



HELM HILL WINTER LEAGUE - Cautley

2026



DIFFERENT STROKES
PAINTING & DECORATING LTD

U10 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0242	Harriet	Edwards	u10G	Dallam		1
0360	Martha	Goadby	u10G	Helm Hill		2
0324	Beatrix	Mercer	u10G	Settle Harriers		3

U10 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0241	Lewis	Edwards	u10B	Dallam		1
0144	Alfie	Torode-Cooke	u10B	Helm Hill		2
0281	Harry	Brown	u10B	Settle Harriers		3
0808	George	Blackburn	u10B	Helm hill		4
0803	Walter	McCrae	u10B	u/a		5
0268	Teddy	France	u10B	Settle Harriers		6
0601	Thomas	Bell	u10B			7
0747	Harry	Wolfendale	u10B	Dallam RC		8
0311	Gabriel	Parsons	u10B	Helm Hill		9
0615	Seve	Stephenson	u10B	Ambleside AC		10
0107	Lucas	Servini	u10B	Helm Hill		11

U12 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0073	Mila	Sillito	u12G	Helm Hill Runners		1
0301	Elena	Procter	u12G	Helm Hill Runners		2
0792	Isla	Dalton	u12G	Helm Hill		3
0040	Gabrielle	Murray	u12G	Furness Fell Runners		4
0572	May	Birkett	u12G	Ambleside		5
0851	Jacy-kate	Jewitt	u12G	Furness Fell Runners		6
0154	Josie	Greenwood	u12G	Helm Hill		7
0614	Nieve	Stephenson	u12G	Ambleside AC		8
0857	Sophia	Savage	u12G	Dallam Running Club		9
0538	Anna	Giddings	u12G	Keswick AC		10
0648	Tilly	Owen-Jones	u12G	Helm Hill		11

U12 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0341	Judah	Basham	u12B	Ambleside AC		1
0131	Freddie	Fretwell	u12B	Settle Harriers		2
0771	Harrison	Reid	u12B	Kendal athletic club		3
0161	Callum	Ainsworth	u12B	Helm Hill		4
0663	Jack	Taylor	u12B	Helm Hill		5
0085	Finn	Rabone	u12B	Helm Hill		6
0074	Arlo	Sillito	u12B	Helm Hill Runners		7
0069	Lucas	Ridley	u12B	Helm		8
0511	Charlie	Blackburn	u12B	Helme Hill Runners		9
0779	Harris	Hoyle	u12B	Helm Hill		10
0807	Thomas	Blackburn	u12B	Helm hill		11
0655	Harry	Lowther	u12B	Helm hill		12
0664	Oliver	Taylor	u12B	Helm Hill		13
0844	Ellis	Nelson	u12B	Helm hill		14
0083	Matt	Wild-Garcia	u12B	Ambleside AC		15
0453	Aidan	Lovett	u12B	Helm Hill		16

U14 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0095	Isla	MacKinnon	u14G	Helm Hill		1
0197	Charlotte	Richardson	u14G	Helm Hill Runners		2
0137	Jocelyn	Hodgson	u14G	Settle Harriers		3
0300	Lola	Hodgson	u14G	Ambleside AC		4
0071	Rosa-Mae	Crompton	u14G	Ambleside AC		5
0392	Matilda	Upton	u14G	Helm Hill		6
0343	Iris	Lodge	u14G	Settle harriers		7
0404	Bessie	Lord	u14G			8
0362	Rowan	Fosker	u14G	Bowland Fell Runners		9
0728	Cara	Colluney	u14G			10
0389	Michalina	Bojdol	u14G	Ambleside AC		11
0729	Beatrice	Butlin-Garside	u14G	Ambleside AC		12

U14 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0299	Ben	Ryan	u14B	Helm Hill		1
0111	Jos	Jebb	u14B	Helm Hill Runners		2
0082	Sean	Wild-Garcia	u14B	Ambleside AC		3
0327	Jonty	Brodie	u14B	Helm Hill		4
0278	Stanley	Evans	u14B	Settle Harriers		5
0108	James	McAleese	u14B	Ambleside AC		6
0027	Rhys	Price	u14B	Darlington Harriers		7
0010	Shane	Williamson	u14B	Helm hill		8
0353	Stan	Rushton	u14B	Helm Hill		9
0778	Zach	Lucas	u14B	Helm Hill		10
0318	Fabian	Bulprich	u14B	Ambleside AC		11

U16 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0310	Silvia	Parsons	u16G	Helm Hill		1
0285	Elouise	Shepherd	u16G	Settle Harriers		2

U16 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0021	Lawrie	Belshaw	u16B	Ambleside AC		1
0568	Max	Crompton	u16B	Helm		2
0223	George	Bromley	u16B	Settle Harriers		3
0120	Rhuari	Trott	u16B	Helm Hill		4
0583	Joseph	Giddings	u16B	Keswick AC		5
0100	Fred	Miller	u16B	Settle Harriers Juniors		6
0101	Samuel	Evans	u16B	Settle Harriers		7

U18 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0784	Cara	Bradley	u18G	Ambleside		1

U18 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0746	Zeke	Sumner	u18B	Ambleside AC		1
0555	Jonah	Hughes	u18B	Helm		2
0039	Henry	Murray	u18B	Furness Fell Runners		3
0125	Edward	Shawcross	u18B	Ambleside		4
0578	Stan	Marston	u18B	Helm hill		5

U20 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0015	Jennifer	Hayes	FU20	Settle Harriers		1
0486	Lucy	Bagot	FU20	Settle Harriers		2
0224	Vicky	Woof	FU20	Furness Fell Runners		3

U20 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0233	Alex	Speight	MU20	Helm Hill		1
0119	Robbie	Watmough	MU20	Settle harriers		2

Seniors' Race						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0114	Rob	Jebb	MV50	Helm Hill Runners		1
0746	Zeke	Sumner	u18B	Ambleside AC		2
0606	Alastair	Dunn	MV50	Helm Hill		3
0302	Ben	Procter	MV40	Helm Hill Runners		4
0233	Alex	Speight	MU20	Helm Hill		5
0555	Jonah	Hughes	u18B	Helm		6
0892	ADAM	PERRY	MSEN	Helm Hill		7
0762	Phil	Mather	MV40	Lonsdale Fell Runners		8
0029	Matt	Fleming	MSEN	Ambleside AC		9
0159	Michael	Ainsworth	MV40	Helm Hill		10
0253	Michael	Kearney	MV40	Helm Hill		11
0119	Robbie	Watmough	MU20	Settle harriers		12
0391	Paul	Upton	MV40	Helm Hill		13
0846	Mark	Irving	MV40	Ellenborough		14
0832	Jack	Simpson	MV40	Ambleside		15
0016	Graham	Hayes	MV40	Independent		16
0034	Harry	Tierney	MSEN	Furness Fell Runners		17
0039	Henry	Murray	u18B	Furness Fell Runners		18
0125	Edward	Shawcross	u18B	Ambleside		19
0320	Laurentiu	Bulprich	MSEN	Ambleside AC		20
0407	Justin	Tancrel	MV50	Helm Hill		21
0405	Harvey	Lord	MV40	Black combe		22
0136	William	Laye	MSEN	Howgill Harriers		23
0518	Peter	Lawson	MV40	Howgill Harriers		24
0011	Helen	Smith	FV40	Wharfedale Harriers		25
0015	Jennifer	Hayes	FU20	Settle Harriers		26
0527	Andrew	Scott	MSEN			27
0526	Lauren	Munro-Bennett	FSEN			28

0510	Jacob	Dyer	MV50	Helm Hill Runners	29
0581	Tom	Batty	MSEN	Bentham beagles	30
0893	Fin	MacIntosh	MSEN	Allowah Athletic	31
0529	David	Murphy	MV50	Bentham Beagles	32
0578	Stan	Marston	u18B	Helm hill	33
0556	Daniel	Hughes	MV50	Helm	34
0295	Joe	Blackett	MV60	DarkPeakFellRunners	35
0412	Billy	Procter	MV60	Helm Hill	36
0124	Alistair	Shawcross	MV50	Lonsdale	37
0849	Rachel	Simpson	FSEN	Helm hill	38
0769	Rob	McGurk	MSEN		39
0232	Chris	Speight	MV60	Helm Hill	40
0191	MICHAEL	TOMAN	MV60	ROSSENDALE HARRIERS	41
0598	Christopher	Reade	MV60	Bowland Fell Runners	42
0198	Simon	Richardson	MV50	Helm Hill Runners	43
0190	Lisa	Parker	FV40	Rossendale Harriers	44
0277	Beth	Evans	FV40	Settle Harriers	45
0148	David	Griffin	MV60	Helm Hill	46
0784	Cara	Bradley	u18G	Ambleside	47
0441	Brian	Hickey	MSEN	Cheshire Hill Racers	48
0886	Pat	Mclver	MV60	Howgill Harriers	49
0891	Maddie	Clark	FSEN	er University Running and Athletic	50
0530	Nick	Hewitt	MV70	Bowland Fell Runners	51
0587	Sean	Robinson	MV40	Howgill Harriers	52
0546	Thomas	Findlay	MSEN	Helm Hill	53
0783	Samantha	Taylor	FV50		54
0118	Paul	Revell	MV60	Howgill Harriers	55
0317	Crina	Bulprich	FSEN	Ambleside AC	56
0757	Jo	Rabone	FV40	Helm	57
0534	Graham	Beaumont	MV60	Dallam Running Club	58

0297	Ray	Gill	MV60	Helm Hill	59
0486	Lucy	Bagot	FU20	Settle Harriers	60
0525	Simon	Denny	MSEN	Bentham Beagles Running Club	61
0381	Jo	Wilkinson	FV50	Helm Hill	62
0782	Angela	Tarlton	FV50	Bentham Beagles	63
0542	Nick	Sebley	MV60	Black Combe Runners	64
0018	Andy	Holden	MV60	Achille Ratti CC	65
0375	Matthew	Balmer	MV40		66
0888	Jase	Wilson	MV40		67
0060	James	Cater	MV50	Helm Hill	68
0569	Jonathan	Stubbs	MV60	Bentham Beagles	69
0883	Steve	Wrigley	MV60	TWTCC	70
0096	Ewen	Mackinnon	MV40	Helm Hill	71
0013	Geoff	Watson	MV50	Durham City Harriers	72
0224	Vicky	Woof	FU20	Furness Fell Runners	73
0140	Andy	Monk	MV70	Howgill Harriers	74
0382	David	Wilkinson	MV50	Helm Hill	75
0374	Richard	Simpson	MV60	u/a	76
0017	Lynn	Whittaker	FV60	Wharfedale Harriers	77
0205	Wendy	Dodds	FV70	Dallam Runner Club	78
0573	Mary	Jenner	FV50		79
0240	Angela	Brand-Barker	FV60	Helm Hill	80
0226	Natasha	Geere	FV50	Spensborough	81
0179	vicki	sherrington	FV50	Helm Hill	82
0475	Mike	Calvert	MV60	Howgill harriers	83
0565	Laura	Hastings	FSEN	Helm Hill Runners	84
0325	Colin	Valentine	MV60	Keswick	85
0227	Stephen	Hunt	MV60		86
0142	Jill	Gates	FV60	Settle Harriers	87
0429	Jane	Rousseau	FV50	BCR	88

OVERALL WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0011	Helen	Smith	FV40	Wharfedale Harriers		1
0015	Jennifer	Hayes	FU20	Settle Harriers		2
0526	Lauren	Munro-Bennett	FSEN			3
0849	Rachel	Simpson	FSEN	Helm hill		4
0190	Lisa	Parker	FV40	Rossendale Harriers		5
0277	Beth	Evans	FV40	Settle Harriers		6
0784	Cara	Bradley	u18G	Ambleside		7
0891	Maddie	Clark	FSEN	University Running and Athl		8
0783	Samantha	Taylor	FV50			9
0317	Crina	Bulprich	FSEN	Ambleside AC		10
0757	Jo	Rabone	FV40	Helm		11
0486	Lucy	Bagot	FU20	Settle Harriers		12
0381	Jo	Wilkinson	FV50	Helm Hill		13
0782	Angela	Tarlton	FV50	Bentham Beagles		14
0224	Vicky	Woof	FU20	Furness Fell Runners		15
0017	Lynn	Whittaker	FV60	Wharfedale Harriers		16
0205	Wendy	Dodds	FV70	Dallam Runner Club		17
0573	Mary	Jenner	FV50			18
0240	Angela	Brand-Barker	FV60	Helm Hill		19
0226	Natasha	Geere	FV50	Spensborough		20
0179	vicki	sherrington	FV50	Helm Hill		21
0565	Laura	Hastings	FSEN	Helm Hill Runners		22
0142	Jill	Gates	FV60	Settle Harriers		23
0429	Jane	Rousseau	FV50	BCR		24

OVERALL MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0114	Rob	Jebb	MV50	Helm Hill Runners		1
0746	Zeke	Sumner	u18B	Ambleside AC		2
0606	Alastair	Dunn	MV50	Helm Hill		3
0302	Ben	Procter	MV40	Helm Hill Runners		4
0233	Alex	Speight	MU20	Helm Hill		5
0555	Jonah	Hughes	u18B	Helm		6
0892	ADAM	PERRY	MSEN	Helm Hill		7
0762	Phil	Mather	MV40	Lonsdale Fell Runners		8
0029	Matt	Fleming	MSEN	Ambleside AC		9
0159	Michael	Ainsworth	MV40	Helm Hill		10
0253	Michael	Kearney	MV40	Helm Hill		11
0119	Robbie	Watmough	MU20	Settle harriers		12
0391	Paul	Upton	MV40	Helm Hill		13
0846	Mark	Irving	MV40	Ellenborough		14
0832	Jack	Simpson	MV40	Ambleside		15
0016	Graham	Hayes	MV40	Independent		16
0034	Harry	Tierney	MSEN	Furness Fell Runners		17
0039	Henry	Murray	u18B	Furness Fell Runners		18
0125	Edward	Shawcross	u18B	Ambleside		19
0320	Laurentiu	Bulprich	MSEN	Ambleside AC		20
0407	Justin	Tancred	MV50	Helm Hill		21
0405	Harvey	Lord	MV40	Black combe		22
0136	William	Laye	MSEN	Howgill Harriers		23
0518	Peter	Lawson	MV40	Howgill Harriers		24
0527	Andrew	Scott	MSEN			25
0510	Jacob	Dyer	MV50	Helm Hill Runners		26
0581	Tom	Batty	MSEN	Bentham beagles		27
0893	Fin	MacIntosh	MSEN	Allowah Athletic		28

0529	David	Murphy	MV50	Bentham Beagles	29
0578	Stan	Marston	u18B	Helm hill	30
0556	Daniel	Hughes	MV50	Helm	31
0295	Joe	Blackett	MV60	DarkPeakFellRunners	32
0412	Billy	Procter	MV60	Helm Hill	33
0124	Alistair	Shawcross	MV50	Lonsdale	34
0769	Rob	McGurk	MSEN		35
0232	Chris	Speight	MV60	Helm Hill	36
0191	MICHAEL	TOMAN	MV60	ROSENDALE HARRIERS	37
0598	Christophe	Reade	MV60	Bowland Fell Runners	38
0198	Simon	Richardson	MV50	Helm Hill Runners	39
0148	David	Griffin	MV60	Helm Hill	40
0441	Brian	Hickey	MSEN	Cheshire Hill Racers	41
0886	Pat	McIver	MV60	Howgill Harriers	42
0530	Nick	Hewitt	MV70	Bowland Fell Runners	43
0587	Sean	Robinson	MV40	Howgill Harriers	44
0546	Thomas	Findlay	MSEN	Helm Hill	45
0118	Paul	Revell	MV60	Howgill Harriers	46
0534	Graham	Beaumont	MV60	Dallam Running Club	47
0297	Ray	Gill	MV60	Helm Hill	48
0525	Simon	Denny	MSEN	Bentham Beagles Running Club	49
0542	Nick	Sebley	MV60	Black Combe Runners	50
0018	Andy	Holden	MV60	Achille Ratti CC	51
0375	Matthew	Balmer	MV40		52
0888	Jase	Wilson	MV40		53
0060	James	Cater	MV50	Helm Hill	54
0569	Jonathan	Stubbs	MV60	Bentham Beagles	55
0883	Steve	Wrigley	MV60	TWTCC	56
0096	Ewen	Mackinnon	MV40	Helm Hill	57
0013	Geoff	Watson	MV50	Durham City Harriers	58

0140	Andy	Monk	MV70	Howgill Harriers		59
0382	David	Wilkinson	MV50	Helm Hill		60
0374	Richard	Simpson	MV60	u/a		61
0475	Mike	Calvert	MV60	Howgill harriers		62
0325	Colin	Valentine	MV60	Keswick		63
0227	Stephen	Hunt	MV60			64

FV40 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0011	Helen	Smith	FV40	Wharfedale Harriers		1
0190	Lisa	Parker	FV40	Rosendale Harriers		2
0277	Beth	Evans	FV40	Settle Harriers		3
0757	Jo	Rabone	FV40	Helm		4

MV40 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0302	Ben	Procter	MV40	Helm Hill Runners		1
0762	Phil	Mather	MV40	Lonsdale Fell Runners		2
0159	Michael	Ainsworth	MV40	Helm Hill		3
0253	Michael	Kearney	MV40	Helm Hill		4
0391	Paul	Upton	MV40	Helm Hill		5
0846	Mark	Irving	MV40	Ellenborough		6
0832	Jack	Simpson	MV40	Ambleside		7
0016	Graham	Hayes	MV40	Independent		8
0405	Harvey	Lord	MV40	Black combe		9
0518	Peter	Lawson	MV40	Howgill Harriers		10
0587	Sean	Robinson	MV40	Howgill Harriers		11
0375	Matthew	Balmer	MV40			12
0888	Jase	Wilson	MV40			13
0096	Ewen	Mackinnon	MV40	Helm Hill		14

FV50 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0783	Samantha	Taylor	FV50			1
0381	Jo	Wilkinson	FV50	Helm Hill		2
0782	Angela	Tarlton	FV50	Bentham Beagles		3
0573	Mary	Jenner	FV50			4
0226	Natasha	Geere	FV50	Spenborough		5
0179	vicki	sherrington	FV50	Helm Hill		6
0429	Jane	Rousseau	FV50	BCR		7

MV50 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0114	Rob	Jebb	MV50	Helm Hill Runners		1
0606	Alastair	Dunn	MV50	Helm Hill		2
0407	Justin	Tancrel	MV50	Helm Hill		3
0510	Jacob	Dyer	MV50	Helm Hill Runners		4
0529	David	Murphy	MV50	Bentham Beagles		5
0556	Daniel	Hughes	MV50	Helm		6
0124	Alistair	Shawcross	MV50	Lonsdale		7
0198	Simon	Richardson	MV50	Helm Hill Runners		8
0060	James	Cater	MV50	Helm Hill		9
0013	Geoff	Watson	MV50	Durham City Harriers		10
0382	David	Wilkinson	MV50	Helm Hill		11

FV60 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0017	Lynn	Whittaker	FV60	Wharfedale Harriers		1
0240	Angela	Brand-Barker	FV60	Helm Hill		2
0142	Jill	Gates	FV60	Settle Harriers		3

MV60 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0295	Joe	Blackett	MV60	DarkPeakFellRunners		1
0412	Billy	Procter	MV60	Helm Hill		2
0232	Chris	Speight	MV60	Helm Hill		3
0191	MICHAEL	TOMAN	MV60	ROSSENDALE HARRIERS		4
0598	Christopher	Reade	MV60	Bowland Fell Runners		5
0148	David	Griffin	MV60	Helm Hill		6
0886	Pat	Mclver	MV60	Howgill Harriers		7
0118	Paul	Revell	MV60	Howgill Harriers		8
0534	Graham	Beaumont	MV60	Dallam Running Club		9
0297	Ray	Gill	MV60	Helm Hill		10
0542	Nick	Sebley	MV60	Black Combe Runners		11
0018	Andy	Holden	MV60	Achille Ratti CC		12
0569	Jonathan	Stubbs	MV60	Bentham Beagles		13
0883	Steve	Wrigley	MV60	TWTCC		14
0374	Richard	Simpson	MV60	u/a		15
0475	Mike	Calvert	MV60	Howgill harriers		16
0325	Colin	Valentine	MV60	Keswick		17
0227	Stephen	Hunt	MV60			18

FV70 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0205	Wendy	Dodds	FV70	Dallam Runner Club		1

MV70 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0530	Nick	Hewitt	MV70	Bowland Fell Runners		1
0140	Andy	Monk	MV70	Howgill Harriers		2