



HELM HILL WINTER LEAGUE - BIRKRIGG

2025



U11 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0030	Elena	Procter	u11G	Leven Valley Ac	0:06:48	1
0205	Teigan	Wilcock	u11G	Ambleside	0:06:49	2
0475	Lyra	Haslett	u11G	Helm Hill Runners	0:07:01	3
0061	Mila	Sillito	u11G	Helm Hill Runners	0:07:04	4
0258	Romy	Barron	u11G	Ambleside AC	0:07:06	5
0948	Grace	Eaton	u11G	Leven Valley AC	0:07:25	6
0104	Maya	Zaboklicka	u11G	Furness Fell Runners	0:07:34	7
0667	Jacy	Jewitt	u11G	Furness Fell Runners	0:07:42	8
0377	Mia	Kourkoulos	u11G	Settle Harriers	0:08:44	9
0193	Emilia	Nunns	u11G	Helm Hill	0:08:58	10
0771	Nieve	Stephenson	u11G	Ambleside	0:09:08	11

U11 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0394	Bobby	France	u11B	Settle Harriers	0:05:50	1
0541	Freddie	Fretwell	u11B	Settle Harriers	0:06:07	2
0539	Judah	Basham	u11B	Ambleside	0:06:17	3
0295	Callum	Ainsworth	u11B	Helm Hill	0:06:23	4
0272	Freddie	Brown	u11B	Settle Harriers	0:07:07	5
0818	Freddie	Woodburn	u11B	Helm Hill	0:07:11	6
0493	Ted	McAleese	u11B	Ambleside AC	0:07:20	7
0867	Stanley	Johnson	u11B	Helm Hill	0:07:23	8
0003	James	Dennis	u11B	Bingley Harriers	0:07:31	9
0062	Arlo	Sillito	u11B	Helm Hill Runners	0:07:40	10
0746	Elliot	Scanlon	u11B	Furness Fell Runners	0:08:11	11
0117	Matt	Wild-Garcia	u11B	Ambleside	0:08:15	12
0955	Bruce	Meyfroidt	u11B	None	0:08:19	13
0386	Toby	Lawton	u11B	Helm Hill	0:08:28	14
0356	Elliot	Lowrie	u11B	Helm Hill	0:08:37	15
0756	Jack	Lawson	u11B	Ambleside Athletics Club	0:08:40	16
0843	Toby	Davies	u11B		0:08:52	17
0980	Harri	Scanlon	u11B	Furness fell runner	0:10:35	18

U13 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0002	Hannah	Dennis	u13G	Bingley Harriers	0:06:05	1
0033	Charlotte	Richardson	u13G	Helm Hill Runners	0:06:11	2
0228	Lola	Hodgson	u13G	Ambleside AC	0:06:36	3
0437	Matilda	Upton	u13G	N/A	0:07:27	4
0745	Isabella	Scanlon	u13G	Furness Fell Runners	0:07:29	5
0274	Sophie	Wright	u13G	Settle Harriers	0:07:48	6
0755	Sophie	Lawson	u13G	Ambleside Athletics Club	0:07:52	7
0140	Lana	Fosker	u13G	Bowland Fell Runners	0:08:04	8
0344	Izzy	Lambert	u13G	Settle Harriers	0:08:06	9
0122	Sophie	Whitfield	u13G	Settle Harriers	0:08:07	10
0078	Iris	Lodge	u13G	Settle Harriers	0:08:09	11
0474	Elodie	Haslett	u13G	Helm Hill Runners	0:08:13	12
0129	Flo	Evans	u13G	Settle Harriers	0:08:16	13
0698	Michalina	Bojdol	u13G	Ambleside AC juniors	0:08:41	14
0823	Bessie	Lord	u13G		0:08:45	15
0699	Mila	Lefton	u13G	Ambleside	0:08:55	16
0683	Ruby	Taylforth	u13G	Ambleside	0:09:14	17

U13 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0442	Jos	Jebb	u13B	Helm Hill Runners	0:05:14	1
0341	Kit	Evans	u13B	Ambleside AC	0:05:25	2
0172	Ben	Ryan	u13B	Helm Hill	0:05:36	3
0116	Sean	Wild-Garcia	u13B	Ambleside	0:05:39	4
0331	Ethan	Douthwaite	u13B	Helm Hill	0:06:00	5
0436	Peter	Butler	u13B	Ambleside AC	0:06:03	6
0492	James	McAleese	u13B	Ambleside AC	0:06:08	7
0359	Jonty	Brodie	u13B	Helm Hill	0:06:20	8
0128	Stanley	Evans	u13B	Settle Harriers	0:06:41	9
0329	Fraser	Hall	u13B	Pudsey and Bramley	0:06:42	10
0929	Barnaby	Plant	u13B		0:06:54	11
0190	Danny	Nunns	u13B	Helm Hill	0:06:59	12
0479	Haris	Riaz	u13B	Ambleside AC	0:07:18	13
0398	Stanley	Atkinson	u13B	Helm Hill	0:07:21	14
0241	Stan	Rushton	u13B	Helm Hill	0:07:24	15
0694	Rhys	Moffat	u13B	None	0:07:28	16
0944	Shane Tho	Williamson	u13B	Helm hill	0:07:32	17
0830	Nathan	Mercier	u13B	Furness Fell Runners	0:07:47	18
0898	Isaac	Hardy	u13B	HELM HILL	0:07:54	19
0940	Jack	Hutchinson	u13B	Furness Fell Runners	0:08:18	20
0855	Ethan	Davies	u13B		0:10:31	21

U15 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0259	Mila	Barron	u15G	Ambleside AC	00:11:15	1
0132	Maisie	Oddy	u15G	Keighley and Craven	00:12:07	2
0014	Imogen	Moore	u15G	Leven Valley AC	00:12:31	3
0200	Silvia	Parsons	u15G	Helm Hill	00:13:52	4
0294	Jessica	Ainsworth	u15G	Helm Hill	00:16:02	5

U15 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0554	Joseph	Green	u15B	Ambleside AC	00:10:21	1
0371	Milo	Williams	u15B	Helm Hill	00:10:28	2
0806	Archie	Cole	u15B	Settle Harriers	00:10:39	3
0125	Lawrie	Belshaw	u15B	Ambleside AC	00:11:13	4
0032	Aaron	Richardson	u15B	Helm Hill Runners	00:12:09	5
0783	Rowan	Bradley	u15B	Ambleside	00:12:25	6
0291	George	Bromley	u15B	Settle Harriers	00:13:26	7

U17 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0305	Isla	Pearman	u17G	Helm Hill	00:16:34	1
0780	Cara	Bradley	u17G	Ambleside	00:17:40	2
0343	Tess	Evans	u17G	Ambleside AC	00:17:45	3
0120	Lydia	Benson	u17G	Settle Harriers	00:18:59	4
0154	Lily	Slater	u17G	Ambleside	#VALUE!	5
0963	Florrie	Haddow	u17G	Furness Fell Runners	00:19:32	6

U17 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0233	Will	Brayshaw	u17B	Helm Hill	00:13:59	1
0596	Zeke	Sumner	u17B	Ambleside AC	00:14:29	2
0434	Evan	Mulvany	u17B	Helm Hill	00:15:05	3
0149	Carl	Sanderson	u17B	Settle Harriers	00:16:17	4
0167	Joseff	Tancrel	u17B	Helm Hill Runners	00:16:19	5
0769	Jonah	Hughes	u17B	Helm	00:16:23	6
0085	Riley	Scott	u17B	Leven valley	00:16:27	7
0084	Oliver	Scott	u17B	Leven valley	00:16:32	8
0749	Stan	Marston	u17B	Helm Hill	00:16:42	9
0012	Henry	Murray	u17B	Leven Valley AC	00:16:45	10
0105	Noah	Zaboklicki	u17B	Furness Fell Runners	00:19:21	11
0870	Daisy	Tomlinson	u17B	Furness fell runners	00:19:56	12

U21 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0011	Emily	MacPherson-Littler	FU21	Bowland Fell Runners	0:28:23	1
0380	Jennifer	Hayes	FU21	Settle Harriers	0:28:51	2
0315	Iona	Barrowdale-Smith	FU21	Leven Valley AC	0:32:24	3

U21 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0364	Sonny	Ashton fitch	MU21	Settle harriers	0:24:10	1
0058	Alfie	Addison	MU21	Kendal AAC	0:24:57	2
0081	Oliver	Oldham	MU21	Leven Valley AC	0:25:41	3
0467	Edward	Jermy	MU21	Howgill Harriers	0:27:08	4
0372	Toby	Acland	MU21	Helm Hill Runners	0:27:48	5
0559	Isaac	Robinson	MU21	Howgill Harriers	0:28:48	6

Seniors' Race						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0251	Bobby	Gard-Storry	MSEN	Ambleside AC	0:22:25	1
0540	Matthew	Fretwell	MSEN	Settle Harriers	0:23:05	2
0485	Robbie	Driscoll	MSEN	Helm Hill Runners	0:23:09	3
0890	Xavi	Salcedo	MSEN	Wreake and soar valley	0:23:30	4
0829	Sam	Harrison	MSEN	Bowland Fell Runners	0:23:40	5
0031	Ben	Procter	MV40	Helm hill runners	0:23:55	6
0364	Sonny	Ashton fitch	MU21	Settle harriers	0:24:10	7
0609	Phil	Mather	MV40	Lonsdale Fell Runners	0:24:17	8
0290	Javier	Simon	MV50	Helm Hill	0:24:24	9
0058	Alfie	Addison	MU21	Kendal AAC	0:24:57	10
0060	Seb	Sillito	MV40	Helm Hill Runners	0:25:23	11
0859	Matt	Fleming	MSEN		0:25:28	12
0081	Oliver	Oldham	MU21	Leven Valley AC	0:25:41	13
0821	jack	waterhouse	MSEN	Helm Hill	0:25:46	14
0165	Justin	Tancrel	MV50	Helm Hill Runners	0:25:58	15
0663	Richard	Talbot	MV40		0:26:02	16
0714	Simon	Blunden	MV40	Helm Hill Runners	0:26:25	17
0381	Graham	Hayes	MV40	Unattached	0:26:27	18
0419	Jacob	Dyer	MV50	Helm Hill Runners	0:26:40	19
0824	Sam	Moore	MSEN	Millom	0:26:47	20
0500	Martin	Dearden	MV50	Settle Harriers	0:26:58	21
0467	Edward	Jermy	MU21	Howgill Harriers	0:27:08	22
0372	Toby	Acland	MU21	Helm Hill Runners	0:27:48	23
0255	David	Griffin	MV60	Helm Hill Runners	0:27:50	24
0462	Ellie	Mather	FSEN	Lonsdale Fell Runners	0:27:58	25
0011	Emily	MacPherson-Littl	FU21	Bowland Fell Runners	0:28:23	26
0734	Philip	Mallaband	MV50		0:28:30	27
0035	Simon	Richardson	MV50	Helm Hill Runners	0:28:33	28

0203	Chris	Hemsley	MSEN	Helm Hill	0:28:39	29
0559	Isaac	Robinson	MU21	Howgill Harriers	0:28:48	30
0380	Jennifer	Hayes	FU21	Settle Harriers	0:28:51	31
0312	Holly	Gordon	FSEN	Ambleside AC	0:29:07	32
0059	James	Bellarby	MV50	Bowland Fell Runners	0:29:14	33
0053	David	Wilson	MV60	Bowland Fell Runners	0:29:23	34
0952	Nick	Peach	MV60		0:29:29	35
0242	Steph	Jones	FV40	Ambleside ac	0:29:31	36
0962	Ronnie	Haddow	MV50	Furness Fell Runners	0:30:07	37
0015	Chris	Moore	MV40	Leven Valley AC	0:30:09	38
0420	Bianca	Dyer	FV50	Helm Hill Runners	0:30:20	39
0525	Michael	Toman	MV50	Rossendale Harriers	0:30:27	40
0313	Leanne	Priseman	FSEN	Helm Hill	0:30:29	41
0610	Thomas	Findlay	MSEN	Helm Hill	0:30:35	42
0083	Leanne	Scott	FV40	Leven valley	0:30:48	43
0557	Sean	Robinson	MV40	Howgill harriers	0:30:52	44
0365	Matthew	Swallow	MSEN		0:30:55	45
0599	Peter	Lawson	MV40	Howgill Harriers	0:31:06	46
0593	Tony	Murray	MV50	Leven Valley	0:31:35	47
0363	Jim	Cater	MV50	Helm Hill	0:31:55	48
0296	Ray	Gill	MV60	Helm Hill	0:31:58	49
0213	Ellie	Simmonds	FSEN	Helm Hill	0:32:00	50
0315	Iona	Barrowdale-Smit	FU21	Leven Valley AC	0:32:24	51
0625	Graham	Beaumont	MV60	Dallam	0:32:49	52
0454	Nick	Kitching	MV50	None	0:32:51	53
0524	Lisa	Parker	FV40	Rossendale Harriers	0:32:53	54
0606	Jonathan	Tombs	MV50	Eden Runners	0:33:26	55
0038	Debbie	Howard	FV50	Furness fell runners	0:33:38	56
0597	Jane	Findlay	FSEN	Helm Hill	0:34:03	57
0978	Annie	Rigg	FSEN	Millom Striders	0:34:16	58

0455	Colin	Howard	MV60	Furness Fell Runners	0:34:19	59
0406	Sarah	Batten	FV40	Helm Hill	0:34:32	60
0130	Beth	Evans	FSEN	Settle Harriers	0:34:56	61
0314	Neil	Smith	MV50	Leven Valley AC	0:35:02	62
0276	Matthew	France	MSEN	None	0:35:24	63
0501	Victoria	Upton	FV40	Helm Hill Runners	0:35:40	64
0073	Lynn	Whittaker	FV60	Wharfedale Harriers	0:35:48	65
0981	Vicky	Atkinson	FV50	Helm	0:36:24	66
0330	Will	Douthwaite	MV40	Helm Hill	0:37:02	67
0080	Colleen	Oldham	FV40	Leven Valley AC	0:37:37	68
0974	Graham	Moffat	MV60	Howgill Harriers	0:37:40	69
0976	Pat	Peach	FV60	Unattached	0:37:48	70
0638	kath	finn	FV60	Kendal Tri Club	0:38:19	71
0090	Rachel	Thomas	FV50	Helm Hill	#VALUE!	72
0943	Sarah	Senior	FV50	Helm Hill / Border Reiver	0:39:41	73
0453	Colin	Valentine	MV60	Keswick	0:39:42	74
0767	Patty	Davies	FV50	Black Combe	0:39:54	75
0494	Sarah	Douthwaite	FV40		0:40:13	76
0417	Vicki	Sherrington	FV50	Helm Hill	0:41:04	77
0595	Heather	Holden	FV40	N/A	0:41:21	78
0669	Sonja	Vietoris	FV60	Dallam RC	0:42:15	79
0166	Alison	Tancred	FV50	Helm Hill Runners	0:42:40	80
0971	Peter	Reed	MV40	N/A	0:44:02	81
0138	Jill	Gates	FV60	Settle Harriers	0:44:46	82

OVERALL WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0462	Ellie	Mather	FSEN	Lonsdale Fell Runners	0:27:58	1
0011	Emily	MacPherson-Littler	FU21	Bowland Fell Runners	0:28:23	2
0380	Jennifer	Hayes	FU21	Settle Harriers	0:28:51	3
0312	Holly	Gordon	FSEN	Ambleside AC	0:29:07	4
0242	Steph	Jones	FV40	Ambleside ac	0:29:31	5
0420	Bianca	Dyer	FV50	Helm Hill Runners	0:30:20	6
0313	Leanne	Priseman	FSEN	Helm Hill	0:30:29	7
0083	Leanne	Scott	FV40	Leven valley	0:30:48	8
0213	Ellie	Simmonds	FSEN	Helm Hill	0:32:00	9
0315	Iona	Barrowdale-Smith	FU21	Leven Valley AC	0:32:24	10
0524	Lisa	Parker	FV40	Rosendale Harriers	0:32:53	11
0038	Debbie	Howard	FV50	Furness fell runners	0:33:38	12
0597	Jane	Findlay	FSEN	Helm Hill	0:34:03	13
0978	Annie	Rigg	FSEN	Millom Striders	0:34:16	14
0406	Sarah	Batten	FV40	Helm Hill	0:34:32	15
0130	Beth	Evans	FSEN	Settle Harriers	0:34:56	16
0501	Victoria	Upton	FV40	Helm Hill Runners	0:35:40	17
0073	Lynn	Whittaker	FV60	Wharfedale Harriers	0:35:48	18
0981	Vicky	Atkinson	FV50	Helm	0:36:24	19
0080	Colleen	Oldham	FV40	Leven Valley AC	0:37:37	20
0976	Pat	Peach	FV60	Unattached	0:37:48	21
0638	kath	finn	FV60	Kendal Tri Club	0:38:19	22
0090	Rachel	Thomas	FV50	Helm Hill	#VALUE!	23
0943	Sarah	Senior	FV50	Helm Hill / Border Reivers	0:39:41	24
0767	Patty	Davies	FV50	Black Combe	0:39:54	25
0494	Sarah	Douthwaite	FV40		0:40:13	26
0417	Vicki	Sherrington	FV50	Helm Hill	0:41:04	27
0595	Heather	Holden	FV40	N/A	0:41:21	28

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0669	Sonja	Vietoris	FV60	Dallam RC	0:42:15	29
0166	Alison	Tancrel	FV50	Helm Hill Runners	0:42:40	30
0138	Jill	Gates	FV60	Settle Harriers	0:44:46	31

OVERALL MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0251	Bobby	Gard-Storry	MSEN	Ambleside AC	0:22:25	1
0540	Matthew	Fretwell	MSEN	Settle Harriers	0:23:05	2
0485	Robbie	Driscoll	MSEN	Helm Hill Runners	0:23:09	3
0890	Xavi	Salcedo	MSEN	Wreake and soar valley	0:23:30	4
0829	Sam	Harrison	MSEN	Bowland Fell Runners	0:23:40	5
0031	Ben	Procter	MV40	Helm hill runners	0:23:55	6
0364	Sonny	Ashton fitch	MU21	Settle harriers	0:24:10	7
0609	Phil	Mather	MV40	Lonsdale Fell Runners	0:24:17	8
0290	Javier	Simon	MV50	Helm Hill	0:24:24	9
0058	Alfie	Addison	MU21	Kendal AAC	0:24:57	10
0060	Seb	Sillito	MV40	Helm Hill Runners	0:25:23	11
0859	Matt	Fleming	MSEN		0:25:28	12
0081	Oliver	Oldham	MU21	Leven Valley AC	0:25:41	13
0821	jack	waterhouse	MSEN	Helm Hill	0:25:46	14
0165	Justin	Tancrel	MV50	Helm Hill Runners	0:25:58	15
0663	Richard	Talbot	MV40		0:26:02	16
0714	Simon	Blunden	MV40	Helm Hill Runners	0:26:25	17
0381	Graham	Hayes	MV40	Unattached	0:26:27	18
0419	Jacob	Dyer	MV50	Helm Hill Runners	0:26:40	19
0824	Sam	Moore	MSEN	Millom	0:26:47	20
0500	Martin	Dearden	MV50	Settle Harriers	0:26:58	21
0467	Edward	Jermy	MU21	Howgill Harriers	0:27:08	22
0372	Toby	Acland	MU21	Helm Hill Runners	0:27:48	23
0255	David	Griffin	MV60	Helm Hill Runners	0:27:50	24
0734	Philip	Mallaband	MV50		0:28:30	25
0035	Simon	Richardson	MV50	Helm Hill Runners	0:28:33	26
0203	Chris	Hemsley	MSEN	Helm Hill	0:28:39	27
0559	Isaac	Robinson	MU21	Howgill Harriers	0:28:48	28

0059	James	Bellarby	MV50	Bowland Fell Runners	0:29:14	29
0053	David	Wilson	MV60	Bowland Fell Runners	0:29:23	30
0952	Nick	Peach	MV60		0:29:29	31
0962	Ronnie	Haddow	MV50	Furness Fell Runners	0:30:07	32
0015	Chris	Moore	MV40	Leven Valley AC	0:30:09	33
0525	Michael	Toman	MV50	Rosendale Harriers	0:30:27	34
0610	Thomas	Findlay	MSEN	Helm Hill	0:30:35	35
0557	Sean	Robinson	MV40	Howgill harriers	0:30:52	36
0365	Matthew	Swallow	MSEN		0:30:55	37
0599	Peter	Lawson	MV40	Howgill Harriers	0:31:06	38
0593	Tony	Murray	MV50	Leven Valley	0:31:35	39
0363	Jim	Cater	MV50	Helm Hill	0:31:55	40
0296	Ray	Gill	MV60	Helm Hill	0:31:58	41
0625	Graham	Beaumont	MV60	Dallam	0:32:49	42
0454	Nick	Kitching	MV50	None	0:32:51	43
0606	Jonathan	Tombs	MV50	Eden Runners	0:33:26	44
0455	Colin	Howard	MV60	Furness Fell Runners	0:34:19	45
0314	Neil	Smith	MV50	Leven Valley AC	0:35:02	46
0276	Matthew	France	MSEN	None	0:35:24	47
0330	Will	Douthwaite	MV40	Helm Hill	0:37:02	48
0974	Graham	Moffat	MV60	Howgill Harriers	0:37:40	49
0453	Colin	Valentine	MV60	Keswick	0:39:42	50
0971	Peter	Reed	MV40	N/A	0:44:02	51

FV40 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0242	Steph	Jones	FV40	Ambleside ac	0:29:31	1
0083	Leanne	Scott	FV40	Leven valley	0:30:48	2
0524	Lisa	Parker	FV40	Rossendale Harriers	0:32:53	3
0406	Sarah	Batten	FV40	Helm Hill	0:34:32	4
0501	Victoria	Upton	FV40	Helm Hill Runners	0:35:40	5
0080	Colleen	Oldham	FV40	Leven Valley AC	0:37:37	6
0494	Sarah	Douthwaite	FV40		0:40:13	7
0595	Heather	Holden	FV40	N/A	0:41:21	8

MV40 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0031	Ben	Procter	MV40	Helm hill runners	0:23:55	1
0609	Phil	Mather	MV40	Lonsdale Fell Runners	0:24:17	2
0060	Seb	Sillito	MV40	Helm Hill Runners	0:25:23	3
0663	Richard	Talbot	MV40		0:26:02	4
0714	Simon	Blunden	MV40	Helm Hill Runners	0:26:25	5
0381	Graham	Hayes	MV40	Unattached	0:26:27	6
0015	Chris	Moore	MV40	Leven Valley AC	0:30:09	7
0557	Sean	Robinson	MV40	Howgill harriers	0:30:52	8
0599	Peter	Lawson	MV40	Howgill Harriers	0:31:06	9
0330	Will	Douthwaite	MV40	Helm Hill	0:37:02	10
0971	Peter	Reed	MV40	N/A	0:44:02	11

FV50 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0420	Bianca	Dyer	FV50	Helm Hill Runners	0:30:20	1
0038	Debbie	Howard	FV50	Furness fell runners	0:33:38	2
0981	Vicky	Atkinson	FV50	Helm	0:36:24	3
0090	Rachel	Thomas	FV50	Helm Hill	#VALUE!	4
0943	Sarah	Senior	FV50	Helm Hill / Border Reivers	0:39:41	5
0767	Patty	Davies	FV50	Black Combe	0:39:54	6
0417	Vicki	Sherrington	FV50	Helm Hill	0:41:04	7
0166	Alison	Tancred	FV50	Helm Hill Runners	0:42:40	8

MV50 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0290	Javier	Simon	MV50	Helm Hill	0:24:24	1
0165	Justin	Tancrel	MV50	Helm Hill Runners	0:25:58	2
0419	Jacob	Dyer	MV50	Helm Hill Runners	0:26:40	3
0500	Martin	Dearden	MV50	Settle Harriers	0:26:58	4
0734	Philip	Mallaband	MV50		0:28:30	5
0035	Simon	Richardson	MV50	Helm Hill Runners	0:28:33	6
0059	James	Bellarby	MV50	Bowland Fell Runners	0:29:14	7
0962	Ronnie	Haddow	MV50	Furness Fell Runners	0:30:07	8
0525	Michael	Toman	MV50	Rosendale Harriers	0:30:27	9
0593	Tony	Murray	MV50	Leven Valley	0:31:35	10
0363	Jim	Cater	MV50	Helm Hill	0:31:55	11
0454	Nick	Kitching	MV50	None	0:32:51	12
0606	Jonathan	Tombs	MV50	Eden Runners	0:33:26	13
0314	Neil	Smith	MV50	Leven Valley AC	0:35:02	14

FV60 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0073	Lynn	Whittaker	FV60	Wharfedale Harriers	0:35:48	1
0976	Pat	Peach	FV60	Unattached	0:37:48	2
0638	kath	finn	FV60	Kendal Tri Club	0:38:19	3
0669	Sonja	Vietoris	FV60	Dallam RC	0:42:15	4
0138	Jill	Gates	FV60	Settle Harriers	0:44:46	5

MV60 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0255	David	Griffin	MV60	Helm Hill Runners	0:27:50	1
0053	David	Wilson	MV60	Bowland Fell Runners	0:29:23	2
0952	Nick	Peach	MV60		0:29:29	3
0296	Ray	Gill	MV60	Helm Hill	0:31:58	4
0625	Graham	Beaumont	MV60	Dallam	0:32:49	5
0455	Colin	Howard	MV60	Furness Fell Runners	0:34:19	6
0974	Graham	Moffat	MV60	Howgill Harriers	0:37:40	7
0453	Colin	Valentine	MV60	Keswick	0:39:42	8

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

MV70 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
#N/A						#N/A