



Supported By
Different Strokes
and
Pete Bland Sports



Helm Hill - Results 24 March 2019

Senior Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	718	Charlie	Ing	Man	31:56	Calder Valley	1st Man
2	666	Matthew	Knowles	MU21	33:03	Lancaster & Morecambe AC	2nd Man/1st MU21
3	600	Robert	Askew	MU21	35:17	Helm Hill	3rd Man
4	531	Alastair	Dunn	MV40	35:27	Helm Hill	1st MV40
5	551	Will	Acland	MV40	36:14	Helm Hill	
6	642	Michael	Gregory	MV40	36:22	Ulverston Triathlon Club	
7	868	Phil	Mather	Man	36:44	Lonsdale	
8	535	Brian	Pennington	MV40	37:13	Howgill Harriers	
9	593	Scott	Umpleby	MV50	37:35	Kendal AAC	1st MV50
10	924	Joe	Todd	MV40	38:13	Kendal AAC	
11	632	James	Baron	MV50	38:27	Helm Hill	
12	599	Martin	Askew	MU21	38:47	Helm Hill	
13	513	Justin	Tancrel	MV40	39:06	Helm Hill	
14	767	Tim	Pickering	Man	39:10	Helm Hill	
15	672	Peter	Lawson	Man	39:13		
16	797	Gavin	Lloyd	Man	39:16	Black Combe	
17	921	Jack	Walton	MU21	39:23	Keighley and Craven AC	
18	633	Steven	Middleton	MV40	39:41	Howgill Harriers	
19	567	Jacob	Dyer	MV40	39:59	Helm Hill	
20	582	Colin	Houston	MV40	40:44		
21	559	Sean	Robinson	MV40	40:51	Howgill Harriers	
22	566	Bianca	Dyer	LV40	40:58	Helm Hill	1st Lady/1st LV40
23	709	Ronald	Hummelink	MV40	41:05	Lonsdale Fell Runners	
24	591	Joey	Umpleby	MU21	41:19	Kendal AAC	
25	649	Emma	Johnston	Lady	41:22	Helm Hill	2nd Lady
26	871	Joseph	Hobbs	Man	41:27	Lonsdale	
27	922	Stuart	Walton	MV40	41:40	Keighley and Craven AC	
28	609	Simon	Waller	MV50	41:47	Helm Hill	
29	1031	Philippa	Barrett	Lady	41:56	Ribble Valley Harriers	3rd Lady
30	518	Rob	Crawford	MV40	41:57	Howgill Harriers	
31	854	Mike	Calvert	MV50	42:11	Howgill Harriers	
32	522	Tom	Ward	MU21	42:12	Helm Hill	
33	628	James	Coulthard	MV40	42:21	Howgill Harriers	
34	717	Kaisleigh	Atkinson	Lady	42:25		
35	730	Anthony	Emmet	MV40	42:47	Helm Hill	
36	758	Graham	Beaumont	MV50	42:47	Dallam	
37	861	Roger	Taylor	MV50	42:54	Preston Harriers	
38	844	Carol	Evans	LV50	43:05	Settle Harriers	1st LV50
39	1032	Alan	Life	MV50	43:23	Clayton le Moors	
40	580	John	Jones	MV50	43:33	Helm Hill	
41	601	Ben	Kirkman	MU21	43:42	Rosendale Harriers	
42	889	Ray	Gill	MV50	43:44	Dallam	
43	949	Kristina	Jackson	Lady	43:49	Allithwaite Running Club	
44	700	Jenny	Lyon	Lady	43:57	Dallam Running Club	
45	838	Natasha	Geere	LV50	43:59	Spensorough	
46	869	Ellie	Mather	Lady	44:11	Lonsdale	
47	1036	Thomas	Mondain-Monval	Man	44:23	Lonsdale	
48	590	Nina	Walkingshaw	LV40	44:39	Howgill Harriers	
49	529	Jean	Brown	LV50	44:43	Clayton le Moors	
50	602	Mick	Kirkman	MV50	44:47	Rosendale Harriers	
51	561	Toby	Smith	Man	44:53		
52	696	Stephen	Roberts	MV40	45:01	Kendal AAC	

53	583	Roger	Aubrey	MV50	45:23	Helm Hill	
54	823	Steve	Wathall	MV60	45:51	Black Combe	1st MV60
55	507	Andy	Holden	MV50	46:12	Wharfedale Harriers	
56	1037	Rob	Kempster	Man	46:16		
57	977	David	Appleyard	MV50	46:31	Helm Hill	
58	546	Jo	Appleby	LV40	46:47	Helm Hill	
59	749	Will	Douthwaite	Man	47:07	Helm Hill	
60	619	Chris	Lawrence	MV50	47:23	Clayton le Moors	
61	661	Peter	Singleton	MV60	47:30	Blackpool	
62	811	John	Leech	MV50	47:37	Dallam	
63	515	Jeremy	Wilkinson	MV50	47:40	Keighley and Craven AC	
64	553	Kate	Brayshaw	LV40	47:46	Helm Hill	
65	598	Lorna	Askew	LV40	47:48	Helm Hill	
66	881	John	Eddington	MV40	47:59	Settle Harriers	
67	573	Andy	Evans	MV50	48:07	Settle Harriers	
68	1038	Chris	Kempster	Man	48:18		
69	759	Phil	Harrington	MV40	48:46	Helm Hill	
70	674	Andy	Monk	MV60	48:49	FRA	
71	934	Richard	Simpson	MV60	48:50	Dallam	
72	555	Colin	Briffett	MV40	48:51	Lancaster Runners	
73	1014	Jonathan	Warren	MV40	49:02		
74	612	Eleanor	Parker	Lady	49:15	Preston Harriers	
75	540	Richard	Cater	MV40	49:18	Helm Hill	
76	682	Mike	Binks	Man	49:36	Unattached	
77	1011	Stephen	King	MV40	49:58		
78	685	John	Wood	MV40	50:12		
79	503	Pam	Bagot	LV40	50:17	Settle Harriers	
80	646	Mark	Charnley	MV40	51:09	Settle Harriers	
81	1035	Bruce	McLoughlin	Man	51:20		
82	240	Peter	Acland	MV50	51:31	Kendal AAC	
83	984	Alan	Miller	MV60	51:43	Kendal AAC	
84	862	Robyn	Anderson	LV40	52:45	Preston Harriers	
85	1025	Samuele	Glendinning	Man	52:50		
86	714	Pete	Coe	MV60	52:51	Helm Hill	
87	1034	Peter	Leighton	MV50	53:07		
88	689	Emma	Blundell	Lady	53:13	Lonsdale	
89	847	Denise	Tunstall	LV50	53:14	Durham Fell Runners	
90	550	Libby	Dixon	LV40	54:00	Ambleside	
91	539	Jo	Cater	LV40	54:20	Helm Hill	
92	608	Veronica	Waller	LV40	54:30	Dallam	
93	557	May	Crawford	LV40	54:39	Helm Hill	
94	1033	Anouska	Brooks	LV40	54:43		
95	665	Katy	Thompson	LV60	55:14	Clayton le Moors	1st LV60
96	606	Stephen	Fish	MV60	55:55	Clayton le Moors	
97	552	Ian	Oakey	MV40	56:08	Settle Harriers	
98	1030	Sophie	McKeown	LU21	57:00		1st LU21
99	779	Elaine	Cowperthwaite	LV50	57:04		
100	654	Emily	Crossley	LU21	57:43	Settle Harriers	
101	1015	Laura	Potter	Lady	58:46		
102	651	Jill	Gates	LV50	59:53	Settle Harriers	
103	526	Wendy	Smith	LV40	1:00:21	Helm Hill	
104	634	Elizabeth	Adams	LV40	1:00:22	Helm Hill	
105	645	Simone	Rigby	LU21	1:01:11	Settle Harriers	
106	870	Anna	Stevens	LV40	1:01:36	Helm Hill	
107	693	Leanne	Richie	Lady	1:02:45		
108	691	Scott	Thwaites	Man	1:02:46		
109	663	George	James	MV70	1:06:43	Blackpool	1st MV70
110	510	Kristian	Clayton	MV40	1:10:38	Barlick Fell Runners	
111	1029	Phil	Martin	MV70	1:14:48	Bowland	
DNF	615	Joe	Howard	MV70	DNF	Preston Harriers	

Under 17 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	72	Eric	Beaumont	Boy	16:41	Keighley & Craven AC	1st Boy
2	49	Alex	Tallon	Boy	17:51	Helm Hill	2nd Boy
3	87	Adam	Scott	Boy	18:56	Helm Hill	3rd Boy
4	146	Alfie	Thorpe	Boy	19:50	Broughton Runners	
5	234	Bernadette	Raven	Girl	19:53	Ilkley Harriers	1st Girl
6	248	David	Blenman	Boy	20:35	Helm Hill	
7	161	Ella	Dorrington	Girl	20:45	Clayton le Moors	2nd Girl
8	233	Zach	Doherty	Boy	22:28	Dallam	
9	188	Holly	Dobson	Girl	22:48	Ambleside AC	3rd Girl
10	203	Cally	Lawson	Girl	25:41		

Under 15 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	230	Will	Hall	Boy	11:24	Keighley and Craven AC	1st Boy
2	205	Harry	Bowen	Boy	11:28	Ambleside	2nd Boy
3	91	Amelie	Lane	Girl	11:52	Wharfedale Harriers	1st Girl
4	192	Harry	Ewbank	Boy	11:59	Eden Runners	3rd Boy
5	78	Dylan	Cater	Boy	12:23	Helm Hill	
6	59	Sarah	Smith	Girl	12:25	Helm Hill	2nd Girl
7	35	Sophie	Rylance	Girl	12:37	Ambleside AC	3rd Girl
8	39	Christophe	Brown	Boy	13:01	Clayton le Moors	
9	139	Jamie	Waller	Boy	13:05	Dallam	
10	37	Joseph	Rigby	Boy	13:19	Helm Hill	
11	99	Isaac	Robinson	Boy	13:21	Howgill Harriers	
12	211	Hal	Saner-Haigh	Boy	13:40	Helm Hill	
13	52	Caius	Pennington	Boy	14:04	Howgill Harriers	
14	69	Oliver	Willoughby	Boy	14:12	Helm Hill	
15	96	Toby	Harper	Boy	14:13	Ambleside	
16	129	Travis	Coucom	Boy	15:13	Helm Hill	
17	88	Reece	Kinley	Boy	15:24	Helm Hill	
18	165	Martha	Rigby	Girl	15:27	Settle Harriers	
19	62	Vicky	Woof	Girl	15:48	Howgill Harriers	
20	274	Reuben	Donnini	Boy	16:59		
21	143	Beau	Walkingshaw	Girl	17:02	Howgill Harriers	
22	10	Benjamin	Grundy	Boy	21:38	Wharfedale Harriers	

Under 13 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	5	Rowan	Ashworth	Boy	07:33	Ambleside	1st Boy
2	24	Ewen	Wilkinson	Boy	07:59	Keighley and Craven AC	2nd Boy
3	171	Jack	Sanderson	Boy	08:04	Settle Harriers	3rd Boy
4	13	Ben	Allmond	Boy	08:07	Ambleside	
5	259	Riley	Merryfield	Boy	08:10	Ambleside	
6	38	Aaron	Smith	Boy	08:19	Howgill Harriers	
7	97	Ewan	Black	Boy	08:31	Helm Hill	
8	218	Josh	Todd	Boy	08:40	Kendal AAC	
9	44	Charlotte	Peart	Girl	08:41	Settle Harriers	1st Girl
10	74	Hester	Metcalfe	Girl	08:45	Ambleside AC	2nd Girl
11	100	Toby	Acland	Boy	08:47	Helm Hill	
12	3	Lucy	Bagot	Girl	09:09	Settle Harriers	3rd Girl
13	50	Cameron	Dunn	Boy	09:30	Helm Hill	
14	137	Thomas	Hearn	Boy	09:33	Helm Hill	
15	272	Ruby	Armstrong	Girl	09:41	Settle Harriers	
16	48	Jasmine	Bottomley	Girl	09:45	Helm Hill	
17	113	Theo	Robinson	Boy	10:02	Howgill Harriers	
18	84	Connie-Ma	Scott	Girl	10:15	Kendal AAC	
19	12	Seren	Green	Girl	10:21	Ambleside AC	
20	53	Finlay	Aitken	Boy	10:25	Helm Hill	
21	239	Amber	Muller	Girl	10:27	Barlick Fell Runners	
22	128	Hannah	Dyer	Girl	10:50	Helm Hill	
23	126	Sophie	Goodall	Girl	10:56		
24	60	Katie	Lowis	Girl	11:00	Howgill Harriers	
25	58	Jessica	Oakey	Girl	11:27	Settle Harriers	
26	122	Alicia	Crawford	Girl	11:30	Helm Hill	
27	273	Isaac	Donnini	Boy	11:42	Helm Hill	
DNF	268	Alfie	Todd	Boy	DNF	Kendal AAC	

Under 11 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	15	Harvey	Shaw	Boy	07:53	Ambleside	1st Boy
2	66	Blake	Fleming	Boy	08:14	Ambleside AC	2nd Boy
3	6	Tom	Ashworth	Boy	08:17	Ambleside	3rd Boy
4	21	Joseff	Tancrel	Boy	08:28	Helm Hill	
5	164	Daisy	Fielding	Girl	08:38	SSRC	1st Girl
6	280	George	Jackman	Boy	08:46		
7	104	Will	Brayshaw	Boy	09:03	Helm Hill	
8	204	Zeke	Sumner	Boy	09:04	Ambleside	
9	279	Blake	Airey	Boy	09:09		
10	51	Fraser	Dunn	Boy	09:11	Helm Hill	
11	267	Aiden	Crickett	Boy	09:16	CFR	
12	170	Carl	Sanderson	Boy	09:18	Settle Harriers	
13	109	William	Hargreaves	Boy	09:19	Ambleside	
14	278	Evan	Mulvany	Boy	09:23		
15	114	Gus	Campbell	Boy	09:23	Howgill Harriers	
16	260	Joe	Green	Boy	09:24	Ambleside AC	
17	163	Julia	Fielding	Girl	09:31	SSRC	2nd Girl
18	221	William	Gornall	Boy	09:35		
19	277	Harry	Fife	Boy	09:37		
20	47	Jackson	Bottomley	Boy	09:39	Helm Hill	
21	281	Esme	Walkingshaw	Girl	09:40		3rd Girl
22	276	Reuben	Fife	Boy	09:46		
23	119	Emmy	Ranner	Girl	09:54	Helm Hill	
24	125	Aaron	Goodall	Boy	09:55		
25	95	Elissa	Kinley	Girl	09:56	Helm Hill	
26	238	Alfie	Muller	Boy	09:57	Barlick Fell Runners	
27	201	Jai	Mitchell Whiteside	Boy	09:57	Howgill Harriers	
28	183	Demitri	Kyriacou	Boy	10:03	Levens Valley AC	
29	178	Cara	Bradley	Girl	10:04	Ambleside	
30	261	Arthur	Kirby	Boy	10:14	Ambleside	
31	61	Thomas	Lowis	Boy	10:17	Howgill Harriers	
32	86	Luke	Mitchell	Boy	10:26	Howgill Harriers	
33	31	Tommy	Brodrick	Boy	10:30	Ambleside	
34	173	Ella	Stamp	Girl	10:36	Helm Hill	
35	210	Holly	Jenner	Girl	10:51	Ambleside	
36	18	Oscar	Clayton	Boy	11:07	Barlick Fell Runners	
37	132	Thomas	Iveson	Boy	11:24	Ambleside AC	
38	198	Eleanor	King	Girl	11:25	Helm Hill	
39	123	Freddie	Crawford	Boy	11:33	Helm Hill	
40	55	Zach	Thomas	Boy	11:40	COLT	
41	275	Elisha	Ellis	Girl	12:55		

Helm Hill 2019 Category Results

ALL SENIOR MEN

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	718	Charlie	Ing	Man	31:56	Calder Valley	1st Man
2	666	Matthew	Knowles	MU21	33:03	Lancaster & Morecambe AC	2nd Man/1st MU21
3	600	Robert	Askew	MU21	35:17	Helm Hill	3rd Man
4	531	Alastair	Dunn	MV40	35:27	Helm Hill	1st MV40
5	551	Will	Acland	MV40	36:14	Helm Hill	
6	642	Michael	Gregory	MV40	36:22	Ulverston Triathlon Club	
7	868	Phil	Mather	Man	36:44	Lonsdale	
8	535	Brian	Pennington	MV40	37:13	Howgill Harriers	
9	593	Scott	Umpleby	MV50	37:35	Kendal AAC	1st MV50
10	924	Joe	Todd	MV40	38:13	Kendal AAC	
11	632	James	Baron	MV50	38:27	Helm Hill	
12	599	Martin	Askew	MU21	38:47	Helm Hill	
13	513	Justin	Tancrel	MV40	39:06	Helm Hill	
14	767	Tim	Pickering	Man	39:10	Helm Hill	
15	672	Peter	Lawson	Man	39:13		
16	797	Gavin	Lloyd	Man	39:16	Black Combe	
17	921	Jack	Walton	MU21	39:23	Keighley and Craven AC	
18	633	Steven	Middleton	MV40	39:41	Howgill Harriers	
19	567	Jacob	Dyer	MV40	39:59	Helm Hill	
20	582	Colin	Houston	MV40	40:44		
21	559	Sean	Robinson	MV40	40:51	Howgill Harriers	
22	709	Ronald	Hummelink	MV40	41:05	Lonsdale Fell Runners	
23	591	Joey	Umpleby	MU21	41:19	Kendal AAC	
24	871	Joseph	Hobbs	Man	41:27	Lonsdale	
25	922	Stuart	Walton	MV40	41:40	Keighley and Craven AC	
26	609	Simon	Waller	MV50	41:47	Helm Hill	
27	518	Rob	Crawford	MV40	41:57	Howgill Harriers	
28	854	Mike	Calvert	MV50	42:11	Howgill Harriers	
29	522	Tom	Ward	MU21	42:12	Helm Hill	
30	628	James	Coulthard	MV40	42:21	Howgill Harriers	
31	730	Anthony	Emmet	MV40	42:47	Helm Hill	
32	758	Graham	Beaumont	MV50	42:47	Dallam	
33	861	Roger	Taylor	MV50	42:54	Preston Harriers	
34	1032	Alan	Life	MV50	43:23	Clayton le Moors	
35	580	John	Jones	MV50	43:33	Helm Hill	
36	601	Ben	Kirkman	MU21	43:42	Rosendale Harriers	
37	889	Ray	Gill	MV50	43:44	Dallam	
38	1036	Thomas	Mondain-Monval	Man	44:23	Lonsdale	
39	602	Mick	Kirkman	MV50	44:47	Rosendale Harriers	
40	561	Toby	Smith	Man	44:53		
41	696	Stephen	Roberts	MV40	45:01	Kendal AAC	
42	583	Roger	Aubrey	MV50	45:23	Helm Hill	
43	823	Steve	Wathall	MV60	45:51	Black Combe	1st MV60
44	507	Andy	Holden	MV50	46:12	Wharfedale Harriers	
45	1037	Rob	Kempster	Man	46:16		
46	977	David	Appleyard	MV50	46:31	Helm Hill	
47	749	Will	Douthwaite	Man	47:07	Helm Hill	
48	619	Chris	Lawrence	MV50	47:23	Clayton le Moors	
49	661	Peter	Singleton	MV60	47:30	Blackpool	
50	811	John	Leech	MV50	47:37	Dallam	
51	515	Jeremy	Wilkinson	MV50	47:40	Keighley and Craven AC	
52	881	John	Eddington	MV40	47:59	Settle Harriers	
53	573	Andy	Evans	MV50	48:07	Settle Harriers	
54	1038	Chris	Kempster	Man	48:18		
55	759	Phil	Harrington	MV40	48:46	Helm Hill	
56	674	Andy	Monk	MV60	48:49	FRA	
57	934	Richard	Simpson	MV60	48:50	Dallam	
58	555	Colin	Briffett	MV40	48:51	Lancaster Runners	
59	1014	Jonathan	Warren	MV40	49:02		
60	540	Richard	Cater	MV40	49:18	Helm Hill	

61	682	Mike	Binks	Man	49:36	Unattached	
62	1011	Stephen	King	MV40	49:58		
63	685	John	Wood	MV40	50:12		
64	646	Mark	Charnley	MV40	51:09	Settle Harriers	
65	1035	Bruce	McLoughlin	Man	51:20		
66	240	Peter	Acland	MV50	51:31	Kendal AAC	
67	984	Alan	Miller	MV60	51:43	Kendal AAC	
68	1025	Samuele	Glendinning	Man	52:50		
69	714	Pete	Coe	MV60	52:51	Helm Hill	
70	1034	Peter	Leighton	MV50	53:07		
71	606	Stephen	Fish	MV60	55:55	Clayton le Moors	
72	552	Ian	Oakey	MV40	56:08	Settle Harriers	
73	691	Scott	Thwaites	Man	1:02:46		
74	663	George	James	MV70	1:06:43	Blackpool	1st MV70
75	510	Kristian	Clayton	MV40	1:10:38	Barlick Fell Runners	
76	1029	Phil	Martin	MV70	1:14:48	Bowland	
DNF	615	Joe	Howard	MV70	DNF	Preston Harriers	

MEN

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	718	Charlie	Ing	Man	31:56	Calder Valley	1st Man
2	666	Matthew	Knowles	MU21	33:03	Lancaster & Morecambe AC	2nd Man/1st MU21
3	600	Robert	Askew	MU21	35:17	Helm Hill	3rd Man
4	868	Phil	Mather	Man	36:44	Lonsdale	
5	599	Martin	Askew	MU21	38:47	Helm Hill	
6	767	Tim	Pickering	Man	39:10	Helm Hill	
7	672	Peter	Lawson	Man	39:13		
8	797	Gavin	Lloyd	Man	39:16	Black Combe	
9	921	Jack	Walton	MU21	39:23	Keighley and Craven AC	
10	591	Joey	Umpleby	MU21	41:19	Kendal AAC	
11	871	Joseph	Hobbs	Man	41:27	Lonsdale	
12	522	Tom	Ward	MU21	42:12	Helm Hill	
13	601	Ben	Kirkman	MU21	43:42	Rosendale Harriers	
14	1036	Thomas	Mondain-Monval	Man	44:23	Lonsdale	
15	561	Toby	Smith	Man	44:53		
16	1037	Rob	Kempster	Man	46:16		
17	749	Will	Douthwaite	Man	47:07	Helm Hill	
18	1038	Chris	Kempster	Man	48:18		
19	682	Mike	Binks	Man	49:36	Unattached	
20	1035	Bruce	McLoughlin	Man	51:20		
21	1025	Samuele	Glendinning	Man	52:50		
22	691	Scott	Thwaites	Man	1:02:46		

MEN UNDER 21

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	666	Matthew	Knowles	MU21	33:03	Lancaster & Morecambe AC	2nd Man/1st MU21
2	600	Robert	Askew	MU21	35:17	Helm Hill	3rd Man
3	599	Martin	Askew	MU21	38:47	Helm Hill	
4	921	Jack	Walton	MU21	39:23	Keighley and Craven AC	
5	591	Joey	Umpleby	MU21	41:19	Kendal AAC	
6	522	Tom	Ward	MU21	42:12	Helm Hill	
7	601	Ben	Kirkman	MU21	43:42	Rosendale Harriers	

MEN - VET 40

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	531	Alastair	Dunn	MV40	35:27	Helm Hill	1st MV40
2	551	Will	Acland	MV40	36:14	Helm Hill	
3	642	Michael	Gregory	MV40	36:22	Ulverston Triathlon Club	
4	535	Brian	Pennington	MV40	37:13	Howgill Harriers	
5	924	Joe	Todd	MV40	38:13	Kendal AAC	
6	513	Justin	Tancrel	MV40	39:06	Helm Hill	
7	633	Steven	Middleton	MV40	39:41	Howgill Harriers	
8	567	Jacob	Dyer	MV40	39:59	Helm Hill	
9	582	Colin	Houston	MV40	40:44		
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14	628	James	Coulthard	MV40	42:21	Howgill Harriers	
15	730	Anthony	Emmet	MV40	42:47	Helm Hill	
16	696	Stephen	Roberts	MV40	45:01	Kendal AAC	
17	881	John	Eddington	MV40	47:59	Settle Harriers	
18	759	Phil	Harrington	MV40	48:46	Helm Hill	
19	555	Colin	Briffett	MV40	48:51	Lancaster Runners	
20	1014	Jonathan	Warren	MV40	49:02		
21	540	Richard	Cater	MV40	49:18	Helm Hill	
22	1011	Stephen	King	MV40	49:58		
23	685	John	Wood	MV40	50:12		
24	646	Mark	Charnley	MV40	51:09	Settle Harriers	
25	552	Ian	Oakey	MV40	56:08	Settle Harriers	
26	510	Kristian	Clayton	MV40	1:10:38	Barlick Fell Runners	

MEN - VET 50

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	593	Scott	Umpleby	MV50	37:35	Kendal AAC	1st MV50
2	632	James	Baron	MV50	38:27	Helm Hill	
3	609	Simon	Waller	MV50	41:47	Helm Hill	
4	854	Mike	Calvert	MV50	42:11	Howgill Harriers	
5	758	Graham	Beaumont	MV50	42:47	Dallam	
6	861	Roger	Taylor	MV50	42:54	Preston Harriers	
7	1032	Alan	Life	MV50	43:23	Clayton le Moors	
8	580	John	Jones	MV50	43:33	Helm Hill	
9	889	Ray	Gill	MV50	43:44	Dallam	
10	602	Mick	Kirkman	MV50	44:47	Rosendale Harriers	
11	583	Roger	Aubrey	MV50	45:23	Helm Hill	
12	507	Andy	Holden	MV50	46:12	Wharfedale Harriers	
13	977	David	Appleyard	MV50	46:31	Helm Hill	
14	619	Chris	Lawrence	MV50	47:23	Clayton le Moors	
15	811	John	Leech	MV50	47:37	Dallam	
16	515	Jeremy	Wilkinson	MV50	47:40	Keighley and Craven AC	
17	573	Andy	Evans	MV50	48:07	Settle Harriers	
18	240	Peter	Acland	MV50	51:31	Kendal AAC	
19	1034	Peter	Leighton	MV50	53:07		

MEN - VET 60

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	823	Steve	Wathall	MV60	45:51	Black Combe	1st MV60
2	661	Peter	Singleton	MV60	47:30	Blackpool	
3	674	Andy	Monk	MV60	48:49	FRA	
4	934	Richard	Simpson	MV60	48:50	Dallam	
5	984	Alan	Miller	MV60	51:43	Kendal AAC	
6	714	Pete	Coe	MV60	52:51	Helm Hill	
7	606	Stephen	Fish	MV60	55:55	Clayton le Moors	

MEN - VET 70

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	663	George	James	MV70	1:06:43	Blackpool	1st MV70
2	1029	Phil	Martin	MV70	1:14:48	Bowland	
DNF	615	Joe	Howard	MV70	DNF	Preston Harriers	

ALL SENIOR LADIES

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	566	Bianca	Dyer	LV40	40:58	Helm Hill	1st Lady/1st LV40
2	649	Emma	Johnston	Lady	41:22	Helm Hill	2nd Lady
3	1031	Philippa	Barrett	Lady	41:56	Ribble Valley Harriers	3rd Lady
4	717	Kaisleigh	Atkinson	Lady	42:25		
5	844	Carol	Evans	LV50	43:05	Settle Harriers	1st LV50
6	949	Kristina	Jackson	Lady	43:49	Allithwaite Running Club	
7	700	Jenny	Lyon	Lady	43:57	Dallam Running Club	
8	838	Natasha	Geere	LV50	43:59	Spensborough	
9	869	Ellie	Mather	Lady	44:11	Lonsdale	
10	590	Nina	Walkingshaw	LV40	44:39	Howgill Harriers	
11	529	Jean	Brown	LV50	44:43	Clayton le Moors	
12	546	Jo	Appleby	LV40	46:47	Helm Hill	
13	553	Kate	Brayshaw	LV40	47:46	Helm Hill	
14	598	Lorna	Askew	LV40	47:48	Helm Hill	
15	612	Eleanor	Parker	Lady	49:15	Preston Harriers	
16	503	Pam	Bagot	LV40	50:17	Settle Harriers	
17	862	Robyn	Anderson	LV40	52:45	Preston Harriers	
18	689	Emma	Blundell	Lady	53:13	Lonsdale	
19	847	Denise	Tunstall	LV50	53:14	Durham Fell Runners	
20	550	Libby	Dixon	LV40	54:00	Ambleside	
21	539	Jo	Cater	LV40	54:20	Helm Hill	
22	608	Veronica	Waller	LV40	54:30	Dallam	
23	557	May	Crawford	LV40	54:39	Helm Hill	
24	1033	Anouska	Brooks	LV40	54:43		
25	665	Katy	Thompson	LV60	55:14	Clayton le Moors	1st LV60
26	1030	Sophie	McKeown	LU21	57:00		1st LU21
27	779	Elaine	Cowperthwaite	LV50	57:04		
28	654	Emily	Crossley	LU21	57:43	Settle Harriers	
29	1015	Laura	Potter	Lady	58:46		
30	651	Jill	Gates	LV50	59:53	Settle Harriers	
31	526	Wendy	Smith	LV40	1:00:21	Helm Hill	
32	634	Elizabeth	Adams	LV40	1:00:22	Helm Hill	
33	645	Simone	Rigby	LU21	1:01:11	Settle Harriers	
34	870	Anna	Stevens	LV40	1:01:36	Helm Hill	
35	693	Leanne	Richie	Lady	1:02:45		

LADIES

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	649	Emma	Johnston	Lady	41:22	Helm Hill	2nd Lady
2	1031	Philippa	Barrett	Lady	41:56	Ribble Valley Harriers	3rd Lady
3	717	Kaisleigh	Atkinson	Lady	42:25		
4	949	Kristina	Jackson	Lady	43:49	Allithwaite Running Club	
5	700	Jenny	Lyon	Lady	43:57	Dallam Running Club	
6	869	Ellie	Mather	Lady	44:11	Lonsdale	
7	612	Eleanor	Parker	Lady	49:15	Preston Harriers	
8	689	Emma	Blundell	Lady	53:13	Lonsdale	
9	1030	Sophie	McKeown	LU21	57:00		1st LU21
10	654	Emily	Crossley	LU21	57:43	Settle Harriers	
11	1015	Laura	Potter	Lady	58:46		
12	645	Simone	Rigby	LU21	1:01:11	Settle Harriers	
13	693	Leanne	Richie	Lady	1:02:45		

LADIES UNDER 21

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	1030	Sophie	McKeown	LU21	57:00		1st LU21
2	654	Emily	Crossley	LU21	57:43	Settle Harriers	
3	645	Simone	Rigby	LU21	1:01:11	Settle Harriers	

LADIES - VET 40

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	566	Bianca	Dyer	LV40	40:58	Helm Hill	1st Lady/1st LV40
2	590	Nina	Walkingshaw	LV40	44:39	Howgill Harriers	
3	546	Jo	Appleby	LV40	46:47	Helm Hill	
4	553	Kate	Brayshaw	LV40	47:46	Helm Hill	
5	598	Lorna	Askew	LV40	47:48	Helm Hill	
6	503	Pam	Bagot	LV40	50:17	Settle Harriers	
7	862	Robyn	Anderson	LV40	52:45	Preston Harriers	
8	550	Libby	Dixon	LV40	54:00	Ambleside	
9	539	Jo	Cater	LV40	54:20	Helm Hill	
10	608	Veronica	Waller	LV40	54:30	Dallam	
11	557	May	Crawford	LV40	54:39	Helm Hill	
12	1033	Anouska	Brooks	LV40	54:43		
13	526	Wendy	Smith	LV40	1:00:21	Helm Hill	
14	634	Elizabeth	Adams	LV40	1:00:22	Helm Hill	
15	870	Anna	Stevens	LV40	1:01:36	Helm Hill	

LADIES - VET 50

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	844	Carol	Evans	LV50	43:05	Settle Harriers	1st LV50
2	838	Natasha	Geere	LV50	43:59	Spensorough	
3	529	Jean	Brown	LV50	44:43	Clayton le Moors	
4	847	Denise	Tunstall	LV50	53:14	Durham Fell Runners	
5	779	Elaine	Cowperthwaite	LV50	57:04		
6	651	Jill	Gates	LV50	59:53	Settle Harriers	

LADIES - VET 60

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	665	Katy	Thompson	LV60	55:14	Clayton le Moors	1st LV60

UNDER 17 BOYS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	72	Eric	Beaumont	Boy	16:41	Keighley & Craven AC	1st Boy
2	49	Alex	Tallon	Boy	17:51	Helm Hill	2nd Boy
3	87	Adam	Scott	Boy	18:56	Helm Hill	3rd Boy
4	146	Alfie	Thorpe	Boy	19:50	Broughton Runners	
5	248	David	Blenman	Boy	20:35	Helm Hill	
6	233	Zach	Doherty	Boy	22:28	Dallam	

UNDER 17 GIRLS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	234	Bernadette	Raven	Girl	19:53	Ilkley Harriers	1st Girl
2	161	Ella	Dorrington	Girl	20:45	Clayton le Moors	2nd Girl
3	188	Holly	Dobson	Girl	22:48	Ambleside AC	3rd Girl
4	203	Cally	Lawson	Girl	25:41		

UNDER 15 BOYS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	230	Will	Hall	Boy	11:24	Keighley and Craven AC	1st Boy
2	205	Harry	Bowen	Boy	11:28	Ambleside	2nd Boy
3	192	Harry	Ewbank	Boy	11:59	Eden Runners	3rd Boy
4	78	Dylan	Cater	Boy	12:23	Helm Hill	
5	39	Christophe	Brown	Boy	13:01	Clayton le Moors	
6	139	Jamie	Waller	Boy	13:05	Dallam	
7	37	Joseph	Rigby	Boy	13:19	Helm Hill	
8	99	Isaac	Robinson	Boy	13:21	Howgill Harriers	
9	211	Hal	Saner-Haigh	Boy	13:40	Helm Hill	
10	52	Caius	Pennington	Boy	14:04	Howgill Harriers	
11	69	Oliver	Willoughby	Boy	14:12	Helm Hill	
12	96	Toby	Harper	Boy	14:13	Ambleside	
13	129	Travis	Coucom	Boy	15:13	Helm Hill	
14	88	Reece	Kinley	Boy	15:24	Helm Hill	
15	274	Reuben	Donnini	Boy	16:59		
16	10	Benjamin	Grundy	Boy	21:38	Wharfedale Harriers	

UNDER 15 GIRLS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	91	Amelie	Lane	Girl	11:52	Wharfedale Harriers	1st Girl
2	59	Sarah	Smith	Girl	12:25	Helm Hill	2nd Girl
3	35	Sophie	Rylance	Girl	12:37	Ambleside AC	3rd Girl
4	165	Martha	Rigby	Girl	15:27	Settle Harriers	
5	62	Vicky	Woof	Girl	15:48	Howgill Harriers	
6	143	Beau	Walkingshaw	Girl	17:02	Howgill Harriers	

UNDER 13 BOYS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	5	Rowan	Ashworth	Boy	07:33	Ambleside	1st Boy
2	24	Ewen	Wilkinson	Boy	07:59	Keighley and Craven AC	2nd Boy
3	171	Jack	Sanderson	Boy	08:04	Settle Harriers	3rd Boy
4	13	Ben	Allmond	Boy	08:07	Ambleside	
5	259	Riley	Merryfield	Boy	08:10	Ambleside	
6	38	Aaron	Smith	Boy	08:19	Howgill Harriers	
7	97	Ewan	Black	Boy	08:31	Helm Hill	
8	218	Josh	Todd	Boy	08:40	Kendal AAC	
9	100	Toby	Acland	Boy	08:47	Helm Hill	
10	50	Cameron	Dunn	Boy	09:30	Helm Hill	
11	137	Thomas	Hearn	Boy	09:33	Helm Hill	
12	113	Theo	Robinson	Boy	10:02	Howgill Harriers	
13	53	Finlay	Aitken	Boy	10:25	Helm Hill	
14	273	Isaac	Donnini	Boy	11:42	Helm Hill	
DNF	268	Alfie	Todd	Boy	DNF	Kendal AAC	

UNDER 13 GIRLS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	44	Charlotte	Peart	Girl	08:41	Settle Harriers	1st Girl
2	74	Hester	Metcalfe	Girl	08:45	Ambleside AC	2nd Girl
3	3	Lucy	Bagot	Girl	09:09	Settle Harriers	3rd Girl
4	272	Ruby	Armstrong	Girl	09:41	Settle Harriers	
5	48	Jasmine	Bottomley	Girl	09:45	Helm Hill	
6	84	Connie-Ma	Scott	Girl	10:15	Kendal AAC	
7	12	Seren	Green	Girl	10:21	Ambleside AC	
8	239	Amber	Muller	Girl	10:27	Barlick Fell Runners	
9	128	Hannah	Dyer	Girl	10:50	Helm Hill	
10	126	Sophie	Goodall	Girl	10:56		
11	60	Katie	Lowis	Girl	11:00	Howgill Harriers	
12	58	Jessica	Oakey	Girl	11:27	Settle Harriers	
13	122	Alicia	Crawford	Girl	11:30	Helm Hill	

UNDER 11 BOYS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	15	Harvey	Shaw	Boy	07:53	Ambleside	1st Boy
2	66	Blake	Fleming	Boy	08:14	Ambleside AC	2nd Boy
3	6	Tom	Ashworth	Boy	08:17	Ambleside	3rd Boy
4	21	Joseff	Tancrel	Boy	08:28	Helm Hill	
5	280	George	Jackman	Boy	08:46		
6	104	Will	Brayshaw	Boy	09:03	Helm Hill	
7	204	Zeke	Sumner	Boy	09:04	Ambleside	
8	279	Blake	Airey	Boy	09:09		
9	51	Fraser	Dunn	Boy	09:11	Helm Hill	
10	267	Aiden	Crickett	Boy	09:16	CFR	
11	170	Carl	Sanderson	Boy	09:18	Settle Harriers	
12	109	William	Hargreaves	Boy	09:19	Ambleside	
13	278	Evan	Mulvany	Boy	09:23		
14	114	Gus	Campbell	Boy	09:23	Howgill Harriers	
15	260	Joe	Green	Boy	09:24	Ambleside AC	
16	221	William	Gornall	Boy	09:35		
17	277	Harry	Fife	Boy	09:37		
18	47	Jackson	Bottomley	Boy	09:39	Helm Hill	
19	276	Reuben	Fife	Boy	09:46		
20	125	Aaron	Goodall	Boy	09:55		
21	238	Alfie	Muller	Boy	09:57	Barlick Fell Runners	
22	201	Jai	Mitchell Whiteside	Boy	09:57	Howgill Harriers	
23	183	Demitri	Kyriacou	Boy	10:03	Levens Valley AC	
24	261	Arthur	Kirby	Boy	10:14	Ambleside	
25	61	Thomas	Lowis	Boy	10:17	Howgill Harriers	
26	86	Luke	Mitchell	Boy	10:26	Howgill Harriers	
27	31	Tommy	Brodrick	Boy	10:30	Ambleside	
28	18	Oscar	Clayton	Boy	11:07	Barlick Fell Runners	
29	132	Thomas	Iveson	Boy	11:24	Ambleside AC	
30	123	Freddie	Crawford	Boy	11:33	Helm Hill	
31	55	Zach	Thomas	Boy	11:40	COLT	

UNDER 11 GIRLS

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	164	Daisy	Fielding	Girl	08:38	SSRC	1st Girl
2	163	Julia	Fielding	Girl	09:31	SSRC	2nd Girl
3	281	Esme	Walkingshaw	Girl	09:40		3rd Girl
4	119	Emmy	Ranner	Girl	09:54	Helm Hill	
5	95	Elissa	Kinley	Girl	09:56	Helm Hill	
6	178	Cara	Bradley	Girl	10:04	Ambleside	
7	173	Ella	Stamp	Girl	10:36	Helm Hill	
8	210	Holly	Jenner	Girl	10:51	Ambleside	
9	198	Eleanor	King	Girl	11:25	Helm Hill	
10	275	Elisha	Ellis	Girl	12:55		