



Supported by Different Strokes

## Helm Hill - Results 20 March 2016

### Senior Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	929	Alasdair	Russell	Man	32:01	Kendal	1st Man
2	863	Josh	Jardine	Man	34:45	UA	2nd Man
3	675	Connor	McGurk	Man	35:05	Kendal	3rd Man
4	516	Jon	Rylance	MV40	35:28	Ambleside	1st MV40
5	635	Alex	Hinchcliffe	Man	35:39	Helm Hill	
6	742	Paul	Aitken	Man	36:08	Helm Hill	
7	934	Seb	Sillito	Man	36:58	Helm Hill	
8	736	Mike	Egner	MV60	37:14	Settle	1st MV60
9	755	Brian	Pennington	Man	37:43	Howgill Harrier	
10	504	Craig	Burrows	MV40	37:59	Helm Hill	
11	611	David	Goadby	Man	38:06	Helm Hill	
12	637	James	Gray	Man	38:32	UA	
13	565	Peter	German	Man	38:46	Helm Hill	
14	687	Ben	Jackson	Man	39:02	UA	
15	669	Paul	MacFarlane	Man	39:09	Helm Hill	
16	639	James	Baron	MV40	39:11	Helm Hill	
17	840	Martin	Spooner	Man	39:14	Howgill Harrier	
18	606	Paul	Lambert	MV50	39:28	Wharfedale	1st MV50
19	827	Adam	Oliver	Man	40:09	Helm Hill	
20	930	Stu	Robinson	Man	40:36	Helm Hill	
21	545	Jacob	Dyer	MV40	40:55	Helm Hill	
22	852	Alan	Life	MV50	41:08	Clayton	
23	931	Elizabeth	Leason	Lady	41:10	Glossopdale Harriers	1st Lady
24	847	Mike	Walsh	MV60	41:28	Kendal	
25	700	Tim	Roe	Man	41:37	Helm Hill	
26	518	Carol	Evans	LV50	41:38	Settle	2nd Lady/1st LV50
27	691	Brian	Thompson	MV60	41:57	Helm Hill	
28	711	Jonathan	Boadle	Man	42:01	UA	
29	546	Richard	Wells	MV40	42:08	UA	
30	676	Peter	Lawson	Man	42:16	UA	
31	748	Simon	Waller	MV40	42:25	Helm Hill	
32	754	Mark	Bell	MV50	42:54	Dallam	
33	763	Robert	Mortimore	Man	42:56	Helm Hill	
34	627	Richard	Duckett	Man	43:10	UA	
35	751	Andy	Holden	MV50	43:26	Wharfedale	
36	557	James	Todhunter	Man	44:05	UA	
37	709	Matt	Davis	Man	44:09	Howgill Harrier	
38	640	Michael	Duncan	Man	44:33	UA	
39	539	Peter	Singleton	MV50	44:43	Blackpool	
40	537	Debbie	Copley	LV50	44:44	Dallam	3rd Lady
41	672	Stephen	Moor	MV50	44:46	Settle	
42	520	Eleanor	Knowles	LV40	45:00	Ambleside	1st LV40
43	727	Andrew	Shepherd	Man	46:02	UA	
44	679	Patrick	Willink	MV50	46:21	Helm Hill	
45	674	Stuart	McGurk	MV50	46:34	Kendal	
46	544	Bianca	Dyer	LV40	46:48	Kendal Tri	
47	572	Andy	Bennett	MV40	46:53	Helm Hill	
48	576	Andy	Dickson	MV50	46:58	Coniston	
49	668	Wendy	Dodds	LV60	46:58	Clayton	1st LV60
50	547	Mike	Troup	MV60	47:00	Ambleside	
51	605	Jonathan	Gibson	MV50	47:19	Wharfedale	
52	933	Rosie	Dale	Lady	47:39	Lancaster and Morecambe	
53	789	Richard	Greenep	MV40	47:45	Settle	

54	728	Niall	Johnson	MV40	47:56	UA	
55	585	Mo	Kelly	Lady	48:08	Howgill Harrier	
56	577	Debs	Greaves	LV40	48:27	Howgill Harrier	
57	502	Amanda	Burrows	LV40	48:48	Helm Hill	
58	737	Pete	Coe	MV60	48:49	Helm Hill	
59	927	John	Leech	MV50	48:49	Dallam	
60	819	Helen	Greenep	LV50	49:05	Settle	
61	743	Barry	Scholes	MV60	49:15	Settle	
62	532	Jayne	Rigby	LV40	49:20	Helm Hill	
63	732	Mark	Cropper	MV40	49:29	Helm Hill	
64	550	Hannah	Thom	Lady	49:32	Keighley and Craven	
65	664	Chris	Beesley	MV60	49:36	Settle	
66	510	Lynn	Whittaker	LV50	50:04	Wharfedale	
67	628	Mark	Charnley	MV40	50:08	Settle	
68	559	Carolyn	Meschino	Lady	50:22	Ambleside	
69	820	Judith	Marshall	LV40	50:35	Settle	
70	716	David	Mainwaring	MV50	51:02	UA	
71	515	Niki	Rylance	LV40	51:13	Ambleside	
72	549	Tim	Thom	MV40	51:20	Keighley and Craven	
73	556	Russell	Cannon	MV50	51:38	Helm Hill	
74	601	John	Hodgson	MV60	51:58	Dallam	
75	533	Sarah	Folks	LV40	53:17	UA	
76	591	Dave	Hewitt	MV50	53:47	Dallam	
77	657	Vicky	Kirkwood	LV40	54:58	Dallam	
78	602	Gregory	Tagney	MV60	55:07	Dallam	
79	718	Lindsay	Harrod	LV40	55:39	Helm Hill	
80	725	Grant	Remmington	Man	55:53	UA	
81	568	Rebecca	Hodgson	Lady	56:07	UA	
82	521	Paula	Bowen	LV40	56:21	Ambleside	
83	638	Elizabeth	Adams	LV40	56:44	Helm Hill	
84	747	Veronica	Waller	LV40	57:39	Dallam	
85	772	Miriam	Rosen	LV60	1:00:07	Lancaster and Morecambe	
86	534	Jo	Matthew	LV40	1:01:00	UA	
87	590	Lorna	Hewitt	LV40	1:01:37	Dallam	
88	932	Bill	Leason	MV50	1:02:24	Glossopdale Harriers	
89	523	Peta	Rowand	LV40	1:03:03	Ambleside	
90	846	Denis	Wood	MV70	1:09:22	Borrowdale	1st MV70
91	593	Alice	Steele	Lady	DNF	Dallam	

### Under 17 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	13	Joe	Edmondson	Boy	15:41	Ambleside	1st Boy
2	134	Reuben	Fox Copley	Boy	16:09	Dallam	2nd Boy
3	43	Luke	Bowen	Boy	16:28	Ambleside	3rd Boy
4	44	Oliver	Gajdowski	Boy	17:19	Ambleside	
5	173	Robert	Askew	Boy	17:40	Helm Hill	
6	150	Michael	Dugdale	Boy	17:43	Helm Hill	
7	53	Jake	Shuttleworth	Boy	18:27	Ambleside	
8	260	Joseph	Conner	Boy	19:00	Helm Hill	
9	223	Robert	Albion	Boy	19:27	Broughton	
10	128	Jamie	Macleod	Boy	19:37	Dallam	
11	113	Joey	Umpleby	Boy	21:24	Kendal	
12	126	Sam	Thom	Boy	22:48	Keighley and Craven	
13	151	Katie	Thurlow	Girl	22:52	Helm Hill	1st Girl
14	131	Honor	Jeffrey	Girl	23:53	Settle	2nd Girl
15	181	Tommy	Beuzeval	Boy	24:36	Helm Hill	
16	155	Katie	Russell	Girl	25:04	Helm Hill	3rd Girl
17	142	Amy	Slattery	Girl	27:16	Helm Hill	
18	117	Alana	Willis	Girl	28:23	Keighley and Craven	
19	222	Leah	Albion	Girl	30:03	Broughton	

### Under 14 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	185	Samuel	Almond	Boy	10:57	Eden Runners	1st Boy
2	12	Ben	Edmondson	Boy	11:23	Ambleside	2nd Boy
3	221	Thomas	Marshall	Boy	11:29	Settle	3rd Boy
4	23	Chloe	Rylance	Girl	12:08	Ambleside	1st Girl
5	61	Jacob	Smith	Boy	12:15	Kendal	
6	21	Sebastian	Segger-Stave	Boy	12:17	Settle	
7	228	Lilli	Carr	Girl	12:23	Keighley and Craven	2nd Girl
8	183	Adam	Scott	Boy	12:30	Kendal	
9	97	Toby	Winnard	Boy	12:33	Settle	
10	162	John	Egner	Boy	12:35	Settle	
11	112	Toby	Umpleby	Boy	12:49	Kendal	
12	49	Brodie	Weymouth	Boy	13:03	Aragons Junior Tri	
13	18	Vaughan	Samson	Boy	13:13	Helm Hill	
14	168	Rosie	Woodhams	Girl	13:22	Dallam	3rd Girl
15	70	Daniel	Harris	Boy	13:47	Helm Hill	
16	33	Maia	Doherty	Girl	14:04	Helm Hill	
17	138	Matthew	Pendlebury	Boy	14:07	Howgill Harrier	
18	144	Lydia	Shenton	Girl	14:08	UA	
19	96	Annabelle	Taylor	Girl	14:12	Helm Hill	
20	130	Charlotte	Barrett	Girl	14:37	Wharfedale	
21	76	Erin	Bagge	Girl	14:58	Helm Hill	
22	52	Jack	Hill	Boy	15:32	Aragons Junior Tri	
23	125	Beckie	Dyer	Girl	17:29	Helm Hill	
24	22	Courtney	Hutchinson	Girl	DNF	Ambleside	

### Under 12 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	15	Ollie	Sanders	Boy	06:47	Helm Hill	1st Boy
2	6	Henry	Hunter	Boy	06:56	Helm Hill	2nd Boy
3	41	Sam	Smith	Boy	07:24	Wharfedale	3rd Boy
4	116	Addison	Willis	Boy	07:27	Keighley and Craven	
5	109	Evan	Allan	Boy	07:33	Helm Hill	
6	24	Sophie	Rylance	Girl	07:36	Ambleside	1st Girl
7	4	Emily	Swarbrick	Girl	07:40	Broughton	2nd Girl
8	60	Oliver	Smith	Boy	07:41	Kendal	
9	36	Joseph	Clayton	Boy	07:47	Helm Hill	
10	19	Clara	Samson	Girl	07:47	Helm Hill	3rd Girl
11	208	Ben	Greenep	Boy	07:51	Settle	
12	34	Evan	Mills	Boy	08:01	Keighley and Craven	
13	180	Georgia	Heath	Girl	08:02	Helm Hill	
14	177	Jack	Benson	Boy	08:05	Ambleside	
15	81	Alex	Graham	Boy	08:07	Ambleside	
16	7	Nathan	Richie	Boy	08:10	Hoad Hill Harriers	
17	85	Joseph	Rigby	Boy	08:11	Helm Hill	
18	20	Douglas	Segger-Stave	Boy	08:13	Settle	
19	63	Marvin	Gibbs	Boy	08:15	Helm Hill	
20	59	Sarah	Smith	Girl	08:16	Kendal	
21	164	Charlie	Blackburn	Boy	08:16	Ambleside	
22	207	Sam	Greenep	Boy	08:22	Settle	
23	163	Rio	Egner	Boy	08:23	Settle	
24	75	Leo	Ranner	Boy	08:24	Helm Hill	
25	29	Bethan	Saunders	Girl	08:26	Hoad Hill Harriers	
26	127	Sam	Jackson	Boy	08:31	Helm Hill	
27	182	Jamie	Waller	Boy	08:31	Dallam	
28	120	Toby	Harper	Boy	08:45	UA	
29	132	Rowan	Ashworth	Boy	08:46	Ambleside	
30	11	Jessica	Edmondson	Girl	08:51	Ambleside	
31	39	Rory	Knowles	Boy	09:03	Ambleside	
32	119	Grace	Wells	Girl	09:12	Howgill Harrier	
33	165	Megan	Bascombe	Girl	09:15	UA	
34	3	Olivia	Swarbrick	Girl	09:16	Broughton	
35	200	Ned	Whittaker	Boy	09:17	Settle	
36	115	Joss	Evans	Girl	09:22	Ambleside	
37	175	Finlay	Aitken	Boy	09:28	Helm Hill	
38	91	Charlotte	Peart	Girl	09:30	Settle	
39	48	Oliver	Oldham	Boy	09:40	Hoad Hill Harriers	
40	110	Tara	Allan	Girl	09:41	Helm Hill	
41	248	Ella	Martindale	Girl	09:42	UA	
42	37	Charlie	Clayton	Boy	09:46	Helm Hill	
43	95	Connie	Maye	Girl	10:07	UA	
44	235	Jude	Evans	Boy	10:13	Helm Hill	
45	171	Blake	Mills	Boy	10:20	Keighley and Craven	
46	92	Cate	Matthew	Girl	10:39	Lancaster and Morecambe	
47	243	Lola	Ashton-Fitch	Girl	11:35	Settle	
48	261	Alicia	Crawford	Girl	14:41	Helm Hill	

# Helm Hill 2016 Category Results

## ALL SENIOR MEN

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	929	Alasdair	Russell	Man	32:01	Kendal	1st Man
2	863	Josh	Jardine	Man	34:45	UA	2nd Man
3	675	Connor	McGurk	Man	35:05	Kendal	3rd Man
4	516	Jon	Rylance	MV40	35:28	Ambleside	1st MV40
5	635	Alex	Hinchcliffe	Man	35:39	Helm Hill	
6	742	Paul	Aitken	Man	36:08	Helm Hill	
7	934	Seb	Sillito	Man	36:58	Helm Hill	
8	736	Mike	Egner	MV60	37:14	Settle	1st MV60
9	755	Brian	Pennington	Man	37:43	Howgill Harrier	
10	504	Craig	Burrows	MV40	37:59	Helm Hill	
11	611	David	Goadby	Man	38:06	Helm Hill	
12	637	James	Gray	Man	38:32	UA	
13	565	Peter	German	Man	38:46	Helm Hill	
14	687	Ben	Jackson	Man	39:02	UA	
15	669	Paul	MacFarlane	Man	39:09	Helm Hill	
16	639	James	Baron	MV40	39:11	Helm Hill	
17	840	Martin	Spooner	Man	39:14	Howgill Harrier	
18	606	Paul	Lambert	MV50	39:28	Wharfedale	1st MV50
19	827	Adam	Oliver	Man	40:09	Helm Hill	
20	930	Stu	Robinson	Man	40:36	Helm Hill	
21	545	Jacob	Dyer	MV40	40:55	Helm Hill	
22	852	Alan	Life	MV50	41:08	Clayton	
23	847	Mike	Walsh	MV60	41:28	Kendal	
24	700	Tim	Roe	Man	41:37	Helm Hill	
25	691	Brian	Thompson	MV60	41:57	Helm Hill	
26	711	Jonathan	Boadle	Man	42:01	UA	
27	546	Richard	Wells	MV40	42:08	UA	
28	676	Peter	Lawson	Man	42:16	UA	
29	748	Simon	Waller	MV40	42:25	Helm Hill	
30	754	Mark	Bell	MV50	42:54	Dallam	
31	763	Robert	Mortimore	Man	42:56	Helm Hill	
32	627	Richard	Duckett	Man	43:10	UA	
33	751	Andy	Holden	MV50	43:26	Wharfedale	
34	557	James	Todhunter	Man	44:05	UA	
35	709	Matt	Davis	Man	44:09	Howgill Harrier	
36	640	Michael	Duncan	Man	44:33	UA	
37	539	Peter	Singleton	MV50	44:43	Blackpool	
38	672	Stephen	Moor	MV50	44:46	Settle	
39	727	Andrew	Shepherd	Man	46:02	UA	
40	679	Patrick	Willink	MV50	46:21	Helm Hill	
41	674	Stuart	McGurk	MV50	46:34	Kendal	
42	572	Andy	Bennett	MV40	46:53	Helm Hill	
43	576	Andy	Dickson	MV50	46:58	Coniston	
44	547	Mike	Troup	MV60	47:00	Ambleside	
45	605	Jonathan	Gibson	MV50	47:19	Wharfedale	
46	789	Richard	Greenep	MV40	47:45	Settle	
47	728	Niall	Johnson	MV40	47:56	UA	
48	737	Pete	Coe	MV60	48:49	Helm Hill	
49	927	John	Leech	MV50	48:49	Dallam	
50	743	Barry	Scholes	MV60	49:15	Settle	
51	732	Mark	Cropper	MV40	49:29	Helm Hill	
52	664	Chris	Beesley	MV60	49:36	Settle	
53	628	Mark	Charnley	MV40	50:08	Settle	
54	716	David	Mainwaring	MV50	51:02	UA	
55	549	Tim	Thom	MV40	51:20	Keighley and Craven	
56	556	Russell	Cannon	MV50	51:38	Helm Hill	
57	601	John	Hodgson	MV60	51:58	Dallam	
58	591	Dave	Hewitt	MV50	53:47	Dallam	

59	602	Gregory	Tagney	MV60	55:07	Dallam	
60	725	Grant	Remmington	Man	55:53	UA	
61	932	Bill	Leason	MV50	1:02:24	Glossopdale Harriers	
62	846	Denis	Wood	MV70	1:09:22	Borrowdale	1st MV70

**MEN**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	929	Alasdair	Russell	Man	32:01	Kendal	1st Man
2	863	Josh	Jardine	Man	34:45	UA	2nd Man
3	675	Connor	McGurk	Man	35:05	Kendal	3rd Man
4	635	Alex	Hinchcliffe	Man	35:39	Helm Hill	
5	742	Paul	Aitken	Man	36:08	Helm Hill	
6	934	Seb	Sillito	Man	36:58	Helm Hill	
7	755	Brian	Pennington	Man	37:43	Howgill Harrier	
8	611	David	Goadby	Man	38:06	Helm Hill	
9	637	James	Gray	Man	38:32	UA	
10	565	Peter	German	Man	38:46	Helm Hill	
11	687	Ben	Jackson	Man	39:02	UA	
12	669	Paul	MacFarlane	Man	39:09	Helm Hill	
13	840	Martin	Spooner	Man	39:14	Howgill Harrier	
14	827	Adam	Oliver	Man	40:09	Helm Hill	
15	930	Stu	Robinson	Man	40:36	Helm Hill	
16	700	Tim	Roe	Man	41:37	Helm Hill	
17	711	Jonathan	Boadle	Man	42:01	UA	
18	676	Peter	Lawson	Man	42:16	UA	
19	763	Robert	Mortimore	Man	42:56	Helm Hill	
20	627	Richard	Duckett	Man	43:10	UA	
21	557	James	Todhunter	Man	44:05	UA	
22	709	Matt	Davis	Man	44:09	Howgill Harrier	
23	640	Michael	Duncan	Man	44:33	UA	
24	727	Andrew	Shepherd	Man	46:02	UA	
25	725	Grant	Remmington	Man	55:53	UA	



**MEN - VET 40**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	516	Jon	Rylance	MV40	35:28	Ambleside	1st MV40
2	504	Craig	Burrows	MV40	37:59	Helm Hill	
3	639	James	Baron	MV40	39:11	Helm Hill	
4	545	Jacob	Dyer	MV40	40:55	Helm Hill	
5	546	Richard	Wells	MV40	42:08	UA	
6	748	Simon	Waller	MV40	42:25	Helm Hill	
7	572	Andy	Bennett	MV40	46:53	Helm Hill	
8	789	Richard	Greenep	MV40	47:45	Settle	
9	728	Niall	Johnson	MV40	47:56	UA	
10	732	Mark	Cropper	MV40	49:29	Helm Hill	
11	628	Mark	Charnley	MV40	50:08	Settle	
12	549	Tim	Thom	MV40	51:20	Keighley and Craven	

**MEN - VET 50**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	606	Paul	Lambert	MV50	39:28	Wharfedale	1st MV50
2	852	Alan	Life	MV50	41:08	Clayton	
3	754	Mark	Bell	MV50	42:54	Dallam	
4	751	Andy	Holden	MV50	43:26	Wharfedale	
5	539	Peter	Singleton	MV50	44:43	Blackpool	
6	672	Stephen	Moor	MV50	44:46	Settle	
7	679	Patrick	Willink	MV50	46:21	Helm Hill	
8	674	Stuart	McGurk	MV50	46:34	Kendal	
9	576	Andy	Dickson	MV50	46:58	Coniston	
10	605	Jonathan	Gibson	MV50	47:19	Wharfedale	
11	927	John	Leech	MV50	48:49	Dallam	
12	716	David	Mainwaring	MV50	51:02	UA	
13	556	Russell	Cannon	MV50	51:38	Helm Hill	
14	591	Dave	Hewitt	MV50	53:47	Dallam	
15	932	Bill	Leason	MV50	1:02:24	Glossopdale Harriers	

**MEN - VET 60**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	736	Mike	Egner	MV60	37:14	Settle	1st MV60
2	847	Mike	Walsh	MV60	41:28	Kendal	
3	691	Brian	Thompson	MV60	41:57	Helm Hill	
4	547	Mike	Troup	MV60	47:00	Ambleside	
5	737	Pete	Coe	MV60	48:49	Helm Hill	
6	743	Barry	Scholes	MV60	49:15	Settle	
7	664	Chris	Beesley	MV60	49:36	Settle	
8	601	John	Hodgson	MV60	51:58	Dallam	
9	602	Gregory	Tagney	MV60	55:07	Dallam	

**MEN - VET 70**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	846	Denis	Wood	MV70	1:09:22	Borrowdale	1st MV70

### ALL SENIOR LADIES

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	931	Elizabeth	Leason	Lady	41:10	Glossopdale Harriers	1st Lady
2	518	Carol	Evans	LV50	41:38	Settle	2nd Lady/1st LV50
3	537	Debbie	Copley	LV50	44:44	Dallam	3rd Lady
4	520	Eleanor	Knowles	LV40	45:00	Ambleside	1st LV40
5	544	Bianca	Dyer	LV40	46:48	Kendal Tri	
6	668	Wendy	Dodds	LV60	46:58	Clayton	1st LV60
7	933	Rosie	Dale	Lady	47:39	Lancaster and Morecambe	
8	585	Mo	Kelly	Lady	48:08	Howgill Harrier	
9	577	Debs	Greaves	LV40	48:27	Howgill Harrier	
10	502	Amanda	Burrows	LV40	48:48	Helm Hill	
11	819	Helen	Greenep	LV50	49:05	Settle	
12	532	Jayne	Rigby	LV40	49:20	Helm Hill	
13	550	Hannah	Thom	Lady	49:32	Keighley and Craven	
14	510	Lynn	Whittaker	LV50	50:04	Wharfedale	
15	559	Carolyn	Meschino	Lady	50:22	Ambleside	
16	820	Judith	Marshall	LV40	50:35	Settle	
17	515	Niki	Rylance	LV40	51:13	Ambleside	
18	533	Sarah	Folks	LV40	53:17	UA	
19	657	Vicky	Kirkwood	LV40	54:58	Dallam	
20	718	Lindsay	Harrod	LV40	55:39	Helm Hill	
21	568	Rebecca	Hodgson	Lady	56:07	UA	
22	521	Paula	Bowen	LV40	56:21	Ambleside	
23	638	Elizabeth	Adams	LV40	56:44	Helm Hill	
24	747	Veronica	Waller	LV40	57:39	Dallam	
25	772	Miriam	Rosen	LV60	1:00:07	Lancaster and Morecambe	
26	534	Jo	Matthew	LV40	1:01:00	UA	
27	590	Lorna	Hewitt	LV40	1:01:37	Dallam	
28	523	Peta	Rowand	LV40	1:03:03	Ambleside	
DNF	593	Alice	Steele	Lady	DNF	Dallam	

**LADIES**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	931	Elizabeth	Leason	Lady	41:10	Glossopdale Harriers	1st Lady
2	933	Rosie	Dale	Lady	47:39	Lancaster and Morecambe	
3	585	Mo	Kelly	Lady	48:08	Howgill Harrier	
4	550	Hannah	Thom	Lady	49:32	Keighley and Craven	
5	559	Carolyn	Meschino	Lady	50:22	Ambleside	
6	568	Rebecca	Hodgson	Lady	56:07	UA	
DNF	593	Alice	Steele	Lady	DNF	Dallam	

**LADIES - VET 40**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	520	Eleanor	Knowles	LV40	45:00	Ambleside	1st LV40
2	544	Bianca	Dyer	LV40	46:48	Kendal Tri	
3	577	Debs	Greaves	LV40	48:27	Howgill Harrier	
4	502	Amanda	Burrows	LV40	48:48	Helm Hill	
5	532	Jayne	Rigby	LV40	49:20	Helm Hill	
6	820	Judith	Marshall	LV40	50:35	Settle	
7	515	Niki	Rylance	LV40	51:13	Ambleside	
8	533	Sarah	Folks	LV40	53:17	UA	
9	657	Vicky	Kirkwood	LV40	54:58	Dallam	
10	718	Lindsay	Harrod	LV40	55:39	Helm Hill	
11	521	Paula	Bowen	LV40	56:21	Ambleside	
12	638	Elizabeth	Adams	LV40	56:44	Helm Hill	
13	747	Veronica	Waller	LV40	57:39	Dallam	
14	534	Jo	Matthew	LV40	1:01:00	UA	
15	590	Lorna	Hewitt	LV40	1:01:37	Dallam	
16	523	Peta	Rowand	LV40	1:03:03	Ambleside	

**LADIES - VET 50**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	518	Carol	Evans	LV50	41:38	Settle	2nd Lady/1st LV50
2	537	Debbie	Copley	LV50	44:44	Dallam	3rd Lady
3	819	Helen	Greenep	LV50	49:05	Settle	
4	510	Lynn	Whittaker	LV50	50:04	Wharfedale	



**LADIES - VET 60**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	668	Wendy	Dodds	LV60	46:58	Clayton	1st LV60
2	772	Miriam	Rosen	LV60	1:00:07	Lancaster and Morecambe	

**UNDER 17 BOYS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	13	Joe	Edmondson	Boy	15:41	Ambleside	1st Boy
2	134	Reuben	Fox Copley	Boy	16:09	Dallam	2nd Boy
3	43	Luke	Bowen	Boy	16:28	Ambleside	3rd Boy
4	44	Oliver	Gajdowski	Boy	17:19	Ambleside	
5	173	Robert	Askew	Boy	17:40	Helm Hill	
6	150	Michael	Dugdale	Boy	17:43	Helm Hill	
7	53	Jake	Shuttleworth	Boy	18:27	Ambleside	
8	260	Joseph	Conner	Boy	19:00	Helm Hill	
9	223	Robert	Albion	Boy	19:27	Broughton	
10	128	Jamie	Macleod	Boy	19:37	Dallam	
11	113	Joey	Umpleby	Boy	21:24	Kendal	
12	126	Sam	Thom	Boy	22:48	Keighley and Craven	
13	181	Tommy	Beuzeval	Boy	24:36	Helm Hill	

**UNDER 17 GIRLS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	151	Katie	Thurlow	Girl	22:52	Helm Hill	1st Girl
2	131	Honor	Jeffrey	Girl	23:53	Settle	2nd Girl
3	155	Katie	Russell	Girl	25:04	Helm Hill	3rd Girl
4	142	Amy	Slattery	Girl	27:16	Helm Hill	
5	117	Alana	Willis	Girl	28:23	Keighley and Craven	
6	222	Leah	Albion	Girl	30:03	Broughton	

**UNDER 14 BOYS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	185	Samuel	Almond	Boy	10:57	Eden Runners	1st Boy
2	12	Ben	Edmondson	Boy	11:23	Ambleside	2nd Boy
3	221	Thomas	Marshall	Boy	11:29	Settle	3rd Boy
4	61	Jacob	Smith	Boy	12:15	Kendal	
5	21	Sebastian	Segger-Stave	Boy	12:17	Settle	
6	183	Adam	Scott	Boy	12:30	Kendal	
7	97	Toby	Winnard	Boy	12:33	Settle	
8	162	John	Egner	Boy	12:35	Settle	
9	112	Toby	Umpleby	Boy	12:49	Kendal	
10	49	Brodie	Weymouth	Boy	13:03	Aragons Junior Tri	
11	18	Vaughan	Samson	Boy	13:13	Helm Hill	
12	70	Daniel	Harris	Boy	13:47	Helm Hill	
13	138	Matthew	Pendlebury	Boy	14:07	Howgill Harrier	
14	52	Jack	Hill	Boy	15:32	Aragons Junior Tri	

**UNDER 14 GIRLS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	23	Chloe	Rylance	Girl	12:08	Ambleside	1st Girl
2	228	Lilli	Carr	Girl	12:23	Keighley and Craven	2nd Girl
3	168	Rosie	Woodhams	Girl	13:22	Dallam	3rd Girl
4	33	Maia	Doherty	Girl	14:04	Helm Hill	
5	144	Lydia	Shenton	Girl	14:08	UA	
6	96	Annabelle	Taylor	Girl	14:12	Helm Hill	
7	130	Charlotte	Barrett	Girl	14:37	Wharfedale	
8	76	Erin	Bagge	Girl	14:58	Helm Hill	
9	125	Beckie	Dyer	Girl	17:29	Helm Hill	
DNF	22	Courtney	Hutchinson	Girl	DNF	Ambleside	

**UNDER 12 BOYS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	15	Ollie	Sanders	Boy	06:47	Helm Hill	1st Boy
2	6	Henry	Hunter	Boy	06:56	Helm Hill	2nd Boy
3	41	Sam	Smith	Boy	07:24	Wharfedale	3rd Boy
4	116	Addison	Willis	Boy	07:27	Keighley and Craven	
5	109	Evan	Allan	Boy	07:33	Helm Hill	
6	60	Oliver	Smith	Boy	07:41	Kendal	
7	36	Joseph	Clayton	Boy	07:47	Helm Hill	
8	208	Ben	Greenep	Boy	07:51	Settle	
9	34	Evan	Mills	Boy	08:01	Keighley and Craven	
10	177	Jack	Benson	Boy	08:05	Ambleside	
11	81	Alex	Graham	Boy	08:07	Ambleside	
12	7	Nathan	Richie	Boy	08:10	Hoad Hill Harriers	
13	85	Joseph	Rigby	Boy	08:11	Helm Hill	
14	20	Douglas	Segger-Stave	Boy	08:13	Settle	
15	63	Marvin	Gibbs	Boy	08:15	Helm Hill	
16	164	Charlie	Blackburn	Boy	08:16	Ambleside	
17	207	Sam	Greenep	Boy	08:22	Settle	
18	163	Rio	Egner	Boy	08:23	Settle	
19	75	Leo	Ranner	Boy	08:24	Helm Hill	
20	127	Sam	Jackson	Boy	08:31	Helm Hill	
21	182	Jamie	Waller	Boy	08:31	Dallam	
22	120	Toby	Harper	Boy	08:45	UA	
23	132	Rowan	Ashworth	Boy	08:46	Ambleside	
24	39	Rory	Knowles	Boy	09:03	Ambleside	
25	200	Ned	Whittaker	Boy	09:17	Settle	
26	175	Finlay	Aitken	Boy	09:28	Helm Hill	
27	48	Oliver	Oldham	Boy	09:40	Hoad Hill Harriers	
28	37	Charlie	Clayton	Boy	09:46	Helm Hill	
29	235	Jude	Evans	Boy	10:13	Helm Hill	
30	171	Blake	Mills	Boy	10:20	Keighley and Craven	

**UNDER 12 GIRLS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	24	Sophie	Rylance	Girl	07:36	Ambleside	1st Girl
2	4	Emily	Swarbrick	Girl	07:40	Broughton	2nd Girl
3	19	Clara	Samson	Girl	07:47	Helm Hill	3rd Girl
4	180	Georgia	Heath	Girl	08:02	Helm Hill	
5	59	Sarah	Smith	Girl	08:16	Kendal	
6	29	Bethan	Saunders	Girl	08:26	Hoad Hill Harriers	
7	11	Jessica	Edmondson	Girl	08:51	Ambleside	
8	119	Grace	Wells	Girl	09:12	Howgill Harrier	
9	165	Megan	Bascombe	Girl	09:15	UA	
10	3	Olivia	Swarbrick	Girl	09:16	Broughton	
11	115	Joss	Evans	Girl	09:22	Ambleside	
12	91	Charlotte	Pearl	Girl	09:30	Settle	
13	110	Tara	Allan	Girl	09:41	Helm Hill	
14	248	Ella	Martindale	Girl	09:42	UA	
15	95	Connie	Maye	Girl	10:07	UA	
16	92	Cate	Matthew	Girl	10:39	Lancaster and Morecambe	
17	243	Lola	Ashton-Fitch	Girl	11:35	Settle	
18	261	Alicia	Crawford	Girl	14:41	Helm Hill	