



# HELM HILL WINTER LEAGUE - Cunswick

# 2026



DIFFERENT STROKES  
PAINTING & DECORATING LTD

U10 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0242	Harriet	Edwards	u10G	Dallam	0:09:51	1
0419	Pippa	Morphet	u10G	Helm Hill	0:10:11	2
0360	Martha	Goadby	u10G	Helm Hill	0:10:49	3
0624	Ayda	Taylor	u10G	Helm Hill	0:11:14	4
0157	Alice	Hodgson	u10G	Ambleside	0:12:59	5

U10 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0241	Lewis	Edwards	u10B	Dallam	0:09:45	1
0808	George	Blackburn	u10B	Helm hill	0:09:46	2
0803	Walter	McCrae	u10B	u/a	0:10:00	3
0281	Harry	Brown	u10B	Settle Harriers	0:10:05	4
0268	Teddy	France	u10B	Settle Harriers	0:10:18	5
0601	Thomas	Bell	u10B		0:10:20	6
0747	Harry	Wolfendale	u10B	Dallam RC	0:10:35	7
0311	Gabriel	Parsons	u10B	Helm Hill	0:11:09	8
0615	Seve	Stephenson	u10B	Ambleside AC	0:11:33	9
0107	Lucas	Servini	u10B	Helm Hill	0:11:33	10
0900	Jet	Cooper	u10B		0:11:52	11
0250	Jesse	Bibby	u10B	Helm Hill	0:13:08	12

U12 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0073	Mila	Sillito	u12G	Helm Hill Runners	0:09:04	1
0301	Elena	Procter	u12G	Helm Hill Runners	0:09:11	2
0494	Romy	Barron	u12G	Ambleside AC	0:09:13	3
0040	Gabrielle	Murray	u12G	Furness Fell Runners	0:09:27	4
0506	Lyra	Haslett	u12G	Helm Hill	0:09:31	5
0792	Isla	Dalton	u12G	Helm Hill	0:09:40	6
0851	Jacy-kate	Jewitt	u12G	Furness Fell Runners	0:11:05	7
0857	Sophia	Savage	u12G	Dallam Running Club	0:11:11	8
0154	Josie	Greenwood	u12G	Helm Hill	0:11:19	9
0572	May	Birkett	u12G	Ambleside	0:11:43	10
0706	Jessie	Whittington	u12G	Helm Hill	0:11:46	11
0175	Iona	Duncan	u12G	Helm Hill	0:12:00	12
0217	Emilia	Nunns	u12G	Helm Hill	0:12:39	13
0614	Nieve	Stephenson	u12G	Ambleside AC	0:12:44	14
0731	Imogen	Darcy	u12G	Helm Hill	0:13:01	15
0538	Anna	Giddings	u12G	Keswick AC	0:13:21	16

U12 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0771	Harrison	Reid	u12B	Kendal athletic club	0:08:38	1
0341	Judah	Basham	u12B	Ambleside AC	0:08:40	2
0269	Bobby	France	u12B	Settle Harriers	0:08:46	3
0131	Freddie	Fretwell	u12B	Settle Harriers	0:08:50	4
0303	Nicolas	Martin	u12B	Helm Hill	0:08:59	5
0161	Callum	Ainsworth	u12B	Helm Hill	0:09:03	6
0663	Jack	Taylor	u12B	Helm Hill	0:09:06	7
0144	Alfie	Torode-Cooke	u12B	Helm Hill	0:09:29	8
0592	Toby	Davies	u12B	Kendal Athletics Club	0:09:33	9
0280	Freddie	Brown	u12B	Settle Harriers	0:09:35	10
0085	Finn	Rabone	u12B	Helm Hill	0:09:42	11
0779	Harris	Hoyle	u12B	Helm Hill	0:09:47	12
0074	Arlo	Sillito	u12B	Helm Hill Runners	0:09:53	13
0511	Charlie	Blackburn	u12B	Helme Hill Runners	0:09:57	14
0069	Lucas	Ridley	u12B	Helm	0:10:02	15
0664	Oliver	Taylor	u12B	Helm Hill	0:10:08	16
0895	Lucas	Roberts	u12B		0:10:24	17
0083	Matt	Wild-Garcia	u12B	Ambleside AC	0:10:36	18
0807	Thomas	Blackburn	u12B	Helm hill	0:10:38	19
0831	Samuel	Thomas	u12B	Helm Hill	0:11:01	20
0149	Toby	Lawton	u12B	Helm Hill	0:11:25	21

U14 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0338	Martha	Hart	u14G	Settle Harriers	00:15:16	1
0095	Isla	MacKinnon	u14G	Helm Hill	00:16:12	2
0137	Jocelyn	Hodgson	u14G	Settle Harriers	00:16:26	3
0300	Lola	Hodgson	u14G	Ambleside AC	00:16:54	4
0197	Charlotte	Richardson	u14G	Helm Hill Runners	00:17:23	5
0071	Rosa-Mae	Crompton	u14G	Ambleside AC	00:17:53	6
0505	Elodie	Haslett	u14G	Helm Hill	00:18:10	7
0392	Matilda	Upton	u14G	Helm Hill	00:18:27	8
0404	Bessie	Lord	u14G		00:18:50	9
0153	Evie	Greenwood	u14G	Helm Hill	00:19:04	10
0389	Michalina	Bojdol	u14G	Ambleside AC	00:19:36	11
0423	Ella	Kay	u14G	Helm Hill Runners	00:19:48	12
0362	Rowan	Fosker	u14G	Bowland Fell Runners	00:21:44	13
0728	Cara	Colluney	u14G		00:21:46	14
0729	Beatrice	Butlin-Garside	u14G	Ambleside AC	00:22:00	15
0493	Mila	Barron	u14G	Ambleside AC	00:22:30	16
0485	Ruby	Taylforth	u14G	Ambleside AC	00:23:19	17
0705	Celeste	Whittington	u14G	Helm Hill	00:26:58	18
0885	Kiriana	Lucas	u14G	Helm Hill	00:29:33	19

U14 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0111	Jos	Jebb	u14B	Helm Hill Runners	00:13:40	1
0299	Ben	Ryan	u14B	Helm Hill	00:14:31	2
0417	Kit	Evans	u14B	Ambleside AC	00:15:09	3
0027	Rhys	Price	u14B	Darlington Harriers	00:15:46	4
0082	Sean	Wild-Garcia	u14B	Ambleside AC	00:15:49	5
0278	Stanley	Evans	u14B	Settle Harriers	00:16:56	6
0778	Zach	Lucas	u14B	Helm Hill	00:16:57	7
0010	Shane	Williamson	u14B	Helm hill	00:17:00	8
0216	Danny	Nunns	u14B	Helm Hill	00:17:01	9
0108	James	McAleese	u14B	Ambleside AC	00:17:13	10
0353	Stan	Rushton	u14B	Helm Hill	00:17:20	11
0563	Alfred	Heath	u14B	Helm	00:17:30	12
0187	Rhys	Moffat	u14B	Helm Hill	00:17:41	13
0318	Fabian	Bulprich	u14B	Ambleside AC	00:17:43	14
0512	Ted	Dewhurst	u14B	Preston Harriers	00:17:52	15

U16 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0310	Silvia	Parsons	u16G	Helm Hill	00:23:56	1
0273	Lily	Neville	u16G	None	00:24:49	2
0046	Poppy	Bailey	u16G	Furness Fell Runners	00:28:01	3

U16 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0021	Lawrie	Belshaw	u16B	Ambleside AC	00:20:19	1
0678	Arthur	Wray	u16B	N/A	00:20:59	2
0223	George	Bromley	u16B	Settle Harriers	00:21:35	3
0120	Rhuari	Trott	u16B	Helm Hill	00:22:20	4
0025	Joss	Wood	u16B	Helm Hill Runners	00:22:48	5
0799	Ryan	Birt Reed	u16B	Leven Valley	00:22:49	6
0067	James	Skeldon	u16B	Settle Harriers	00:23:36	7
0568	Max	Crompton	u16B	Helm	00:23:40	8
0100	Fred	Miller	u16B	Settle Harriers Juniors	00:26:04	9
0101	Samuel	Evans	u16B	Settle Harriers	00:27:25	10

U18 GIRLS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0784	Cara	Bradley	u18G	Ambleside	0:41:44	1
0554	Rosie	Scott	u18G	Ambleside and Leven Valley	0:41:45	2

U18 BOYS						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0746	Zeke	Sumner	u18B	Ambleside AC	0:31:51	1
0550	Oliver	Scott	u18B	Leven Valley	0:34:03	2
0555	Jonah	Hughes	u18B	Helm	0:34:28	3
0468	James	Jewell	u18B	Furness Fell Runners	0:34:55	4
0551	Riley	Scott	u18B	Leven valley	0:35:28	5
0039	Henry	Murray	u18B	Furness Fell Runners	0:39:12	6
0122	Zach	Thomas	u18B	Helm Hill	0:43:56	7

U20 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0015	Jennifer	Hayes	FU20	Settle Harriers	0:41:13	1
0486	Lucy	Bagot	FU20	Settle Harriers	0:44:46	2

U20 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0119	Robbie	Watmough	MU20	Settle harriers	0:31:53	1
0357	Toby	Acland	MU20	Helm Hill Runners	0:33:46	2

Seniors' Race						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0746	Zeke	Sumner	u18B	Ambleside AC	0:31:51	1
0119	Robbie	Watmough	MU20	Settle harriers	0:31:53	2
0422	Richard	Kay	MV40	Helm Hill Runners	0:32:09	3
0762	Phil	Mather	MV40	Lonsdale Fell Runners	0:32:37	4
0357	Toby	Acland	MU20	Helm Hill Runners	0:33:46	5
0359	David	Goadby	MV40	Helm Hill	0:33:48	6
0174	Bruce	Duncan	MV40	Helm Hill	0:33:56	7
0550	Oliver	Scott	u18B	Leven Valley	0:34:03	8
0075	Seb	Sillito	MV40	Helm Hill Runners	0:34:08	9
0437	Tom	Gibson	MSEN	Helm Hill	0:34:13	10
0555	Jonah	Hughes	u18B	Helm	0:34:28	11
0016	Graham	Hayes	MV40	Independent	0:34:36	12
0253	Michael	Kearney	MV40	Helm Hill	0:34:41	13
0899	Ross	Bibby	MV40	Hem Hill	0:34:42	14
0468	James	Jewell	u18B	Furness Fell Runners	0:34:55	15
0159	Michael	Ainsworth	MV40	Helm Hill	0:35:15	16
0551	Riley	Scott	u18B	Leven valley	0:35:28	17
0011	Helen	Smith	FV40	Wharfedale Harriers	0:35:54	18
0320	Laurentiu	Bulprich	MSEN	Ambleside AC	0:35:57	19
0897	Danny	Roberts	MV40	Sedbergh School RC	0:36:02	20
0405	Harvey	Lord	MV40	Black combe	0:36:12	21
0834	George	Chinn	MSEN		0:37:04	22
0518	Peter	Lawson	MV40	Howgill Harriers	0:37:09	23
0414	James	Findlay	MSEN		0:37:11	24
0894	Adam	Roberts	MSEN		0:37:13	25
0243	James	Edwards	MV50	Dallam	0:37:50	26
0510	Jacob	Dyer	MV50	Helm Hill Runners	0:38:05	27
0651	Matthew	Swallow	MV40		0:38:31	28

0039	Henry	Murray	u18B	Furness Fell Runners	0:39:12	29
0148	David	Griffin	MV60	Helm Hill	0:39:31	30
0060	James	Cater	MV50	Helm Hill	0:39:39	31
0102	John	Bowman	MSEN		0:39:44	32
0581	Tom	Batty	MSEN	Bentham beagles	0:39:55	33
0525	Simon	Denny	MSEN	Bentham Beagles Running Cl	0:39:56	34
0877	Pete	Greenwood	MSEN	Helm Hill	0:40:08	35
0232	Chris	Speight	MV60	Helm Hill	0:40:28	36
0541	Mark	Cropper	MV50	Helm Hill	0:40:44	37
0665	Juliet	Sherrington	FSEN	Ambleside AC	0:40:48	38
0513	Matt	Foot	MSEN	Helm Hill	0:41:01	39
0015	Jennifer	Hayes	FU20	Settle Harriers	0:41:13	40
0587	Sean	Robinson	MV40	Howgill Harriers	0:41:37	41
0784	Cara	Bradley	u18G	Ambleside	0:41:44	42
0554	Rosie	Scott	u18G	Ambleside and Leven Valle	0:41:45	43
0769	Rob	McGurk	MSEN		0:41:49	44
0173	Mike	Falgate	MV60	Helm Hill	0:41:54	45
0546	Thomas	Findlay	MSEN	Helm Hill	0:41:59	46
0191	MICHAEL	TOMAN	MV60	ROSSENDALE HARRIERS	0:42:02	47
0118	Paul	Revell	MV60	Howgill Harriers	0:42:09	48
0412	Billy	Procter	MV60	Helm Hill	0:42:27	49
0381	Jo	Wilkinson	FV50	Helm Hill	0:42:38	50
0701	John Anthony	Bryers	MSEN		0:42:51	51
0317	Crina	Bulprich	FSEN	Ambleside AC	0:42:53	52
0549	Leanne	Scott	FV40	Leven valley	0:43:11	53
0782	Angela	Tarlton	FV50	Bentham Beagles	0:43:23	54
0096	Ewen	Mackinnon	MV40	Helm Hill	0:43:29	55
0122	Zach	Thomas	u18B	Helm Hill	0:43:56	56
0461	Carol	Evans	FV60	Settle Harriers	0:44:04	57
0076	Sophie	Wallwin	FSEN	Helm Hill	0:44:05	58

0277	Beth	Evans	FV40	Settle Harriers	0:44:14	59
0013	Geoff	Watson	MV50	Durham City Harriers	0:44:16	60
0190	Lisa	Parker	FV40	Rossendale Harriers	0:44:31	61
0499	Nick	Kitching	MV50	N/A	0:44:36	62
0486	Lucy	Bagot	FU20	Settle Harriers	0:44:46	63
0882	Jack	Campbell	MSEN	N/A	0:44:55	64
0141	Steve	King	MV50	Helm Hill Runners	0:45:29	65
0270	Lisa	France	FSEN	entham Beagles Running Clu	0:45:31	66
0869	Andrew	Evans	MV60	Settle Harriers	0:45:46	67
0519	Jonathan	Tombs	MV50	Eden Runners	0:45:47	68
0297	Ray	Gill	MV60	Helm Hill	0:45:50	69
0783	Samantha	Taylor	FV50		0:46:13	70
0542	Nick	Sebley	MV60	Black Combe Runners	0:46:17	71
0393	Victoria	Upton	FV40	Helm Hill	0:46:20	72
0226	Natasha	Geere	FV50	Spenborough	0:46:26	73
0463	Peter	Jewell	MV50	Furness Fell Runners	0:46:39	74
0179	vicki	sherrington	FV50	Helm Hill	0:47:20	75
0898	Clifford	Featherstone	MV70	Durham City Harriers	0:47:59	76
0150	Liz	Lawton	FV40	Helm hill	0:48:06	77
0017	Lynn	Whittaker	FV60	Wharfedale Harriers	0:48:12	78
0234	Jan	Speight	FV60	Helm Hill	0:48:32	79
0140	Andy	Monk	MV70	Howgill Harriers	0:48:35	80
0475	Mike	Calvert	MV60	Howgill harriers	0:48:51	81
0019	timothy	kings	MV50	ambleside	0:50:07	82
0565	Laura	Hastings	FSEN	Helm Hill Runners	0:51:28	83
0374	Richard	Simpson	MV60	u/a	0:52:06	84
0199	Lyn	Richardson	FV50	Helm Hill Runners	0:53:22	85
0573	Mary	Jenner	FV50		0:53:50	86
0901	Christin	Kuhlmann	MSEN		0:53:54	87
0507	Joanne	Haslett	FV40	Helm Hill	0:54:02	88

0700	Jim	Fisher	MV60	Howgill Harriers	0:54:11	89
0588	Zoe	Robinson	FV40	Howgill Harriers	0:54:54	90
0371	Emily	Crossley	FSEN	Settle Harriers	0:55:37	91
0168	Anna	Murray	FV60	Barnet and District	0:55:43	92
0227	Stephen	Hunt	MV60		0:56:08	93
0121	Katharine	Shrine	FV50	Helm Hill	0:56:50	94
0205	Wendy	Dodds	FV70	Dallam Runner Club	0:57:02	95
0180	Lou	Bland	FV50	Helm Hill	0:57:54	96
0582	Sonja	Vietoris	FV60	Dallam RC	1:01:57	97
0152	Angela	Burley	FV70	Helm	1:02:19	98
0429	Jane	Rousseau	FV50	BCR	1:03:53	99
0142	Jill	Gates	FV60	Settle Harriers	1:04:07	100

OVERALL WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0011	Helen	Smith	FV40	Wharfedale Harriers	0:35:54	1
0665	Juliet	Sherrington	FSEN	Ambleside AC	0:40:48	2
0015	Jennifer	Hayes	FU20	Settle Harriers	0:41:13	3
0784	Cara	Bradley	u18G	Ambleside	0:41:44	4
0554	Rosie	Scott	u18G	Ambleside and Leven Valley	0:41:45	5
0381	Jo	Wilkinson	FV50	Helm Hill	0:42:38	6
0317	Crina	Bulprich	FSEN	Ambleside AC	0:42:53	7
0549	Leanne	Scott	FV40	Leven valley	0:43:11	8
0782	Angela	Tarlton	FV50	Bentham Beagles	0:43:23	9
0461	Carol	Evans	FV60	Settle Harriers	0:44:04	10
0076	Sophie	Wallwin	FSEN	Helm Hill	0:44:05	11
0277	Beth	Evans	FV40	Settle Harriers	0:44:14	12
0190	Lisa	Parker	FV40	Rossendale Harriers	0:44:31	13
0486	Lucy	Bagot	FU20	Settle Harriers	0:44:46	14
0270	Lisa	France	FSEN	Bentham Beagles Running Club	0:45:31	15
0783	Samantha	Taylor	FV50		0:46:13	16
0393	Victoria	Upton	FV40	Helm Hill	0:46:20	17
0226	Natasha	Geere	FV50	Spennorth	0:46:26	18
0179	vicki	sherrington	FV50	Helm Hill	0:47:20	19
0150	Liz	Lawton	FV40	Helm hill	0:48:06	20
0017	Lynn	Whittaker	FV60	Wharfedale Harriers	0:48:12	21
0234	Jan	Speight	FV60	Helm Hill	0:48:32	22
0565	Laura	Hastings	FSEN	Helm Hill Runners	0:51:28	23
0199	Lyn	Richardson	FV50	Helm Hill Runners	0:53:22	24
0573	Mary	Jenner	FV50		0:53:50	25
0507	Joanne	Haslett	FV40	Helm Hill	0:54:02	26
0588	Zoe	Robinson	FV40	Howgill Harriers	0:54:54	27
0371	Emily	Crossley	FSEN	Settle Harriers	0:55:37	28

0168	Anna	Murray	FV60	Barnet and District	0:55:43	29
0121	Katharine	Shrine	FV50	Helm Hill	0:56:50	30
0205	Wendy	Dodds	FV70	Dallam Runner Club	0:57:02	31
0180	Lou	Bland	FV50	Helm Hill	0:57:54	32
0582	Sonja	Vietoris	FV60	Dallam RC	1:01:57	33
0152	Angela	Burley	FV70	Helm	1:02:19	34
0429	Jane	Rousseau	FV50	BCR	1:03:53	35
0142	Jill	Gates	FV60	Settle Harriers	1:04:07	36

OVERALL MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0746	Zeke	Sumner	u18B	Ambleside AC	0:31:51	1
0119	Robbie	Watmough	MU20	Settle harriers	0:31:53	2
0422	Richard	Kay	MV40	Helm Hill Runners	0:32:09	3
0762	Phil	Mather	MV40	Lonsdale Fell Runners	0:32:37	4
0357	Toby	Acland	MU20	Helm Hill Runners	0:33:46	5
0359	David	Goadby	MV40	Helm Hill	0:33:48	6
0174	Bruce	Duncan	MV40	Helm Hill	0:33:56	7
0550	Oliver	Scott	u18B	Leven Valley	0:34:03	8
0075	Seb	Sillito	MV40	Helm Hill Runners	0:34:08	9
0437	Tom	Gibson	MSEN	Helm Hill	0:34:13	10
0555	Jonah	Hughes	u18B	Helm	0:34:28	11
0016	Graham	Hayes	MV40	Independent	0:34:36	12
0253	Michael	Kearney	MV40	Helm Hill	0:34:41	13
0899	Ross	Bibby	MV40	Hem Hill	0:34:42	14
0468	James	Jewell	u18B	Furness Fell Runners	0:34:55	15
0159	Michael	Ainsworth	MV40	Helm Hill	0:35:15	16
0551	Riley	Scott	u18B	Leven valley	0:35:28	17
0320	Laurentiu	Bulprich	MSEN	Ambleside AC	0:35:57	18
0897	Danny	Roberts	MV40	Sedbergh School RC	0:36:02	19
0405	Harvey	Lord	MV40	Black combe	0:36:12	20
0834	George	Chinn	MSEN		0:37:04	21
0518	Peter	Lawson	MV40	Howgill Harriers	0:37:09	22
0414	James	Findlay	MSEN		0:37:11	23
0894	Adam	Roberts	MSEN		0:37:13	24
0243	James	Edwards	MV50	Dallam	0:37:50	25
0510	Jacob	Dyer	MV50	Helm Hill Runners	0:38:05	26
0651	Matthew	Swallow	MV40		0:38:31	27
0039	Henry	Murray	u18B	Furness Fell Runners	0:39:12	28

0148	David	Griffin	MV60	Helm Hill	0:39:31	29
0060	James	Cater	MV50	Helm Hill	0:39:39	30
0102	John	Bowman	MSEN		0:39:44	31
0581	Tom	Batty	MSEN	Bentham beagles	0:39:55	32
0525	Simon	Denny	MSEN	Bentham Beagles Running Club	0:39:56	33
0877	Pete	Greenwood	MSEN	Helm Hill	0:40:08	34
0232	Chris	Speight	MV60	Helm Hill	0:40:28	35
0541	Mark	Cropper	MV50	Helm Hill	0:40:44	36
0513	Matt	Foot	MSEN	Helm Hill	0:41:01	37
0587	Sean	Robinson	MV40	Howgill Harriers	0:41:37	38
0769	Rob	McGurk	MSEN		0:41:49	39
0173	Mike	Falgate	MV60	Helm Hill	0:41:54	40
0546	Thomas	Findlay	MSEN	Helm Hill	0:41:59	41
0191	MICHAEL	TOMAN	MV60	ROSSENDALE HARRIERS	0:42:02	42
0118	Paul	Revell	MV60	Howgill Harriers	0:42:09	43
0412	Billy	Procter	MV60	Helm Hill	0:42:27	44
0701	John Anth	Bryers	MSEN		0:42:51	45
0096	Ewen	Mackinnon	MV40	Helm Hill	0:43:29	46
0122	Zach	Thomas	u18B	Helm Hill	0:43:56	47
0013	Geoff	Watson	MV50	Durham City Harriers	0:44:16	48
0499	Nick	Kitching	MV50	N/A	0:44:36	49
0882	Jack	Campbell	MSEN	N/A	0:44:55	50
0141	Steve	King	MV50	Helm Hill Runners	0:45:29	51
0869	Andrew	Evans	MV60	Settle Harriers	0:45:46	52
0519	Jonathan	Tombs	MV50	Eden Runners	0:45:47	53
0297	Ray	Gill	MV60	Helm Hill	0:45:50	54
0542	Nick	Sebley	MV60	Black Combe Runners	0:46:17	55
0463	Peter	Jewell	MV50	Furness Fell Runners	0:46:39	56
0898	Clifford	Featherstone	MV70	Durham City Harriers	0:47:59	57
0140	Andy	Monk	MV70	Howgill Harriers	0:48:35	58

0475	Mike	Calvert	MV60	Howgill harriers	0:48:51	59
0019	timothy	kings	MV50	ambleside	0:50:07	60
0374	Richard	Simpson	MV60	u/a	0:52:06	61
0901	Christin	Kuhlmann	MSEN		0:53:54	62
0700	Jim	Fisher	MV60	Howgill Harriers	0:54:11	63
0227	Stephen	Hunt	MV60		0:56:08	64

FV40 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0011	Helen	Smith	FV40	Wharfedale Harriers	0:35:54	1
0549	Leanne	Scott	FV40	Leven valley	0:43:11	2
0277	Beth	Evans	FV40	Settle Harriers	0:44:14	3
0190	Lisa	Parker	FV40	Rossendale Harriers	0:44:31	4
0393	Victoria	Upton	FV40	Helm Hill	0:46:20	5
0150	Liz	Lawton	FV40	Helm hill	0:48:06	6
0507	Joanne	Haslett	FV40	Helm Hill	0:54:02	7
0588	Zoe	Robinson	FV40	Howgill Harriers	0:54:54	8

MV40 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0422	Richard	Kay	MV40	Helm Hill Runners	0:32:09	1
0762	Phil	Mather	MV40	Lonsdale Fell Runners	0:32:37	2
0359	David	Goadby	MV40	Helm Hill	0:33:48	3
0174	Bruce	Duncan	MV40	Helm Hill	0:33:56	4
0075	Seb	Sillito	MV40	Helm Hill Runners	0:34:08	5
0016	Graham	Hayes	MV40	Independent	0:34:36	6
0253	Michael	Kearney	MV40	Helm Hill	0:34:41	7
0899	Ross	Bibby	MV40	Hem Hill	0:34:42	8
0159	Michael	Ainsworth	MV40	Helm Hill	0:35:15	9
0897	Danny	Roberts	MV40	Sedbergh School RC	0:36:02	10
0405	Harvey	Lord	MV40	Black combe	0:36:12	11
0518	Peter	Lawson	MV40	Howgill Harriers	0:37:09	12
0651	Matthew	Swallow	MV40		0:38:31	13
0587	Sean	Robinson	MV40	Howgill Harriers	0:41:37	14
0096	Ewen	Mackinnon	MV40	Helm Hill	0:43:29	15

FV50 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0381	Jo	Wilkinson	FV50	Helm Hill	0:42:38	1
0782	Angela	Tarlton	FV50	Bentham Beagles	0:43:23	2
0783	Samantha	Taylor	FV50		0:46:13	3
0226	Natasha	Geere	FV50	Spensborough	0:46:26	4
0179	vicki	sherrington	FV50	Helm Hill	0:47:20	5
0199	Lyn	Richardson	FV50	Helm Hill Runners	0:53:22	6
0573	Mary	Jenner	FV50		0:53:50	7
0121	Katharine	Shrine	FV50	Helm Hill	0:56:50	8
0180	Lou	Bland	FV50	Helm Hill	0:57:54	9
0429	Jane	Rousseau	FV50	BCR	1:03:53	10

MV50 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0243	James	Edwards	MV50	Dallam	0:37:50	1
0510	Jacob	Dyer	MV50	Helm Hill Runners	0:38:05	2
0060	James	Cater	MV50	Helm Hill	0:39:39	3
0541	Mark	Cropper	MV50	Helm Hill	0:40:44	4
0013	Geoff	Watson	MV50	Durham City Harriers	0:44:16	5
0499	Nick	Kitching	MV50	N/A	0:44:36	6
0141	Steve	King	MV50	Helm Hill Runners	0:45:29	7
0519	Jonathan	Tombs	MV50	Eden Runners	0:45:47	8
0463	Peter	Jewell	MV50	Furness Fell Runners	0:46:39	9
0019	timothy	kings	MV50	ambleside	0:50:07	10

FV60 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0461	Carol	Evans	FV60	Settle Harriers	0:44:04	1
0017	Lynn	Whittaker	FV60	Wharfedale Harriers	0:48:12	2
0234	Jan	Speight	FV60	Helm Hill	0:48:32	3
0168	Anna	Murray	FV60	Barnet and District	0:55:43	4
0582	Sonja	Vietoris	FV60	Dallam RC	1:01:57	5
0142	Jill	Gates	FV60	Settle Harriers	1:04:07	6

MV60 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0148	David	Griffin	MV60	Helm Hill	0:39:31	1
0232	Chris	Speight	MV60	Helm Hill	0:40:28	2
0173	Mike	Falgate	MV60	Helm Hill	0:41:54	3
0191	MICHAEL	TOMAN	MV60	ROSSENDALE HARRIERS	0:42:02	4
0118	Paul	Revell	MV60	Howgill Harriers	0:42:09	5
0412	Billy	Procter	MV60	Helm Hill	0:42:27	6
0869	Andrew	Evans	MV60	Settle Harriers	0:45:46	7
0297	Ray	Gill	MV60	Helm Hill	0:45:50	8
0542	Nick	Sebley	MV60	Black Combe Runners	0:46:17	9
0475	Mike	Calvert	MV60	Howgill harriers	0:48:51	10
0374	Richard	Simpson	MV60	u/a	0:52:06	11
0700	Jim	Fisher	MV60	Howgill Harriers	0:54:11	12
0227	Stephen	Hunt	MV60		0:56:08	13

FV70 WOMEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0205	Wendy	Dodds	FV70	Dallam Runner Club	0:57:02	1
0152	Angela	Burley	FV70	Helm	1:02:19	2

MV70 MEN						
NUMBER		NAME	CAT	CLUB	TIME	POSITION
0898	Clifford	Featherstone	MV70	Durham City Harriers	0:47:59	1
0140	Andy	Monk	MV70	Howgill Harriers	0:48:35	2