

## Arant Haw race – Sunday 30<sup>th</sup> March

### Seniors - All

Position	No	Name	Club	M/F	Vet	Time
1	335	Tom Addison	Helm Hill	M		0.39.32
2	360	Darren Kay	Howgill	M		0.40.06
3	351	Mark Addison	Helm Hill	M		0.40.15
4	376	Andy Schofield	Borowdale	M	V40	0.40.16
5	374	Gary Devine	Pudsey & Bramley	M	V40	0.40.23
6	380	Francis Blunt	NFR	M		0.41.27
7	318	Alistair Dunn	Helm Hill	M		0.41.34
8	338	Mike Robinson	Dark Peak	M		0.43.55
9	316	Josh Holt	CCM	M	V50	0.45.19
10	322	John Dryden	Settle	M	V40	0.45.36
11	339	Dave Crayston	Ambleside	M	V40	0.45.45
12	320	Ged Wath	Rosendale	M		0.45.50
13	340	Russel Owen	Eryri Harriers	M	V40	0.46.42
14	334	Sam Watson	Wharfdale	M		0.47.01
15	370	Paul Neild	Boland	M		0.47.06
16	329	Dave Wilson	Bowland	M	V40	0.47.41
17	343	John Bagge	Helm Hill	M	V40	0.48.03
18	375	Mike Walsh	Kendal	M	V50	0.48.04
19	363	Graham Moffatt	Howgill	M		0.48.51
20	379	Martin Podmore	U/A	M		0.49.00
21	353	Mike Addison	Helm Hill	M	V40	0.50.14
22	354	Denis Nelson	Dallam	M	V40	0.50.15
23	355	Mick Willson	Helm Hill	M	V50	0.50.31
24	361	Ian Hutchinson	Bowland	M	V40	0.50.35
25	337	Andy Holden	Wharfdale	M	V40	0.51.09
26	326	Jon Gibson	Wharfdale	M	V40	0.51.43
27	365	Nigel Thomas	Helm Hill	M		0.51.59
28	342	Andy Smith	Wharfdale	M		0.52.08
29	323	Ian Robinson	CLM	M	V50	0.52.25
30	378	Wendy Dodds	Clayton	F	V50	0.52.40
31	325	Tim Murray	Helm Hill	M	V40	0.52.49
32	313	Dave Appleyard	Helm Hill	M	V40	0.53.10
33	359	Dave Fell	CFR	M	V60	0.53.13
34	327	Damian Scholes	K & C	M		0.53.27
35	331	Patrick Willik	Helm Hill	M	V40	0.53.28
36	341	Kevin Rogan	Wharfdale	M	V50	0.53.31
37	349	Andrew Dougdale	CLM	M	V40	0.54.10
38	324	Lyndon Dixon	Helm Hill	M	V50	0.54.24
39	366	Kevin Bram	Morpeth	M	V40	0.54.28
40	356	Chris Schofield	Helm Hill	M	V40	0.54.35
41	367	Geof Lynons	Garstang	M	V40	0.55.15
42	347	Dave Till	Helm Hill	M	V40	0.56.25
43	373	Spencer Samson	Kendal	M	V40	0.56.48
44	332	Ray Gill	Dallam	M	V40	0.56.56
45	372	Jon Wathinshaw	U/A	M		0.57.14

46	348	Andrew Firth	CLM	M	V50	0.57.28
47	362	Dean Heaton	Bowland	M	V50	0.57.32
48	330	Geoff Barrett	Helm Hill	M	V40	0.57.47
49	321	Trevor Metcalf	U/A	M	V50	0.58.22
50	345	Andrew Hinde	Settle	M	V50	0.58.23
51	328	Peter Metcalf	Wharfdale	M	V50	0.58.50
52	381	Debbie Thompson	Keswick	F	V50	0.59.15
53	344	Kate Rogan	Wharfdale	F		0.59.42
54	350	Mark Taylor	CLM	M		0.59.51
55	315	Paul Sessford	K & C	M	V40	1.00.04
56	346	Kevin May	U/A	M	V40	1.00.48
57	352	Peter Dugdale	CLM	M	V50	1.01.24
58	357	Pete Dowher	Kendal	M	V60	1.02.28
59	369	Dave Rosen	L & M	M	V50	1.05.02
60	319	Selwyn Wright	Ambleside	M	V50	1.05.12
61	306	Roger Hall	Bingley	M	V60	1.05.42
62	336	Lynne Whittaker	Wharfdale	F	V40	1.05.44
63	377	Peter Posman	FRA	M	V50	1.06.55
64	312	Susan Goodfellow	Dallam	F		1.08.34
65	364	Mike McDonald	Bowland	M	V60	1.09.11
66	358	Pete Williams	Kendal	M	V60	1.11.37
67	371	Ruth Webster	Dallam	F		1.12.56
68	314	Denis Wood	Borowdale	M	V60	1.14.20
69	368	Miriam Rosen	L & M	F	V50	1.15.50
70	333	Dawn Gill	Dallam	F	V40	1.16.46
71	317	Duncan Campbell	Helm Hill	M	V40	1.17.45

### Seniors – Male

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1	335	Tom Addison	Helm Hill	M		0.39.32
2	360	Darren Kay	Howgill	M		0.40.06
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13	340	Russel Owen	Eryri Harriers	M	V40	0.46.42
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15	370	Paul Neild	Boland	M		0.47.06
16	329	Dave Wilson	Bowland	M	V40	0.47.41
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18	375	Mike Walsh	Kendal	M	V50	0.48.04
19	363	Graham Moffatt	Howgill	M		0.48.51
20	379	Martin Podmore	U/A	M		0.49.00

21	353	Mike Addison	Helm Hill	M	V40	0.50.14
22	354	Denis Nelson	Dallam	M	V40	0.50.15
23	355	Mick Willson	Helm Hill	M	V50	0.50.31
24	361	Ian Hutchinson	Bowland	M	V40	0.50.35
25	337	Andy Holden	Wharfdale	M	V40	0.51.09
26	326	Jon Gibson	Wharfdale	M	V40	0.51.43
27	365	Nigel Thomas	Helm Hill	M		0.51.59
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33	327	Damian Scholes	K & C	M		0.53.27
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36	349	Andrew Dougdale	CLM	M	V40	0.54.10
37	324	Lyndon Dixon	Helm Hill	M	V50	0.54.24
38	366	Kevin Bram	Morpeth	M	V40	0.54.28
39	356	Chris Schofield	Helm Hill	M	V40	0.54.35
40	367	Geof Lynons	Garstang	M	V40	0.55.15
41	347	Dave Till	Helm Hill	M	V40	0.56.25
42	373	Spencer Samson	Kendal	M	V40	0.56.48
43	332	Ray Gill	Dallam	M	V40	0.56.56
44	372	Jon Wathinshaw	U/A	M		0.57.14
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49	345	Andrew Hinde	Settle	M	V50	0.58.23
50	328	Peter Metcalf	Wharfdale	M	V50	0.58.50
51	350	Mark Taylor	CLM	M		0.59.51
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53	346	Kevin May	U/A	M	V40	1.00.48
54	352	Peter Dugdale	CLM	M	V50	1.01.24
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56	369	Dave Rosen	L & M	M	V50	1.05.02
57	319	Selwyn Wright	Ambleside	M	V50	1.05.12
58	306	Roger Hall	Bingley	M	V60	1.05.42
59	377	Peter Posman	FRA	M	V50	1.06.55
60	364	Mike McDonald	Bowland	M	V60	1.09.11
61	358	Pete Williams	Kendal	M	V60	1.11.37
62	314	Denis Wood	Borowdale	M	V60	1.14.20
63	317	Duncan Campbell	Helm Hill	M	V40	1.17.45

### Seniors – Female

Position	No	Name	Club	M/F	Vet	Time
1	378	Wendy Dodds	Clayton	F	V50	0.52.40
2	381	Debbie Thompson	Keswick	F	V50	0.59.15
3	344	Kate Rogan	Wharfdale	F		0.59.42
4	336	Lynne Whittaker	Wharfdale	F	V40	1.05.44
5	312	Susan Goodfellow	Dallam	F		1.08.34
6	371	Ruth Webster	Dallam	F		1.12.56
7	368	Miriam Rosen	L & M	F	V50	1.15.50
8	333	Dawn Gill	Dallam	F	V40	1.16.46

### U12's – Male

Position	Name	Club	Time
1	James Hall	Bingley	3.55
2	Ben Johnson	Warfdale	3.58
3	David Goad	Helm Hill	4.13
4	Jake Lowther	Helm Hill	4.21
4	Oliver Willink	Helm Hill	4.21
6	Jack Proctor	U/A	4.23
7	Jonathan Mells	Howgill	4.31
8	Harry Brooks	Helm Hill	4.32
9	Lewis Goad	Helm Hill	4.4
10	Oran Swindley	Helm Hill	4.46
11	Robbie Johnston	Warfdale	4.48
12	Wilf Goodfellow	Dallam	4.49
13	Jon Lowther	Helm Hill	5.03
14	Jay Ferguson	Helm Hill	5.08
15	Sam Willink	Helm Hill	5.09
16	Dan Miller	Broughton	5.13
17	Lee Dryden	Settle	5.31
18	Josh Robb	Helm Hill	5.52
19	Harry Stringfellow	Rosendale	5.57
20	Adam Gibson	Warfdale	6.23
21	Nathan Chadwick	Helm Hill	6.24
22	Owen Dryden	Settle	6.25
23	Alexander Chadwick	Helm Hill	7.29

### U12's – Female

Position	Name	Club	Time
1	Megan Stuart	Helm Hill	4.29
2	Kay Wright	Broughton	4.56
3	Amber Holt	Helm Hill	5.10
4	Sarah Chadwick	Helm Hill	5.12
5	Ellmae Gibson	Wharfdale	5.14
6	Lizze Goodfellow	Dallam	6.07
7	Erin Proctor	Howgill	6.08
8	Megan Drinkall	Dallam	6.09
9	Fiona Bennatt	U/A	6.17
10	Chloe Law	Rosendale	6.22

### U14's – Male

Position	Name	Club	Time
1	Rory Addison	Helm Hill	6.30
2	Elliot Wylie	Rossendale	6.57
3	Sam Storey	Barrow	6.59
4	Nathan Robb	Helm Hill	7.28
5	Declan Bulmer	Pendle	7.32
6	Aaron Chadwick	Helm Hill	9.57

### U14's – Female

Position	Name	Club	Time
1	Robin Goodfellow	Dallam	7.31
2	Lauren Monroe-Bennett	Helm Hill	8.07
3	Jane Gill	Dallam	8.29
4	Reanne Harvey	Dallam	9.50
5	Aleisha Hind	Helm Hill	11.07

### U17's – Male

Position	Name	Club	Time
1	Tom Doyle	Helm Hill	9.53
2	Tom Sesford	K & C	10.00
3	Jonathan Bradshaw	Wharfdale	10.04
4	Mathew Fretwell	Settle	10.09
5	Ashley Kay	Rossendale	10.28
6	Jos Addison	Helm Hill	10.33
7	Jack Smith	Wharfdale	11.03
8	Joe Johnston	Rossendale	11.11
9	Jack Wright	Broughton	11.48
10	Jack Stringfellow	Rossendale	13.12
11	Scot Baistow	Wharfdale	13.25

### U17's – Female

Position	Name	Club	Time
1	Melanie Hyder	Helm Hill	12.07
2	Kate Donovan	U/A	14.18
3	Amy Fretwell	Settle	14.31
4	Katie May	U/A	17.45