



Supported by Different Strokes

Longsleddale - Results 18 February 2018

Senior Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	59	Joshua	Jardine	Man	36:55	Helm Hill	1st Man
2	4	Michael	Ainsworth	Man	37:02	Helm Hill	2nd Man
3	221	Jack	Wright	Man	37:24	Ambleside	3rd Man
4	244	Adam	Perry	Man	39:07	Helm Hill	
5	29	Jon	Rylance	MV40	39:10	Ambleside	1st MV40
6	91	Ben	Procter	Man	39:14	Helm Hill	
7	446	Sam	Dixon	Man	40:03		
8	1152	Benjamin	Forrest	MU21	40:14	Rossendale	1st MU21
9	185	Jacob	Aubrey	MU21	41:05	Helm Hill	
10	280	Harvey	Lord	Man	41:07	Black Combe	
11	270	Paul	Aitken	Man	41:24	Helm Hill	
12	310	Robert	Askew	MU21	41:59	Helm Hill	
13	172	Paul	Reilly	MV40	42:12	Helm hill	
14	87	Scott	Umpleby	MV50	42:35	Kendal AAC	1st MV50
15	99	Phil	Mather	Man	42:43	Lonsdale	
16	297	Darren	Fishwick	MV40	42:50	Chorley	
17	95	Jonathon	Lowther	Man	43:01	Helm Hill	
18	143	Lewis	Bowness	MU21	43:04	Helm Hill	
19	10	Jake	Lowther	Man	43:23	Helm Hill	
20	207	Ross	Jenkin	Man	43:30	Howgill Harriers	
21	350	Conor	Jardine	MU21	43:51		
22	47	Will	Acland	MV40	44:12	Helm Hill	
23	225	Kelli	Roberts	Lady	44:28	Helm Hill	1st Lady
24	30	Brian	Pennington	MV40	44:29	Howgill Harriers	
25	256	Richard	Stevens	MV40	44:30	Ambleside	
26	146	Martin	Askew	MU21	45:00	Helm Hill	
27	50	Rob	Harper	MV40	45:47	Ambleside	
28	77	Rob	Crawford	MV40	45:55	Howgill Harriers	
29	127	John	Rainford	MV50	45:56	Preston Harriers	
30	26	Daniel	Malcolm	MV40	46:02	Helm Hill	
31	71	Sean	Robinson	Man	46:30	Howgill Harriers	
32	234	Justin	Evans	Man	46:31	Helm Hill	
33	1190	Ben	Kirkman	MU21	46:55	Rossendale	
34	45	James	Baron	MV50	47:25	Helm Hill	
35	441	Ross	Butler	MV40	47:45	Keswick AC	
36	363	Simon	Whittaker	Man	47:50	Helm Hill	
37	42	Andy	Holden	MV50	48:04	Wharfedale	
38	53	Steven	Middleton	MV40	48:24	Howgill Harriers	
39	1138	David	Goadby	Man	48:33	Helm Hill	
40	174	Alistair	Hearn	MV40	48:35	Helm Hill	
41	444	Rob	Mortimore	Man	48:39	Helm Hill	
42	117	Simon	Fox	MV50	48:40	Darwen Dashers	
43	429	Paul	Scully	MV40	48:54	Helm Hill	
44	362	Mark	Cropper	MV40	48:59	Helm Hill	
45	25	Tom	Matthew	MV40	49:18	Bowland	
46	48	Bianca	Dyer	LV40	49:26	Helm Hill	2nd Lady/1st LV40
47	98	Rowan	Wood	Man	50:07	Lonsdale	
48	35	Craig	Peart	Man	50:08	Lancaster & Morecambe	
49	261	Emma	Johnston	Lady	50:31	Helm Hill	3rd Lady
50	128	James	Coulthard	MV40	50:34	Howgill Harriers	
51	194	Dominic	Merchant	Man	51:00	Helm Hill	
52	86	Joey	Umpleby	MU21	51:01	Kendal AAC	
53	9	Philip	Rigby	MV50	51:02	Helm Hill	

54	430	Jenny	Rice	Lady	51:03	Helm Hill	
55	300	Andy	Bennett	MV40	51:08	Helm Hill	
56	314	Ray	Gill	MV50	51:16	Dallam	
57	322	Kate	Simpson	LV40	51:23	Helm Hill	
58	17	Ali	Richards	LV40	51:34	Helm Hill	
59	267	Carol	Evans	LV50	51:40	Settle	1st LV50
60	442	Andrew	Christie	Man	52:34	Red Rose Road Runners	
61	178	Caroline	Lambert	LV40	52:39		
62	184	Roger	Aubrey	MV50	52:41	Helm Hill	
63	192	Brian	Thompson	MV60	52:44	Helm Hill	1st MV60
64	62	David	Appleyard	MV50	52:46	Helm Hill	
65	436	David	Hunter	MV50	53:15	Helm Hill	
66	85	Ian	Hutchinson	MV50	53:26	Bowland Fell Runners	
67	1242	Matty	Taylor	MU21	53:28	Rossendale	
68	8	Jayne	Rigby	LV40	53:30	Helm Hill	
69	438	James	Saxon	MV40	53:35		
70	343	Mick	Kirkman	MV50	54:05	Rossendale	
71	353	Jo	Wilcox	LV50	54:14	Helm Hill	
72	341	Georgia	Stevens	LU21	54:55	Helm Hill	1st LU21
73	179	Wendy	Dodds	LV60	55:08	Clayton Le Moors Harriers	1st LV60
74	440	John	Mason	Man	55:16		
75	40	Jonny	Grisedale	MV40	55:17	Helm Hill	
76	399	Catherine	Slater	Lady	55:17	Helm Hill	
77	421	Keeley	Smith	Lady	55:19	Helm Hill	
78	223	Simon	Waller	MV40	55:30	Helm Hill	
79	220	Richard	Smith	Man	55:33	Helm Hill	
80	106	Peter	Singleton	MV60	56:03	Blackpool	
81	380	Jo	Appleby	LV40	56:32	Helm Hill	
82	63	Erica	Evans	Lady	56:46	Ambleside	
83	141	Lorna	Askew	LV40	57:14	Helm Hill	
84	102	Jo	Taylor	LV50	57:24	Bowland	
85	28	Niki	Rylance	LV40	57:29	Ambleside	
86	439	Sarah	Gerrish	Lady	57:33	Helm Hill	
87	65	Katherine	France	LV40	57:41	Helm Hill	
88	313	Vicky	Kirkwood	LV40	57:49	Dallam	
89	6	David	Barnes	MV60	58:00	Horwich	
90	242	Richard	Simpson	MV60	58:03	Dallam	
91	445	Duncan	Birtwistle	Man	58:38		
92	443	Jessica	Bagnall	LV40	58:49	Settle	
93	150	Darren	Woodhams	MV40	58:50		
94	34	Joanne	Pennington	LV40	58:55	Kendal AAC	
95	231	Victoria	Upton	Lady	59:02	Helm Hill	
96	346	Colin	Valentine	MV50	59:09	Keswick AC	
97	173	Michael	McLoughlin	MV60	59:21	Preston Harriers	
98	426	James	Stokes	Man	59:24		
99	33	Leah	Albion	LU21	59:28	Broughton	
100	201	Katie	Palmer	LV40	59:30	Helm Hill	
101	103	John	Taylor	MV60	59:32	Bowland	
102	271	Amanda	Burrow	LV40	59:53	Helm Hill	
103	78	Peter	Bascombe	MV40	1:00:10	Bowness Badminton	
104	193	Daniel	Rayson	MV40	1:00:20		
105	119	Mark	Charnley	MV40	1:00:31	Settle	
106	121	Gill	Ramsay	LV50	1:00:33	Helm Hill	
107	37	Jo	Cater	Lady	1:00:38	Helm Hill	
108	64	Kate	Brayshaw	LV40	1:00:40	Helm Hill	
109	266	Andy	Evans	MV50	1:01:16	Settle	
110	161	Libby	Dixon	LV40	1:01:20	Ambleside	
111	285	Vicky	Atkinson	LV40	1:01:43	Helm Hill	
112	437	Jane	Umpleby	LV50	1:02:09		
113	435	Judith	Marshall	LV40	1:02:46	Settle	
114	286	Pete	Coe	MV60	1:02:47	Helm Hill	
115	408	Heidi	Litrizza-Ball	LV40	1:04:16		

116	132	Robin	Haywood	MV40	1:04:30	Howgill Harriers	
117	345	Stephen	Fish	MV60	1:04:41	Clayton Le Moors	
118	41	Lynn	Whittaker	LV50	1:04:53	Wharfedale	
119	96	Helen	Barker	LV40	1:05:00	Kendal AAC	
120	334	Elizabeth	Adams	LV40	1:05:39	Helm Hill	
121	372	Sarah	Folks	MV40	1:06:14	Ambleside	
122	246	John	Hodgson	MV70	1:06:39	Dallam	1st MV70
123	305	Steve	Taylor	MV60	1:08:52	Preston Harriers	
124	262	Lindsay	Harrod	LV50	1:10:28	Helm Hill	
125	93	Jill	Gates	LV50	1:11:31	Settle	
126	39	Joanne	Grisedale	LV40	1:11:46	Helm Hill	
127	125	Mark	Birbeck	MV50	1:12:15	Achille Ratti	
128	155	Miriam	Rosen	LV60	1:13:08	Lancaster & Morecambe	
129	281	Iain	Crossley	MV60	1:13:28	Achille Ratti	
130	7	Anna	Stevens	LV40	1:17:28	Helm hill	
131	114	Peta	Rowand	LV40	1:17:44	Ambleside	
132	2	Wendy	Smith	LV40	1:18:39	Helm Hill	
133	154	David	Rosen	MV60	1:23:28	Lancaster & Morecambe	
134	120	Philip	Kirkby	MV60	1:31:12	Coniston	
135	15	Denis	Wood	MV70	1:37:57	Borrowdale	
136	269	Claire	Green	LV50	DNF		

Under 17 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	1133	Toby	Umpleby	Boy	16:08	Kendal AAC	1st Boy
2	1241	Kurtis	Mitton	Boy	16:34	Rosendale	2nd Boy
3	1239	Thomas	Marshall	Boy	17:05	Settle	3rd Boy
4	1182	Brodie	Weymouth	Boy	18:00		
5	1231	Oliver	Saxon	Boy	18:02	Eden Runners	
6	1029	Chloe	Rylance	Girl	18:15	Ambleside	1st Girl
7	1087	Josh	Roelants	Boy	18:30	Helm Hill	
8	1120	Adam	Scott	Boy	21:10	Kendal	
9	1060	Iris	Palmer	Girl	21:48	Halifax Harriers	2nd Girl
10	1101	Annabelle	Taylor	Girl	23:17	Helm Hill	3rd Girl
11	1073	Becky	Dyer	Girl	23:46	Helm Hill	
12	1034	Tyla	Crook	Girl	25:32	Helm Hill	
13	1134	Emily	Crossley	Girl	26:09	Settle	

Under 15 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	1159	James	Bowen	Boy	08:23	Ambleside	1st Boy
2	1227	Harry	Bowen	Boy	08:23	Ambleside	2nd Boy
3	1179	Jack	Villiers	Boy	08:28	Barlick Fell Runners	3rd Boy
4	1054	Alex	Tallon	Boy	08:30	Helm Hill	
5	1225	Charlie	Allmond	Boy	08:40	Ambleside	
6	1037	Ben	Smith	Boy	09:06	Kendal AAC	
7	1003	Henry	Hunter	Boy	09:10	Helm Hill	
8	1045	Dylan	Cater	Boy	09:33	Helm Hill	
9	1049	Cameron	Coates	Boy	09:36	Ambleside	
10	1100	Joe	Clayton	Boy	10:03	Helm Hill	
11	1030	Sophie	Rylance	Girl	10:22	Ambleside	1st Girl
12	1017	Elodie	Malcolm	Girl	10:33	Helm Hill	2nd Girl
13	1053	Christophe	Brown	Boy	11:16	Clayton le Moors	
14	1051	Finley	Grisedale	Boy	13:36	Helm Hill	

Under 13 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	1025	Rowan	Ashworth	Boy	05:15	Ambleside	1st Boy
2	1165	Jack	Dixon	Boy	05:18	Ambleside	2nd Boy
3	1001	Joseph	Rigby	Boy	05:22	Helm Hill	3rd Boy
4	1002	Simon	Rigby	Boy	05:26	Helm Hill	
5	1141	Alex	Graham	Boy	05:38	Ambleside	
6	1035	Sarah	Smith	Girl	05:40	Helm Hill	1st Girl
7	1135	Jamie	Waller	Boy	05:46		
8	1145	Alfie	Addison	Boy	05:49	Helm Hill	
9	1199	Oliver	Ball	Boy	05:56	Lancaster & Morecambe	
10	1052	Harvey	Shaw	Boy	05:57	Ambleside	
11	1056	Elise	Tallon	Girl	05:58	Helm Hill	2nd Girl
12	1148	Jack	Sanderson	Boy	05:59	Settle	
13	1069	Blake	Fleming	Boy	06:04	Hoad Hill Harriers	
14	1210	Ben	Allmond	Boy	06:09	Ambleside	
15	1184	Joseff	Tancrel	Boy	06:11		
16	1082	Jody	Middleton	Boy	06:12	Howgill Harriers	
17	1083	Hal	Saner-Haigh	Boy	06:13	Helm Hill	
18	1229	Amelie	Lane	Girl	06:14	Wharfedale	3rd Girl
19	1194	Theo	Coates	Boy	06:20	Ambleside	
20	1123	Isaac	Robinson	Boy	06:26	Howgill Harriers	
21	1022	Jamie	Graham	Boy	06:28	Ambleside	
22	1115	Samuel	Jackson	Boy	06:35	Helm Hill	
23	1128	Matthew	Gornall	Boy	06:37	Ambleside	
24	1099	Charlie	Clayton	Boy	06:38	Helm Hill	
25	1111	Jude	Evans	Boy	06:38	Ambleside	
26	1032	Aaron	Smith	Boy	06:41	Howgill Harriers	
27	1057	Toby	Acland	Boy	06:47	Helm Hill	
28	1114	Will	Brayshaw	Boy	06:47	Helm Hill	
29	1238	Roan	Saunders	Boy	07:03	Ambleside	
30	1078	Toby	Harper	Boy	07:03	Ambleside	
31	1043	Poppy	Cater	Girl	07:04	Helm Hill	
32	1095	Thomas	Hearn	Boy	07:04	Helm Hill	
33	1206	Zeke	Sumner	Boy	07:11	Ambleside	
34	1153	Finlay	Aitken	Boy	07:12	Helm Hill	
35	1228	Andrew	Mitchell	Boy	07:13	Howgill Harriers	
36	1118	Connie-Ma	Scott	Girl	07:28	Kendal	
37	1145	Alfie	Addison	Boy	07:33	Helm Hill	
38	1215	John	Williamson	Boy	07:38	Leven Valley	
39	1235	Jem	Cropper	Boy	07:43	Helm Hill	
40	1016	Cate	Matthew	Girl	07:59		
41	1105	Sophie	Goodall	Girl	08:04		
42	1196	William	Hargreaves	Boy	08:07	Ambleside	
43	1035	Sarah	Smith	Girl	08:10	Helm Hill	
44	1012	Emily	Peart	Girl	08:10	Lancaster & Morecambe	
45	1041	Oliver	Willoughby	Boy	08:12	Helm Hill	
46	1218	Jasmine	Bottomley	Girl	08:13	Helm Hill	
47	1144	Lauren	Evans	Girl	08:19	Settle	
48	1071	Hannah	Dyer	Girl	08:23	Helm Hill	
49	1109	Poppy	Scott	Girl	08:33		
50	1096	Alicia	Crawford	Girl	08:36	Helm Hill	
51	1200	Harry	Ball	Boy	08:39	Lancaster & Morecambe	
52	1094	Sophie	Hearn	Girl	09:11		
53	1065	Eleanor	King	Girl	09:15	Helm Hill	
54	1240	Jonah	Hughes	Boy	09:51	Helm Hill	

Longsleddale 2018 Category Results

ALL SENIOR MEN

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	59	Joshua	Jardine	Man	36:55	Helm Hill	1st Man
2	4	Michael	Ainsworth	Man	37:02	Helm Hill	2nd Man
3	221	Jack	Wright	Man	37:24	Ambleside	3rd Man
4	244	Adam	Perry	Man	39:07	Helm Hill	
5	29	Jon	Rylance	MV40	39:10	Ambleside	1st MV40
6	91	Ben	Procter	Man	39:14	Helm Hill	
7	446	Sam	Dixon	Man	40:03		
8	1152	Benjamin	Forrest	MU21	40:14	Rossendale	1st MU21
9	185	Jacob	Aubrey	MU21	41:05	Helm Hill	
10	280	Harvey	Lord	Man	41:07	Black Combe	
11	270	Paul	Aitken	Man	41:24	Helm Hill	
12	310	Robert	Askew	MU21	41:59	Helm Hill	
13	172	Paul	Reilly	MV40	42:12	Helm hill	
14	87	Scott	Umpleby	MV50	42:35	Kendal AAC	1st MV50
15	99	Phil	Mather	Man	42:43	Lonsdale	
16	297	Darren	Fishwick	MV40	42:50	Chorley	
17	95	Jonathon	Lowther	Man	43:01	Helm Hill	
18	143	Lewis	Bowness	MU21	43:04	Helm Hill	
19	10	Jake	Lowther	Man	43:23	Helm Hill	
20	207	Ross	Jenkin	Man	43:30	Howgill Harriers	
21	350	Conor	Jardine	MU21	43:51		
22	47	Will	Acland	MV40	44:12	Helm Hill	
23	30	Brian	Pennington	MV40	44:29	Howgill Harriers	
24	256	Richard	Stevens	MV40	44:30	Ambleside	
25	146	Martin	Askew	MU21	45:00	Helm Hill	
26	50	Rob	Harper	MV40	45:47	Ambleside	
27	77	Rob	Crawford	MV40	45:55	Howgill Harriers	
28	127	John	Rainford	MV50	45:56	Preston Harriers	
29	26	Daniel	Malcolm	MV40	46:02	Helm Hill	
30	71	Sean	Robinson	Man	46:30	Howgill Harriers	
31	234	Justin	Evans	Man	46:31	Helm Hill	
32	1190	Ben	Kirkman	MU21	46:55	Rossendale	
33	45	James	Baron	MV50	47:25	Helm Hill	
34	441	Ross	Butler	MV40	47:45	Keswick AC	
35	363	Simon	Whittaker	Man	47:50	Helm Hill	
36	42	Andy	Holden	MV50	48:04	Wharfedale	
37	53	Steven	Middleton	MV40	48:24	Howgill Harriers	
38	1138	David	Goadby	Man	48:33	Helm Hill	
39	174	Alistair	Hearn	MV40	48:35	Helm Hill	
40	444	Rob	Mortimore	Man	48:39	Helm Hill	
41	117	Simon	Fox	MV50	48:40	Darwen Dashers	
42	429	Paul	Scully	MV40	48:54	Helm Hill	
43	362	Mark	Cropper	MV40	48:59	Helm Hill	
44	25	Tom	Matthew	MV40	49:18	Bowland	
45	98	Rowan	Wood	Man	50:07	Lonsdale	
46	35	Craig	Peart	Man	50:08	Lancaster & Morecambe	
47	128	James	Coulthard	MV40	50:34	Howgill Harriers	
48	194	Dominic	Merchant	Man	51:00	Helm Hill	
49	86	Joey	Umpleby	MU21	51:01	Kendal AAC	
50	9	Philip	Rigby	MV50	51:02	Helm Hill	
51	300	Andy	Bennett	MV40	51:08	Helm Hill	
52	314	Ray	Gill	MV50	51:16	Dallam	
53	442	Andrew	Christie	Man	52:34	Red Rose Road Runners	
54	184	Roger	Aubrey	MV50	52:41	Helm Hill	
55	192	Brian	Thompson	MV60	52:44	Helm Hill	1st MV60
56	62	David	Appleyard	MV50	52:46	Helm Hill	
57	436	David	Hunter	MV50	53:15	Helm Hill	
58	85	Ian	Hutchinson	MV50	53:26	Bowland Fell Runners	

59	1242	Matty	Taylor	MU21	53:28	Rossendale	
60	438	James	Saxon	MV40	53:35		
61	343	Mick	Kirkman	MV50	54:05	Rossendale	
62	440	John	Mason	Man	55:16		
63	40	Jonny	Grisedale	MV40	55:17	Helm Hill	
64	223	Simon	Waller	MV40	55:30	Helm Hill	
65	220	Richard	Smith	Man	55:33	Helm Hill	
66	106	Peter	Singleton	MV60	56:03	Blackpool	
67	6	David	Barnes	MV60	58:00	Horwich	
68	242	Richard	Simpson	MV60	58:03	Dallam	
69	445	Duncan	Birtwistle	Man	58:38		
70	150	Darren	Woodhams	MV40	58:50		
71	346	Colin	Valentine	MV50	59:09	Keswick AC	
72	173	Michael	McLoughlin	MV60	59:21	Preston Harriers	
73	426	James	Stokes	Man	59:24		
74	103	John	Taylor	MV60	59:32	Bowland	
75	78	Peter	Bascombe	MV40	1:00:10	Bowness Badminton	
76	193	Daniel	Rayson	MV40	1:00:20		
77	119	Mark	Charnley	MV40	1:00:31	Settle	
78	266	Andy	Evans	MV50	1:01:16	Settle	
79	286	Pete	Coe	MV60	1:02:47	Helm Hill	
80	132	Robin	Haywood	MV40	1:04:30	Howgill Harriers	
81	345	Stephen	Fish	MV60	1:04:41	Clayton Le Moors	
82	372	Sarah	Folks	MV40	1:06:14	Ambleside	
83	246	John	Hodgson	MV70	1:06:39	Dallam	1st MV70
84	305	Steve	Taylor	MV60	1:08:52	Preston Harriers	
85	125	Mark	Birbeck	MV50	1:12:15	Achille Ratti	
86	281	Iain	Crossley	MV60	1:13:28	Achille Ratti	
87	154	David	Rosen	MV60	1:23:28	Lancaster & Morecambe	
88	120	Philip	Kirkby	MV60	1:31:12	Coniston	
89	15	Denis	Wood	MV70	1:37:57	Borrowdale	

MEN							
Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	59	Joshua	Jardine	Man	36:55	Helm Hill	1st Man
2	4	Michael	Ainsworth	Man	37:02	Helm Hill	2nd Man
3	221	Jack	Wright	Man	37:24	Ambleside	3rd Man
4	244	Adam	Perry	Man	39:07	Helm Hill	
5	91	Ben	Procter	Man	39:14	Helm Hill	
6	446	Sam	Dixon	Man	40:03		
7	1152	Benjamin	Forrest	MU21	40:14	Rossendale	1st MU21
8	185	Jacob	Aubrey	MU21	41:05	Helm Hill	
9	280	Harvey	Lord	Man	41:07	Black Combe	
10	270	Paul	Aitken	Man	41:24	Helm Hill	
11	310	Robert	Askew	MU21	41:59	Helm Hill	
12	99	Phil	Mather	Man	42:43	Lonsdale	
13	95	Jonathon	Lowther	Man	43:01	Helm Hill	
14	143	Lewis	Bowness	MU21	43:04	Helm Hill	
15	10	Jake	Lowther	Man	43:23	Helm Hill	
16	207	Ross	Jenkin	Man	43:30	Howgill Harriers	
17	350	Conor	Jardine	MU21	43:51		
18	146	Martin	Askew	MU21	45:00	Helm Hill	
19	71	Sean	Robinson	Man	46:30	Howgill Harriers	
20	234	Justin	Evans	Man	46:31	Helm Hill	
21	1190	Ben	Kirkman	MU21	46:55	Rossendale	
22	363	Simon	Whittaker	Man	47:50	Helm Hill	
23	1138	David	Goadby	Man	48:33	Helm Hill	
24	444	Rob	Mortimore	Man	48:39	Helm Hill	
25	98	Rowan	Wood	Man	50:07	Lonsdale	
26	35	Craig	Pearl	Man	50:08	Lancaster & Morecambe	
27	194	Dominic	Merchant	Man	51:00	Helm Hill	
28	86	Joey	Umpleby	MU21	51:01	Kendal AAC	
29	442	Andrew	Christie	Man	52:34	Red Rose Road Runners	
30	1242	Matty	Taylor	MU21	53:28	Rossendale	
31	440	John	Mason	Man	55:16		
32	220	Richard	Smith	Man	55:33	Helm Hill	
33	445	Duncan	Birtwistle	Man	58:38		
34	426	James	Stokes	Man	59:24		

MEN UNDER 21

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	1152	Benjamin	Forrest	MU21	40:14	Rosendale	1st MU21
2	185	Jacob	Aubrey	MU21	41:05	Helm Hill	
3	310	Robert	Askew	MU21	41:59	Helm Hill	
4	143	Lewis	Bowness	MU21	43:04	Helm Hill	
5	350	Conor	Jardine	MU21	43:51		
6	146	Martin	Askew	MU21	45:00	Helm Hill	
7	1190	Ben	Kirkman	MU21	46:55	Rosendale	
8	86	Joey	Umpleby	MU21	51:01	Kendal AAC	
9	1242	Matty	Taylor	MU21	53:28	Rosendale	

MEN - VET 40

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	29	Jon	Rylance	MV40	39:10	Ambleside	1st MV40
2	172	Paul	Reilly	MV40	42:12	Helm hill	
3	297	Darren	Fishwick	MV40	42:50	Chorley	
4	47	Will	Acland	MV40	44:12	Helm Hill	
5	30	Brian	Pennington	MV40	44:29	Howgill Harriers	
6	256	Richard	Stevens	MV40	44:30	Ambleside	
7	50	Rob	Harper	MV40	45:47	Ambleside	
8	77	Rob	Crawford	MV40	45:55	Howgill Harriers	
9	26	Daniel	Malcolm	MV40	46:02	Helm Hill	
10	441	Ross	Butler	MV40	47:45	Keswick AC	
11	53	Steven	Middleton	MV40	48:24	Howgill Harriers	
12	174	Alistair	Hearn	MV40	48:35	Helm Hill	
13	429	Paul	Scully	MV40	48:54	Helm Hill	
14	362	Mark	Cropper	MV40	48:59	Helm Hill	
15	25	Tom	Matthew	MV40	49:18	Bowland	
16	128	James	Coulthard	MV40	50:34	Howgill Harriers	
17	300	Andy	Bennett	MV40	51:08	Helm Hill	
18	438	James	Saxon	MV40	53:35		
19	40	Jonny	Grisedale	MV40	55:17	Helm Hill	
20	223	Simon	Waller	MV40	55:30	Helm Hill	
21	150	Darren	Woodhams	MV40	58:50		
22	78	Peter	Bascombe	MV40	1:00:10	Bowness Badminton	
23	193	Daniel	Rayson	MV40	1:00:20		
24	119	Mark	Charnley	MV40	1:00:31	Settle	
25	132	Robin	Haywood	MV40	1:04:30	Howgill Harriers	
26	372	Sarah	Folks	MV40	1:06:14	Ambleside	

MEN - VET 50

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	87	Scott	Umpleby	MV50	42:35	Kendal AAC	1st MV50
2	127	John	Rainford	MV50	45:56	Preston Harriers	
3	45	James	Baron	MV50	47:25	Helm Hill	
4	42	Andy	Holden	MV50	48:04	Wharfedale	
5	117	Simon	Fox	MV50	48:40	Darwen Dashers	
6	9	Philip	Rigby	MV50	51:02	Helm Hill	
7	314	Ray	Gill	MV50	51:16	Dallam	
8	184	Roger	Aubrey	MV50	52:41	Helm Hill	
9	62	David	Appleyard	MV50	52:46	Helm Hill	
10	436	David	Hunter	MV50	53:15	Helm Hill	
11	85	Ian	Hutchinson	MV50	53:26	Bowland Fell Runners	
12	343	Mick	Kirkman	MV50	54:05	Rosendale	
13	346	Colin	Valentine	MV50	59:09	Keswick AC	
14	266	Andy	Evans	MV50	1:01:16	Settle	
15	125	Mark	Birbeck	MV50	1:12:15	Achille Ratti	

MEN - VET 60

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	192	Brian	Thompson	MV60	52:44	Helm Hill	1st MV60
2	106	Peter	Singleton	MV60	56:03	Blackpool	
3	6	David	Barnes	MV60	58:00	Horwich	
4	242	Richard	Simpson	MV60	58:03	Dallam	
5	173	Michael	McLoughlin	MV60	59:21	Preston Harriers	
6	103	John	Taylor	MV60	59:32	Bowland	
7	286	Pete	Coe	MV60	1:02:47	Helm Hill	
8	345	Stephen	Fish	MV60	1:04:41	Clayton Le Moors	
9	305	Steve	Taylor	MV60	1:08:52	Preston Harriers	
10	281	Iain	Crossley	MV60	1:13:28	Achille Ratti	
11	154	David	Rosen	MV60	1:23:28	Lancaster & Morecambe	
12	120	Philip	Kirkby	MV60	1:31:12	Coniston	

MEN - VET 70

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	246	John	Hodgson	MV70	1:06:39	Dallam	1st MV70
2	15	Denis	Wood	MV70	1:37:57	Borrowdale	

ALL SENIOR LADIES

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	225	Kelli	Roberts	Lady	44:28	Helm Hill	1st Lady
2	48	Bianca	Dyer	LV40	49:26	Helm Hill	2nd Lady/1st LV40
3	261	Emma	Johnston	Lady	50:31	Helm Hill	3rd Lady
4	430	Jenny	Rice	Lady	51:03	Helm Hill	
5	322	Kate	Simpson	LV40	51:23	Helm Hill	
6	17	Ali	Richards	LV40	51:34	Helm Hill	
7	267	Carol	Evans	LV50	51:40	Settle	1st LV50
8	178	Caroline	Lambert	LV40	52:39		
9	8	Jayne	Rigby	LV40	53:30	Helm Hill	
10	353	Jo	Wilcox	LV50	54:14	Helm Hill	
11	341	Georgia	Stevens	LU21	54:55	Helm Hill	1st LU21
12	179	Wendy	Dodds	LV60	55:08	Clayton Le Moors Harriers	1st LV60
13	399	Catherine	Slater	Lady	55:17	Helm Hill	
14	421	Keeley	Smith	Lady	55:19	Helm Hill	
15	380	Jo	Appleby	LV40	56:32	Helm Hill	
16	63	Erica	Evans	Lady	56:46	Ambleside	
17	141	Lorna	Askew	LV40	57:14	Helm Hill	
18	102	Jo	Taylor	LV50	57:24	Bowland	
19	28	Niki	Rylance	LV40	57:29	Ambleside	
20	439	Sarah	Gerrish	Lady	57:33	Helm Hill	
21	65	Katherine	France	LV40	57:41	Helm Hill	
22	313	Vicky	Kirkwood	LV40	57:49	Dallam	
23	443	Jessica	Bagnall	LV40	58:49	Settle	
24	34	Joanne	Pennington	LV40	58:55	Kendal AAC	
25	231	Victoria	Upton	Lady	59:02	Helm Hill	
26	33	Leah	Albion	LU21	59:28	Broughton	
27	201	Katie	Palmer	LV40	59:30	Helm Hill	
28	271	Amanda	Burrow	LV40	59:53	Helm Hill	
29	121	Gill	Ramsay	LV50	1:00:33	Helm Hill	
30	37	Jo	Cater	Lady	1:00:38	Helm Hill	
31	64	Kate	Brayshaw	LV40	1:00:40	Helm Hill	
32	161	Libby	Dixon	LV40	1:01:20	Ambleside	
33	285	Vicky	Atkinson	LV40	1:01:43	Helm Hill	
34	437	Jane	Umpleby	LV50	1:02:09		
35	435	Judith	Marshall	LV40	1:02:46	Settle	
36	408	Heidi	Litrizza-Ball	LV40	1:04:16		
37	41	Lynn	Whittaker	LV50	1:04:53	Wharfedale	
38	96	Helen	Barker	LV40	1:05:00	Kendal AAC	
39	334	Elizabeth	Adams	LV40	1:05:39	Helm Hill	
40	262	Lindsay	Harrod	LV50	1:10:28	Helm Hill	
41	93	Jill	Gates	LV50	1:11:31	Settle	
42	39	Joanne	Grisedale	LV40	1:11:46	Helm Hill	
43	155	Miriam	Rosen	LV60	1:13:08	Lancaster & Morecambe	
44	7	Anna	Stevens	LV40	1:17:28	Helm hill	
45	114	Peta	Rowand	LV40	1:17:44	Ambleside	
46	2	Wendy	Smith	LV40	1:18:39	Helm Hill	
DNF	269	Claire	Green	LV50	DNF		

LADIES

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	225	Kelli	Roberts	Lady	44:28	Helm Hill	1st Lady
2	261	Emma	Johnston	Lady	50:31	Helm Hill	3rd Lady
3	430	Jenny	Rice	Lady	51:03	Helm Hill	
4	341	Georgia	Stevens	LU21	54:55	Helm Hill	1st LU21
5	399	Catherine	Slater	Lady	55:17	Helm Hill	
6	421	Keeley	Smith	Lady	55:19	Helm Hill	
7	63	Erica	Evans	Lady	56:46	Ambleside	
8	439	Sarah	Gerrish	Lady	57:33	Helm Hill	
9	231	Victoria	Upton	Lady	59:02	Helm Hill	
10	33	Leah	Albion	LU21	59:28	Broughton	
11	37	Jo	Cater	Lady	1:00:38	Helm Hill	

LADIES UNDER 21

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	341	Georgia	Stevens	LU21	54:55	Helm Hill	1st LU21
2	33	Leah	Albion	LU21	59:28	Broughton	

LADIES - VET 40

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	48	Bianca	Dyer	LV40	49:26	Helm Hill	2nd Lady/1st LV40
2	322	Kate	Simpson	LV40	51:23	Helm Hill	
3	17	Ali	Richards	LV40	51:34	Helm Hill	
4	178	Caroline	Lambert	LV40	52:39		
5	8	Jayne	Rigby	LV40	53:30	Helm Hill	
6	380	Jo	Appleby	LV40	56:32	Helm Hill	
7	141	Lorna	Askew	LV40	57:14	Helm Hill	
8	28	Niki	Rylance	LV40	57:29	Ambleside	
9	65	Katherine	France	LV40	57:41	Helm Hill	
10	313	Vicky	Kirkwood	LV40	57:49	Dallam	
11	443	Jessica	Bagnall	LV40	58:49	Settle	
12	34	Joanne	Pennington	LV40	58:55	Kendal AAC	
13	201	Katie	Palmer	LV40	59:30	Helm Hill	
14	271	Amanda	Burrow	LV40	59:53	Helm Hill	
15	64	Kate	Brayshaw	LV40	1:00:40	Helm Hill	
16	161	Libby	Dixon	LV40	1:01:20	Ambleside	
17	285	Vicky	Atkinson	LV40	1:01:43	Helm Hill	
18	435	Judith	Marshall	LV40	1:02:46	Settle	
19	408	Heidi	Litrizza-Ball	LV40	1:04:16		
20	96	Helen	Barker	LV40	1:05:00	Kendal AAC	
21	334	Elizabeth	Adams	LV40	1:05:39	Helm Hill	
22	39	Joanne	Grisedale	LV40	1:11:46	Helm Hill	
23	7	Anna	Stevens	LV40	1:17:28	Helm hill	
24	114	Peta	Rowand	LV40	1:17:44	Ambleside	
25	2	Wendy	Smith	LV40	1:18:39	Helm Hill	

LADIES - VET 50

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	267	Carol	Evans	LV50	51:40	Settle	1st LV50
2	353	Jo	Wilcox	LV50	54:14	Helm Hill	
3	102	Jo	Taylor	LV50	57:24	Bowland	
4	121	Gill	Ramsay	LV50	1:00:33	Helm Hill	
5	437	Jane	Umpleby	LV50	1:02:09		
6	41	Lynn	Whittaker	LV50	1:04:53	Wharfedale	
7	262	Lindsay	Harrod	LV50	1:10:28	Helm Hill	
8	93	Jill	Gates	LV50	1:11:31	Settle	
DNF	269	Claire	Green	LV50	DNF		

LADIES - VET 60

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	179	Wendy	Dodds	LV60	55:08	Clayton Le Moors Harriers	1st LV60
2	155	Miriam	Rosen	LV60	1:13:08	Lancaster & Morecambe	

UNDER 17 BOYS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	1133	Toby	Umpleby	Boy	16:08	Kendal AAC	1st Boy
2	1241	Kurtis	Mitton	Boy	16:34	Rosendale	2nd Boy
3	1239	Thomas	Marshall	Boy	17:05	Settle	3rd Boy
4	1182	Brodie	Weymouth	Boy	18:00		
5	1231	Oliver	Saxon	Boy	18:02	Eden Runners	
6	1087	Josh	Roelants	Boy	18:30	Helm Hill	
7	1120	Adam	Scott	Boy	21:10	Kendal	

UNDER 17 GIRLS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	1029	Chloe	Rylance	Girl	18:15	Ambleside	1st Girl
2	1060	Iris	Palmer	Girl	21:48	Halifax Harriers	2nd Girl
3	1101	Annabelle	Taylor	Girl	23:17	Helm Hill	3rd Girl
4	1073	Becky	Dyer	Girl	23:46	Helm Hill	
5	1034	Tyla	Crook	Girl	25:32	Helm Hill	
6	1134	Emily	Crossley	Girl	26:09	Settle	

UNDER 15 BOYS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	1159	James	Bowen	Boy	08:23	Ambleside	1st Boy
2	1227	Harry	Bowen	Boy	08:23	Ambleside	2nd Boy
3	1179	Jack	Villiers	Boy	08:28	Barlick Fell Runners	3rd Boy
4	1054	Alex	Tallon	Boy	08:30	Helm Hill	
5	1225	Charlie	Allmond	Boy	08:40	Ambleside	
6	1037	Ben	Smith	Boy	09:06	Kendal AAC	
7	1003	Henry	Hunter	Boy	09:10	Helm Hill	
8	1045	Dylan	Cater	Boy	09:33	Helm Hill	
9	1049	Cameron	Coates	Boy	09:36	Ambleside	
10	1100	Joe	Clayton	Boy	10:03	Helm Hill	
11	1053	Christophe	Brown	Boy	11:16	Clayton le Moors	
12	1051	Finley	Grisedale	Boy	13:36	Helm Hill	

UNDER 15 GIRLS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	1030	Sophie	Rylance	Girl	10:22	Ambleside	1st Girl
2	1017	Elodie	Malcolm	Girl	10:33	Helm Hill	2nd Girl

UNDER 13 BOYS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	1025	Rowan	Ashworth	Boy	05:15	Ambleside	1st Boy
2	1165	Jack	Dixon	Boy	05:18	Ambleside	2nd Boy
3	1001	Joseph	Rigby	Boy	05:22	Helm Hill	3rd Boy
4	1002	Simon	Rigby	Boy	05:26	Helm Hill	
5	1141	Alex	Graham	Boy	05:38	Ambleside	
6	1135	Jamie	Waller	Boy	05:46		
7	1145	Alfie	Addison	Boy	05:49	Helm Hill	
8	1199	Oliver	Ball	Boy	05:56	Lancaster & Morecambe	
9	1052	Harvey	Shaw	Boy	05:57	Ambleside	
10	1148	Jack	Sanderson	Boy	05:59	Settle	
11	1069	Blake	Fleming	Boy	06:04	Hoad Hill Harriers	
12	1210	Ben	Allmond	Boy	06:09	Ambleside	
13	1184	Joseff	Tancred	Boy	06:11		
14	1082	Jody	Middleton	Boy	06:12	Howgill Harriers	
15	1083	Hal	Saner-Haigh	Boy	06:13	Helm Hill	
16	1194	Theo	Coates	Boy	06:20	Ambleside	
17	1123	Isaac	Robinson	Boy	06:26	Howgill Harriers	
18	1022	Jamie	Graham	Boy	06:28	Ambleside	
19	1115	Samuel	Jackson	Boy	06:35	Helm Hill	
20	1128	Matthew	Gornall	Boy	06:37	Ambleside	
21	1099	Charlie	Clayton	Boy	06:38	Helm Hill	
22	1111	Jude	Evans	Boy	06:38	Ambleside	
23	1032	Aaron	Smith	Boy	06:41	Howgill Harriers	
24	1057	Toby	Acland	Boy	06:47	Helm Hill	
25	1114	Will	Brayshaw	Boy	06:47	Helm Hill	
26	1238	Roan	Saunders	Boy	07:03	Ambleside	
27	1078	Toby	Harper	Boy	07:03	Ambleside	
28	1095	Thomas	Hearn	Boy	07:04	Helm Hill	
29	1206	Zeke	Sumner	Boy	07:11	Ambleside	
30	1153	Finlay	Aitken	Boy	07:12	Helm Hill	
31	1228	Andrew	Mitchell	Boy	07:13	Howgill Harriers	
32	1145	Alfie	Addison	Boy	07:33	Helm Hill	
33	1215	John	Williamson	Boy	07:38	Leven Valley	
34	1235	Jem	Cropper	Boy	07:43	Helm Hill	
35	1196	William	Hargreaves	Boy	08:07	Ambleside	
36	1041	Oliver	Willoughby	Boy	08:12	Helm Hill	
37	1200	Harry	Ball	Boy	08:39	Lancaster & Morecambe	
38	1240	Jonah	Hughes	Boy	09:51	Helm Hill	

UNDER 13 GIRLS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	1035	Sarah	Smith	Girl	05:40	Helm Hill	1st Girl
2	1056	Elise	Tallon	Girl	05:58	Helm Hill	2nd Girl
3	1229	Amelie	Lane	Girl	06:14	Wharfedale	3rd Girl
4	1043	Poppy	Cater	Girl	07:04	Helm Hill	
5	1118	Connie-Ma	Scott	Girl	07:28	Kendal	
6	1016	Cate	Matthew	Girl	07:59		
7	1105	Sophie	Goodall	Girl	08:04		
8	1035	Sarah	Smith	Girl	08:10	Helm Hill	
9	1012	Emily	Pear	Girl	08:10	Lancaster & Morecambe	
10	1218	Jasmine	Bottomley	Girl	08:13	Helm Hill	
11	1144	Lauren	Evans	Girl	08:19	Settle	
12	1071	Hannah	Dyer	Girl	08:23	Helm Hill	
13	1109	Poppy	Scott	Girl	08:33		
14	1096	Alicia	Crawford	Girl	08:36	Helm Hill	
15	1094	Sophie	Hearn	Girl	09:11		
16	1065	Eleanor	King	Girl	09:15	Helm Hill	