



Supported By  
Different Strokes  
and  
Pete Bland Sports



## Cunswick - Results 3 March 2019

### Senior Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	718	Charlie	Ing	Man	27:53	Unattached	1st Man
2	666	Matthew	Knowles	MU21	28:22	Lancaster & Morecambe AC	2nd Man/1st MU21
3	525	Jon	Rylance	MV40	28:40	Ambleside AC	3rd Man/1st MV40
4	790	Pete	Harrison	Man	28:52	Helm Hill	
5	971	Rob	Jebb	MV40	29:14	Helm Hill	
6	1021	James	McGurk	Man	29:21	Helm Hill	
7	1020	Ben	Procter	Man	30:30	Helm Hill	
8	1023	Paul	Neild	MV40	30:47	Bowland FR	
9	642	Michael	Gregory	MV40	30:54	Ulverston Triathlon Club	
10	551	Will	Acland	MV40	31:09	Helm Hill	
11	722	Jack	Simpson	Man	31:13	Helm	
12	574	Harvey	Lord	Man	31:15	Black Combe	
13	1018	Richard	Wilson	MV40	31:17	Kendal AAC	
14	939	Josh	Jardine	Man	31:29	Helm Hill	
15	868	Phil	Mather	Man	31:41	Lonsdale	
16	924	Joe	Todd	MV40	31:52	Kendal AAC	
17	593	Scott	Umpleby	MV50	32:01	Kendal AAC	1st MV50
18	1006	David	Goadby	Man	32:11	Helm Hill	
19	993	Kelli	Roberts	Lady	32:25	Helm Hill	1st Lady
20	564	Rob	Harper	MV40	32:30	Ambleside	
21	902	Rick	Stuart	MV50	32:33	Helm Hill	
22	638	Simon	Mounsey	MV40	32:35	Howgill Harriers	
23	535	Brian	Pennington	MV40	32:37	Howgill Harriers	
24	824	Craig	Burrow	MV40	32:47	Helm Hill	
25	761	Rob	Mortimore	Man	32:51	Helm Hill	
26	601	Ben	Kirkman	MU21	32:55	Rosendale Harriers	
27	632	James	Baron	MV50	32:57	Helm Hill	
28	672	Peter	Lawson	Man	33:21		
29	842	Stephen	Nicholls	Man	33:33	Wigan Harriers	
30	518	Rob	Crawford	MV40	33:35	Howgill Harriers	
31	910	James	Bailey	MV40	33:36	Levens Valley AC	
32	599	Martin	Askew	MU21	33:50	Helm Hill	
33	633	Steven	Middleton	MV40	33:54	Howgill Harriers	
34	871	Joseph	Hobbs	Man	33:57	Lonsdale	
35	554	Luke	Appleyard	Man	34:01	Wharfedale Harriers	
36	502	Daniel	Malcolm	MV40	34:10	Helm Hill	
37	644	David	Griffin	MV50	34:11	Helm Hill	
38	767	Tim	Pickering	Man	34:16	Helm Hill	
39	559	Sean	Robinson	MV40	34:53	Howgill Harriers	
40	1022	Paul	Atkinson	Man	34:58		
41	730	Anthony	Emmet	MV40	35:06	Helm Hill	
42	694	Celia	Powell	Lady	35:09		2nd Lady
43	735	Joanna	Rycroft	Lady	35:42	Helm Hill	3rd Lady
44	649	Emma	Johnston	Lady	35:53	Helm Hill	
45	549	Graham	Schofield	MV60	36:06	Horwich RMI Harriers	1st MV60
46	628	James	Coulthard	MV40	36:09	Howgill Harriers	
47	509	Chris	Green	MV40	36:14	Ambleside AC	
48	521	John	Bagge	MV50	36:17	Helm Hill	
49	869	Ellie	Mather	Lady	36:19	Lonsdale	
50	746	David	Holdsworth	MV60	36:22		
51	596	Alistair	Hearn	MV40	36:40	Helm Hill	
52	952	Shaun	Addison	MV50	36:53	Helm Hill	
53	520	Alistair	Shawcross	MV40	36:55		

54	889	Ray	Gill	MV50	37:06	Dallam	
55	566	Bianca	Dyer	LV40	37:23	Helm Hill	1st LV40
56	758	Graham	Beaumont	MV50	37:40	Dallam	
57	580	John	Jones	MV50	37:43	Helm Hill	
58	938	Sarah	Gerrish	Lady	37:46	Helm Hill	
59	609	Simon	Waller	MV50	37:50	Helm Hill	
60	700	Jenny	Lyon	Lady	38:18	Dallam Running Club	
61	854	Mike	Calvert	MV50	38:22	Howgill Harriers	
62	602	Mick	Kirkman	MV50	38:25	Rossendale Harriers	
63	636	Brian	Thompson	MV60	38:29	Helm Hill	
64	838	Natasha	Geere	LV50	38:30	Spenborough	1st LV50
65	861	Roger	Taylor	MV50	38:43	Preston Harriers	
66	1017	Janie	Oates	Lady	39:05	Helm Hill	
67	529	Jean	Brown	LV50	39:10	Clayton le Moors	
68	512	Jonny	Grisedale	MV40	39:16	Helm Hill	
69	620	Julia	Sier	LV40	39:20	Dallam	
70	583	Roger	Aubrey	MV50	39:26	Helm Hill	
71	561	Toby	Smith	Man	39:39		
72	949	Kristina	Jackson	Lady	39:51	Allithwaite Running Club	
73	573	Andy	Evans	MV50	40:09	Settle Harriers	
74	741	David	Roper	MV60	40:14	Howgill Harriers	
75	579	David	Barnes	MV60	40:18	Horwich RMI Harriers	
76	977	David	Appleyard	MV50	40:22	Helm Hill	
77	517	Tim	Murray	MV50	40:29	Helm Hill	
78	543	Mark	Villiers	MV40	40:35	Unattached	
79	555	Colin	Briffett	MV40	40:42	Lancaster Runners	
80	1019	Ellie	Wood	LV40	40:57		
81	727	Paul	Corkill	Man	41:00	Levens Valley AC	
82	507	Andy	Holden	MV50	41:05	Wharfedale Harriers	
83	664	Larry	Day	MV40	41:11	Ambleside AC	
84	631	Debbie	Copley	LV50	41:15	Dallam	
85	598	Lorna	Askew	LV40	41:26	Helm Hill	
86	811	John	Leech	MV50	41:41	Dallam	
87	807	Fay	Tuffen	LV40	42:06		
88	540	Richard	Cater	MV40	42:20	Helm Hill	
89	646	Mark	Charnley	MV40	42:33	Settle Harriers	
90	515	Jeremy	Wilkinson	MV50	42:34	Keighley and Craven AC	
91	553	Kate	Brayshaw	LV40	42:36	Helm Hill	
92	674	Andy	Monk	MV60	42:55	FRA	
93	546	Jo	Appleby	LV40	42:56	Helm Hill	
94	619	Chris	Lawrence	MV50	43:00	Clayton le Moors	
95	532	Maia	Doherty	LU21	43:17	Helm Hill	1st LU21
96	714	Pete	Coe	MV60	43:29	Helm Hill	
97	685	John	Wood	MV40	43:32		
98	682	Mike	Binks	Man	43:32	Unattached	
99	503	Pam	Bagot	LV40	43:50	Settle Harriers	
100	984	Alan	Miller	MV60	43:57	Kendal AAC	
101	597	Maria	Hearn	LV40	43:58	Helm Hill	
102	934	Richard	Simpson	MV60	44:11	Dallam	
103	764	Vicky	Atkinson	LV40	44:21	Helm Hill	
104	1025	Samuele	Glendinning	Man	44:22		
105	849	Colin	Valentine	MV50	44:36	Keswick AC	
106	853	Jonathan	Gibson	MV50	44:59	Wharfedale Harriers	
107	506	Lynn	Whittaker	LV50	45:11	Wharfedale Harriers	
108	622	Andrew	Sier	MV50	45:16		
109	812	Amanda	Burrow	LV40	45:46	Helm Hill	
110	240	Peter	Acland	MV50	45:47	Kendal AAC	
111	747	Wendy	Dodds	LV60	45:58	Clayton le Moors	1st LV60
112	684	Sarah	Senior	LV50	46:03	Helm Hill	
113	833	Helen	Greenep	LV50	46:13	Settle Harriers	
114	862	Robyn	Anderson	LV40	46:16	Preston Harriers	
115	630	Jo	Taylor	LV50	46:19	Bowland FR	
116	539	Jo	Cater	LV40	46:26	Helm Hill	
117	550	Libby	Dixon	LV40	46:42	Ambleside	
118	689	Emma	Blundell	Lady	47:07	Lonsdale	

119	608	Veronica	Waller	LV40	47:24	Dallam	
120	511	Jo	Grisedale	LV40	47:38	Helm Hill	
121	1024	Jenna	Moffat	Lady	47:39		
122	776	Sarah	Hards	Lady	48:00	Swaledale Harriers	
123	756	John	Hodgson	MV70	48:09	Dallam	1st MV70
124	552	Ian	Oakey	MV40	48:23	Settle Harriers	
125	586	Eilidh	Miller	LU21	48:55	Broughton Runners	
126	645	Simone	Rigby	LU21	49:00	Settle Harriers	
127	654	Emily	Crossley	LU21	49:25	Settle Harriers	
128	957	Dorcas	Doolan	LV60	50:07	Dallam	
129	665	Katy	Thompson	LV60	50:24	Clayton le Moors	
130	557	May	Crawford	LV40	50:28	Helm Hill	
131	963	Iain	Crossley	MV60	50:32	AcHille Ratti	
132	777	Caroline	Wade	Lady	50:51	Helm Hill	
133	775	Lindsay	Harrod	LV50	50:52	Helm Hill	
134	1026	Sophie	King	Lady	51:08		
135	787	Ian	Peters	MV60	52:04	Hoad Hill Harriers	
136	779	Elaine	Cowperthwaite	LV50	52:05		
137	635	Tyla	Crook	LU21	52:06	Helm Hill	
138	526	Wendy	Smith	LV40	52:20	Helm Hill	
139	634	Elizabeth	Adams	LV40	52:21	Helm Hill	
140	870	Anna	Stevens	LV40	53:10	Helm Hill	
141	594	Caroline	Beardwood	LV40	53:29	Helm Hill	
142	541	Miriam	Rosen	LV60	54:03	Lancaster & Morecambe AC	
143	504	Jo	Matthew	LV40	55:59	Dallam	
144	1027	Caroline	Sharpe	LV40	57:34		
145	1028	Helen	Waite	LV40	57:35		
146	675	Richard	Handford	MV60	59:36	Settle Harriers	
147	510	Kristian	Clayton	MV40	1:01:47	Barlick Fell Runners	
148	681	Phil	Kirby	MV60	1:01:48	Coniston	

**Under 17 Race**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	158	Jacob	Smith	Boy	17:42	Helm Hill	1st Boy
2	901	Daniel	Sanderson	Boy	18:28	Ambleside	2nd Boy
3	67	Jack	Villiers	Boy	18:31	Barlick Fell Runners	3rd Boy
4	25	Ollie	Sanders	Boy	18:56	Helm Hill	
5	72	Eric	Beaumont	Boy	19:03	Keighley & Craven AC	
6	159	Henry	Hunter	Boy	19:03	Helm Hill	
7	49	Alex	Tallon	Boy	20:07	Helm Hill	
8	36	Chloe	Rylance	Girl	20:20	Ambleside AC	1st Girl
9	87	Adam	Scott	Boy	20:25	Helm Hill	
10	271	Lilian	Lewis	Girl	21:07	Helm Hill	2nd Girl
11	146	Alfie	Thorpe	Boy	21:51	Broughton Runners	
12	248	David	Blenman	Boy	21:57	Helm Hill	
13	234	Bernadette	Raven	Girl	22:05	Ilkley Harriers	3rd Girl
14	147	Sonny	Ashton-Fitch	Boy	22:07	Settle Harriers	
15	73	Emily	Swarbrick	Girl	22:50	Cumberland Fell Runners	
16	233	Zach	Doherty	Boy	23:35	Dallam	
17	188	Holly	Dobson	Girl	24:03	Ambleside AC	
18	9	Alex	Matthew	Boy	24:49	Dallam	
19	94	Freya	Richards	Girl	25:24	Helm Hill	
20	203	Cally	Lawson	Girl	26:47		
21	145	Ella	Beardwood	Girl	28:34	Helm Hill	
22	217	Annabelle	Taylor	Girl	28:34	Helm Hill	

### Under 15 Race

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	206	James	Bowen	Boy	13:47	Ambleside	1st Boy
2	230	Will	Hall	Boy	13:52	Keighley and Craven AC	2nd Boy
3	205	Harry	Bowen	Boy	13:55	Ambleside	3rd Boy
4	65	Thomas	Brailsford	Boy	13:56	Ambleside	
5	78	Dylan	Cater	Boy	14:33	Helm Hill	
6	91	Amelie	Lane	Girl	14:37	Wharfedale Harriers	1st Girl
7	209	Jessica	Bailey	Girl	14:43	Levens Valley AC	2nd Girl
8	192	Harry	Ewbank	Boy	14:49	Eden Runners	
9	32	John	Bardsley	Boy	15:15		
10	35	Sophie	Rylance	Girl	15:38	Ambleside AC	3rd Girl
11	7	Elodie	Malcolm	Girl	15:49	Helm Hill	
12	139	Jamie	Waller	Boy	16:09	Dallam	
13	99	Isaac	Robinson	Boy	16:13	Howgill Harriers	
14	52	Caius	Pennington	Boy	16:15	Howgill Harriers	
15	81	Thomas	Adams	Boy	16:27	CFR	
16	211	Hal	Saner-Haigh	Boy	16:34	Helm Hill	
17	46	Elise	Tallon	Girl	16:50	Helm Hill	
18	57	Jack	Dixon	Boy	17:25	Ambleside	
19	69	Oliver	Willoughby	Boy	17:27	Helm Hill	
20	96	Toby	Harper	Boy	17:58	Ambleside	
21	76	Fayth	Bowness	Girl	18:05	CFR	
22	90	Nathon	Ritchie	Boy	18:07	Levens Valley AC	
23	62	Vicky	Woof	Girl	18:25	Howgill Harriers	
24	165	Martha	Rigby	Girl	18:33	Settle Harriers	
25	8	Cate	Matthew	Girl	19:21	Dallam	
26	219	Alice	Sanderson	Girl	20:52	Helm Hill	
27	101	George	Campbell	Boy	22:25	Howgill Harriers	
28	16	Finley	Grisedale	Boy	22:38	Helm Hill	
DNF	121	Ben	Greenep	Boy	DNF	Kendal AAC	
DNF	27	Clara	Samson	Girl	DNF	Helm Hill	

**Under 13 Race**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	63	Archie	Peaker	Boy	08:08	Keighley and Craven AC	1st Boy
2	5	Rowan	Ashworth	Boy	08:14	Ambleside	2nd Boy
3	270	Jacob	Reeday	Boy	08:21	Barlick Fell Runners	3rd Boy
4	13	Ben	Allmond	Boy	08:48	Ambleside	
5	24	Ewen	Wilkinson	Boy	08:51	Keighley and Craven AC	
6	259	Riley	Merryfield	Boy	08:55	Ambleside	
7	171	Jack	Sanderson	Boy	09:00	Settle Harriers	
8	268	Alfie	Todd	Boy	09:06	Kendal AAC	
9	100	Toby	Acland	Boy	09:20	Helm Hill	
10	218	Josh	Todd	Boy	09:29	Kendal AAC	
11	102	Ella	Martindale	Girl	09:31	Helm Hill	1st Girl
12	38	Aaron	Smith	Boy	09:41	Howgill Harriers	
13	44	Charlotte	Pear	Girl	09:44	Settle Harriers	2nd Girl
14	74	Hester	Metcalfe	Girl	09:49	Ambleside AC	3rd Girl
15	97	Ewan	Black	Boy	09:49	Helm Hill	
16	106	Olivia	Swarbrick	Girl	09:50	Cumberland Fell Runners	
17	50	Cameron	Dunn	Boy	09:55	Helm Hill	
18	103	Madeleine	Martindale	Girl	10:03	Helm Hill	
19	3	Lucy	Bagot	Girl	10:10	Settle Harriers	
20	256	Marina	Bailey	Girl	10:38		
21	137	Thomas	Hearn	Boy	10:42	Helm Hill	
22	84	Connie-Mae	Scott	Girl	10:54	Kendal AAC	
23	239	Amber	Muller	Girl	10:54	Barlick Fell Runners	
24	82	Ned	Whitaker	Boy	10:59	Settle Harriers	
25	79	Ellen	Dickson	Girl	11:12	Ambleside	
26	222	Ethan	MacIntyre	Boy	11:14	Keighley and Craven AC	
27	113	Theo	Robinson	Boy	11:15	Howgill Harriers	
28	17	Lily -Grace	Clayton	Girl	11:33	Barlick Fell Runners	
29	48	Jasmine	Bottomley	Girl	12:04	Helm Hill	
30	128	Hannah	Dyer	Girl	12:11	Helm Hill	
31	58	Jessica	Oakey	Girl	12:18	Settle Harriers	
32	122	Alicia	Crawford	Girl	12:21	Helm Hill	
33	12	Seren	Green	Girl	12:50	Ambleside AC	
34	77	Isabella	Latty	Girl	13:16	Settle Harriers	
35	175	Holly	Nichols	Girl	13:51		

**Under 11 Race**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	66	Blake	Fleming	Boy	09:15	Ambleside AC	1st Boy
2	6	Tom	Ashworth	Boy	09:22	Ambleside	2nd Boy
3	164	Daisy	Fielding	Girl	09:22	SSRC	1st Girl
4	104	Will	Brayshaw	Boy	09:39	Helm Hill	3rd Boy
5	80	Isabella	Wright	Girl	09:52	Wharfedale Harriers	2nd Girl
6	45	Millie	Jebb	Girl	09:55	Helm Hill	3rd Girl
7	170	Carl	Sanderson	Boy	09:55	Settle Harriers	
8	204	Zeke	Sumner	Boy	09:59	Ambleside	
9	109	William	Hargreaves	Boy	10:16	Ambleside	
10	114	Gus	Campbell	Boy	10:26	Howgill Harriers	
11	47	Jackson	Bottomley	Boy	10:27	Helm Hill	
12	238	Alfie	Muller	Boy	10:31	Barlick Fell Runners	
13	244	Isla	Jebb	Girl	10:31	Helm Hill	
14	51	Fraser	Dunn	Boy	10:35	Helm Hill	
15	267	Aiden	Crickett	Boy	10:37	CFR	
16	260	Joe	Green	Boy	10:44	Ambleside AC	
17	34	Ruby	Duxbury	Girl	11:10	Ambleside	
18	261	Arthur	Kirby	Boy	11:13	Ambleside	
19	93	Peter	de Lacy-Perkins	Boy	11:14	Lancaster & Morecambe AC	
20	92	Robyn	de Lacy-Perkins	Girl	11:29	Lancaster & Morecambe AC	
21	125	Aaron	Goodall	Boy	11:31		
22	26	Edward	Shawcross	Boy	11:32	Dallam	
23	18	Oscar	Clayton	Boy	11:33	Barlick Fell Runners	
24	221	William	Gornall	Boy	11:36		
25	173	Ella	Stamp	Girl	11:52	Helm Hill	
26	269	Molly	Gerrish	Girl	12:01	Helm Hill	
27	31	Tommy	Brodrick	Boy	12:19	Ambleside	
28	86	Luke	Mitchell	Boy	12:31	Howgill Harriers	
29	210	Holly	Jenner	Girl	12:32	Ambleside	
30	132	Thomas	Iveson	Boy	12:46	Ambleside AC	
31	55	Zach	Thomas	Boy	12:51	COLT	
32	68	Poppy	Cater	Girl	12:53	Helm Hill	
33	198	Eleanor	King	Girl	13:03	Helm Hill	
34	123	Freddie	Crawford	Boy	13:13	Helm Hill	
35	4	Francesca	Bagot	Girl	13:18	Settle Harriers	
36	83	Mabel	Whitaker	Girl	13:45	Settle Harriers	
37	1	Megan	Harris	Girl	13:52	Helm Hill	
38	197	Jera	Beaumont	Boy	13:53	Ambleside	

## Cunswick 2019 Category Results

### ALL SENIOR MEN

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	718	Charlie	Ing	Man	27:53	Unattached	1st Man
2	666	Matthew	Knowles	MU21	28:22	Lancaster & Morecambe AC	2nd Man/1st MU21
3	525	Jon	Rylance	MV40	28:40	Ambleside AC	3rd Man/1st MV40
4	790	Pete	Harrison	Man	28:52	Helm Hill	
5	971	Rob	Jebb	MV40	29:14	Helm Hill	
6	1021	James	McGurk	Man	29:21	Helm Hill	
7	1020	Ben	Procter	Man	30:30	Helm Hill	
8	1023	Paul	Neild	MV40	30:47	Bowland FR	
9	642	Michael	Gregory	MV40	30:54	Ulverston Triathlon Club	
10	551	Will	Acland	MV40	31:09	Helm Hill	
11	722	Jack	Simpson	Man	31:13	Helm	
12	574	Harvey	Lord	Man	31:15	Black Combe	
13	1018	Richard	Wilson	MV40	31:17	Kendal AAC	
14	939	Josh	Jardine	Man	31:29	Helm Hill	
15	868	Phil	Mather	Man	31:41	Lonsdale	
16	924	Joe	Todd	MV40	31:52	Kendal AAC	
17	593	Scott	Umpleby	MV50	32:01	Kendal AAC	1st MV50
18	1006	David	Goadby	Man	32:11	Helm Hill	
19	564	Rob	Harper	MV40	32:30	Ambleside	
20	902	Rick	Stuart	MV50	32:33	Helm Hill	
21	638	Simon	Mounsey	MV40	32:35	Howgill Harriers	
22	535	Brian	Pennington	MV40	32:37	Howgill Harriers	
23	824	Craig	Burrow	MV40	32:47	Helm Hill	
24	761	Rob	Mortimore	Man	32:51	Helm Hill	
25	601	Ben	Kirkman	MU21	32:55	Rosendale Harriers	
26	632	James	Baron	MV50	32:57	Helm Hill	
27	672	Peter	Lawson	Man	33:21		
28	842	Stephen	Nicholls	Man	33:33	Wigan Harriers	
29	518	Rob	Crawford	MV40	33:35	Howgill Harriers	
30	910	James	Bailey	MV40	33:36	Levens Valley AC	
31	599	Martin	Askew	MU21	33:50	Helm Hill	
32	633	Steven	Middleton	MV40	33:54	Howgill Harriers	
33	871	Joseph	Hobbs	Man	33:57	Lonsdale	
34	554	Luke	Appleyard	Man	34:01	Wharfedale Harriers	
35	502	Daniel	Malcolm	MV40	34:10	Helm Hill	
36	644	David	Griffin	MV50	34:11	Helm Hill	
37	767	Tim	Pickering	Man	34:16	Helm Hill	
38	559	Sean	Robinson	MV40	34:53	Howgill Harriers	
39	1022	Paul	Atkinson	Man	34:58		
40	730	Anthony	Emmet	MV40	35:06	Helm Hill	
41	549	Graham	Schofield	MV60	36:06	Horwich RMI Harriers	1st MV60
42	628	James	Coulthard	MV40	36:09	Howgill Harriers	
43	509	Chris	Green	MV40	36:14	Ambleside AC	
44	521	John	Bagge	MV50	36:17	Helm Hill	
45	746	David	Holdsworth	MV60	36:22		
46	596	Alistair	Hearn	MV40	36:40	Helm Hill	
47	952	Shaun	Addison	MV50	36:53	Helm Hill	
48	520	Alistair	Shawcross	MV40	36:55		
49	889	Ray	Gill	MV50	37:06	Dallam	
50	758	Graham	Beaumont	MV50	37:40	Dallam	
51	580	John	Jones	MV50	37:43	Helm Hill	
52	609	Simon	Waller	MV50	37:50	Helm Hill	
53	854	Mike	Calvert	MV50	38:22	Howgill Harriers	
54	602	Mick	Kirkman	MV50	38:25	Rosendale Harriers	
55	636	Brian	Thompson	MV60	38:29	Helm Hill	
56	861	Roger	Taylor	MV50	38:43	Preston Harriers	
57	512	Jonny	Grisedale	MV40	39:16	Helm Hill	
58	583	Roger	Aubrey	MV50	39:26	Helm Hill	
59	561	Toby	Smith	Man	39:39		
60	573	Andy	Evans	MV50	40:09	Settle Harriers	
61	741	David	Roper	MV60	40:14	Howgill Harriers	



62	579	David	Barnes	MV60	40:18	Horwich RMI Harriers	
63	977	David	Appleyard	MV50	40:22	Helm Hill	
64	517	Tim	Murray	MV50	40:29	Helm Hill	
65	543	Mark	Villiers	MV40	40:35	Unattached	
66	555	Colin	Briffett	MV40	40:42	Lancaster Runners	
67	727	Paul	Corkill	Man	41:00	Levens Valley AC	
68	507	Andy	Holden	MV50	41:05	Wharfedale Harriers	
69	664	Larry	Day	MV40	41:11	Ambleside AC	
70	811	John	Leech	MV50	41:41	Dallam	
71	540	Richard	Cater	MV40	42:20	Helm Hill	
72	646	Mark	Charnley	MV40	42:33	Settle Harriers	
73	515	Jeremy	Wilkinson	MV50	42:34	Keighley and Craven AC	
74	674	Andy	Monk	MV60	42:55	FRA	
75	619	Chris	Lawrence	MV50	43:00	Clayton le Moors	
76	714	Pete	Coe	MV60	43:29	Helm Hill	
77	685	John	Wood	MV40	43:32		
78	682	Mike	Binks	Man	43:32	Unattached	
79	984	Alan	Miller	MV60	43:57	Kendal AAC	
80	934	Richard	Simpson	MV60	44:11	Dallam	
81	1025	Samuele	Glendinning	Man	44:22		
82	849	Colin	Valentine	MV50	44:36	Keswick AC	
83	853	Jonathan	Gibson	MV50	44:59	Wharfedale Harriers	
84	622	Andrew	Sier	MV50	45:16		
85	240	Peter	Acland	MV50	45:47	Kendal AAC	
86	756	John	Hodgson	MV70	48:09	Dallam	1st MV70
87	552	Ian	Oakey	MV40	48:23	Settle Harriers	
88	963	Iain	Crossley	MV60	50:32	AcHille Ratti	
89	787	Ian	Peters	MV60	52:04	Hoad Hill Harriers	
90	675	Richard	Handford	MV60	59:36	Settle Harriers	
91	510	Kristian	Clayton	MV40	1:01:47	Barlick Fell Runners	
92	681	Phil	Kirby	MV60	1:01:48	Coniston	

**MEN**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	718	Charlie	Ing	Man	27:53	Unattached	1st Man
2	666	Matthew	Knowles	MU21	28:22	Lancaster & Morecambe AC	2nd Man/1st MU21
3	790	Pete	Harrison	Man	28:52	Helm Hill	
4	1021	James	McGurk	Man	29:21	Helm Hill	
5	1020	Ben	Procter	Man	30:30	Helm Hill	
6	722	Jack	Simpson	Man	31:13	Helm	
7	574	Harvey	Lord	Man	31:15	Black Combe	
8	939	Josh	Jardine	Man	31:29	Helm Hill	
9	868	Phil	Mather	Man	31:41	Lonsdale	
10	1006	David	Goadby	Man	32:11	Helm Hill	
11	761	Rob	Mortimore	Man	32:51	Helm Hill	
12	601	Ben	Kirkman	MU21	32:55	Rosendale Harriers	
13	672	Peter	Lawson	Man	33:21		
14	842	Stephen	Nicholls	Man	33:33	Wigan Harriers	
15	599	Martin	Askew	MU21	33:50	Helm Hill	
16	871	Joseph	Hobbs	Man	33:57	Lonsdale	
17	554	Luke	Appleyard	Man	34:01	Wharfedale Harriers	
18	767	Tim	Pickering	Man	34:16	Helm Hill	
19	1022	Paul	Atkinson	Man	34:58		
20	561	Toby	Smith	Man	39:39		
21	727	Paul	Corkill	Man	41:00	Levens Valley AC	
22	682	Mike	Binks	Man	43:32	Unattached	
23	1025	Samuele	Glendinning	Man	44:22		

**MEN UNDER 21**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	666	Matthew	Knowles	MU21	28:22	Lancaster & Morecambe AC	2nd Man/1st MU21
2	601	Ben	Kirkman	MU21	32:55	Rosendale Harriers	
3	599	Martin	Askew	MU21	33:50	Helm Hill	

**MEN - VET 40**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	525	Jon	Rylance	MV40	28:40	Ambleside AC	3rd Man/1st MV40
2	971	Rob	Jebb	MV40	29:14	Helm Hill	
3	1023	Paul	Neild	MV40	30:47	Bowland FR	
4	642	Michael	Gregory	MV40	30:54	Ulverston Triathlon Club	
5	551	Will	Acland	MV40	31:09	Helm Hill	
6	1018	Richard	Wilson	MV40	31:17	Kendal AAC	
7	924	Joe	Todd	MV40	31:52	Kendal AAC	
8	564	Rob	Harper	MV40	32:30	Ambleside	
9	638	Simon	Mounsey	MV40	32:35	Howgill Harriers	
10	535	Brian	Pennington	MV40	32:37	Howgill Harriers	
11	824	Craig	Burrow	MV40	32:47	Helm Hill	
12	518	Rob	Crawford	MV40	33:35	Howgill Harriers	
13	910	James	Bailey	MV40	33:36	Levens Valley AC	
14	633	Steven	Middleton	MV40	33:54	Howgill Harriers	
15	502	Daniel	Malcolm	MV40	34:10	Helm Hill	
16	559	Sean	Robinson	MV40	34:53	Howgill Harriers	
17	730	Anthony	Emmet	MV40	35:06	Helm Hill	
18	628	James	Coulthard	MV40	36:09	Howgill Harriers	
19	509	Chris	Green	MV40	36:14	Ambleside AC	
20	596	Alistair	Hearn	MV40	36:40	Helm Hill	
21	520	Alistair	Shawcross	MV40	36:55		
22	512	Jonny	Grisedale	MV40	39:16	Helm Hill	
23	543	Mark	Villiers	MV40	40:35	Unattached	
24	555	Colin	Briffett	MV40	40:42	Lancaster Runners	
25	664	Larry	Day	MV40	41:11	Ambleside AC	
26	540	Richard	Cater	MV40	42:20	Helm Hill	
27	646	Mark	Charnley	MV40	42:33	Settle Harriers	
28	685	John	Wood	MV40	43:32		
29	552	Ian	Oakey	MV40	48:23	Settle Harriers	
30	510	Kristian	Clayton	MV40	1:01:47	Barlick Fell Runners	

**MEN - VET 50**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	593	Scott	Umpleby	MV50	32:01	Kendal AAC	1st MV50
2	902	Rick	Stuart	MV50	32:33	Helm Hill	
3	632	James	Baron	MV50	32:57	Helm Hill	
4	644	David	Griffin	MV50	34:11	Helm Hill	
5	521	John	Bagge	MV50	36:17	Helm Hill	
6	952	Shaun	Addison	MV50	36:53	Helm Hill	
7	889	Ray	Gill	MV50	37:06	Dallam	
8	758	Graham	Beaumont	MV50	37:40	Dallam	
9	580	John	Jones	MV50	37:43	Helm Hill	
10	609	Simon	Waller	MV50	37:50	Helm Hill	
11	854	Mike	Calvert	MV50	38:22	Howgill Harriers	
12	602	Mick	Kirkman	MV50	38:25	Rosendale Harriers	
13	861	Roger	Taylor	MV50	38:43	Preston Harriers	
14	583	Roger	Aubrey	MV50	39:26	Helm Hill	
15	573	Andy	Evans	MV50	40:09	Settle Harriers	
16	977	David	Appleyard	MV50	40:22	Helm Hill	
17	517	Tim	Murray	MV50	40:29	Helm Hill	
18	507	Andy	Holden	MV50	41:05	Wharfedale Harriers	
19	811	John	Leech	MV50	41:41	Dallam	
20	515	Jeremy	Wilkinson	MV50	42:34	Keighley and Craven AC	
21	619	Chris	Lawrence	MV50	43:00	Clayton le Moors	
22	849	Colin	Valentine	MV50	44:36	Keswick AC	
23	853	Jonathan	Gibson	MV50	44:59	Wharfedale Harriers	
24	622	Andrew	Sier	MV50	45:16		
25	240	Peter	Acland	MV50	45:47	Kendal AAC	

**MEN - VET 60**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	549	Graham	Schofield	MV60	36:06	Horwich RMI Harriers	1st MV60
2	746	David	Holdsworth	MV60	36:22		
3	636	Brian	Thompson	MV60	38:29	Helm Hill	
4	741	David	Roper	MV60	40:14	Howgill Harriers	
5	579	David	Barnes	MV60	40:18	Horwich RMI Harriers	
6	674	Andy	Monk	MV60	42:55	FRA	
7	714	Pete	Coe	MV60	43:29	Helm Hill	
8	984	Alan	Miller	MV60	43:57	Kendal AAC	
9	934	Richard	Simpson	MV60	44:11	Dallam	
10	963	Iain	Crossley	MV60	50:32	AcHille Ratti	
11	787	Ian	Peters	MV60	52:04	Hoad Hill Harriers	
12	675	Richard	Handford	MV60	59:36	Settle Harriers	
13	681	Phil	Kirby	MV60	1:01:48	Coniston	

**MEN - VET 70**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	756	John	Hodgson	MV70	48:09	Dallam	1st MV70

**ALL SENIOR LADIES**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	993	Kelli	Roberts	Lady	32:25	Helm Hill	1st Lady
2	694	Celia	Powell	Lady	35:09		2nd Lady
3	735	Joanna	Rycroft	Lady	35:42	Helm Hill	3rd Lady
4	649	Emma	Johnston	Lady	35:53	Helm Hill	
5	869	Ellie	Mather	Lady	36:19	Lonsdale	
6	566	Bianca	Dyer	LV40	37:23	Helm Hill	1st LV40
7	938	Sarah	Gerrish	Lady	37:46	Helm Hill	
8	700	Jenny	Lyon	Lady	38:18	Dallam Running Club	
9	838	Natasha	Geere	LV50	38:30	Spensborough	1st LV50
10	1017	Janie	Oates	Lady	39:05	Helm Hill	
11	529	Jean	Brown	LV50	39:10	Clayton le Moors	
12	620	Julia	Sier	LV40	39:20	Dallam	
13	949	Kristina	Jackson	Lady	39:51	Allithwaite Running Club	
14	1019	Ellie	Wood	LV40	40:57		
15	631	Debbie	Copley	LV50	41:15	Dallam	
16	598	Lorna	Askew	LV40	41:26	Helm Hill	
17	807	Fay	Tuffen	LV40	42:06		
18	553	Kate	Brayshaw	LV40	42:36	Helm Hill	
19	546	Jo	Appleby	LV40	42:56	Helm Hill	
20	532	Maia	Doherty	LU21	43:17	Helm Hill	1st LU21
21	503	Pam	Bagot	LV40	43:50	Settle Harriers	
22	597	Maria	Hearn	LV40	43:58	Helm Hill	
23	764	Vicky	Atkinson	LV40	44:21	Helm Hill	
24	506	Lynn	Whittaker	LV50	45:11	Wharfedale Harriers	
25	812	Amanda	Burrow	LV40	45:46	Helm Hill	
26	747	Wendy	Dodds	LV60	45:58	Clayton le Moors	1st LV60
27	684	Sarah	Senior	LV50	46:03	Helm Hill	
28	833	Helen	Greenep	LV50	46:13	Settle Harriers	
29	862	Robyn	Anderson	LV40	46:16	Preston Harriers	
30	630	Jo	Taylor	LV50	46:19	Bowland FR	
31	539	Jo	Cater	LV40	46:26	Helm Hill	
32	550	Libby	Dixon	LV40	46:42	Ambleside	
33	689	Emma	Blundell	Lady	47:07	Lonsdale	
34	608	Veronica	Waller	LV40	47:24	Dallam	
35	511	Jo	Grisedale	LV40	47:38	Helm Hill	
36	1024	Jenna	Moffat	Lady	47:39		
37	776	Sarah	Hards	Lady	48:00	Swaledale Harriers	
38	586	Eilidh	Miller	LU21	48:55	Broughton Runners	
39	645	Simone	Rigby	LU21	49:00	Settle Harriers	
40	654	Emily	Crossley	LU21	49:25	Settle Harriers	
41	957	Dorcas	Doolan	LV60	50:07	Dallam	
42	665	Katy	Thompson	LV60	50:24	Clayton le Moors	
43	557	May	Crawford	LV40	50:28	Helm Hill	
44	777	Caroline	Wade	Lady	50:51	Helm Hill	
45	775	Lindsay	Harrod	LV50	50:52	Helm Hill	
46	1026	Sophie	King	Lady	51:08		
47	779	Elaine	Cowperthwaite	LV50	52:05		
48	635	Tyla	Crook	LU21	52:06	Helm Hill	
49	526	Wendy	Smith	LV40	52:20	Helm Hill	
50	634	Elizabeth	Adams	LV40	52:21	Helm Hill	
51	870	Anna	Stevens	LV40	53:10	Helm Hill	
52	594	Caroline	Beardwood	LV40	53:29	Helm Hill	
53	541	Miriam	Rosen	LV60	54:03	Lancaster & Morecambe AC	
54	504	Jo	Matthew	LV40	55:59	Dallam	
55	1027	Caroline	Sharpe	LV40	57:34		
56	1028	Helen	Waite	LV40	57:35		



**LADIES**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	993	Kelli	Roberts	Lady	32:25	Helm Hill	1st Lady
2	694	Celia	Powell	Lady	35:09		2nd Lady
3	735	Joanna	Rycroft	Lady	35:42	Helm Hill	3rd Lady
4	649	Emma	Johnston	Lady	35:53	Helm Hill	
5	869	Ellie	Mather	Lady	36:19	Lonsdale	
6	938	Sarah	Gerrish	Lady	37:46	Helm Hill	
7	700	Jenny	Lyon	Lady	38:18	Dallam Running Club	
8	1017	Janie	Oates	Lady	39:05	Helm Hill	
9	949	Kristina	Jackson	Lady	39:51	Allithwaite Running Club	
10	532	Maia	Doherty	LU21	43:17	Helm Hill	1st LU21
11	689	Emma	Blundell	Lady	47:07	Lonsdale	
12	1024	Jenna	Moffat	Lady	47:39		
13	776	Sarah	Hards	Lady	48:00	Swaledale Harriers	
14	586	Eilidh	Miller	LU21	48:55	Broughton Runners	
15	645	Simone	Rigby	LU21	49:00	Settle Harriers	
16	654	Emily	Crossley	LU21	49:25	Settle Harriers	
17	777	Caroline	Wade	Lady	50:51	Helm Hill	
18	1026	Sophie	King	Lady	51:08		
19	635	Tyla	Crook	LU21	52:06	Helm Hill	

**LADIES UNDER 21**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	532	Maia	Doherty	LU21	43:17	Helm Hill	1st LU21
2	586	Eilidh	Miller	LU21	48:55	Broughton Runners	
3	645	Simone	Rigby	LU21	49:00	Settle Harriers	
4	654	Emily	Crossley	LU21	49:25	Settle Harriers	
5	635	Tyla	Crook	LU21	52:06	Helm Hill	

**LADIES - VET 40**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	566	Bianca	Dyer	LV40	37:23	Helm Hill	1st LV40
2	620	Julia	Sier	LV40	39:20	Dallam	
3	1019	Ellie	Wood	LV40	40:57		
4	598	Lorna	Askew	LV40	41:26	Helm Hill	
5	807	Fay	Tuffen	LV40	42:06		
6	553	Kate	Brayshaw	LV40	42:36	Helm Hill	
7	546	Jo	Appleby	LV40	42:56	Helm Hill	
8	503	Pam	Bagot	LV40	43:50	Settle Harriers	
9	597	Maria	Hearn	LV40	43:58	Helm Hill	
10	764	Vicky	Atkinson	LV40	44:21	Helm Hill	
11	812	Amanda	Burrow	LV40	45:46	Helm Hill	
12	862	Robyn	Anderson	LV40	46:16	Preston Harriers	
13	539	Jo	Cater	LV40	46:26	Helm Hill	
14	550	Libby	Dixon	LV40	46:42	Ambleside	
15	608	Veronica	Waller	LV40	47:24	Dallam	
16	511	Jo	Grisedale	LV40	47:38	Helm Hill	
17	557	May	Crawford	LV40	50:28	Helm Hill	
18	526	Wendy	Smith	LV40	52:20	Helm Hill	
19	634	Elizabeth	Adams	LV40	52:21	Helm Hill	
20	870	Anna	Stevens	LV40	53:10	Helm Hill	
21	594	Caroline	Beardwood	LV40	53:29	Helm Hill	
22	504	Jo	Matthew	LV40	55:59	Dallam	
23	1027	Caroline	Sharpe	LV40	57:34		
24	1028	Helen	Waite	LV40	57:35		

**LADIES - VET 50**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	838	Natasha	Geere	LV50	38:30	Spensorough	1st LV50
2	529	Jean	Brown	LV50	39:10	Clayton le Moors	
3	631	Debbie	Copley	LV50	41:15	Dallam	
4	506	Lynn	Whittaker	LV50	45:11	Wharfedale Harriers	
5	684	Sarah	Senior	LV50	46:03	Helm Hill	
6	833	Helen	Greenep	LV50	46:13	Settle Harriers	
7	630	Jo	Taylor	LV50	46:19	Bowland FR	
8	775	Lindsay	Harrod	LV50	50:52	Helm Hill	
9	779	Elaine	Cowperthwaite	LV50	52:05		

**LADIES - VET 60**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	747	Wendy	Dodds	LV60	45:58	Clayton le Moors	1st LV60
2	957	Dorcas	Doolan	LV60	50:07	Dallam	
3	665	Katy	Thompson	LV60	50:24	Clayton le Moors	
4	541	Miriam	Rosen	LV60	54:03	Lancaster & Morecambe AC	

**UNDER 17 BOYS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	158	Jacob	Smith	Boy	17:42	Helm Hill	1st Boy
2	901	Daniel	Sanderson	Boy	18:28	Ambleside	2nd Boy
3	67	Jack	Villiers	Boy	18:31	Barlick Fell Runners	3rd Boy
4	25	Ollie	Sanders	Boy	18:56	Helm Hill	
5	72	Eric	Beaumont	Boy	19:03	Keighley & Craven AC	
6	159	Henry	Hunter	Boy	19:03	Helm Hill	
7	49	Alex	Tallon	Boy	20:07	Helm Hill	
8	87	Adam	Scott	Boy	20:25	Helm Hill	
9	146	Alfie	Thorpe	Boy	21:51	Broughton Runners	
10	248	David	Blenman	Boy	21:57	Helm Hill	
11	147	Sonny	Ashton-Fitch	Boy	22:07	Settle Harriers	
12	233	Zach	Doherty	Boy	23:35	Dallam	
13	9	Alex	Matthew	Boy	24:49	Dallam	

**UNDER 17 GIRLS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	36	Chloe	Rylance	Girl	20:20	Ambleside AC	1st Girl
2	271	Lilian	Lewis	Girl	21:07	Helm Hill	2nd Girl
3	234	Bernadette	Raven	Girl	22:05	Ilkley Harriers	3rd Girl
4	73	Emily	Swarbrick	Girl	22:50	Cumberland Fell Runners	
5	188	Holly	Dobson	Girl	24:03	Ambleside AC	
6	94	Freya	Richards	Girl	25:24	Helm Hill	
7	203	Cally	Lawson	Girl	26:47		
8	145	Ella	Beardwood	Girl	28:34	Helm Hill	
9	217	Annabelle	Taylor	Girl	28:34	Helm Hill	

**UNDER 15 BOYS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	206	James	Bowen	Boy	13:47	Ambleside	1st Boy
2	230	Will	Hall	Boy	13:52	Keighley and Craven AC	2nd Boy
3	205	Harry	Bowen	Boy	13:55	Ambleside	3rd Boy
4	65	Thomas	Brailsford	Boy	13:56	Ambleside	
5	78	Dylan	Cater	Boy	14:33	Helm Hill	
6	192	Harry	Ewbank	Boy	14:49	Eden Runners	
7	32	John	Bardsley	Boy	15:15		
8	139	Jamie	Waller	Boy	16:09	Dallam	
9	99	Isaac	Robinson	Boy	16:13	Howgill Harriers	
10	52	Caius	Pennington	Boy	16:15	Howgill Harriers	
11	81	Thomas	Adams	Boy	16:27	CFR	
12	211	Hal	Saner-Haigh	Boy	16:34	Helm Hill	
13	57	Jack	Dixon	Boy	17:25	Ambleside	
14	69	Oliver	Willoughby	Boy	17:27	Helm Hill	
15	96	Toby	Harper	Boy	17:58	Ambleside	
16	90	Nathon	Ritchie	Boy	18:07	Levens Valley AC	
17	101	George	Campbell	Boy	22:25	Howgill Harriers	
18	16	Finley	Grisedale	Boy	22:38	Helm Hill	
DNF	121	Ben	Greenep	Boy	DNF	Kendal AAC	



**UNDER 15 GIRLS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	91	Amelie	Lane	Girl	14:37	Wharfedale Harriers	1st Girl
2	209	Jessica	Bailey	Girl	14:43	Levens Valley AC	2nd Girl
3	35	Sophie	Rylance	Girl	15:38	Ambleside AC	3rd Girl
4	7	Elodie	Malcolm	Girl	15:49	Helm Hill	
5	46	Elise	Tallon	Girl	16:50	Helm Hill	
6	76	Fayth	Bowness	Girl	18:05	CFR	
7	62	Vicky	Woof	Girl	18:25	Howgill Harriers	
8	165	Martha	Rigby	Girl	18:33	Settle Harriers	
9	8	Cate	Matthew	Girl	19:21	Dallam	
10	219	Alice	Sanderson	Girl	20:52	Helm Hill	
DNF	27	Clara	Samson	Girl	DNF	Helm Hill	

**UNDER 13 BOYS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	63	Archie	Peaker	Boy	08:08	Keighley and Craven AC	1st Boy
2	5	Rowan	Ashworth	Boy	08:14	Ambleside	2nd Boy
3	270	Jacob	Reeday	Boy	08:21	Barlick Fell Runners	3rd Boy
4	13	Ben	Allmond	Boy	08:48	Ambleside	
5	24	Ewen	Wilkinson	Boy	08:51	Keighley and Craven AC	
6	259	Riley	Merryfield	Boy	08:55	Ambleside	
7	171	Jack	Sanderson	Boy	09:00	Settle Harriers	
8	268	Alfie	Todd	Boy	09:06	Kendal AAC	
9	100	Toby	Acland	Boy	09:20	Helm Hill	
10	218	Josh	Todd	Boy	09:29	Kendal AAC	
11	38	Aaron	Smith	Boy	09:41	Howgill Harriers	
12	97	Ewan	Black	Boy	09:49	Helm Hill	
13	50	Cameron	Dunn	Boy	09:55	Helm Hill	
14	137	Thomas	Hearn	Boy	10:42	Helm Hill	
15	82	Ned	Whitaker	Boy	10:59	Settle Harriers	
16	222	Ethan	MacIntyre	Boy	11:14	Keighley and Craven AC	
17	113	Theo	Robinson	Boy	11:15	Howgill Harriers	

**UNDER 13 GIRLS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	102	Ella	Martindale	Girl	09:31	Helm Hill	1st Girl
2	44	Charlotte	Peart	Girl	09:44	Settle Harriers	2nd Girl
3	74	Hester	Metcalfe	Girl	09:49	Ambleside AC	3rd Girl
4	106	Olivia	Swarbrick	Girl	09:50	Cumberland Fell Runners	
5	103	Madeleine	Martindale	Girl	10:03	Helm Hill	
6	3	Lucy	Bagot	Girl	10:10	Settle Harriers	
7	256	Marina	Bailey	Girl	10:38		
8	84	Connie-Mae	Scott	Girl	10:54	Kendal AAC	
9	239	Amber	Muller	Girl	10:54	Barlick Fell Runners	
10	79	Ellen	Dickson	Girl	11:12	Ambleside	
11	17	Lily -Grace	Clayton	Girl	11:33	Barlick Fell Runners	
12	48	Jasmine	Bottomley	Girl	12:04	Helm Hill	
13	128	Hannah	Dyer	Girl	12:11	Helm Hill	
14	58	Jessica	Oakey	Girl	12:18	Settle Harriers	
15	122	Alicia	Crawford	Girl	12:21	Helm Hill	
16	12	Seren	Green	Girl	12:50	Ambleside AC	
17	77	Isabella	Latty	Girl	13:16	Settle Harriers	
18	175	Holly	Nichols	Girl	13:51		

**UNDER 11 BOYS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	66	Blake	Fleming	Boy	09:15	Ambleside AC	1st Boy
2	6	Tom	Ashworth	Boy	09:22	Ambleside	2nd Boy
3	104	Will	Brayshaw	Boy	09:39	Helm Hill	3rd Boy
4	170	Carl	Sanderson	Boy	09:55	Settle Harriers	
5	204	Zeke	Sumner	Boy	09:59	Ambleside	
6	109	William	Hargreaves	Boy	10:16	Ambleside	
7	114	Gus	Campbell	Boy	10:26	Howgill Harriers	
8	47	Jackson	Bottomley	Boy	10:27	Helm Hill	
9	238	Alfie	Muller	Boy	10:31	Barlick Fell Runners	
10	51	Fraser	Dunn	Boy	10:35	Helm Hill	
11	267	Aiden	Crickett	Boy	10:37	CFR	
12	260	Joe	Green	Boy	10:44	Ambleside AC	
13	261	Arthur	Kirby	Boy	11:13	Ambleside	
14	93	Peter	de Lacy-Perkins	Boy	11:14	Lancaster & Morecambe AC	
15	125	Aaron	Goodall	Boy	11:31		
16	26	Edward	Shawcross	Boy	11:32	Dallam	
17	18	Oscar	Clayton	Boy	11:33	Barlick Fell Runners	
18	221	William	Gornall	Boy	11:36		
19	31	Tommy	Brodrick	Boy	12:19	Ambleside	
20	86	Luke	Mitchell	Boy	12:31	Howgill Harriers	
21	132	Thomas	Iveson	Boy	12:46	Ambleside AC	
22	55	Zach	Thomas	Boy	12:51	COLT	
23	123	Freddie	Crawford	Boy	13:13	Helm Hill	
24	197	Jera	Beaumont	Boy	13:53	Ambleside	

**UNDER 11 GIRLS**

Position	Vest no.	First Name	Surname	Cat	Time	Club	Comments
1	164	Daisy	Fielding	Girl	09:22	SSRC	1st Girl
2	80	Isabella	Wright	Girl	09:52	Wharfedale Harriers	2nd Girl
3	45	Millie	Jebb	Girl	09:55	Helm Hill	3rd Girl
4	244	Isla	Jebb	Girl	10:31	Helm Hill	
5	34	Ruby	Duxbury	Girl	11:10	Ambleside	
6	92	Robyn	de Lacy-Perkins	Girl	11:29	Lancaster & Morecambe AC	
7	173	Ella	Stamp	Girl	11:52	Helm Hill	
8	269	Molly	Gerrish	Girl	12:01	Helm Hill	
9	210	Holly	Jenner	Girl	12:32	Ambleside	
10	68	Poppy	Cater	Girl	12:53	Helm Hill	
11	198	Eleanor	King	Girl	13:03	Helm Hill	
12	4	Francesca	Bagot	Girl	13:18	Settle Harriers	
13	83	Mabel	Whitaker	Girl	13:45	Settle Harriers	
14	1	Megan	Harris	Girl	13:52	Helm Hill	