



Supported by Different Strokes

## Birkrigg Common - Results 31 January 2016

Senior Race							
Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	707	Tom	Addison	Man	19:59	Helm Hill	1st Man
2	636	Chris	Arthur	Man	20:37	Bowland	2nd Man
3	845	Adam	Perry	Man	21:23	Helm Hill	3rd Man
4	603	Noah	Hurton	Man	21:51	Eden Runners	
5	516	Jon	Rylance	MV40	22:05	Ambleside	1st MV40
6	566	Harvey	Lord	Man	22:21	Black Combe	
7	542	Ian	Willis	MV40	22:34	Keighley and Craven	
8	760	Sam	Harrison	Man	22:35	Bowland	
9	634	Lee	Parrington	Man	22:36	Barlick	
10	604	Derek	Hurton	MV40	22:46	Eden Runners	
11	766	Jack	Eyre	Man	22:50	Eden Runners	
12	586	Heidi	Dent	Lady	22:54	Howgill Harrier	1st Lady
13	635	Alex	Hinchcliffe	Man	22:58	Helm Hill	
14	594	Ryan	Everett	Man	23:16	Barrow Strider	
15	629	Paul	Dugdale	MV50	23:21	Helm Hill	1st MV50
16	637	James	Gray	Man	23:44	UA	
17	698	Johnny	Marchant	MV40	23:50	Helm Hill	
18	617	Sharon	Taylor	Lady	23:55	Helm Hill	2nd Lady
19	587	Patrick	Hanna	Man	24:05	Howgill Harrier	
20	736	Mike	Egner	MV60	24:14	Settle	1st MV60
21	806	James	Annan	MV40	24:25	Settle	
22	621	Hannah	Russell	Lady	24:32	Helm Hill	3rd Lady
23	527	Sean	Robinson	Man	24:56	Howgill Harrier	
24	573	Anthony	Bowness	MV40	25:13	Kendal	
25	565	Peter	German	Man	25:17	Helm Hill	
26	843	Murray	Murray	Man	25:21	Barrow Strider	
27	768	Rowan	Wood	Man	25:39	Lonsdale	
28	840	Martin	Spooner	Man	25:46	Howgill Harrier	
29	855	Rikki	Mayvers	Man	26:04	UA	
30	538	Tom	Harkes	Man	26:08	Dallam	
31	564	Steven	Procter	Man	26:27	Settle	
32	607	David	Griffin	MV50	26:29	Dallam	
33	752	Ray	Gill	MV50	26:36	Dallam	
34	689	Andrew	Hebson	Man	26:40	UA	
35	518	Carol	Evans	LV50	26:50	Settle	1st LV50
36	546	Richard	Wells	MV40	27:05	UA	
37	852	Alan	Life	MV50	27:11	Clayton	
38	582	Paul	Senior	MV40	27:14	Helm Hill	
39	709	Matt	Davis	Man	27:15	Howgill Harrier	
40	507	Shaun	Addison	MV50	27:17	Helm Hill	
41	859	Carlos	Sanchez	Man	27:23	UA	
42	738	Peter	Bascombe	MV40	27:33	UA	
43	552	Nina	Walkingshaw	Lady	27:36	Howgill Harrier	
44	754	Mark	Bell	MV50	27:41	Dallam	
45	567	Roger	Aubrey	MV50	27:43	Helm Hill	
46	660	Emily	Simpson	Lady	27:47	UA	
47	674	Stuart	McGurk	MV50	27:50	Kendal	
48	680	Simon	Milligan	MV50	27:54	Helm Hill	
49	847	Mike	Walsh	MV60	28:00	Kendal	
50	630	Evelyn	Dugdale	LV50	28:02	Helm Hill	
51	751	Andy	Holden	MV50	28:04	Wharfedale	
52	537	Debbie	Copley	LV50	28:06	Dallam	
53	672	Stephen	Moor	MV50	28:19	Settle	

54	505	Tim	Murray	MV50	28:24	Helm Hill	
55	522	Chris	Schofield	MV50	28:32	Helm Hill	
56	691	Brian	Thompson	MV60	28:35	Helm Hill	
57	572	Andy	Bennett	MV40	28:37	Helm Hill	
58	854	Sharon	Dixon	LV40	28:43	Hoad Hill Harriers	1st LV40
59	679	Patrick	Willink	MV50	28:46	Helm Hill	
60	789	Richard	Greenep	MV40	29:02	Settle	
61	853	Kieran	Tighe	Man	29:18	UA	
62	743	Barry	Scholes	MV60	29:28	Settle	
63	544	Bianca	Dyer	LV40	29:33	Kendal Tri	
64	690	Allan	Miller	MV50	29:37	Kendal	
65	732	Mark	Cropper	MV40	29:38	Helm Hill	
66	555	Ann-Marie	Swallow	LV40	29:41	UA	
67	593	Alice	Steele	Lady	29:46	Dallam	
68	520	Eleanor	Knowles	LV40	29:54	Ambleside	
69	786	Grace	Jeffery	Lady	30:06	Settle	
70	576	Andy	Dickson	MV50	30:16	Coniston	
71	550	Hannah	Thom	Lady	30:32	Keighley and Craven	
72	610	Stephen	Taylor	MV50	30:45	Preston	
73	737	Pete	Coe	MV60	30:46	Helm Hill	
74	819	Helen	Greenep	LV50	31:11	Settle	
75	577	Debs	Greaves	LV40	31:12	Howgill Harrier	
76	614	Michael	McLoughlin	MV60	31:16	Preston	
77	849	Joanne	McLeod	LV40	31:22	Hoad Hill Harriers	
78	547	Mike	Troup	MV60	31:24	Ambleside	
79	533	Sarah	Folks	LV40	31:26	UA	
80	844	Matthew	Mathers	MV40	31:27	UA	
81	664	Chris	Beesley	MV60	31:29	Settle	
82	510	Lynn	Whittaker	LV50	31:32	Wharfedale	
83	500	Georgia	Stevens	Lady	31:37	Helm Hill	
84	673	Victoria	Upton	Lady	31:43	Helm Hill	
85	556	Russell	Cannon	MV50	31:50	Helm Hill	
86	559	Carolyn	Meschino	Lady	31:55	Ambleside	
87	532	Jayne	Rigby	LV40	32:09	Helm Hill	
88	515	Niki	Rylance	LV40	32:21	Ambleside	
89	648	John	Taylor	MV60	32:24	Bowland	
90	807	Julia	Hargreaves	LV40	32:39	Settle	
91	657	Vicky	Kirkwood	LV40	33:11	Dallam	
92	602	Gregory	Tagney	MV60	33:16	Dallam	
93	775	Chloe	Brown	Lady	33:27	Howgill Harrier	
94	649	Jo	Taylor	LV50	33:32	Bowland	
95	581	Sarah	Senior	LV40	33:38	Helm Hill	
96	850	Richard	Simpson	MV50	33:46	UA	
97	526	Zoe	Ringer	Lady	33:51	Howgill Harrier	
98	631	G	Parrington	MV60	33:53	Lancaster and Morecambe	
99	704	Ian	Peters	MV50	34:02	Hoad Hill Harriers	
100	591	Dave	Hewitt	MV50	34:10	Dallam	
101	601	John	Hodgson	MV60	34:19	Dallam	
102	781	Rosie	Dutson	Lady	34:24	UA	
103	735	Geoff	Thompson	MV50	34:51	Wharfedale	
104	568	Rebecca	Hodgson	Lady	34:56	UA	
105	529	Su	Thompson	LV40	35:42	Wharfedale	
106	756	John	Barstow	MV60	35:54	Hoad Hill Harriers	
107	858	Parish	Minton	LV40	36:03	Hoad Hill Harriers	
108	828	Hannah	Goodfellow	Lady	36:37	Dallam	
109	723	Brian	Carlisle	MV50	36:56	Askrigg Aged	
110	623	Phil	Kirby	MV60	37:02	Coniston	
111	501	Anna	Stevens	LV40	37:08	Helm Hill	
112	848	Maddy	Bell	Lady	37:27	Dallam	
113	770	Richard	Handford	MV50	38:02	Settle	
114	857	Kellie	Bradburn-Sims	LV40	38:09	Howgill Harrier	
115	856	Gareth	Bradburn-Sims	MV40	38:14	Howgill Harrier	

116	744	Jill	Gates	LV50	38:19	Settle	
117	860	Anma	Escriband	Lady	38:28	UA	
118	590	Lorna	Hewitt	LV40	38:31	Dallam	
119	780	Jenna	Butler	Lady	40:07	UA	
120	598	Selwyn	Wright	MV60	40:16	Amble	
121	534	Jo	Matthew	LV40	40:53	UA	
122	846	Denis	Wood	MV70	41:50	Borrowdale	1st MV70
123	750	Joe	Howard	MV70	46:30	Preston	

**Under 17 Race**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	13	Joe	Edmondson	Boy	13:11	Ambleside	1st Boy
2	69	Thomas	Nelson	Boy	13:22	Wharfedale	2nd Boy
3	44	Oliver	Gajdowski	Boy	13:30	Ambleside	3rd Boy
4	134	Reuben	Fox Copley	Boy	13:40	Dallam	
5	84	Martin	Askew	Boy	13:56	Helm Hill	
6	173	Robert	Askew	Boy	14:12	Helm Hill	
7	139	Jacob	Aubrey	Boy	14:35	Helm Hill	
8	43	Luke	Bowen	Boy	15:00	Ambleside	
9	150	Michael	Dugdale	Boy	15:19	Helm Hill	
10	170	Logan	Hargreaves	Boy	15:23	Wharfedale	
11	147	Jake	Cooper	Boy	15:27	Barrow Strider	
12	53	Jake	Shuttleworth	Boy	15:32	Ambleside	
13	223	Robert	Albion	Boy	15:37	Broughton	
14	128	Jamie	Macleod	Boy	16:23	Dallam	
15	143	Lewis	Bowness	Boy	17:05	Helm Hill	
16	158	Hannah	Durkin	Girl	18:08	Ambleside	1st Girl
17	145	Mia	Senior	Girl	18:09	Helm Hill	2nd Girl
18	151	Katie	Thurlow	Girl	18:11	Helm Hill	3rd Girl
19	131	Honor	Jeffrey	Girl	18:53	Settle	
20	148	Georgia	Cooper	Girl	19:12	Barrow Strider	
21	181	Tommy	Beuzeval	Boy	19:53	Helm Hill	
22	8	Jodie	Ritchie	Girl	21:50	Hoad Hill Harriers	
23	117	Alana	Willis	Girl	27:55	Keighley and Craven	

**Under 14 Race**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	185	Samuel	Almond	Boy	09:11	Eden Runners	1st Boy
2	12	Ben	Edmondson	Boy	09:41	Ambleside	2nd Boy
3	79	Charlie	Harding	Boy	09:54	Eden Runners	3rd Boy
4	61	Jacob	Smith	Boy	10:00	Kendal	
5	47	Josh	Roelants	Boy	10:22	Helm Hill	
6	166	Jordan	Rowlins	Boy	10:27	Crook	
7	88	Daniel	Sanderson	Boy	10:32	Ambleside	
8	97	Toby	Winnard	Boy	10:44	Settle	
9	31	Bob	Evans	Boy	10:48	Settle	
10	23	Chloe	Rylance	Girl	10:49	Ambleside	1st Girl
11	133	Alfie	Thorpe	Boy	10:51	Broughton	
12	112	Toby	Umpleby	Boy	11:06	Kendal	
13	162	John	Egner	Boy	11:17	Settle	
14	168	Rosie	Woodhams	Girl	11:37	Dallam	2nd Girl
15	18	Vaughan	Samson	Boy	11:44	Helm Hill	
16	239	William	Thompson	Boy	11:45	Wharfedale	
17	65	Lottie	Beardwood	Girl	11:47	Helm Hill	3rd Girl
18	49	Brodie	Weymouth	Boy	12:14	Aragons Junior Tri	
19	87	Harry	Sanderson	Boy	12:15	Ambleside	
20	245	Connor	O'Hara	Boy	12:17	Hoad Hill Harriers	
21	22	Courtney	Hutchinson	Girl	12:18	Ambleside	
22	33	Maia	Doherty	Girl	12:23	Helm Hill	
23	108	Tom	Duke	Boy	12:29	Settle	
24	25	Matthew	Thornley	Boy	12:34	Ambleside	
25	76	Erin	Bagge	Girl	12:50	Helm Hill	
26	130	Charlotte	Barrett	Girl	12:52	Wharfedale	
27	17	Bethan	Rowley	Girl	13:06	Ambleside	
28	96	Annabelle	Taylor	Girl	13:18	Helm Hill	
29	137	Giselle	Meschino	Girl	13:44	Ambleside	
30	234	Holly	Murray	Girl	13:55	Barrow	
31	225	Charlie	Dixon	Boy	13:59	Ambleside	
32	1	Emelia	Stevens	Girl	14:18	Helm Hill	
33	125	Beckie	Dyer	Girl	15:14	Helm Hill	

### Under 12 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	45	James	Bowen	Boy	04:50	Ambleside	1st Boy
2	46	Harry	Bowen	Boy	04:53	Ambleside	2nd Boy
3	15	Ollie	Sanders	Boy	04:56	Helm Hill	3rd Boy
4	6	Henry	Hunter	Boy	05:03	Helm Hill	
5	224	Eilo	Beestley	Boy	05:15	Calder Valley	
6	99	Alex	Tallon	Boy	05:16	UA	
7	72	Scott	Fisher	Boy	05:16	Hoad Hill Harriers	
8	101	Isabelle	Helm	Girl	05:17	UA	1st Girl
9	5	James	Duffy	Boy	05:18	CVFR	
10	35	Olesia	Winder	Girl	05:22	Hoad Hill Harriers	2nd Girl
11	4	Emily	Swarbrick	Girl	05:24	Broughton	3rd Girl
12	116	Addison	Willis	Boy	05:28	Keighley and Craven	
13	24	Sophie	Rylance	Girl	05:31	Ambleside	
14	208	Ben	Greenep	Boy	05:34	Settle	
15	36	Joseph	Clayton	Boy	05:37	Helm Hill	
16	60	Oliver	Smith	Boy	05:38	Kendal	
17	58	Ben	Smith	Boy	05:47	Kendal	
18	7	Nathan	Richie	Boy	05:49	Hoad Hill Harriers	
19	178	Mia	Heath	Girl	05:53	Helm Hill	
20	81	Alex	Graham	Boy	05:54	Ambleside	
21	19	Clara	Samson	Girl	05:55	Helm Hill	
22	29	Bethan	Saunders	Girl	05:56	Hoad Hill Harriers	
23	247	Luke	Carrington	Boy	06:00	Saddleworth	
24	157	William	Durkin	Boy	06:01	Ambleside	
25	32	Zach	Doherty	Boy	06:03	Dallam	
26	226	Freddie	Dixon	Boy	06:12	Ambleside	
27	64	Ella	Beardwood	Girl	06:14	Helm Hill	
28	59	Sarah	Smith	Girl	06:17	Kendal	
29	34	Evan	Mills	Boy	06:18	Keighley and Craven	
30	117	Alana	Willis	Girl	06:19	Keighley and Craven	
31	11	Jessica	Edmondson	Girl	06:21	Ambleside	
32	207	Sam	Greenep	Boy	06:31	Settle	
33	26	Sam	Thornley	Boy	06:33	Ambleside	
34	78	Oliver	Sampson	Boy	06:35	Settle	
35	165	Megan	Bascombe	Girl	06:36	UA	
36	85	Joseph	Rigby	Boy	06:39	Helm Hill	
37	119	Grace	Wells	Girl	06:40	Howgill Harrier	
38	3	Olivia	Swarbrick	Girl	06:41	Broughton	
39	73	Isaac	Robinson	Boy	06:43	Howgill Harrier	
40	48	Oliver	Oldham	Boy	06:46	Hoad Hill Harriers	
41	106	Oscar	Wulf	Boy	06:47	Settle	
42	63	Marvin	Gibbs	Boy	06:48	Helm Hill	
43	132	Rowan	Ashworth	Boy	06:50	Ambleside	
44	37	Charlie	Clayton	Boy	06:54	Helm Hill	
45	163	Rio	Egner	Boy	07:05	Settle	
46	215	Olivia	Duke	Girl	07:06	Settle	
47	77	Dylan	Sampson	Boy	07:10	Settle	
48	74	Theo	Robinson	Boy	07:11	Howgill Harrier	
49	39	Rory	Knowles	Boy	07:14	Ambleside	
50	235	Jude	Evans	Boy	07:15	Helm Hill	
51	114	Maesie	Evans	Girl	07:21	Ambleside	
52	80	Archie	Harding	Boy	07:23	Eden Runners	
53	95	Connie	Maye	Girl	07:24	UA	
54	86	Benji	Grundy	Boy	07:26	Keighley and Craven	
55	115	Joss	Evans	Girl	07:27	Ambleside	
56	240	Sarah	Knaggs	Girl	07:28	Hoad Hill Harriers	
57	179	Kitty	Carr	Girl	07:32	UA	
58	182	Jamie	Waller	Boy	07:33	Dallam	
59	30	Lauren	Evans	Girl	07:37	Settle	
60	171	Blake	Mills	Boy	07:39	Keighley and Craven	

61	92	Cate	Matthew	Girl	07:44	Lancaster and Morecambe	
62	38	Matthew	Wright	Boy	07:46	Helm Hill	
63	242	Amy	Lomas	Girl	07:54	Hoad Hill Harriers	
64	241	Taylor	Procter	Girl	07:59	Hoad Hill Harriers	
65	243	Lola	Ashton-Fitch	Girl	08:18	Settle	
66	244	Evie	Turton	Girl	09:20	UA	
67	167	Izzy	Ashton-Fitch	Girl	09:26	Settle	
68	27	James	Thornley	Boy	DNF	Ambleside	

## Birkrigg Common 2016 Category Results

### ALL SENIOR MEN

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	707	Tom	Addison	Man	19:59	Helm Hill	1st Man
2	636	Chris	Arthur	Man	20:37	Bowland	2nd Man
3	845	Adam	Perry	Man	21:23	Helm Hill	3rd Man
4	603	Noah	Hurton	Man	21:51	Eden Runners	
5	516	Jon	Rylance	MV40	22:05	Ambleside	1st MV40
6	566	Harvey	Lord	Man	22:21	Black Combe	
7	542	Ian	Willis	MV40	22:34	Keighley and Craven	
8	760	Sam	Harrison	Man	22:35	Bowland	
9	634	Lee	Parrington	Man	22:36	Barlick	
10	604	Derek	Hurton	MV40	22:46	Eden Runners	
11	766	Jack	Eyre	Man	22:50	Eden Runners	
12	635	Alex	Hinchcliffe	Man	22:58	Helm Hill	
13	594	Ryan	Everett	Man	23:16	Barrow Strider	
14	629	Paul	Dugdale	MV50	23:21	Helm Hill	1st MV50
15	637	James	Gray	Man	23:44	UA	
16	698	Johnny	Marchant	MV40	23:50	Helm Hill	
17	587	Patrick	Hanna	Man	24:05	Howgill Harrier	
18	736	Mike	Egner	MV60	24:14	Settle	1st MV60
19	806	James	Annan	MV40	24:25	Settle	
20	527	Sean	Robinson	Man	24:56	Howgill Harrier	
21	573	Anthony	Bowness	MV40	25:13	Kendal	
22	565	Peter	German	Man	25:17	Helm Hill	
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24	768	Rowan	Wood	Man	25:39	Lonsdale	
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31	689	Andrew	Hebson	Man	26:40	UA	
32	546	Richard	Wells	MV40	27:05	UA	
33	852	Alan	Life	MV50	27:11	Clayton	
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37	859	Carlos	Sanchez	Man	27:23	UA	
38	738	Peter	Bascombe	MV40	27:33	UA	
39	754	Mark	Bell	MV50	27:41	Dallam	
40	567	Roger	Aubrey	MV50	27:43	Helm Hill	
41	674	Stuart	McGurk	MV50	27:50	Kendal	
42	680	Simon	Milligan	MV50	27:54	Helm Hill	
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62	664	Chris	Beesley	MV60	31:29	Settle	
63	556	Russell	Cannon	MV50	31:50	Helm Hill	
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67	631	G	Parrington	MV60	33:53	Lancaster and Morecambe	
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70	601	John	Hodgson	MV60	34:19	Dallam	
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74	623	Phil	Kirby	MV60	37:02	Coniston	
75	770	Richard	Handford	MV50	38:02	Settle	
76	856	Gareth	Bradburn-Sims	MV40	38:14	Howgill Harrier	
77	598	Selwyn	Wright	MV60	40:16	Amble	
78	846	Denis	Wood	MV70	41:50	Borrowdale	1st MV70
79	750	Joe	Howard	MV70	46:30	Preston	

MEN							
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22	709	Matt	Davis	Man	27:15	Howgill Harrier	
23	859	Carlos	Sanchez	Man	27:23	UA	
24	853	Kieran	Tighe	Man	29:18	UA	

**MEN - VET 40**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	516	Jon	Rylance	MV40	22:05	Ambleside	1st MV40
2	542	Ian	Willis	MV40	22:34	Keighley and Craven	
3	604	Derek	Hurton	MV40	22:46	Eden Runners	
4	698	Johnny	Marchant	MV40	23:50	Helm Hill	
5	806	James	Annan	MV40	24:25	Settle	
6	573	Anthony	Bowness	MV40	25:13	Kendal	
7	546	Richard	Wells	MV40	27:05	UA	
8	582	Paul	Senior	MV40	27:14	Helm Hill	
9	738	Peter	Bascombe	MV40	27:33	UA	
10	572	Andy	Bennett	MV40	28:37	Helm Hill	
11	789	Richard	Greenep	MV40	29:02	Settle	
12	732	Mark	Cropper	MV40	29:38	Helm Hill	
13	844	Matthew	Mathers	MV40	31:27	UA	
14	856	Gareth	Bradburn-Sims	MV40	38:14	Howgill Harrier	

**MEN - VET 50**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	629	Paul	Dugdale	MV50	23:21	Helm Hill	1st MV50
2	607	David	Griffin	MV50	26:29	Dallam	
3	752	Ray	Gill	MV50	26:36	Dallam	
4	852	Alan	Life	MV50	27:11	Clayton	
5	507	Shaun	Addison	MV50	27:17	Helm Hill	
6	754	Mark	Bell	MV50	27:41	Dallam	
7	567	Roger	Aubrey	MV50	27:43	Helm Hill	
8	674	Stuart	McGurk	MV50	27:50	Kendal	
9	680	Simon	Milligan	MV50	27:54	Helm Hill	
10	751	Andy	Holden	MV50	28:04	Wharfedale	
11	672	Stephen	Moor	MV50	28:19	Settle	
12	505	Tim	Murray	MV50	28:24	Helm Hill	
13	522	Chris	Schofield	MV50	28:32	Helm Hill	
14	679	Patrick	Willink	MV50	28:46	Helm Hill	
15	690	Allan	Miller	MV50	29:37	Kendal	
16	576	Andy	Dickson	MV50	30:16	Coniston	
17	610	Stephen	Taylor	MV50	30:45	Preston	
18	556	Russell	Cannon	MV50	31:50	Helm Hill	
19	850	Richard	Simpson	MV50	33:46	UA	
20	704	Ian	Peters	MV50	34:02	Hoad Hill Harriers	
21	591	Dave	Hewitt	MV50	34:10	Dallam	
22	735	Geoff	Thompson	MV50	34:51	Wharfedale	
23	723	Brian	Carlisle	MV50	36:56	Askrigg Aged	
24	770	Richard	Handford	MV50	38:02	Settle	

**MEN - VET 60**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	736	Mike	Egner	MV60	24:14	Settle	1st MV60
2	847	Mike	Walsh	MV60	28:00	Kendal	
3	691	Brian	Thompson	MV60	28:35	Helm Hill	
4	743	Barry	Scholes	MV60	29:28	Settle	
5	737	Pete	Coe	MV60	30:46	Helm Hill	
6	614	Michael	McLoughlin	MV60	31:16	Preston	
7	547	Mike	Troup	MV60	31:24	Ambleside	
8	664	Chris	Beesley	MV60	31:29	Settle	
9	648	John	Taylor	MV60	32:24	Bowland	
10	602	Gregory	Tagney	MV60	33:16	Dallam	
11	631	G	Parrington	MV60	33:53	Lancaster and Morecambe	
12	601	John	Hodgson	MV60	34:19	Dallam	
13	756	John	Barstow	MV60	35:54	Hoad Hill Harriers	
14	623	Phil	Kirby	MV60	37:02	Coniston	
15	598	Selwyn	Wright	MV60	40:16	Amble	

**MEN - VET 70**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	846	Denis	Wood	MV70	41:50	Borrowdale	1st MV70
2	750	Joe	Howard	MV70	46:30	Preston	

**ALL SENIOR LADIES**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	586	Heidi	Dent	Lady	22:54	Howgill Harrier	1st Lady
2	617	Sharon	Taylor	Lady	23:55	Helm Hill	2nd Lady
3	621	Hannah	Russell	Lady	24:32	Helm Hill	3rd Lady
4	518	Carol	Evans	LV50	26:50	Settle	1st LV50
5	552	Nina	Walkingshaw	Lady	27:36	Howgill Harrier	
6	660	Emily	Simpson	Lady	27:47	UA	
7	630	Evelyn	Dugdale	LV50	28:02	Helm Hill	
8	537	Debbie	Copley	LV50	28:06	Dallam	
9	854	Sharon	Dixon	LV40	28:43	Hoad Hill Harriers	1st LV40
10	544	Bianca	Dyer	LV40	29:33	Kendal Tri	
11	555	Ann-Marie	Swallow	LV40	29:41	UA	
12	593	Alice	Steele	Lady	29:46	Dallam	
13	520	Eleanor	Knowles	LV40	29:54	Ambleside	
14	786	Grace	Jeffery	Lady	30:06	Settle	
15	550	Hannah	Thom	Lady	30:32	Keighley and Craven	
16	819	Helen	Greenep	LV50	31:11	Settle	
17	577	Debs	Greaves	LV40	31:12	Howgill Harrier	
18	849	Joanne	McLeod	LV40	31:22	Hoad Hill Harriers	
19	533	Sarah	Folks	LV40	31:26	UA	
20	510	Lynn	Whittaker	LV50	31:32	Wharfedale	
21	500	Georgia	Stevens	Lady	31:37	Helm Hill	
22	673	Victoria	Upton	Lady	31:43	Helm Hill	
23	559	Carolyn	Meschino	Lady	31:55	Ambleside	
24	532	Jayne	Rigby	LV40	32:09	Helm Hill	
25	515	Niki	Rylance	LV40	32:21	Ambleside	
26	807	Julia	Hargreaves	LV40	32:39	Settle	
27	657	Vicky	Kirkwood	LV40	33:11	Dallam	
28	775	Chloe	Brown	Lady	33:27	Howgill Harrier	
29	649	Jo	Taylor	LV50	33:32	Bowland	
30	581	Sarah	Senior	LV40	33:38	Helm Hill	
31	526	Zoe	Ringer	Lady	33:51	Howgill Harrier	
32	781	Rosie	Dutson	Lady	34:24	UA	
33	568	Rebecca	Hodgson	Lady	34:56	UA	
34	529	Su	Thompson	LV40	35:42	Wharfedale	
35	858	Parish	Minton	LV40	36:03	Hoad Hill Harriers	
36	828	Hannah	Goodfellow	Lady	36:37	Dallam	
37	501	Anna	Stevens	LV40	37:08	Helm Hill	
38	848	Maddy	Bell	Lady	37:27	Dallam	
39	857	Kellie	Bradburn-Sims	LV40	38:09	Howgill Harrier	
40	744	Jill	Gates	LV50	38:19	Settle	
41	860	Anma	Escriband	Lady	38:28	UA	
42	590	Lorna	Hewitt	LV40	38:31	Dallam	
43	780	Jenna	Butler	Lady	40:07	UA	
44	534	Jo	Matthew	LV40	40:53	UA	

**LADIES**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	586	Heidi	Dent	Lady	22:54	Howgill Harrier	1st Lady
2	617	Sharon	Taylor	Lady	23:55	Helm Hill	2nd Lady
3	621	Hannah	Russell	Lady	24:32	Helm Hill	3rd Lady
4	552	Nina	Walkingshaw	Lady	27:36	Howgill Harrier	
5	660	Emily	Simpson	Lady	27:47	UA	
6	593	Alice	Steele	Lady	29:46	Dallam	
7	786	Grace	Jeffery	Lady	30:06	Settle	
8	550	Hannah	Thom	Lady	30:32	Keighley and Craven	
9	500	Georgia	Stevens	Lady	31:37	Helm Hill	
10	673	Victoria	Upton	Lady	31:43	Helm Hill	
11	559	Carolyn	Meschino	Lady	31:55	Ambleside	
12	775	Chloe	Brown	Lady	33:27	Howgill Harrier	
13	526	Zoe	Ringer	Lady	33:51	Howgill Harrier	
14	781	Rosie	Dutson	Lady	34:24	UA	
15	568	Rebecca	Hodgson	Lady	34:56	UA	
16	828	Hannah	Goodfellow	Lady	36:37	Dallam	
17	848	Maddy	Bell	Lady	37:27	Dallam	
18	860	Anma	Escriband	Lady	38:28	UA	
19	780	Jenna	Butler	Lady	40:07	UA	



**LADIES - VET 40**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	854	Sharon	Dixon	LV40	28:43	Hoad Hill Harriers	1st LV40
2	544	Bianca	Dyer	LV40	29:33	Kendal Tri	
3	555	Ann-Marie	Swallow	LV40	29:41	UA	
4	520	Eleanor	Knowles	LV40	29:54	Ambleside	
5	577	Debs	Greaves	LV40	31:12	Howgill Harrier	
6	849	Joanne	McLeod	LV40	31:22	Hoad Hill Harriers	
7	533	Sarah	Folks	LV40	31:26	UA	
8	532	Jayne	Rigby	LV40	32:09	Helm Hill	
9	515	Niki	Rylance	LV40	32:21	Ambleside	
10	807	Julia	Hargreaves	LV40	32:39	Settle	
11	657	Vicky	Kirkwood	LV40	33:11	Dallam	
12	581	Sarah	Senior	LV40	33:38	Helm Hill	
13	529	Su	Thompson	LV40	35:42	Wharfedale	
14	858	Parish	Minton	LV40	36:03	Hoad Hill Harriers	
15	501	Anna	Stevens	LV40	37:08	Helm Hill	
16	857	Kellie	Bradburn-Sims	LV40	38:09	Howgill Harrier	
17	590	Lorna	Hewitt	LV40	38:31	Dallam	
18	534	Jo	Matthew	LV40	40:53	UA	

**LADIES - VET 50**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	518	Carol	Evans	LV50	26:50	Settle	1st LV50
2	630	Evelyn	Dugdale	LV50	28:02	Helm Hill	
3	537	Debbie	Copley	LV50	28:06	Dallam	
4	819	Helen	Greenep	LV50	31:11	Settle	
5	510	Lynn	Whittaker	LV50	31:32	Wharfedale	
6	649	Jo	Taylor	LV50	33:32	Bowland	
7	744	Jill	Gates	LV50	38:19	Settle	

**LADIES - VET 60**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
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**UNDER 17 BOYS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	13	Joe	Edmondson	Boy	13:11	Ambleside	1st Boy
2	69	Thomas	Nelson	Boy	13:22	Wharfedale	2nd Boy
3	44	Oliver	Gajdowski	Boy	13:30	Ambleside	3rd Boy
4	134	Reuben	Fox Copley	Boy	13:40	Dallam	
5	84	Martin	Askew	Boy	13:56	Helm Hill	
6	173	Robert	Askew	Boy	14:12	Helm Hill	
7	139	Jacob	Aubrey	Boy	14:35	Helm Hill	
8	43	Luke	Bowen	Boy	15:00	Ambleside	
9	150	Michael	Dugdale	Boy	15:19	Helm Hill	
10	170	Logan	Hargreaves	Boy	15:23	Wharfedale	
11	147	Jake	Cooper	Boy	15:27	Barrow Strider	
12	53	Jake	Shuttleworth	Boy	15:32	Ambleside	
13	223	Robert	Albion	Boy	15:37	Broughton	
14	128	Jamie	Macleod	Boy	16:23	Dallam	
15	143	Lewis	Bowness	Boy	17:05	Helm Hill	
16	181	Tommy	Beuzeval	Boy	19:53	Helm Hill	

**UNDER 17 GIRLS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	158	Hannah	Durkin	Girl	18:08	Ambleside	1st Girl
2	145	Mia	Senior	Girl	18:09	Helm Hill	2nd Girl
3	151	Katie	Thurlow	Girl	18:11	Helm Hill	3rd Girl
4	131	Honor	Jeffrey	Girl	18:53	Settle	
5	148	Georgia	Cooper	Girl	19:12	Barrow Strider	
6	8	Jodie	Ritchie	Girl	21:50	Hoad Hill Harriers	
7	117	Alana	Willis	Girl	27:55	Keighley and Craven	

**UNDER 14 BOYS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	185	Samuel	Almond	Boy	09:11	Eden Runners	1st Boy
2	12	Ben	Edmondson	Boy	09:41	Ambleside	2nd Boy
3	79	Charlie	Harding	Boy	09:54	Eden Runners	3rd Boy
4	61	Jacob	Smith	Boy	10:00	Kendal	
5	47	Josh	Roelants	Boy	10:22	Helm Hill	
6	166	Jordan	Rowlins	Boy	10:27	Crook	
7	88	Daniel	Sanderson	Boy	10:32	Ambleside	
8	97	Toby	Winnard	Boy	10:44	Settle	
9	31	Bob	Evans	Boy	10:48	Settle	
10	133	Alfie	Thorpe	Boy	10:51	Broughton	
11	112	Toby	Umpleby	Boy	11:06	Kendal	
12	162	John	Egner	Boy	11:17	Settle	
13	18	Vaughan	Samson	Boy	11:44	Helm Hill	
14	239	William	Thompson	Boy	11:45	Wharfedale	
15	49	Brodie	Weymouth	Boy	12:14	Aragons Junior Tri	
16	87	Harry	Sanderson	Boy	12:15	Ambleside	
17	245	Connor	O'Hara	Boy	12:17	Hoad Hill Harriers	
18	108	Tom	Duke	Boy	12:29	Settle	
19	25	Matthew	Thornley	Boy	12:34	Ambleside	
20	225	Charlie	Dixon	Boy	13:59	Ambleside	

**UNDER 14 GIRLS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	23	Chloe	Rylance	Girl	10:49	Ambleside	1st Girl
2	168	Rosie	Woodhams	Girl	11:37	Dallam	2nd Girl
3	65	Lottie	Beardwood	Girl	11:47	Helm Hill	3rd Girl
4	22	Courtney	Hutchinson	Girl	12:18	Ambleside	
5	33	Maia	Doherty	Girl	12:23	Helm Hill	
6	76	Erin	Bagge	Girl	12:50	Helm Hill	
7	130	Charlotte	Barrett	Girl	12:52	Wharfedale	
8	17	Bethan	Rowley	Girl	13:06	Ambleside	
9	96	Annabelle	Taylor	Girl	13:18	Helm Hill	
10	137	Giselle	Meschino	Girl	13:44	Ambleside	
11	234	Holly	Murray	Girl	13:55	Barrow	
12	1	Emelia	Stevens	Girl	14:18	Helm Hill	
13	125	Beckie	Dyer	Girl	15:14	Helm Hill	

**UNDER 12 BOYS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	45	James	Bowen	Boy	04:50	Ambleside	1st Boy
2	46	Harry	Bowen	Boy	04:53	Ambleside	2nd Boy
3	15	Ollie	Sanders	Boy	04:56	Helm Hill	3rd Boy
4	6	Henry	Hunter	Boy	05:03	Helm Hill	
5	224	Eilo	Beestley	Boy	05:15	Calder Valley	
6	99	Alex	Tallon	Boy	05:16	UA	
7	72	Scott	Fisher	Boy	05:16	Hoad Hill Harriers	
8	5	James	Duffy	Boy	05:18	CVFR	
9	116	Addison	Willis	Boy	05:28	Keighley and Craven	
10	208	Ben	Greenep	Boy	05:34	Settle	
11	36	Joseph	Clayton	Boy	05:37	Helm Hill	
12	60	Oliver	Smith	Boy	05:38	Kendal	
13	58	Ben	Smith	Boy	05:47	Kendal	
14	7	Nathan	Richie	Boy	05:49	Hoad Hill Harriers	
15	81	Alex	Graham	Boy	05:54	Ambleside	
16	247	Luke	Carrington	Boy	06:00	Saddleworth	
17	157	William	Durkin	Boy	06:01	Ambleside	
18	32	Zach	Doherty	Boy	06:03	Dallam	
19	226	Freddie	Dixon	Boy	06:12	Ambleside	
20	34	Evan	Mills	Boy	06:18	Keighley and Craven	
21	207	Sam	Greenep	Boy	06:31	Settle	
22	26	Sam	Thornley	Boy	06:33	Ambleside	
23	78	Oliver	Sampson	Boy	06:35	Settle	
24	85	Joseph	Rigby	Boy	06:39	Helm Hill	
25	73	Isaac	Robinson	Boy	06:43	Howgill Harrier	
26	48	Oliver	Oldham	Boy	06:46	Hoad Hill Harriers	
27	106	Oscar	Wulf	Boy	06:47	Settle	
28	63	Marvin	Gibbs	Boy	06:48	Helm Hill	
29	132	Rowan	Ashworth	Boy	06:50	Ambleside	
30	37	Charlie	Clayton	Boy	06:54	Helm Hill	
31	163	Rio	Egner	Boy	07:05	Settle	
32	77	Dylan	Sampson	Boy	07:10	Settle	
33	74	Theo	Robinson	Boy	07:11	Howgill Harrier	
34	39	Rory	Knowles	Boy	07:14	Ambleside	
35	235	Jude	Evans	Boy	07:15	Helm Hill	
36	80	Archie	Harding	Boy	07:23	Eden Runners	
37	86	Benji	Grundy	Boy	07:26	Keighley and Craven	
38	182	Jamie	Waller	Boy	07:33	Dallam	
39	171	Blake	Mills	Boy	07:39	Keighley and Craven	
40	38	Matthew	Wright	Boy	07:46	Helm Hill	
DNF	27	James	Thornley	Boy	DNF	Ambleside	



**UNDER 12 GIRLS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	101	Isabelle	Helm	Girl	05:17	UA	1st Girl
2	35	Olesia	Winder	Girl	05:22	Hoad Hill Harriers	2nd Girl
3	4	Emily	Swarbrick	Girl	05:24	Broughton	3rd Girl
4	24	Sophie	Rylance	Girl	05:31	Ambleside	
5	178	Mia	Heath	Girl	05:53	Helm Hill	
6	19	Clara	Samson	Girl	05:55	Helm Hill	
7	29	Bethan	Saunders	Girl	05:56	Hoad Hill Harriers	
8	64	Ella	Beardwood	Girl	06:14	Helm Hill	
9	59	Sarah	Smith	Girl	06:17	Kendal	
10	117	Alana	Willis	Girl	06:19	Keighley and Craven	
11	11	Jessica	Edmondson	Girl	06:21	Ambleside	
12	165	Megan	Bascombe	Girl	06:36	UA	
13	119	Grace	Wells	Girl	06:40	Howgill Harrier	
14	3	Olivia	Swarbrick	Girl	06:41	Broughton	
15	215	Olivia	Duke	Girl	07:06	Settle	
16	114	Maesie	Evans	Girl	07:21	Ambleside	
17	95	Connie	Maye	Girl	07:24	UA	
18	115	Joss	Evans	Girl	07:27	Ambleside	
19	240	Sarah	Knaggs	Girl	07:28	Hoad Hill Harriers	
20	179	Kitty	Carr	Girl	07:32	UA	
21	30	Lauren	Evans	Girl	07:37	Settle	
22	92	Cate	Matthew	Girl	07:44	Lancaster and Morecambe	
23	242	Amy	Lomas	Girl	07:54	Hoad Hill Harriers	
24	241	Taylor	Procter	Girl	07:59	Hoad Hill Harriers	
25	243	Lola	Ashton-Fitch	Girl	08:18	Settle	
26	244	Evie	Turton	Girl	09:20	UA	
27	167	Izzy	Ashton-Fitch	Girl	09:26	Settle	