



## HELM HILL WINTER LEAGUE - Cautley



DIFFERENT STROKES  
PAINTING & DECORATING LTD

U11 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0066	Lola	Hodgson	u11G	Ambleside AC	11:23:25	1
1041	Elsie	Duffy	u11G	Rossendale Harriers	11:23:36	2
0191	Isla	Dalton	u11G	Helm Hill	11:24:08	3
0582	Romy	Barron	u11G	Ambleside	11:24:39	4
0565	Iris	Lodge	u11G	Settle Harriers	11:25:04	5
0853	Izzy	Lambert	u11G	Settle Harriers	11:25:35	6
0853	Izzy	Lambert	u11G	Settle Harriers	11:25:36	7
0594	Harriet Lily	Coward	u11G	Ambleside AC	11:26:20	8
0355	Teigan	Wilcock	u11G	Ambleside AC	11:26:32	9
0690	Amika Rose	Gregory	u11G	Helm Hill	11:27:04	10
0931	Mila	Lefton	u11G	Ambleside AC	11:27:21	11
0213	Flo	Evans	u11G	Settle Harriers	11:27:33	12
1038	Ruby	Taylforth	u11G	Ambleside	11:29:12	13
0536	Nieve	Stephenson	u11G	Ambleside AC	11:32:58	14

U11 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0096	Sean	Wild -Garcia	u11B	Kendal athletics club	11:22:41	1
0299	Freddie	Fretwell	u11B	Settle Harriers	11:22:45	2
0328	Bobby	France	u11B	Settle Harriers	11:23:00	3
0334	Freddie	Brown	u11B	Settle Harriers	11:23:24	4
0539	Judah	Basham	u11B	Ambleside AC	11:23:34	5
1048	William	Bamforth	u11B	Ambleside AC	11:23:35	6
0052	Danny	Nunns	u11B	Helm Hill	11:24:12	7
1049	Sam	Bamforth	u11B	Ambleside AC	11:24:46	8
0450	Fraser	Hall	u11B	Skyrack AC	11:25:27	9
0329	Rowan	Griffiths	u11B	Furness Fell Runners	11:25:29	10
0928	Jack	Lawson	u11B	Ambleside AC	11:25:54	11
0935	Flynn	Hampshaw	u11B	Ambleside AC	11:25:59	12

U13 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0415	Iris	Thwaites	u13G	Ambleside AC	11:21:11	1
0584	Mila	Barron	u13G	Ambleside	11:21:21	2
0016	Charlotte	Richardson	u13G	Helm Hill	11:22:09	3
0323	Ivy	Marshall	u13G	Ambleside AC	11:23:41	4
0277	Tess	Reedy	u13G	Ambleside AC	11:24:43	5
0651	Freya	Hodgson-Jones	u13G	Ambleside AC	11:24:44	6
0927	Sophie	Lawson	u13G	Ambleside AC	11:25:06	7
0406	Lucy	Ward	u13G	Settle Harriers	11:25:32	8
1001	Ella	Cagatay	u13G	Helm Hill	11:25:47	9
0615	Islay	Atkinson	u13G	None	11:26:41	10
0172	Jessica	Ainsworth	u13G	Helm Hill	11:27:15	11

U13 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0095	Tom	Craker	u13B	Ambleside AC	11:19:52	1
0401	Jos	Jebb	u13B	Helm Hill Runners	11:20:47	2
0393	Kit	Evans	u13B	Ambleside AC	11:20:56	3
0131	Charlie	Hodgson	u13B	Helm Hill	11:21:07	4
0183	Charlie	Potter	u13B	Helm Hill	11:21:09	5
0112	Lawrie	Belshaw	u13B	Ambleside	11:21:48	6
0637	Peter	Butler	u13B	Ambleside AC	11:22:28	7
0444	Jonty	Brodie	u13B	Helm Hill	11:22:32	8
0839	George	Bromley	u13B	Settle Harriers	11:22:35	9
0212	Stanley	Evans	u13B	Settle Harriers	11:23:43	10
0887	Ivan	Waight	u13B	Ambleside ac	11:24:58	11
1019	Okay	Shaw	u13B	Helm Hill	11:28:50	12

U15 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0402	Isla	Jebb	u15G	Helm Hill Runners	00:15:06	1
0004	Maisie	Oddy	u15G	Keighley and Craven	00:17:17	2
0775	Emmy	Ranner	u15G	Helm hill	00:17:51	3
1040	Lyla	Duffy	u15G	Rosendale Harriers	00:18:21	4
0585	Francesca	Bagot	u15G	Settle	00:18:41	5
0222	Rosie	Scott	u15G	Ambleside	00:19:04	6
0562	Ava	Brierley	u15G	Ambleside AC	00:21:31	7

U15 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0092	Sam	Oldham	u15B	Leven Valley AC	00:15:23	1
0232	Evan	Mulvany	u15B	Helm Hill Runners	00:16:25	2
0420	Edward	Shawcross	u15B	Ambleside AC	00:16:37	3
0251	Riley	Scott	u15B	Leven valley	00:17:14	4
0127	Carl	Sanderson	u15B	Settle Harriers	00:17:29	5
0250	Oliver	Scott	u15B	Leven valley	00:17:37	6
0301	Thomas	Iveson	u15B	Ambleside AC	00:17:39	7

U17 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0403	Millie	Jebb	u17G	Helm Hill Runners	00:24:00	1
0439	Holly	Fitch	u17G	Wharfedale Harriers	00:27:13	2
0611	Cara	Bradley	u17G	Ambleside	00:27:45	3
0394	Tess	Evans	u17G	Ambleside AC	00:28:06	4
1039	Tilly	Duffy	u17G	Rosendale Harriers	00:28:17	5
0008	Emily	MacPherson-Littler	u17G	Bowland Fell Runners	00:28:44	6
0583	Lucy	Bagot	u17G	Settle	00:31:23	7



U17 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0502	Zeke	Sumner	u17B	Ambleside AC	00:21:48	1
0048	Alex	Speight	u17B	Helm Hill Runners	00:22:47	2
0040	Fraser	Dunn	u17B	Helm Hill Runners	00:22:59	3
0309	Joseff	Tancred	u17B	Helm Hill	00:23:10	4
0622	Tom	Ashworth	u17B	Ambleside AC	00:27:00	5

U21 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0121	Vicky	Woof	FU21	Howgill Harriers	0:52:32	1

U21 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0091	Oliver	Oldham	MU21	Leven Valley AC	0:33:46	1
0621	Rowan	Ashowrth	MU21	Ambleside AC	0:34:45	2
0663	Edward	Jermy	MU21	Howgill Harriers	0:38:47	3
0416	Tom	Ward	MU21	Helm Hill	0:42:06	4
0526	Zach	Doherty	MU21		0:42:52	5
0605	George	Campbell	MU21	Howgill Harrier	0:43:40	6
0361	Benji	Grundy	MU21	Wharfedale Harriers	0:51:11	7

OVERALL WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0315	Lizzy	Allison	FSEN	Settle Harriers	0:37:25	1
0155	Rosie	Parkinson	FSEN	Helm Hill Runners	0:40:21	2
0275	Jane	Reedy	FV40	Ambleside AC	0:40:40	3
0364	Emma	Kearsey	FSEN	Helm Hill Runners	0:43:42	4
0457	Rebecca	Crawshaw	FV40	BOWLAND FELL Runners	0:44:55	5
0211	Beth	Evans	FSEN	Settle Harriers	0:46:06	6
0010	Jo	Cater	FV50	Helm Hill	0:48:05	7
1020	Sam	Shaw	FV40	Helm Hill	0:48:10	8
0199	Wendy	Dodds	FV70	Dallam Running Club	0:49:14	9
0025	Katie	Milburn	FV40	Eden Runners	0:50:10	10
0397	Lynn	Whittaker	FV60	Wharfedale Harriers	0:51:43	11
0121	Vicky	Woof	FU21	Howgill Harriers	0:52:32	12
0099	Debbie	Howard	FV50	Furness Fell Runners	0:53:42	13
0704	Kate	Morley	FSEN		0:55:37	14
0363	Esther	Lambert	FSEN	Helm Hill	0:57:27	15
0533	Debbie	Thompson	FV60	Eden runners	0:59:53	16
0356	Rebecca	Atkinson	FV40	Howgill Harriers	1:00:11	17
0645	Ruth	Webster	FV50	Non	1:01:36	18
0609	Dawn	Bradley	FV40		1:03:02	19
0365	Vicki	Sherrington	FV50	Helm Hill	1:03:37	20
0293	Jill	Gates	FV60	Settle Harriers	1:03:57	21
0432	Angela	Burley	FV60	Helm Hill	1:05:40	22
0715	Veronica	Waller	FV50	Dallam	1:06:00	23
0679	Anna	Stevens	FV50	Helm Hill	1:06:53	24
0558	Andy	Connor	FV60	Ambleside AC	1:07:34	25

OVERALL MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0065	Sam	Burnstone	MSEN	Helm Hill	0:30:10	1
0548	Callum	Lambert	MSEN	Unattached	0:31:19	2
0298	Matthew	Fretwell	MSEN	Settle Harriers	0:31:24	3
0984	Adam	Perry	MSEN	Helm Hill	0:32:00	4
0113	Jack	Eyre	MSEN	Eden Runners	0:32:19	5
0639	Phil	Mather	MV40	Lonsdale Fell Runners	0:32:28	6
0314	Rupert	Allison	MSEN	Dark Peak Fell Runners	0:32:45	7
0091	Oliver	Oldham	MU21	Leven Valley AC	0:33:46	8
0342	Scott	Morley	MSEN	Eden Runners	0:34:07	9
0529	James	Byrne	MV40	Ambleside AC	0:34:28	10
0621	Rowan	Ashowrth	MU21	Ambleside AC	0:34:45	11
1042	ian	Duffy	MV40	Rosendale Harriers	0:35:13	12
1050	Jos	Addison	MSEN	Helm hill	0:35:30	13
0033	James	Baron	MV50	Helm Hill	0:35:52	14
0534	Jamie	Partridge	MSEN	Eden Runners	0:36:09	15
0307	Justin	Tancrel	MV40	Helm Hill	0:36:37	16
0629	Gary	Gregory	MV40	Helm hill	0:36:39	17
0089	Ben	Oldham	MV40	Leven Valley AC	0:37:08	18
0630	Adam	Oliver	MV40	Helm Hill	0:37:51	19
0348	Joe	Blackett	MV60	DarkPeakFellRunners	0:38:12	20
0663	Edward	Jermy	MU21	Howgill Harriers	0:38:47	21
1022	Joe	Stevens	MV40		0:39:57	22
0206	Paul	Revell	MV60	FRA	0:40:32	23
0064	Matthew	Swallow	MSEN		0:41:16	24
0777	Neil	Robinson	MV50	COLT	0:41:31	25
0125	David	Griffin	MV60	Helm Hill Runners	0:41:41	26
1037	Andy	Holden	MV50	Achille Ratti	0:42:02	27
0416	Tom	Ward	MU21	Helm Hill	0:42:06	28

0421	Alistair	Shawcross	MV40	Dallam	0:42:11	29
0266	Tom	Brown	MSEN	Preston Harriers	0:42:25	30
0161	Peter	German	MV40	Helm Hill	0:42:35	31
0526	Zach	Doherty	MU21		0:42:52	32
1047	Chris	Ranner	MV50		0:43:01	33
0514	Peter	Lawson	MSEN	Howgill Harriers	0:43:03	34
0340	John	Embrey	MV60	SROC	0:43:30	35
0605	George	Campbell	MU21	Howgill Harrier	0:43:40	36
0600	James	Edwards	MV40	Dallam	0:43:58	37
1030	Amir	Hidayeti	MV40	N/A	0:45:15	38
0614	Paul	Atkinson	MV40	None	0:45:50	39
0208	Mark	Cottam	MSEN	None	0:46:09	40
0054	Ray	Gill	MV60	Helm Hill	0:46:42	41
0196	Stuart	Lockton	MV60	Helm Hill Runners	0:47:38	42
0494	Andy	Ward	MV40	Settle Harriers	0:47:59	43
0082	Matt	Davis	MV40	Howgill Harriers	0:48:38	44
0674	Nick	Kitching	MV50	None	0:49:24	45
0128	Tim	Field	MV50	Helm Hill Runners	0:50:50	46
0361	Benji	Grundy	MU21	Wharfedale Harriers	0:51:11	47
1032	John	Thompson	MV60	wharfedale harriers	0:51:19	48
0226	Chris	Heaton	MV40	Lakeland Orienteering Club	0:54:13	49
0413	Mark	Charnley	MV50	Settle Harriers	0:55:12	50
0547	Ben	Lane	MSEN		0:55:26	51
0351	David	Downes	MV60	Wcoc	0:58:17	52
0608	Stefan	Bradley	MV40		1:03:06	53
0366	David	Rosen	MV70	Lancaster & Morecambe AC	1:21:48	54
0445	Phil	Kirby	MV70	Coniston	1:21:52	55

FV40 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0275	Jane	Reedy	FV40	Ambleside AC	0:40:40	1
0457	Rebecca	Crawshaw	FV40	BOWLAND FELL Runners	0:44:55	2
1020	Sam	Shaw	FV40	Helm Hill	0:48:10	3
0025	Katie	Milburn	FV40	Eden Runners	0:50:10	4
0356	Rebecca	Atkinson	FV40	Howgill Harriers	1:00:11	5
0609	Dawn	Bradley	FV40		1:03:02	6

MV40 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0639	Phil	Mather	MV40	Lonsdale Fell Runners	0:32:28	1
0529	James	Byrne	MV40	Ambleside AC	0:34:28	2
1042	ian	Duffy	MV40	Rosendale Harriers	0:35:13	3
0307	Justin	Tancred	MV40	Helm Hill	0:36:37	4
0629	Gary	Gregory	MV40	Helm hill	0:36:39	5
0089	Ben	Oldham	MV40	Leven Valley AC	0:37:08	6
0630	Adam	Oliver	MV40	Helm Hill	0:37:51	7
1022	Joe	Stevens	MV40		0:39:57	8
0421	Alistair	Shawcross	MV40	Dallam	0:42:11	9
0161	Peter	German	MV40	Helm Hill	0:42:35	10
0600	James	Edwards	MV40	Dallam	0:43:58	11
1030	Amir	Hidayeti	MV40	N/A	0:45:15	12
0614	Paul	Atkinson	MV40	None	0:45:50	13
0494	Andy	Ward	MV40	Settle Harriers	0:47:59	14
0082	Matt	Davis	MV40	Howgill Harriers	0:48:38	15
0226	Chris	Heaton	MV40	Lakeland Orienteering Club	0:54:13	16
0608	Stefan	Bradley	MV40		1:03:06	17



FV50 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0010	Jo	Cater	FV50	Helm Hill	0:48:05	1
0099	Debbie	Howard	FV50	Furness Fell Runners	0:53:42	2
0645	Ruth	Webster	FV50	Non	1:01:36	3
0365	Vicki	Sherrington	FV50	Helm Hill	1:03:37	4
0715	Veronica	Waller	FV50	Dallam	1:06:00	5
0679	Anna	Stevens	FV50	Helm Hill	1:06:53	6

MV50 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0033	James	Baron	MV50	Helm Hill	0:35:52	1
0777	Neil	Robinson	MV50	COLT	0:41:31	2
1037	Andy	Holden	MV50	Achille Ratti	0:42:02	3
1047	Chris	Ranner	MV50		0:43:01	4
0674	Nick	Kitching	MV50	None	0:49:24	5
0128	Tim	Field	MV50	Helm Hill Runners	0:50:50	6
0413	Mark	Charnley	MV50	Settle Harriers	0:55:12	7

FV60 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0397	Lynn	Whittaker	FV60	Wharfedale Harriers	0:51:43	1
0533	Debbie	Thompson	FV60	Eden runners	0:59:53	2
0293	Jill	Gates	FV60	Settle Harriers	1:03:57	3
0432	Angela	Burley	FV60	Helm Hill	1:05:40	4
0558	Andy	Connor	FV60	Ambleside AC	1:07:34	5

MV60 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0348	Joe	Blackett	MV60	DarkPeakFellRunners	0:38:12	1
0206	Paul	Revell	MV60	FRA	0:40:32	2
0125	David	Griffin	MV60	Helm Hill Runners	0:41:41	3
0340	John	Embrey	MV60	SROC	0:43:30	4
0054	Ray	Gill	MV60	Helm Hill	0:46:42	5
0196	Stuart	Lockton	MV60	Helm Hill Runners	0:47:38	6
1032	John	Thompson	MV60	wharfedale harriers	0:51:19	7
0351	David	Downes	MV60	Wcoc	0:58:17	8

FV70 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0199	Wendy	Dodds	FV70	Dallam Running Club	0:49:14	1

MV70 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0366	David	Rosen	MV70	Lancaster & Morecambe AC	1:21:48	1
0445	Phil	Kirby	MV70	Coniston	1:21:52	2