden Runners	0:28:25	5
0141	Sophie	Fosker	FV40	Bowland Fell Runners	0:29:02	6
0524	Lisa	Parker	FV40	Rosendale Harriers	0:29:18	7
0406	Sarah	Batten	FV40	Helm Hill	0:29:52	8
0522	Caroline	White	FV40	Helm Hill Runners	0:29:56	9
0080	Colleen	Oldham	FV40	Leven Valley AC	0:35:28	10
0494	Sarah	Douthwaite	FV40		0:35:31	11
0595	Heather	Holden	FV40	N/A	0:38:13	12

MV40 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0186	Steve	Jacques	MV40	Ambleside AC	0:20:57	1
0031	Ben	Procter	MV40	Helm hill runners	0:21:34	2
0609	Phil	Mather	MV40	Lonsdale Fell Runners	0:22:07	3
0060	Seb	Sillito	MV40	Helm Hill Runners	0:22:40	4
0381	Graham	Hayes	MV40	Unattached	0:23:06	5
0714	Simon	Blunden	MV40	Helm Hill Runners	0:23:36	6
0476	David	Yates	MV40		0:24:02	7
0679	Ian	Duffy	MV40	Rosendale Harriers	0:24:15	8
0517	James	Todhunter	MV40	Helm Hill	0:25:36	9
0289	Thomas	Brown	MV40	Settle Harriers	0:25:41	10
0342	Peter	German	MV40	Helm Hill	0:26:09	11
0214	Anthony	Emmet	MV40	Helm Hill Runners	0:26:37	12
0620	Graeme	Kennedy	MV40		0:27:33	13
0682	Geoff	Watson	MV40	Durham City Harriers	0:27:44	14
0557	Sean	Robinson	MV40	Howgill harriers	0:28:18	15
0160	Simon	Thomas	MV40	Eden runners	0:31:53	16
0888	Phillip	Davies	MV40		0:33:14	17

FV50 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0420	Bianca	Dyer	FV50	Helm Hill Runners	0:27:40	1
0913	Tanya	Lambert	FV50	Eden Runners	0:28:34	2
0090	Rachel	Thomas	FV50	Helm Hill	0:32:45	3
0943	Sarah	Senior	FV50	Helm Hill / Border Reivers	0:34:23	4
0417	Vicki	Sherrington	FV50	Helm Hill	0:34:27	5
0267	Katie	Shrine	FV50	Helm Hill	0:38:36	6
0166	Alison	Tancred	FV50	Helm Hill Runners	0:39:24	7

MV50 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0136	John	Peters	MV50	Settle Harriers	0:22:44	1
0419	Jacob	Dyer	MV50	Helm Hill Runners	0:23:54	2
0165	Justin	Tancrel	MV50	Helm Hill Runners	0:24:03	3
0956	Dominic	Raby	MV50	Chorley athletic and tri	0:24:05	4
0942	James	Baron	MV50	Helm Hill	0:25:45	5
0363	Jim	Cater	MV50	Helm Hill	0:25:48	6
0547	Al	Shawcross	MV50	Dallam	0:26:02	7
0159	Richard	Timms	MV50	Settle Harriers	0:26:25	8
0035	Simon	Richardson	MV50	Helm Hill Runners	0:27:09	9
0525	Michael	Toman	MV50	Rosendale Harriers	0:27:15	10
0935	Michael	Smith	MV50	Dallam RC	0:28:21	11
0124	Jamie	Jephcott	MV50	Eden Runners	0:28:27	12
0914	Richard	Lambert	MV50	Eden Runners	0:28:58	13
0593	Tony	Murray	MV50	Leven Valley	0:29:05	14
0606	Jonathan	Tombs	MV50	Eden Runners	0:30:04	15
0454	Nick	Kitching	MV50	None	0:30:06	16

FV60 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0399	Rachael	Mellor	FV60	Howgill Harriers	0:30:17	1
0073	Lynn	Whittaker	FV60	Wharfedale Harriers	0:31:13	2
0953	Karon	Forster	FV60	Rosendale Harriers	0:34:10	3
0018	Jill	Libby	FV60	Eden Runners	0:35:57	4
0429	Joanne	Taylor	FV60	Bowland	0:38:11	5
0669	Sonja	Vietoris	FV60	Dallam RC	0:39:08	6

MV60 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0836	Christopher	Reade	MV60	Bowland Fellrunners	0:25:43	1
0389	Billy	Procter	MV60	Helm hill runners	0:26:12	2
0099	Chris	Speight	MV60	Helm Hill Runners	0:26:31	3
0605	John	Embrey	MV60	SROC	0:27:18	4
0041	Paul	Revell	MV60	Howgill Harriers	0:28:15	5
0625	Graham	Beaumont	MV60	Dallam	0:29:14	6
0001	David	Appleyard	MV60	HelmHill	0:30:57	7
0296	Ray	Gill	MV60	Helm Hill	0:31:32	8
0550	Tim	Field	MV60	Helm Hill Runners	0:32:16	9
0642	Stephen	Libby	MV60	Eden Runners	0:32:57	10

MV70 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0428	John	Taylor	MV70	Bowland	0:33:34	1
0448	Andy	Robinson	MV70	Thames Hare & Hounds	0:36:23	2
0403	David	Rosen	MV70	Lancaster & Morecambe AC	0:48:14	3