

<b>Helm Hill Race - under 12</b>			
<b>time</b>	<b>name</b>	<b>club</b>	<b>girls</b>
6:40	Ben Johnstone	Wharfedale	
06:41	Tom Taylor	Kendal	
06:44	Ben Till	Dallam	
06:51	Oliver Willink	Helm Hill	
06:53	Harry Brooks	Helm Hill	
06:56	David Goad	Helm Hill	
07:02	Alex Gough	u/a	
07:04	Megan Stuart	Helm Hill	1
07:10	Jake Lowther	Helm Hill	
07:14	Harry Packham	Helm Hill	
07:19	Lorna Nunwick	Helm Hill	2
07:26	Chris Mitchell	Helm Hill	
07:27	Jon Lowther	Helm Hill	
07:32	Freya Sadler	Furness	3
07:34	Loren Appleyard	Helm Hill	4
07:37	Jamie wallace Woodroffe	u/a	
07:54	Joseph Liddell	Helm Hill	
07:56	Wilf Goodfellow	Dallam	
07:59	Lewis Goad	Helm Hill	
08:01	Matthew Horn	Settle	
08:02	Charlotte Milligan	Helm Hill	5
08:05	Joel Wynne	Settle	
08:06	Sam Willink	Helm Hill	
08:07	Lee Dryden	Settle	
08:08	Hannah Smith	Helm Hill	6
08:10	Robbie Johnstone	Wharfedale	
08:11	Oran Swindley	Helm Hill	
08:12	Dan Miller	Broughton	
08:14	Ellis Jolly	Blackpool	
08:17	Nathan Chadwick	Helm Hill	
08:21	Liam Bagge	Helm Hill	
08:23	James Quinn	Helm Hill	
08:24	Amber Holt	Helm Hill	7
08:34	Tom Drinkall	Dallam	
08:36	Sarah Chadwick	Helm Hill	8
08:39	Ella May Gibson	u/a	9
08:50	Erin Procter	Howgill	10
08:58	jay Ferguson	Helm Hill	
09:03	Liam McDaid	Helm Hill	
09:18	Rosin Bagge	Helm Hill	11
09:51	Elizabeth Goodfellow	Dallam	12
09:55	Chloe Law	Rosendale	13
10:09	Levon Bates	Wesham	
10:11	Megan Drinkall	Dallam	14
11:58	Nat Walton	Howgill	
12:18	Brendan McDaid	Helm Hill	
13:12	Alex Chadwick	Helm Hill	

<b>Helm Hill Race - under 14</b>			
<b>time</b>	<b>name</b>	<b>club</b>	<b>girls</b>
11:37	Rory Addison	Helm Hill	
11:49	James Knox	Helm Hill	
12:01	Daniel Walsh	Rossendale	
12:23	Elliot Wylie	Rossendale	
12:36	Nathan Robb	Helm Hill	
13:09	Sam Storey	Barrow	
13:25	David Fargher	U/A	
13:28	Robin Goodfellow	Dallam	1
13:56	Lauren Munro-Bennett	Helm Hill	2
14:22	Beth Dutson	u/a	3
15:11	Jack Walton	Howgill	
15:34	Jane Gill	Dallam	4
15:45	Aaron Chadwick	Helm Hill	
16:43	Reanne Harvey	Dallam	5
17:28	Ashleigh Hine	U/A	6

<b>Helm Hill Race - under 17</b>			
<b>time</b>	<b>name</b>	<b>club</b>	<b>girls</b>
15:57	Ashley Kay	Rossendale	
16:05	Tom Sessford	Keighley	
16:10	Alex Till	Dallam	
16:13	Jonathan Bradman	Wharfedale	
16:18	Jos Addison	Helm Hill	
16:41	Matthew Fretwell	Settle	
16:51	Scott Thwaites	Helm Hill	
17:02	Niall Till	Helm Hill	
17:08	Joe Johnston	Rossendale	
17:24	Sam Till	Dallam	
17:54	Sam Fisher	Howgill	
18:13	Melanie Hyder	Helm Hill	1
19:19	Luke Gregory	Rossendale	
20:06	Nichola Jackson	Preston	2
20:20	Scott Baistow	Pendle	
21:08	Cathy Gill	Dallam	3
21:32	Kate Donovan	u/a	4
22:10	Amy Fretwell	Settle	5
23:15	Sam Walsh	Rossendale	
24.41	Alex Brown	Settle	

## Seniors

Helm Hil Race - Seniors						
time	name	club	lady	v40	v50	v60
0:32:12	Alastair Dunn	HelmHill				
0:32:27	Mark Addison	HelmHill				
0:32:37	Jon Deegan	Ambleside		1		
0:33:01	Tom Addison	HelmHill				
0:33:53	Ted Mason	Wharfedale				
0:34:13	Mike Robinson	Dark Peak				
0:34:18	Billy Proctor	HelmHill			1	
0:34:45	Phil bolton	Rossendale				
0:35:05	Jeff Chadwick	HelmHill				
0:35:13	Bruce Elsworth	Wharfedale				
0:35:24	jack Holt	Clayton			2	
0:35:47	John Dryden	Settle		2		
0:35:52	Ged Walsh	Rossendale				
0:36:09	David Crayston	u/a		3		
0:36:25	Natalie White	Bingley	1			
0:36:54	Mike Walsh	Kendal			3	
0:37:24	Mark McGoldrick	Wharfedale				
0:37:26	Dennis Nelson	Dallam		4		
0:37:28	David Shepherd	Settle				
0:37:47	Shaun Addison	HelmHill		5		
0:38:09	Andy Mcwade	Clayton				
0:38:24	Peter Keron	Wharfedale				
0:38:32	Rick Stuart	Kendal		6		
0:39:01	Mike Addison	HelmHill		7		
0:39:16	John Fitzpatrick	HelmHill		8		
0:39:34	Mick Wilson	HelmHill			4	
0:39:45	Lee Proctor	HelmHill				
0:40:06	Hugh Symonds	Kendal			5	
0:40:12	Ben Proctor	HelmHill				
0:40:16	Brian Kennedy	Settle		9		
0:40:18	Fraser Livesey	Howgill		10		
0:40:32	Mark Ashburn	u/a				
0:40:51	Andy Bennett	HelmHill				
0:40:52	Andrew Hinde	Settle			6	
0:40:56	Hazel Robinson	u/a	2			
0:41:00	Peter Cruae	Wesham		11		
0:41:29	Patrick Willink	HelmHill		12		
0:41:51	Damien Scholes	Keighley				
0:41:56	Martin Bates	Wesham				
0:42:10	Tim Murray	HelmHill		13		
0:42:14	Jennifer Dunn	HelmHill	3			

Seniors

0:43:48	Chris Schofield	HelmHill		19		
0:44:12	Geoff Barratt	HelmHill		20		
0:44:32	Trevor Walton	Howgill		21		
0:44:49	Neil Taylor	Wharfedale		22		
0:44:52	Andy Legheren	fra		23		
0:45:10	Mike Peat	Lonsdale		24		
0:45:39	Carl Bradshaw	Wharfedale		25		
0:45:42	Wendy Dodds	Clayton	4			
0:45:46	Peter Metcalfe	Wharfedale			9	
0:46:45	Mick Nunwick	HelmHill			10	
0:47:02	Pauline Symonds	Kendal	5			
0:47:11	Michaela Dempsey	Wesham	6			
0:47:31	Paul Sessford	Keighley		26		
0:50:52	Lynn Whittaker	Wharfedale	7			
0:50:54	Ed Lacey	u/a				
0:51:20	Sheryl Slater	Settle	8			
0:51:32	George James	Blackpool				2
0:52:27	Dawn Gill	Dallam	9			
0:53:02	Ruth Webster	Dallam	10			
0:53:52	Rhiannon George	Eden	11			
0:54:50	Peter Williams	Kendal				3
0:56:46	Helen Jolly	Wesham	12			
0:57:52	Cherry Whiteley	Bowland	13			
0:58:37	Dennis Wood	Borrowdale				4
1:03:02	Penny Clay	Eden	14			