



Supported By
Different Strokes
and
Pete Bland Sports



Scout Scar - Results 9 January 2022

Senior Race

Position	First Name	Surname	Cat	Time	Club	Comments
1	Tim	Lamont	Man	26:38	Helm Hill	1st Man
2	Charlie	Allmond	MU21	27:05	Ambleside AC	2nd Man/1st MU21
3	Dylan	Cater	MU21	29:00	Helm Hill	3rd Man
4	Joe	Kenny	Man	29:11	Helm Hill	
5	Brian	Pennington	MV40	29:17	Howgill Harriers	1st MV40
6	Lewis	Bowness	Man	29:30	Helm Hill	
7	Andy	F	Man	29:36		
8	Andrew	Broadbent	Man	29:47	Helm Hill	
9	Tom	Gibson	Man	30:00		
10	Jacob	Smith	MU21	30:18		
11	Eric	Beaumont	MU21	30:27	KCAC	
12	Eddie	Fletcher	Man	30:30	Howgill Harriers	
13	James	Parsons	MV40	30:37	Helm Hill	
14	Jack	Eyre	Man	30:45	Eden Runners	
15	Sam	Watson	Man	30:54	Wharfedale Harriers	
16	James	Johnson	MU21	30:56		
17	Ross	Bibby	Man	31:08	Helm Hill	
18	Gregory	Munsch	Man	31:15	Helm Hill Runners	
19	Gareth	Lee	Man	31:17		
20	Michael	Dugdale	Man	31:22	Helm Hill Runners	
21	Joe	Rigby	Man	31:28		
22	Nicholas	Peat	MU21	31:29	Helm Hill	
23	Jethro	Whitfield	MV40	31:36	Wharfedale harriers	
24	Scott	Morley	Man	31:37	Eden Runners	
25	William	Laye	Man	31:42	Helm Hill	
26	Sharon	Taylor	LV40	31:48	Helm Hill Runners	1st Lady/1st LV40
27	Jack	Simpson	Man	31:52	Helm Hill	
28	James	Baron	MV50	31:55	Helm Hill	1st MV50
29	Joe	Conner	Man	32:01	Helm Hill	
30	Mike	Holcroft	Man	32:07	Helm Hill	
31	Tom	Simpson	Man	32:13		
32	Ollie	Barker	Man	32:14	Helm Hill	
33	Rod	Scott	MV40	32:16	Helm Hill Runners	
34	Alfie	Thorpe	MU21	32:20	Ambleside AC	
35	David	Goadby	Man	32:23	Helm Hill	
36	Scott	Rose	MV40	32:26		
37	Michael	Howard	MV40	32:28	Helm Hill	
38	Justin	Tancrel	MV40	32:29	Helm Hill	
39	Simon	Whittaker	MV40	32:31	Helm Hill	
40	Anna	Lupton	LV40	32:32	Black Combe Runners	2nd Lady
41	Sam	Almond	MU21	32:34		
42	Harvey	Lord	MV40	32:40	Black Combe	
43	Simon	Blunden	MV40	32:45	Helm Hill	
44	Andrew	Wallace	MV40	32:47	Kendal Mac	

45	Niklas	Kox	MU21	32:48	Helm Hill Runners	
46	John	Millen	MV40	32:54	Black Combe Runners	
47	Andrew	Hebson	MV40	32:57	Helm Hill	
48	Mark	Brightwell	MV40	32:59	Helm Hill	
49	Andrew	Douglas	MV40	33:06	Helm Hill	
50	Padraig	Spillane	Man	33:11		
51	Ben	Oldham	MV40	33:14	Leven Valley AC	
52	Craig	Burrow	MV40	33:19	Helm Hill Runners	
53	Ronnie	Haddow	MV50	33:26	Furness Fell Runners	
54	Pete	Rigby	Man	33:35	Helm Hill	
55	Kelli	Roberts	Lady	33:37	Helm Hill	3rd Lady
56	Sean	Prendiville	Man	33:46		
57	Rob	Harper	MV50	33:49	Ambleside AC	
58	Ross	Butler	MV40	33:55	Keswick AC	
59	Paul	Dugdale	MV50	34:00	Helm Hill Runners	
60	Peter	German	MV40	34:04	Helm Hill	
61	David	Fort	MV40	34:07	Clayton-Le-Moors Harriers	
62	Matthew	Hoyle	Man	34:17		
63	Clare	Mckeown	LV50	34:23	Border Harriers	1st LV50
64	Christopher	Whitfield	MV40	34:30	Wharfedale Harriers	
65	James	Todhunter	MV40	34:34	Helm Hill	
66	Jim	Andrews	MV50	34:37	Helm Hill	
67	James	Bailey	MV40	34:40	Leven Valley AC	
68	Tim	Pickering	Man	34:43	Helm Hill	
69	Chris	Lowe	MV40	34:46	Helm hill	
70	Jim	Turner	MV40	34:48	Bowland	
71	Lauren	Munro-Bennett	Lady	34:50	Ambleside AC	
72	Alex	Holme	MU21	34:57	Helm Hill	
73	Bianca	Dyer	LV40	34:58	Helm Hill	
74	Phil	Riley	MV40	35:10	Helm Hill	
75	Rhiannon	Douglas	Lady	35:17	Border Harriers	
76	Billy	Procter	MV60	35:21	Helm Hill	1st MV60
77	Ben	Fidrmuc	Man	35:31	Kendal AAC	
78	Alistair	Shawcross	MV40	35:36	Dallam	
79	Paul	Atkinson	MV40	35:52		
80	Alex	Matthew	MU21	35:59	Bowland	
81	Shaun	Jackson	MV50	36:04	Altrincham AC	
82	Simon	Wright	MV50	36:06	Bingley Harriers	
83	Tom	Ramsay	Man	36:11		
84	Michael	Toman	MV50	36:14	Accrington Road Runners	
85	Peter	Lawson	Man	36:16	Howgill Harriers	
86	Alistair	Hearn	MV50	36:18	Helm Hill	
87	Matt	Bourne	MV50	36:20	Bowland Fell Runners	
88	Rhys	Morris	Man	36:23		
89	Ray	Gill	MV60	36:30	Helm Hill Runners	
90	Luke	Appleyard	MV40	36:33	Wharfedale	
91	Dan	Mead	Man	36:45	Bowland Fell Runners	
92	Ian	Willis	MV40	36:46	Keighley & Craven	
93	Sean	Robinson	MV40	36:52	Howgill Harriers	
94	Steve	King	MV50	36:54	Helm Hill Runners	
95	Alice	Rea	Lady	36:56	Helm Hill	
96	Sharon	Dixon	LV50	36:59	Glaxo Hoad Hill Harriers	
97	Lucy	Spain	Lady	37:01	Helm Hill	
98	Sarah	Gerrish	Lady	37:03	Helm Hill	
99	Zach	Jennings	Man	37:10	Settle	
100	Emma	Kearsey	Lady	37:15	Helm Hill Runners	
101	Nick	Walker	MV40	37:24	Keighley & Craven AC	

102	Rob	Mortimore	MV40	37:32	Helm Hill	
103	Wil	Spain	Man	37:33	Dark Peak	
104	Neil	Whipp	MV40	37:35	Wesham Road Runners	
105	Graham	Jordan	MV40	37:41	Middleton Harriers	
106	Daniel	Mcloughlin	Man	37:52		
107	Neil	Robinson	MV40	37:59	COLT	
108	Martin	Ramsay	MV50	38:13		
109	Declan	Harrison	Man	38:14		
110	Tony	Little	MV40	38:15	Bowland	
111	Seren	Darrell	Man	38:17	Helm Hill	
112	Jenny	Lyon	LV40	38:26	Dallam	
113	Leah	Albion	Lady	38:36	Broughton Runners	
114	Wilfred	Bell	MV60	38:39	Howgill Harriers	
115	Brian	Thompson	MV60	38:45	Helm Hill Runners	
116	Caroline	Holden	LV50	38:48	Helm Hill	
117	Liz	Mcnally	LV50	38:50	Leven Valley AC	
118	William	Coupe	MV50	38:51	Helm Hill	
119	Paul	Shannon	MV40	38:52		
120	Robert	Crawford	MV40	38:53	Howgill Harriers	
121	Andy	Holden	MV50	38:56	Achille Ratti CC	
122	Katey	Markland	Lady	38:57	Preston harriers	
123	Catherine	White	LV40	38:59	Wharfedale Harriers	
124	Oliver	Potts	MU21	39:04		
125	Daniel	Brereton	MV40	39:12		
126	Anthony	Emmet	MV40	39:15	Helm Hill	
127	Rowena	Browne	LV50	39:18	Bowland	
128	Anna	Oakes-Monger	Lady	39:25		
129	Colin	Briffett	MV50	39:28	Lonsdale Fell Runners	
130	Tim	Murray	MV60	39:36	Helm Hill Runners	
131	Ruth	Bell	Lady	39:38	Helm Hill	
132	Keith	Tongn	MV60	39:41	Border Liners OC	
133	Emma	Shawcross	LV40	39:45		
134	Rosie	Parkinson	Lady	39:51		
135	Sarah	Atkinson	Lady	39:56		
136	Richard	Briscoe	MV40	40:04	Clayton Le Moors Harriers	
137	Becks	Smith	LV40	40:17		
138	Jack	Holt	MV70	40:27	Clayton Le Moors Harriers	1st MV70
139	Jonathan	Tombs	MV50	40:32	Eden Runners	
140	Andrew	Stokes	MV60	40:36	Dallam	
141	Craig	Partridge	MV50	40:39	Altrincham AC	
142	Ian	Wilson	MV50	40:43	Helm Hill Runners	
143	John	Morley	Man	40:47		
144	Simon	Waller	MV50	40:48	Dallam	
145	Chris	Witter	Man	40:50		
146	Catherine	Sanderson	LV40	40:52	Helm Hill	
147	Kerri	Wadsworth	LV40	41:01	Helm Hill	
148	Kerry	Cornforth	LV50	41:05	Keswick Ac	
149	Matt	Davis	MV40	41:07	Howgill Harriers	
150	Joanne	Mcleod	LV50	41:09	Glaxo Hoad Hill Harriers	
151	Steve	Wathall	MV60	41:15	Black Combe Runners	
152	Jess	Bagnall	LV40	41:35	Settle Harriers	
153	Nick	Goligher	MV40	41:38	Howgill Harriers	
154	Liz	Whitfield	LV40	41:42	Helm Hill Runners	
155	John	Orrell	MV50	41:43	Blackburn Harriers	
156	Emily	Winter	Lady	41:45		
157	Sophie	Guinard	Lady	41:52		
158	Angela	Brand-Barker	LV60	41:57	Helm Hill	1st LV60

159	Stefan	Bradley	MV40	41:59		
160	Ali	Welsh	MV60	42:05	Bowland Fellrunners	
161	Andy	Ward	MV40	42:08	Settle Harriers	
162	Victoria	Upton	Lady	42:10	Helm Hill Runners	
163	Philip	Kitchen	MV40	42:27		
164	Maria	Hearn	LV40	42:30	Helm Hill	
165	Jeremy	Wilkinson	MV50	42:37	Keighley & Craven AC	
166	Kieran	Craig	Man	43:09		
167	Don	Kershaw	MV60	43:16		
168	Richard	Cater	MV50	43:19	Helm Hill	
169	Emma	Watson	Lady	43:23	Wharfedale Harriers	
170	Charlotte	Seward	Lady	43:28		
171	Mark	Charnley	MV40	43:31	Settle Harriers	
172	Andy	Holme	MV50	43:37	Helm Hill	
173	Paul	Johnson	Man	43:52		
174	Peter	Ellwood	MV50	43:56	Settle Harriers	
175	Daisy	Hollister	Lady	43:59	Helm Hill	
176	Peter	Moseley	MV40	44:03	SROC	
177	Janet	Speight	LV50	44:11		
178	Jo	Cater	LV50	44:13	Helm Hill	
179	Dave	Chapman	MV40	44:16	SROC	
180	Andrew	Conner	MV50	44:18	Helm Hill	
181	Andy	Monk	MV60	44:22	Howgill Harriers	
182	Sarah	Welsh	MV40	44:25	Bowland Fell Runners	
183	Fran	Connolly	LV40	44:45	Blackpool Wyre & Fylde AC	
184	Vicky	Kirkwood	LV50	44:48	Dallam	
185	Grace	Leedham	LV50	44:49	Dallam Running Club	
186	Caroline	Armitage	LV50	44:50		
187	Colin	Valentine	MV60	44:52	Keswick AC	
188	Emma	Blundell	Lady	44:52	Lonsdale Fell Runners	
189	Daniel	Rayson	MV50	44:57		
190	David	Mainwaring	MV50	44:58		
191	Kate	Brayshaw	LV40	45:00	Helm Hill	
192	Lynn	Whittaker	LV60	45:06	Wharfedale Harriers	
193	Wendy	Dodds	LV70	45:52	Dallam Running Club	1st LV70
194	Holy	Acland	LV40	45:55	Helm Hill	
195	Libby	Dixon	LV40	46:08		
196	Paula	Bowen	LV50	46:09	Ambleside AC	
197	Andrew	Hewitson	MV50	46:25	Lonsdale Fell Runners	
198	Pam	Bagot	LV40	46:36	Settle	
199	Dave	Hewitt	MV60	46:42	Dallam	
200	Louise	Dunn	LV60	46:50		
201	Sarah	Senior	LV50	46:55	Helm Hill	
202	Amanda	Burrow	LV40	47:31	Helm Hill	
203	Vicki	Sherrington	LV50	47:43	Helm Hill	
204	Matt	Atkinson	MV40	47:55		
205	Andy	Robinson	MV60	48:03	Thames Hare and Hounds	
206	Sam	Harding	LV40	48:15		
207	Rowan	Varley	MU21	48:33		
208	Judith	Marshall	LV40	48:40	Settle harriers	
209	Jo	Matthew	LV40	48:51	Bowland	
210	Jo	Taylor	LV50	49:38	Bowland FR	
211	John	Taylor	MV70	49:54	Bowland FR	
212	John	Mcgartland	Man	50:07	COLT	
213	Graham	Schofield	MV60	50:21	Chorley ATC	
214	Heidi	Litrezza-Ball	MV40	50:27		
215	Martin	Varley	MV50	50:33		

216	Emily	Crossley	LU21	50:37	Settle Harriers	1st LU21
217	Janine	Jordan	LV40	50:46	Middleton Harriers	
218	Iain	Crossley	MV60	51:19	Settle Harriers	
219	Veronica	Waller	LV50	51:34	Dallam	
220	Jennifer	Burtonwood	LV50	51:36	Blackpool Wyre & Fylde AC	
221	Benji	Grundy	MU21	51:46	Wharfedale Harriers	
222	Cheryl	Rickwood	Lady	51:50	Blackpool Wyre & Fylde AC	
223	Anna	Stevens	LV50	52:03	Helm Hill	
224	Emma	Goligher	LV40	52:18	Howgill Harriers	
225	Patty	Davies	LV50	52:47	Helm Hill	
226	Sian	Norman	LV40	53:00		
227	Sonja	Vietoris	LV60	55:13	Dallam Running Club	
228	Katharine	Shrine	LV40	55:24		
229	Victoria	McGarry	LV50	55:32		
230	Samantha	Carlisle	Lady	56:21		
231	Miriam	Rosen	LV70	57:10	Lancaster & Morecambe AC	
232	Jill	Gates	LV60	57:31	Settle Harriers	
233	Alison	Almond	LV50	57:37		
234	Trevor	Metcalfe	MV70	58:09	Wharfedale Harriers	
235	Rachel	Brummitt	LV40	1:00:00	Settle Harriers	
236	Brian	Carlise	MV60	1:00:36		
237	Robert	Massey	MV70	1:05:03	Blackpool Wyre & Fylde AC	
238	Antonio	Cardinale	MV70	1:22:06	Otley AC	

Under 17 Race

Position	First Name	Surname	Cat	Time	Club	Comments
1	Harry	Ewbank	Boy	17:14	Eden Runners	1st Boy
2	Will	Mcnally	Boy	17:24	Leven Valley AC	2nd Boy
3	Rowan	Ashworth	Boy	18:07	Ambleside AC	3rd Boy
4	Oliver	Oldham	Boy	18:41	Leven Valley AC	
5	Logan	Mccredie	Boy	19:03	Barlick Fell Runners	
6	Tom	Johnson	Boy	20:46		
7	Charlotte	Pear	Girl	20:54	Settle Harriers	1st Girl
8	Isaac	Robinson	Boy	21:12	Howgill Harriers	
9	Jamie	Waller	Boy	22:14	Lancaster & Morecambe AC	
10	Sarah	Smith	Girl	22:50	Helm Hill	2nd Girl
11	Connie-May	Scott	Girl	23:30	Helm Hill Runners	3rd Girl
12	Jacob	Varley	Boy	23:59		
13	Vicky	Woof	Girl	24:15	Howgill Harriers	
14	Cate	Matthew	Girl	24:45	Bowland	

Under 15 Race

Position	First Name	Surname	Cat	Time	Club	Comments
1	Jack	Sanderson	Boy	07:57	Settle Harriers	1st Boy
2	Alfie	Addison	Boy	08:04	Helm Hill	2nd Boy
3	Archie	Peaker	Boy	08:11	Keighley & Craven	3rd Boy
4	Ewen	Wilkinson	Boy	08:18	Keighley & Craven AC	
5	Noah	Wadsworth	Boy	08:27	Helm Hill	
6	Josh	Todd	Boy	08:50	Ambleside AC	
7	Will	Brayshaw	Boy	08:57	Helm Hill	
8	Toby	Acland	Boy	08:58	Helm Hill	
9	Oliver	Ball	Boy	08:59	Bowland Fell Runners	
10	John	Williamson	Boy	09:00	Leven Valley AC	
11	Jo	Hilborne	Boy	09:01		
12	Robbie	Watmough	Boy	09:02	Settle harriers	
13	Alfie	Todd	Boy	09:07	Ambleside AC	
14	Millie	Jebb	Girl	09:13	Helm Hill Runners	1st Girl
15	Harvey	Shaw	Boy	09:23	Ambleside AC	
16	Lara	Smith	Girl	09:25	Helm Hill	2nd Girl
17	Zeke	Sumer	Boy	09:38	Ambleside AC	
18	Tom	Ashworth	Boy	09:48	Ambleside AC	
19	Ben	Todhunter	Boy	09:57	Dallam	
20	Jack	Pearman	Boy	10:03	Helm Hill	
21	Lucy	Bagot	Girl	10:17	Settle	3rd Girl
22	Fraser	Dunn	Boy	10:24	Helm Hill Runners	
23	Madeleine	Martindale	Girl	10:34	Helm Hill	
24	Mack	Bagnall	Boy	10:37	Settle Harriers	
25	Cara	Bradley	Girl	10:38	Ambleside AC	
26	Ellie	Todhunter	Girl	10:40	Dallam	
27	Thomas	Hearn	Boy	10:43	Helm Hill	
28	Isla	Pearman	Girl	10:54	Helm Hill	
29	Lily-Grace	Clayton	Girl	11:06	Wharfedale Harriers	
30	Theo	Robinson	Boy	11:08	Howgill Harriers	
31	Isabel	Sanderson	Girl	11:14	Helm Hill	
32	Isabelle	Teal	Girl	11:30	Wharfedale Harriers	
33	Eve	Briffett	Girl	11:36	Dallam Running Club	
34	Bridget	Atkinson	Girl	11:54	Howgill	
35	Alexander	Charnley	Boy	12:11		
36	Zach	Thomas	Boy	12:13		
37	Hannah	Dyer	Girl	12:15	Helm Hill	
38	Charlie	Ellwood	Boy	13:07	Settle	
39	Betsy	Willis	Girl	18:15	Wharfedale Harriers	

Under 13 Race

Position	First Name	Surname	Cat	Time	Club	Comments
1	Cooper	Wadsworth	Boy	06:35	Helm Hill	1st Boy
2	Evan	Mulvany	Boy	06:38	Helm Hill	2nd Boy
3	Sam	Oldham	Boy	06:51	Leven Valley AC	3rd Boy
4	Ewan	Angus	Boy	07:04	Settle Harriers	
5	Ben	Brummitt	Boy	07:05	Settle Harriers	
6	Isla	Jebb	Girl	07:07	Helm Hill Runners	1st Girl
7	Joseph	Green	Boy	07:11	Ambleside AC	
8	Dougal	Houston	Boy	07:15	Helm Hill	
9	Sophie	Norman	Girl	07:16		2nd Girl
10	Carl	Sanderson	Boy	07:22	Settle Harriers	
11	Edward	Shawcross	Boy	07:22	Ambleside AC	
12	Harry	Fife	Boy	07:27		
13	Rowan	Bradley	Boy	07:30	Ambleside AC	
14	Harry	Fife	Boy	07:32		
15	Keir	Gardner-Aston	Boy	07:33	Helm Hill	
16	Demitri	Kyriacou	Boy	07:38	Leven Valley AC	
17	Fay	Thomas	Girl	07:39	Helm Hill	3rd Girl
18	Joseph	Cook	Boy	07:44	Furness Fell Runners	
19	Emmy	Ranner	Girl	07:46	Helm Hill	
20	Francesca	Bagot	Girl	07:47	Settle	
21	Holly	Nicholls	Girl	07:49	Wigan & District Harriers	
22	Sophie	Brady	Girl	07:52	Wharfedale Harriers	
23	Ghyll	Baker	Boy	07:55	Helm Hill Runners	
24	Thomas	Armitage	Boy	07:56	Settle Harriers	
25	Alexander	Bolland	Boy	07:58	Helm Hill	
26	Stan	Marston	Boy	07:59	Helm Hill	
27	Tom	Chapman	Boy	08:00	SROC	
28	Rosie	Scott	Girl	08:14	Ambleside AC	
29	William	Gornall	Boy	08:16		
30	Rosie	Speight	Girl	08:17		
31	Alfie	Barden	Boy	08:24		
32	Reuben	Fife	Boy	08:33		
33	Isla	Douglas	Girl	08:35	Helm Hill	
34	Oliver	Charnley	Boy	08:56		
35	Roisin	Jordan	Girl	09:17	Oldham and Royton Harriers	
36	Freddie	Crawford	Boy	09:23		
DNF	Amelie	Armstrong	Girl	DNF	Broughton Runners Juniors	

Under 11 Race

Position	First Name	Surname	Cat	Time	Club	Comments
1	Noah	Cook	Boy	06:46	Furness Fell Runners	1st Boy
2	Harri	Tancrel	Boy	06:58	Helm Hill	2nd Boy
3	Alice	White	Girl	07:08	Skipton AC	1st Girl
4	Jos	Jebb	Boy	07:14	Helm Hill Runners	3rd Boy
5	William	Goligher	Boy	07:21	Howgill Harriers	
6	Herbie	Marston	Boy	07:25	Helm Hill	
7	Ben	Mulvany	Boy	07:32	Helm Hill	
8	Kit	Evans	Boy	07:36	Ambleside AC	
9	James	Skeldon	Boy	07:40	Settle Harriers	
10	Charlie	Butler	Boy	07:50	Keswick AC	
11	Mia	Mcgoldrick	Girl	07:54	Settle Harriers	2nd Girl
12	Mila	Barron	Girl	08:02	Ambleside AC	3rd Girl
13	Albert	Little	Boy	08:05	Bowland	
14	Grace	Goligher	Girl	08:10	Howgill Harriers	
15	Lua	Swami	Girl	08:18	Helm Hill	
16	Lewis	Dalton	Boy	08:19	Helm Hill	
17	Maisie	Todhunter	Girl	08:30	Dallam	
18	Silvia	Parsons	Girl	08:36	Helm Hill	
19	Lucy	Ward	Girl	08:42	Settle Harriers	
20	Jessica	Atkinson	Girl	08:48	Helm Hill	
21	Stanley	Evans	Boy	08:59	Settle Harriers	
22	Kitty	Metcalfe	Girl	09:00		
23	Oliver	Shannon	Boy	09:01	Helm Hill Runners	
24	Freya	Hodgson-Jones	Girl	09:03	Ambleside AC	
25	Alice	Briffett	Girl	09:05	Dallam Running Club	
26	Euan	Goodall	Boy	09:08	Dallam	
27	Martha	Johnson	Girl	09:26	Helm Hill	
28	Jessica	Norman	Girl	09:38		
29	Joss	Blunden	Boy	09:43	Helm Hill	
30	Harry	Gould	Boy	10:18	Settle Harriers	

Scout Scar 2022 Category Results

ALL SENIOR MEN

Position	First Name	Surname	Cat	Time	Club	Comments
1	Tim	Lamont	Man	26:38	Helm Hill	1st Man
2	Charlie	Allmond	MU21	27:05	Ambleside AC	2nd Man/1st MU21
3	Dylan	Cater	MU21	29:00	Helm Hill	3rd Man
4	Joe	Kenny	Man	29:11	Helm Hill	
5	Brian	Pennington	MV40	29:17	Howgill Harriers	1st MV40
6	Lewis	Bowness	Man	29:30	Helm Hill	
7	Andy	F	Man	29:36		
8	Andrew	Broadbent	Man	29:47	Helm Hill	
9	Tom	Gibson	Man	30:00		
10	Jacob	Smith	MU21	30:18		
11	Eric	Beaumont	MU21	30:27	KCAC	
12	Eddie	Fletcher	Man	30:30	Howgill Harriers	
13	James	Parsons	MV40	30:37	Helm Hill	
14	Jack	Eyre	Man	30:45	Eden Runners	
15	Sam	Watson	Man	30:54	Wharfedale Harriers	
16	James	Johnson	MU21	30:56		
17	Ross	Bibby	Man	31:08	Helm Hill	
18	Gregory	Munsch	Man	31:15	Helm Hill Runners	
19	Gareth	Lee	Man	31:17		
20	Michael	Dugdale	Man	31:22	Helm Hill Runners	
21	Joe	Rigby	Man	31:28		
22	Nicholas	Peat	MU21	31:29	Helm Hill	
23	Jethro	Whitfield	MV40	31:36	Wharfedale harriers	
24	Scott	Morley	Man	31:37	Eden Runners	
25	William	Laye	Man	31:42	Helm Hill	
26	Jack	Simpson	Man	31:52	Helm Hill	
27	James	Baron	MV50	31:55	Helm Hill	1st MV50
28	Joe	Conner	Man	32:01	Helm Hill	
29	Mike	Holcroft	Man	32:07	Helm Hill	
30	Tom	Simpson	Man	32:13		
31	Ollie	Barker	Man	32:14	Helm Hill	
32	Rod	Scott	MV40	32:16	Helm Hill Runners	
33	Alfie	Thorpe	MU21	32:20	Ambleside AC	
34	David	Goadby	Man	32:23	Helm Hill	
35	Scott	Rose	MV40	32:26		
36	Michael	Howard	MV40	32:28	Helm Hill	
37	Justin	Tancrel	MV40	32:29	Helm Hill	
38	Simon	Whittaker	MV40	32:31	Helm Hill	
39	Sam	Almond	MU21	32:34		
40	Harvey	Lord	MV40	32:40	Black Combe	
41	Simon	Blunden	MV40	32:45	Helm Hill	
42	Andrew	Wallace	MV40	32:47	Kendal Mac	
43	Niklas	Kox	MU21	32:48	Helm Hill Runners	
44	John	Millen	MV40	32:54	Black Combe Runners	
45	Andrew	Hebson	MV40	32:57	Helm Hill	
46	Mark	Brightwell	MV40	32:59	Helm Hill	
47	Andrew	Douglas	MV40	33:06	Helm Hill	
48	Padraig	Spillane	Man	33:11		
49	Ben	Oldham	MV40	33:14	Leven Valley AC	
50	Craig	Burrow	MV40	33:19	Helm Hill Runners	
51	Ronnie	Haddow	MV50	33:26	Furness Fell Runners	
52	Pete	Rigby	Man	33:35	Helm Hill	
53	Sean	Prendiville	Man	33:46		

54	Rob	Harper	MV50	33:49	Ambleside AC	
55	Ross	Butler	MV40	33:55	Keswick AC	
56	Paul	Dugdale	MV50	34:00	Helm Hill Runners	
57	Peter	German	MV40	34:04	Helm Hill	
58	David	Fort	MV40	34:07	Clayton-Le-Moors Harriers	
59	Matthew	Hoyle	Man	34:17		
60	Christopher	Whitfield	MV40	34:30	Wharfedale Harriers	
61	James	Todhunter	MV40	34:34	Helm Hill	
62	Jim	Andrews	MV50	34:37	Helm Hill	
63	James	Bailey	MV40	34:40	Leven Valley AC	
64	Tim	Pickering	Man	34:43	Helm Hill	
65	Chris	Lowe	MV40	34:46	Helm hill	
66	Jim	Turner	MV40	34:48	Bowland	
67	Alex	Holme	MU21	34:57	Helm Hill	
68	Phil	Riley	MV40	35:10	Helm Hill	
69	Billy	Procter	MV60	35:21	Helm Hill	1st MV60
70	Ben	Fidrmuc	Man	35:31	Kendal AAC	
71	Alistair	Shawcross	MV40	35:36	Dallam	
72	Paul	Atkinson	MV40	35:52		
73	Alex	Matthew	MU21	35:59	Bowland	
74	Shaun	Jackson	MV50	36:04	Altrincham AC	
75	Simon	Wright	MV50	36:06	Bingley Harriers	
76	Tom	Ramsay	Man	36:11		
77	Michael	Toman	MV50	36:14	Accrington Road Runners	
78	Peter	Lawson	Man	36:16	Howgill Harriers	
79	Alistair	Hearn	MV50	36:18	Helm Hill	
80	Matt	Bourne	MV50	36:20	Bowland Fell Runners	
81	Rhys	Morris	Man	36:23		
82	Ray	Gill	MV60	36:30	Helm Hill Runners	
83	Luke	Appleyard	MV40	36:33	Wharfedale	
84	Dan	Mead	Man	36:45	Bowland Fell Runners	
85	Ian	Willis	MV40	36:46	Keighley & Craven	
86	Sean	Robinson	MV40	36:52	Howgill Harriers	
87	Steve	King	MV50	36:54	Helm Hill Runners	
88	Zach	Jennings	Man	37:10	Settle	
89	Nick	Walker	MV40	37:24	Keighley & Craven AC	
90	Rob	Mortimore	MV40	37:32	Helm Hill	
91	Wil	Spain	Man	37:33	Dark Peak	
92	Neil	Whipp	MV40	37:35	Wesham Road Runners	
93	Graham	Jordan	MV40	37:41	Middleton Harriers	
94	Daniel	Mcloughlin	Man	37:52		
95	Neil	Robinson	MV40	37:59	COLT	
96	Martin	Ramsay	MV50	38:13		
97	Declan	Harrison	Man	38:14		
98	Tony	Little	MV40	38:15	Bowland	
99	Seren	Darrell	Man	38:17	Helm Hill	
100	Wilfred	Bell	MV60	38:39	Howgill Harriers	
101	Brian	Thompson	MV60	38:45	Helm Hill Runners	
102	William	Coupe	MV50	38:51	Helm Hill	
103	Paul	Shannon	MV40	38:52		
104	Robert	Crawford	MV40	38:53	Howgill Harriers	
105	Andy	Holden	MV50	38:56	Achille Ratti CC	
106	Oliver	Potts	MU21	39:04		
107	Daniel	Brereton	MV40	39:12		
108	Anthony	Emmet	MV40	39:15	Helm Hill	
109	Colin	Briffett	MV50	39:28	Lonsdale Fell Runners	
110	Tim	Murray	MV60	39:36	Helm Hill Runners	

111	Keith	Tongn	MV60	39:41	Border Liners OC	
112	Richard	Briscoe	MV40	40:04	Clayton Le Moors Harriers	
113	Jack	Holt	MV70	40:27	Clayton Le Moors Harriers	1st MV70
114	Jonathan	Tombs	MV50	40:32	Eden Runners	
115	Andrew	Stokes	MV60	40:36	Dallam	
116	Craig	Partridge	MV50	40:39	Altrincham AC	
117	Ian	Wilson	MV50	40:43	Helm Hill Runners	
118	John	Morley	Man	40:47		
119	Simon	Waller	MV50	40:48	Dallam	
120	Chris	Witter	Man	40:50		
121	Matt	Davis	MV40	41:07	Howgill Harriers	
122	Steve	Wathall	MV60	41:15	Black Combe Runners	
123	Nick	Goligher	MV40	41:38	Howgill Harriers	
124	John	Orrell	MV50	41:43	Blackburn Harriers	
125	Stefan	Bradley	MV40	41:59		
126	Ali	Welsh	MV60	42:05	Bowland Fellrunners	
127	Andy	Ward	MV40	42:08	Settle Harriers	
128	Philip	Kitchen	MV40	42:27		
129	Jeremy	Wilkinson	MV50	42:37	Keighley & Craven AC	
130	Kieran	Craig	Man	43:09		
131	Don	Kershaw	MV60	43:16		
132	Richard	Cater	MV50	43:19	Helm Hill	
133	Mark	Charnley	MV40	43:31	Settle Harriers	
134	Andy	Holme	MV50	43:37	Helm Hill	
135	Paul	Johnson	Man	43:52		
136	Peter	Ellwood	MV50	43:56	Settle Harriers	
137	Peter	Moseley	MV40	44:03	SROC	
138	Dave	Chapman	MV40	44:16	SROC	
139	Andrew	Conner	MV50	44:18	Helm Hill	
140	Andy	Monk	MV60	44:22	Howgill Harriers	
141	Sarah	Welsh	MV40	44:25	Bowland Fell Runners	
142	Colin	Valentine	MV60	44:52	Keswick AC	
143	Daniel	Rayson	MV50	44:57		
144	David	Mainwaring	MV50	44:58		
145	Andrew	Hewitson	MV50	46:25	Lonsdale Fell Runners	
146	Dave	Hewitt	MV60	46:42	Dallam	
147	Matt	Atkinson	MV40	47:55		
148	Andy	Robinson	MV60	48:03	Thames Hare and Hounds	
149	Rowan	Varley	MU21	48:33		
150	John	Taylor	MV70	49:54	Bowland FR	
151	John	Mcgartland	Man	50:07	COLT	
152	Graham	Schofield	MV60	50:21	Chorley ATC	
153	Heidi	Litrezza-Ball	MV40	50:27		
154	Martin	Varley	MV50	50:33		
155	Iain	Crossley	MV60	51:19	Settle Harriers	
156	Benji	Grundy	MU21	51:46	Wharfedale Harriers	
157	Trevor	Metcalfe	MV70	58:09	Wharfedale Harriers	
158	Brian	Carlise	MV60	1:00:36		
159	Robert	Massey	MV70	1:05:03	Blackpool Wyre & Fylde AC	
160	Antonio	Cardinale	MV70	1:22:06	Otley AC	

MEN

Position	First Name	Surname	Cat	Time	Club	Comments
1	Tim	Lamont	Man	26:38	Helm Hill	1st Man
2	Charlie	Allmond	MU21	27:05	Ambleside AC	2nd Man/1st MU21
3	Dylan	Cater	MU21	29:00	Helm Hill	3rd Man
4	Joe	Kenny	Man	29:11	Helm Hill	
5	Lewis	Bowness	Man	29:30	Helm Hill	
6	Andy	F	Man	29:36		
7	Andrew	Broadbent	Man	29:47	Helm Hill	
8	Tom	Gibson	Man	30:00		
9	Jacob	Smith	MU21	30:18		
10	Eric	Beaumont	MU21	30:27	KCAC	
11	Eddie	Fletcher	Man	30:30	Howgill Harriers	
12	Jack	Eyre	Man	30:45	Eden Runners	
13	Sam	Watson	Man	30:54	Wharfedale Harriers	
14	James	Johnson	MU21	30:56		
15	Ross	Bibby	Man	31:08	Helm Hill	
16	Gregory	Munsch	Man	31:15	Helm Hill Runners	
17	Gareth	Lee	Man	31:17		
18	Michael	Dugdale	Man	31:22	Helm Hill Runners	
19	Joe	Rigby	Man	31:28		
20	Nicholas	Peat	MU21	31:29	Helm Hill	
21	Scott	Morley	Man	31:37	Eden Runners	
22	William	Laye	Man	31:42	Helm Hill	
23	Jack	Simpson	Man	31:52	Helm Hill	
24	Joe	Conner	Man	32:01	Helm Hill	
25	Mike	Holcroft	Man	32:07	Helm Hill	
26	Tom	Simpson	Man	32:13		
27	Ollie	Barker	Man	32:14	Helm Hill	
28	Alfie	Thorpe	MU21	32:20	Ambleside AC	
29	David	Goadby	Man	32:23	Helm Hill	
30	Sam	Almond	MU21	32:34		
31	Niklas	Kox	MU21	32:48	Helm Hill Runners	
32	Padraig	Spillane	Man	33:11		
33	Pete	Rigby	Man	33:35	Helm Hill	
34	Sean	Prendiville	Man	33:46		
35	Matthew	Hoyle	Man	34:17		
36	Tim	Pickering	Man	34:43	Helm Hill	
37	Alex	Holme	MU21	34:57	Helm Hill	
38	Ben	Fidrmuc	Man	35:31	Kendal AAC	
39	Alex	Matthew	MU21	35:59	Bowland	
40	Tom	Ramsay	Man	36:11		
41	Peter	Lawson	Man	36:16	Howgill Harriers	
42	Rhys	Morris	Man	36:23		
43	Dan	Mead	Man	36:45	Bowland Fell Runners	
44	Zach	Jennings	Man	37:10	Settle	
45	Wil	Spain	Man	37:33	Dark Peak	
46	Daniel	Mcloughlin	Man	37:52		
47	Declan	Harrison	Man	38:14		
48	Seren	Darrell	Man	38:17	Helm Hill	
49	Oliver	Potts	MU21	39:04		
50	John	Morley	Man	40:47		
51	Chris	Witter	Man	40:50		
52	Kieran	Craig	Man	43:09		
53	Paul	Johnson	Man	43:52		
54	Rowan	Varley	MU21	48:33		
55	John	Mcgartland	Man	50:07	COLT	

56	Benji	Grundy	MU21	51:46	Wharfedale Harriers	
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MEN UNDER 21

Position	First Name	Surname	Cat	Time	Club	Comments
1	Charlie	Allmond	MU21	27:05	Ambleside AC	2nd Man/1st MU21
2	Dylan	Cater	MU21	29:00	Helm Hill	3rd Man
3	Jacob	Smith	MU21	30:18		
4	Eric	Beaumont	MU21	30:27	KCAC	
5	James	Johnson	MU21	30:56		
6	Nicholas	Peat	MU21	31:29	Helm Hill	
7	Alfie	Thorpe	MU21	32:20	Ambleside AC	
8	Sam	Almond	MU21	32:34		
9	Niklas	Kox	MU21	32:48	Helm Hill Runners	
10	Alex	Holme	MU21	34:57	Helm Hill	
11	Alex	Matthew	MU21	35:59	Bowland	
12	Oliver	Potts	MU21	39:04		
13	Rowan	Varley	MU21	48:33		
14	Benji	Grundy	MU21	51:46	Wharfedale Harriers	

MEN - VET 40

Position	First Name	Surname	Cat	Time	Club	Comments
1	Brian	Pennington	MV40	29:17	Howgill Harriers	1st MV40
2	James	Parsons	MV40	30:37	Helm Hill	
3	Jethro	Whitfield	MV40	31:36	Wharfedale harriers	
4	Rod	Scott	MV40	32:16	Helm Hill Runners	
5	Scott	Rose	MV40	32:26		
6	Michael	Howard	MV40	32:28	Helm Hill	
7	Justin	Tancrel	MV40	32:29	Helm Hill	
8	Simon	Whittaker	MV40	32:31	Helm Hill	
9	Harvey	Lord	MV40	32:40	Black Combe	
10	Simon	Blunden	MV40	32:45	Helm Hill	
11	Andrew	Wallace	MV40	32:47	Kendal Mac	
12	John	Millen	MV40	32:54	Black Combe Runners	
13	Andrew	Hebson	MV40	32:57	Helm Hill	
14	Mark	Brightwell	MV40	32:59	Helm Hill	
15	Andrew	Douglas	MV40	33:06	Helm Hill	
16	Ben	Oldham	MV40	33:14	Leven Valley AC	
17	Craig	Burrow	MV40	33:19	Helm Hill Runners	
18	Ross	Butler	MV40	33:55	Keswick AC	
19	Peter	German	MV40	34:04	Helm Hill	
20	David	Fort	MV40	34:07	Clayton-Le-Moors Harriers	
21	Christopher	Whitfield	MV40	34:30	Wharfedale Harriers	
22	James	Todhunter	MV40	34:34	Helm Hill	
23	James	Bailey	MV40	34:40	Leven Valley AC	
24	Chris	Lowe	MV40	34:46	Helm hill	
25	Jim	Turner	MV40	34:48	Bowland	
26	Phil	Riley	MV40	35:10	Helm Hill	
27	Alistair	Shawcross	MV40	35:36	Dallam	
28	Paul	Atkinson	MV40	35:52		
29	Luke	Appleyard	MV40	36:33	Wharfedale	
30	Ian	Willis	MV40	36:46	Keighley & Craven	
31	Sean	Robinson	MV40	36:52	Howgill Harriers	
32	Nick	Walker	MV40	37:24	Keighley & Craven AC	
33	Rob	Mortimore	MV40	37:32	Helm Hill	
34	Neil	Whipp	MV40	37:35	Wesham Road Runners	
35	Graham	Jordan	MV40	37:41	Middleton Harriers	
36	Neil	Robinson	MV40	37:59	COLT	
37	Tony	Little	MV40	38:15	Bowland	
38	Paul	Shannon	MV40	38:52		
39	Robert	Crawford	MV40	38:53	Howgill Harriers	
40	Daniel	Brereton	MV40	39:12		
41	Anthony	Emmet	MV40	39:15	Helm Hill	
42	Richard	Briscoe	MV40	40:04	Clayton Le Moors Harriers	
43	Matt	Davis	MV40	41:07	Howgill Harriers	
44	Nick	Goligher	MV40	41:38	Howgill Harriers	
45	Stefan	Bradley	MV40	41:59		
46	Andy	Ward	MV40	42:08	Settle Harriers	
47	Philip	Kitchen	MV40	42:27		
48	Mark	Charnley	MV40	43:31	Settle Harriers	
49	Peter	Moseley	MV40	44:03	SROC	
50	Dave	Chapman	MV40	44:16	SROC	
51	Sarah	Welsh	MV40	44:25	Bowland Fell Runners	
52	Matt	Atkinson	MV40	47:55		
53	Heidi	Litrezza-Ball	MV40	50:27		

MEN - VET 50

Position	First Name	Surname	Cat	Time	Club	Comments
1	James	Baron	MV50	31:55	Helm Hill	1st MV50
2	Ronnie	Haddow	MV50	33:26	Furness Fell Runners	
3	Rob	Harper	MV50	33:49	Ambleside AC	
4	Paul	Dugdale	MV50	34:00	Helm Hill Runners	
5	Jim	Andrews	MV50	34:37	Helm Hill	
6	Shaun	Jackson	MV50	36:04	Altrincham AC	
7	Simon	Wright	MV50	36:06	Bingley Harriers	
8	Michael	Toman	MV50	36:14	Accrington Road Runners	
9	Alistair	Hearn	MV50	36:18	Helm Hill	
10	Matt	Bourne	MV50	36:20	Bowland Fell Runners	
11	Steve	King	MV50	36:54	Helm Hill Runners	
12	Martin	Ramsay	MV50	38:13		
13	William	Coupe	MV50	38:51	Helm Hill	
14	Andy	Holden	MV50	38:56	Achille Ratti CC	
15	Colin	Briffett	MV50	39:28	Lonsdale Fell Runners	
16	Jonathan	Tombs	MV50	40:32	Eden Runners	
17	Craig	Partridge	MV50	40:39	Altrincham AC	
18	Ian	Wilson	MV50	40:43	Helm Hill Runners	
19	Simon	Waller	MV50	40:48	Dallam	
20	John	Orrell	MV50	41:43	Blackburn Harriers	
21	Jeremy	Wilkinson	MV50	42:37	Keighley & Craven AC	
22	Richard	Cater	MV50	43:19	Helm Hill	
23	Andy	Holme	MV50	43:37	Helm Hill	
24	Peter	Ellwood	MV50	43:56	Settle Harriers	
25	Andrew	Conner	MV50	44:18	Helm Hill	
26	Daniel	Rayson	MV50	44:57		
27	David	Mainwaring	MV50	44:58		
28	Andrew	Hewitson	MV50	46:25	Lonsdale Fell Runners	
29	Martin	Varley	MV50	50:33		

MEN - VET 60

Position	First Name	Surname	Cat	Time	Club	Comments
1	Billy	Procter	MV60	35:21	Helm Hill	1st MV60
2	Ray	Gill	MV60	36:30	Helm Hill Runners	
3	Wilfred	Bell	MV60	38:39	Howgill Harriers	
4	Brian	Thompson	MV60	38:45	Helm Hill Runners	
5	Tim	Murray	MV60	39:36	Helm Hill Runners	
6	Keith	Tongn	MV60	39:41	Border Liners OC	
7	Andrew	Stokes	MV60	40:36	Dallam	
8	Steve	Wathall	MV60	41:15	Black Combe Runners	
9	Ali	Welsh	MV60	42:05	Bowland Fellrunners	
10	Don	Kershaw	MV60	43:16		
11	Andy	Monk	MV60	44:22	Howgill Harriers	
12	Colin	Valentine	MV60	44:52	Keswick AC	
13	Dave	Hewitt	MV60	46:42	Dallam	
14	Andy	Robinson	MV60	48:03	Thames Hare and Hounds	
15	Graham	Schofield	MV60	50:21	Chorley ATC	
16	Iain	Crossley	MV60	51:19	Settle Harriers	
17	Brian	Carlise	MV60	1:00:36		

MEN - VET 70

Position	First Name	Surname	Cat	Time	Club	Comments
1	Jack	Holt	MV70	40:27	Clayton Le Moors Harriers	1st MV70
2	John	Taylor	MV70	49:54	Bowland FR	
3	Trevor	Metcalfe	MV70	58:09	Wharfedale Harriers	
4	Robert	Massey	MV70	1:05:03	Blackpool Wyre & Fylde AC	
5	Antonio	Cardinale	MV70	1:22:06	Otley AC	

ALL SENIOR LADIES

Position	First Name	Surname	Cat	Time	Club	Comments
1	Sharon	Taylor	LV40	31:48	Helm Hill Runners	1st Lady/1st LV40
2	Anna	Lupton	LV40	32:32	Black Combe Runners	2nd Lady
3	Kelli	Roberts	Lady	33:37	Helm Hill	3rd Lady
4	Clare	Mckeown	LV50	34:23	Border Harriers	1st LV50
5	Lauren	Munro-Bennett	Lady	34:50	Ambleside AC	
6	Bianca	Dyer	LV40	34:58	Helm Hill	
7	Rhiannon	Douglas	Lady	35:17	Border Harriers	
8	Alice	Rea	Lady	36:56	Helm Hill	
9	Sharon	Dixon	LV50	36:59	Glaxo Hoad Hill Harriers	
10	Lucy	Spain	Lady	37:01	Helm Hill	
11	Sarah	Gerrish	Lady	37:03	Helm Hill	
12	Emma	Kearsey	Lady	37:15	Helm Hill Runners	
13	Jenny	Lyon	LV40	38:26	Dallam	
14	Leah	Albion	Lady	38:36	Broughton Runners	
15	Caroline	Holden	LV50	38:48	Helm Hill	
16	Liz	Mcnally	LV50	38:50	Leven Valley AC	
17	Katey	Markland	Lady	38:57	Preston harriers	
18	Catherine	White	LV40	38:59	Wharfedale Harriers	
19	Rowena	Browne	LV50	39:18	Bowland	
20	Anna	Oakes-Monger	Lady	39:25		
21	Ruth	Bell	Lady	39:38	Helm Hill	
22	Emma	Shawcross	LV40	39:45		
23	Rosie	Parkinson	Lady	39:51		
24	Sarah	Atkinson	Lady	39:56		
25	Becks	Smith	LV40	40:17		
26	Catherine	Sanderson	LV40	40:52	Helm Hill	
27	Kerri	Wadsworth	LV40	41:01	Helm Hill	
28	Kerry	Cornforth	LV50	41:05	Keswick Ac	
29	Joanne	Mcleod	LV50	41:09	Glaxo Hoad Hill Harriers	
30	Jess	Bagnall	LV40	41:35	Settle Harriers	
31	Liz	Whitfield	LV40	41:42	Helm Hill Runners	
32	Emily	Winter	Lady	41:45		
33	Sophie	Guinard	Lady	41:52		
34	Angela	Brand-Barker	LV60	41:57	Helm Hill	1st LV60
35	Victoria	Upton	Lady	42:10	Helm Hill Runners	
36	Maria	Hearn	LV40	42:30	Helm Hill	
37	Emma	Watson	Lady	43:23	Wharfedale Harriers	
38	Charlotte	Seward	Lady	43:28		
39	Daisy	Hollister	Lady	43:59	Helm Hill	
40	Janet	Speight	LV50	44:11		
41	Jo	Cater	LV50	44:13	Helm Hill	
42	Fran	Connolly	LV40	44:45	Blackpool Wyre & Fylde AC	
43	Vicky	Kirkwood	LV50	44:48	Dallam	
44	Grace	Leedham	LV50	44:49	Dallam Running Club	
45	Caroline	Armitage	LV50	44:50		
46	Emma	Blundell	Lady	44:52	Lonsdale Fell Runners	
47	Kate	Brayshaw	LV40	45:00	Helm Hill	
48	Lynn	Whittaker	LV60	45:06	Wharfedale Harriers	
49	Wendy	Dodds	LV70	45:52	Dallam Running Club	1st LV70
50	Holy	Acland	LV40	45:55	Helm Hill	
51	Libby	Dixon	LV40	46:08		
52	Paula	Bowen	LV50	46:09	Ambleside AC	
53	Pam	Bagot	LV40	46:36	Settle	
54	Louise	Dunn	LV60	46:50		
55	Sarah	Senior	LV50	46:55	Helm Hill	

56	Amanda	Burrow	LV40	47:31	Helm Hill	
57	Vicki	Sherrington	LV50	47:43	Helm Hill	
58	Sam	Harding	LV40	48:15		
59	Judith	Marshall	LV40	48:40	Settle harriers	
60	Jo	Matthew	LV40	48:51	Bowland	
61	Jo	Taylor	LV50	49:38	Bowland FR	
62	Emily	Crossley	LU21	50:37	Settle Harriers	1st LU21
63	Janine	Jordan	LV40	50:46	Middleton Harriers	
64	Veronica	Waller	LV50	51:34	Dallam	
65	Jennifer	Burtonwood	LV50	51:36	Blackpool Wyre & Fylde AC	
66	Cheryl	Rickwood	Lady	51:50	Blackpool Wyre & Fylde AC	
67	Anna	Stevens	LV50	52:03	Helm Hill	
68	Emma	Goligher	LV40	52:18	Howgill Harriers	
69	Patty	Davies	LV50	52:47	Helm Hill	
70	Sian	Norman	LV40	53:00		
71	Sonja	Vietoris	LV60	55:13	Dallam Running Club	
72	Katharine	Shrine	LV40	55:24		
73	Victoria	McGarry	LV50	55:32		
74	Samantha	Carlisle	Lady	56:21		
75	Miriam	Rosen	LV70	57:10	Lancaster & Morecambe AC	
76	Jill	Gates	LV60	57:31	Settle Harriers	
77	Alison	Almond	LV50	57:37		
78	Rachel	Brummitt	LV40	1:00:00	Settle Harriers	

LADIES

Position	First Name	Surname	Cat	Time	Club	Comments
1	Kelli	Roberts	Lady	33:37	Helm Hill	3rd Lady
2	Lauren	Munro-Bennett	Lady	34:50	Ambleside AC	
3	Rhiannon	Douglas	Lady	35:17	Border Harriers	
4	Alice	Rea	Lady	36:56	Helm Hill	
5	Lucy	Spain	Lady	37:01	Helm Hill	
6	Sarah	Gerrish	Lady	37:03	Helm Hill	
7	Emma	Kearsey	Lady	37:15	Helm Hill Runners	
8	Leah	Albion	Lady	38:36	Broughton Runners	
9	Katey	Markland	Lady	38:57	Preston harriers	
10	Anna	Oakes-Monger	Lady	39:25		
11	Ruth	Bell	Lady	39:38	Helm Hill	
12	Rosie	Parkinson	Lady	39:51		
13	Sarah	Atkinson	Lady	39:56		
14	Emily	Winter	Lady	41:45		
15	Sophie	Guinard	Lady	41:52		
16	Victoria	Upton	Lady	42:10	Helm Hill Runners	
17	Emma	Watson	Lady	43:23	Wharfedale Harriers	
18	Charlotte	Seward	Lady	43:28		
19	Daisy	Hollister	Lady	43:59	Helm Hill	
20	Emma	Blundell	Lady	44:52	Lonsdale Fell Runners	
21	Emily	Crossley	LU21	50:37	Settle Harriers	1st LU21
22	Cheryl	Rickwood	Lady	51:50	Blackpool Wyre & Fylde AC	
23	Samantha	Carlisle	Lady	56:21		

LADIES UNDER 21

Position	First Name	Surname	Cat	Time	Club	Comments
1	Emily	Crossley	LU21	50:37	Settle Harriers	1st LU21

LADIES - VET 40

Position	First Name	Surname	Cat	Time	Club	Comments
1	Sharon	Taylor	LV40	31:48	Helm Hill Runners	1st Lady/1st LV40
2	Anna	Lupton	LV40	32:32	Black Combe Runners	2nd Lady
3	Bianca	Dyer	LV40	34:58	Helm Hill	
4	Jenny	Lyon	LV40	38:26	Dallam	
5	Catherine	White	LV40	38:59	Wharfedale Harriers	
6	Emma	Shawcross	LV40	39:45		
7	Becks	Smith	LV40	40:17		
8	Catherine	Sanderson	LV40	40:52	Helm Hill	
9	Kerri	Wadsworth	LV40	41:01	Helm Hill	
10	Jess	Bagnall	LV40	41:35	Settle Harriers	
11	Liz	Whitfield	LV40	41:42	Helm Hill Runners	
12	Maria	Hearn	LV40	42:30	Helm Hill	
13	Fran	Connolly	LV40	44:45	Blackpool Wyre & Fylde AC	
14	Kate	Brayshaw	LV40	45:00	Helm Hill	
15	Holy	Acland	LV40	45:55	Helm Hill	
16	Libby	Dixon	LV40	46:08		
17	Pam	Bagot	LV40	46:36	Settle	
18	Amanda	Burrow	LV40	47:31	Helm Hill	
19	Sam	Harding	LV40	48:15		
20	Judith	Marshall	LV40	48:40	Settle harriers	
21	Jo	Matthew	LV40	48:51	Bowland	
22	Janine	Jordan	LV40	50:46	Middleton Harriers	
23	Emma	Goligher	LV40	52:18	Howgill Harriers	
24	Sian	Norman	LV40	53:00		
25	Katharine	Shrine	LV40	55:24		
26	Rachel	Brummitt	LV40	1:00:00	Settle Harriers	

LADIES - VET 50

Position	First Name	Surname	Cat	Time	Club	Comments
1	Clare	Mckeown	LV50	34:23	Border Harriers	1st LV50
2	Sharon	Dixon	LV50	36:59	Glaxo Hoad Hill Harriers	
3	Caroline	Holden	LV50	38:48	Helm Hill	
4	Liz	Mcnally	LV50	38:50	Leven Valley AC	
5	Rowena	Browne	LV50	39:18	Bowland	
6	Kerry	Cornforth	LV50	41:05	Keswick Ac	
7	Joanne	Mcleod	LV50	41:09	Glaxo Hoad Hill Harriers	
8	Janet	Speight	LV50	44:11		
9	Jo	Cater	LV50	44:13	Helm Hill	
10	Vicky	Kirkwood	LV50	44:48	Dallam	
11	Grace	Leedham	LV50	44:49	Dallam Running Club	
12	Caroline	Armitage	LV50	44:50		
13	Paula	Bowen	LV50	46:09	Ambleside AC	
14	Sarah	Senior	LV50	46:55	Helm Hill	
15	Vicki	Sherrington	LV50	47:43	Helm Hill	
16	Jo	Taylor	LV50	49:38	Bowland FR	
17	Veronica	Waller	LV50	51:34	Dallam	
18	Jennifer	Burtonwood	LV50	51:36	Blackpool Wyre & Fylde AC	
19	Anna	Stevens	LV50	52:03	Helm Hill	
20	Patty	Davies	LV50	52:47	Helm Hill	
21	Victoria	McGarry	LV50	55:32		
22	Alison	Almond	LV50	57:37		

LADIES - VET 60

Position	First Name	Surname	Cat	Time	Club	Comments
1	Angela	Brand-Barker	LV60	41:57	Helm Hill	1st LV60
2	Lynn	Whittaker	LV60	45:06	Wharfedale Harriers	
3	Louise	Dunn	LV60	46:50		
4	Sonja	Vietoris	LV60	55:13	Dallam Running Club	
5	Jill	Gates	LV60	57:31	Settle Harriers	

LADIES - VET 70

Position	First Name	Surname	Cat	Time	Club	Comments
1	Wendy	Dodds	LV70	45:52	Dallam Running Club	1st LV70
2	Miriam	Rosen	LV70	57:10	Lancaster & Morecambe AC	

UNDER 17 BOYS

Position	First Name	Surname	Cat	Time	Club	Comments
1	Harry	Ewbank	Boy	17:14	Eden Runners	1st Boy
2	Will	Mcnally	Boy	17:24	Leven Valley AC	2nd Boy
3	Rowan	Ashworth	Boy	18:07	Ambleside AC	3rd Boy
4	Oliver	Oldham	Boy	18:41	Leven Valley AC	
5	Logan	Mccredie	Boy	19:03	Barlick Fell Runners	
6	Tom	Johnson	Boy	20:46		
7	Isaac	Robinson	Boy	21:12	Howgill Harriers	
8	Jamie	Waller	Boy	22:14	Lancaster & Morecambe AC	
9	Jacob	Varley	Boy	23:59		

UNDER 17 GIRLS

Position	First Name	Surname	Cat	Time	Club	Comments
1	Charlotte	Peart	Girl	20:54	Settle Harriers	1st Girl
2	Sarah	Smith	Girl	22:50	Helm Hill	2nd Girl
3	Connie-May	Scott	Girl	23:30	Helm Hill Runners	3rd Girl
4	Vicky	Woof	Girl	24:15	Howgill Harriers	
5	Cate	Matthew	Girl	24:45	Bowland	

UNDER 15 BOYS

Position	First Name	Surname	Cat	Time	Club	Comments
1	Jack	Sanderson	Boy	07:57	Settle Harriers	1st Boy
2	Alfie	Addison	Boy	08:04	Helm Hill	2nd Boy
3	Archie	Peaker	Boy	08:11	Keighley & Craven	3rd Boy
4	Ewen	Wilkinson	Boy	08:18	Keighley & Craven AC	
5	Noah	Wadsworth	Boy	08:27	Helm Hill	
6	Josh	Todd	Boy	08:50	Ambleside AC	
7	Will	Brayshaw	Boy	08:57	Helm Hill	
8	Toby	Acland	Boy	08:58	Helm Hill	
9	Oliver	Ball	Boy	08:59	Bowland Fell Runners	
10	John	Williamson	Boy	09:00	Leven Valley AC	
11	Jo	Hilborne	Boy	09:01		
12	Robbie	Watmough	Boy	09:02	Settle harriers	
13	Alfie	Todd	Boy	09:07	Ambleside AC	
14	Harvey	Shaw	Boy	09:23	Ambleside AC	
15	Zeke	Sumer	Boy	09:38	Ambleside AC	
16	Tom	Ashworth	Boy	09:48	Ambleside AC	
17	Ben	Todhunter	Boy	09:57	Dallam	
18	Jack	Pearman	Boy	10:03	Helm Hill	
19	Fraser	Dunn	Boy	10:24	Helm Hill Runners	
20	Mack	Bagnall	Boy	10:37	Settle Harriers	
21	Thomas	Hearn	Boy	10:43	Helm Hill	
22	Theo	Robinson	Boy	11:08	Howgill Harriers	
23	Alexander	Charnley	Boy	12:11		
24	Zach	Thomas	Boy	12:13		
25	Charlie	Ellwood	Boy	13:07	Settle	

UNDER 15 GIRLS

Position	First Name	Surname	Cat	Time	Club	Comments
1	Millie	Jebb	Girl	09:13	Helm Hill Runners	1st Girl
2	Lara	Smith	Girl	09:25	Helm Hill	2nd Girl
3	Lucy	Bagot	Girl	10:17	Settle	3rd Girl
4	Madeleine	Martindale	Girl	10:34	Helm Hill	
5	Cara	Bradley	Girl	10:38	Ambleside AC	
6	Ellie	Todhunter	Girl	10:40	Dallam	
7	Isla	Pearman	Girl	10:54	Helm Hill	
8	Lily-Grace	Clayton	Girl	11:06	Wharfedale Harriers	
9	Isabel	Sanderson	Girl	11:14	Helm Hill	
10	Isabelle	Teal	Girl	11:30	Wharfedale Harriers	
11	Eve	Briffett	Girl	11:36	Dallam Running Club	
12	Bridget	Atkinson	Girl	11:54	Howgill	
13	Hannah	Dyer	Girl	12:15	Helm Hill	
14	Betsy	Willis	Girl	18:15	Wharfedale Harriers	

UNDER 13 BOYS

Position	First Name	Surname	Cat	Time	Club	Comments
1	Cooper	Wadsworth	Boy	06:35	Helm Hill	1st Boy
2	Evan	Mulvany	Boy	06:38	Helm Hill	2nd Boy
3	Sam	Oldham	Boy	06:51	Leven Valley AC	3rd Boy
4	Ewan	Angus	Boy	07:04	Settle Harriers	
5	Ben	Brummitt	Boy	07:05	Settle Harriers	
6	Joseph	Green	Boy	07:11	Ambleside AC	
7	Dougal	Houston	Boy	07:15	Helm Hill	
8	Carl	Sanderson	Boy	07:22	Settle Harriers	
9	Edward	Shawcross	Boy	07:22	Ambleside AC	
10	Harry	Fife	Boy	07:27		
11	Rowan	Bradley	Boy	07:30	Ambleside AC	
12	Harry	Fife	Boy	07:32		
13	Keir	Gardner-Aston	Boy	07:33	Helm Hill	
14	Demitri	Kyriacou	Boy	07:38	Leven Valley AC	
15	Joseph	Cook	Boy	07:44	Furness Fell Runners	
16	Ghyll	Baker	Boy	07:55	Helm Hill Runners	
17	Thomas	Armitage	Boy	07:56	Settle Harriers	
18	Alexander	Bolland	Boy	07:58	Helm Hill	
19	Stan	Marston	Boy	07:59	Helm Hill	
20	Tom	Chapman	Boy	08:00	SROC	
21	William	Gornall	Boy	08:16		
22	Alfie	Barden	Boy	08:24		
23	Reuben	Fife	Boy	08:33		
24	Oliver	Charnley	Boy	08:56		
25	Freddie	Crawford	Boy	09:23		

UNDER 13 GIRLS

Position	First Name	Surname	Cat	Time	Club	Comments
1	Isla	Jebb	Girl	07:07	Helm Hill Runners	1st Girl
2	Sophie	Norman	Girl	07:16		2nd Girl
3	Fay	Thomas	Girl	07:39	Helm Hill	3rd Girl
4	Emmy	Ranner	Girl	07:46	Helm Hill	
5	Francesca	Bagot	Girl	07:47	Settle	
6	Holly	Nicholls	Girl	07:49	Wigan & District Harriers	
7	Sophie	Brady	Girl	07:52	Wharfedale Harriers	
8	Rosie	Scott	Girl	08:14	Ambleside AC	
9	Rosie	Speight	Girl	08:17		
10	Isla	Douglas	Girl	08:35	Helm Hill	
11	Roisin	Jordan	Girl	09:17	Oldham and Royton Harriers	
DNF	Amelie	Armstrong	Girl	DNF	Broughton Runners Juniors	

UNDER 11 BOYS

Position	First Name	Surname	Cat	Time	Club	Comments
1	Noah	Cook	Boy	06:46	Furness Fell Runners	1st Boy
2	Harri	Tancrel	Boy	06:58	Helm Hill	2nd Boy
3	Jos	Jebb	Boy	07:14	Helm Hill Runners	3rd Boy
4	William	Goligher	Boy	07:21	Howgill Harriers	
5	Herbie	Marston	Boy	07:25	Helm Hill	
6	Ben	Mulvany	Boy	07:32	Helm Hill	
7	Kit	Evans	Boy	07:36	Ambleside AC	
8	James	Skeldon	Boy	07:40	Settle Harriers	
9	Charlie	Butler	Boy	07:50	Keswick AC	
10	Albert	Little	Boy	08:05	Bowland	
11	Lewis	Dalton	Boy	08:19	Helm Hill	
12	Stanley	Evans	Boy	08:59	Settle Harriers	
13	Oliver	Shannon	Boy	09:01	Helm Hill Runners	
14	Euan	Goodall	Boy	09:08	Dallam	
15	Joss	Blunden	Boy	09:43	Helm Hill	
16	Harry	Gould	Boy	10:18	Settle Harriers	

UNDER 11 GIRLS

Position	First Name	Surname	Cat	Time	Club	Comments
1	Alice	White	Girl	07:08	Skipton AC	1st Girl
2	Mia	Mcgoldrick	Girl	07:54	Settle Harriers	2nd Girl
3	Mila	Barron	Girl	08:02	Ambleside AC	3rd Girl
4	Grace	Goligher	Girl	08:10	Howgill Harriers	
5	Lua	Swami	Girl	08:18	Helm Hill	
6	Maisie	Todhunter	Girl	08:30	Dallam	
7	Silvia	Parsons	Girl	08:36	Helm Hill	
8	Lucy	Ward	Girl	08:42	Settle Harriers	
9	Jessica	Atkinson	Girl	08:48	Helm Hill	
10	Kitty	Metcalfe	Girl	09:00		
11	Freya	Hodgson-Jones	Girl	09:03	Ambleside AC	
12	Alice	Briffett	Girl	09:05	Dallam Running Club	
13	Martha	Johnson	Girl	09:26	Helm Hill	
14	Jessica	Norman	Girl	09:38		