

## Ambleside Sports Results - Thursday 26 July 2007

### SENIORS

| Position | Vest no. | First Name  | Surname   | Cat    | Time  | Club                 | Comments            |
|----------|----------|-------------|-----------|--------|-------|----------------------|---------------------|
| 1        | 174      | Rob         | Jebb      | Senior | 14:32 | Bingley Harriers     |                     |
| 2        | 169      | Danny       | Hope      | Senior | 15:02 |                      |                     |
| 3        | 69       | Tom         | Addison   | U23    | 15:11 | Helm Hill            |                     |
| 4        | 179      | Mark        | Addison   | U23    | 15:47 | Helm Hill            |                     |
| 5        | 196      | Chris       | Heys      | Senior | 15:57 |                      |                     |
| 6        | 1        | Alastair    | Dunn      | Senior | 16:15 | Helm Hill            |                     |
| 7        | 46       | Christopher | Smale     | V40    | 16:26 |                      | 1st V40             |
| 8        | 180      | Chris       | Robinson  | Senior | 16:32 | Helm Hill            |                     |
| 9        | 35       | Andrew      | Grenfell  | Senior | 16:54 | Rossendale           |                     |
| 10       | 31       | Colin       | Urmston   | V40    | 17:03 | Clayton-le-Moors     | 2nd V40             |
| 11       | 13       | Iain        | Gibbons   | Senior | 17:31 | Ilkley Harriers      |                     |
| 12       | 75       | Bruce       | Elsworth  | Senior | 17:47 | Wharfedale Harriers  |                     |
| 13       | 74       | Stephen     | Carr      | V50    | 18:00 |                      | 1st V50             |
| 14       | 24       | Adrian      | Pickles   | V45    | 18:04 | Settle Harriers      | 1st V45             |
| 15       | 178      | Sean        | Addison   | V45    | 18:21 | Helm Hill            | 2nd V45             |
| 16       | 171      | Lee         | Procter   | Senior | 18:23 | Helm Hill            |                     |
| 17       | 12       | Olly        | Fielden   | Senior | 18:24 | Helm Hill            |                     |
| 18       | 166      | Andrew      | Lomas     | Senior | 18:27 |                      |                     |
| 19       | 160      | David       | Atkinson  | V40    | 18:36 | CFR                  | 3rd V40             |
| 20       | 72       | Andy        | Holden    | V40    | 18:44 | Wharfedale Harriers  |                     |
| 21       | 164      | Kris        | Robinson  | Senior | 18:55 |                      |                     |
| 22       | 175      | Sharon      | Taylor    | Lady   | 18:56 |                      | 1st Lady            |
| 23       | 11       | David       | Fell      | V50    | 19:37 |                      | 2nd V50             |
| 24       | 165      | David       | Smith     | V40    | 19:47 |                      |                     |
| 25       | 37       | Damien      | Scholes   | Senior | 19:49 | Keighley & Craven AC |                     |
| 26       | 39       | Paul        | Tuson     | V45    | 19:53 | Helm Hill            | 3rd V45             |
| 27       | 2        | Andrew      | Bennett   | Senior | 20:09 | Helm Hill            |                     |
| 28       | 163      | Alan        | Hirons    | V40    | 20:15 | Abbey Runners        |                     |
| 29       | 182      | Colin       | Laidlaw   | V50    | 20:18 |                      | 3rd V50             |
| 30       | 38       | Barry       | Scholes   | V50    | 20:22 | Settle Harriers      |                     |
| 31       | 61       | Jonathon    | Gibson    | V40    | 20:52 |                      |                     |
| 32       | 55       | Neil        | Taylor    | V45    | 21:19 | Wharfedale Harriers  |                     |
| 33       | 177      | Paul        | Wright    | V40    | 21:42 |                      |                     |
| 34       | 156      | Martin      | Whitworth | Senior | 23:11 | St Albans Striders   |                     |
| 35       | 48       | Paul        | Sessford  | V40    | 23:24 | Keighley & Craven AC |                     |
| 36       | 172      | Julia       | Laverack  | LV40   | 23:34 |                      | 2nd Lady / 1st LV40 |
| 37       | 49       | Trevor      | Walton    | V45    | 23:59 | Howgill Harriers     |                     |
| 38       | 108      | Dawn        | Richards  | LV     | 24:15 | Pendle               | 3rd Lady            |
| 39       | 161      | Richard     | Norris    | Senior | 24:27 |                      |                     |
| 40       | 157      | Peter       | Hendrix   | V40    | 24:40 |                      |                     |
| 41       | 168      | Terence     | Lowden    | V55    | 25:11 | CFR                  |                     |
| 42       | 159      | Tim         | Farron    | Senior | 25:49 |                      |                     |
| 43       | 106      | Lynn        | Whittaker | LV     | 25:57 | Wharfedale Harriers  |                     |
| 44       | 110      | Samantha    | Morphet   | Lu23   | 26:53 | CFR                  |                     |
| 45       | 167      | Madeleine   | Lomas     | LV50   | 27:25 |                      | 1st LV50            |
| 46       | 162      | Robert      | Court     | Senior | 27:33 | Mercia Fell Runners  |                     |
| 47       | 173      | Rod         | Berry     | V50    | 59:00 |                      |                     |

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### UNDER 17's

| Position | Vest no. | First Name | Surname   | Cat | Time  | Club                 | Comments |
|----------|----------|------------|-----------|-----|-------|----------------------|----------|
| 1        | 22       | James      | Mountain  | B   | 11:28 | Skipton AC           |          |
| 2        | 28       | Alex       | Till      | B   | 11:30 | Dallam               |          |
| 3        | 26       | Tom        | Sessford  | B   | 11:36 | Keighley & Craven AC |          |
| 4        | 20       | Tom        | Doyle     | B   | 11:45 | Helm Hill            |          |
| 5        | 35       | Jos        | Addison   | B   | 11:57 | Helm Hill            |          |
| 6        | 11       | Jack       | Thompson  | B   | 12:16 | Pendle               |          |
| 7        | 19       | Liam       | Stainton  | B   | 12:31 | Helm Hill            |          |
| 8        | 3        | Luke       | Croasdale | B   | 12:52 | Lancs and Morecambe  |          |
| 9        | 8        | Andrew     | Harrison  | B   | 12:57 |                      |          |
| 10       | 70       | Sam        | Green     | B   | 13:10 |                      |          |
| 11       | 25       | Dean       | Sutton    | B   | 13:24 | Dallam               |          |
| 12       | 24       | Sam        | Richards  | B   | 13:46 | Pendle               |          |
| 13       | 69       | James      | Green     | B   | 13:53 |                      |          |
| 14       | 67       | Paul       | Hodgson   | B   | 13:57 |                      |          |
| 15       | 37       | Emma       | Flanagan  | G   | 14:54 | Rosendale            | 1st Girl |
| 16       | 17       | Duncan     | Lund      | B   | 15:18 | Settle Harriers      |          |
| 17       | 63       | Luke       | Gregory   | B   | 15:27 | Rosendale            |          |
| 18       | 12       | Emma       | Thompson  | G   | 15:41 | Pendle               | 2nd Girl |
| 19       | 64       | Francesca  | Gregory   | G   | 16:31 | Rosendale            | 3rd Girl |

### UNDER 14's

| Position | Vest no. | First Name | Surname       | Cat | Time  | Club                 | Comments |
|----------|----------|------------|---------------|-----|-------|----------------------|----------|
| 1        | 53       | Ellis      | Bland         | B   | 10:22 |                      | 1st Boy  |
| 2        | 15       | Sam        | Till          | B   | 10:47 | Dallam               | 2nd Boy  |
| 3        | 22       | Rory       | Addison       | B   | 10:48 | Helm Hill            | 3rd Boy  |
| 4        | 25       | Marc       | Scott         | B   | 11:04 | Richmond and Zetland |          |
| 5        | 16       | Sam        | Westcott      | B   | 11:15 | Skipton AC           |          |
| 6        | 3        | Ryan       | Croasdale     | B   | 11:37 | Lancs and Morcambe   |          |
| 7        | 13       | Dale       | Sutton        | B   | 11:43 | Dallam               |          |
| 8        | 18       | Melanie    | Hyder         | G   | 12:05 | Dallam               | 1st Girl |
| 9        | 85       | Josh       | Noble         | B   | 12:25 |                      |          |
| 10       | 12       | Kieran     | Thompson      | B   | 12:41 | Wharfedale Harriers  |          |
| 11       | 51       | Ben        | Swarbrick     | B   | 12:47 |                      |          |
| 12       | 1        | Scott      | Baistow       | B   | 13:11 | Pendle               |          |
| 13       | 52       | Will       | Mossop        | B   | 13:22 |                      |          |
| 14       | 49       | Charlie    | Wormald       | B   | 13:45 |                      |          |
| 15       | 2        | Lauren     | Munro-Bennett | G   | 14:07 | Helm Hill            | 2nd Girl |
| 16       | 47       | Emily      | Fox           | G   | 14:11 |                      | 3rd Girl |
| 17       | 54       | Kim        | Little        | G   | 14:12 |                      |          |
| 18       | 55       | Tom        | Lever         | B   | 14:20 |                      |          |
| 19       | 72       | Emily      | Bolger        | G   | 14:21 |                      |          |
| 20       | 48       | Katie      | Ashcroft      | G   | 14:27 |                      |          |
| 21       | 10       | Kristopher | Lund          | B   | 15:09 | Settle Harriers      |          |
| 22       | 17       | Melanie    | Morphet       | G   | 15:26 | CFR                  |          |
| 23       | 46       | Megan      | Ashcroft      | G   | 15:34 |                      |          |
| 24       | 50       | Jessica    | Wiseman       | G   | 17:12 |                      |          |
| 25       | 4        | Faith      | Biddle        | G   | 17:18 | Hyndburn             |          |

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### UNDER 12's

| Position | Vest no. | First Name | Surname       | Cat | Time  | Club                   | Comments |
|----------|----------|------------|---------------|-----|-------|------------------------|----------|
| 1        | 16       | James      | Knox          | B   | 07:30 | Helm Hill              | 1st Boy  |
| 2        | 4        | James      | Hall          | B   | 08:08 | Bingley Harriers       | 2nd Boy  |
| 3        | 77       | Liam       | Burthem       | B   | 08:11 | Warrington             | 3rd Boy  |
| 4        | 12       | Joe        | Stapleton     | B   | 08:14 |                        |          |
| 5        | 3        | Phil       | Done          | B   | 08:23 | Keighley and Craven AC |          |
| 6        | 82       | Evan       | Bland         | B   | 08:31 | Lancs & Morecambe      |          |
| 7        | 28       | Declan     | Bulmer        | B   | 08:37 | Pendle                 |          |
| 8        | 78       | Megan      | Stuart        | G   | 08:47 | Helm Hill              | 1st Girl |
| 9        | 90       | Thomas     | Taylor        | B   | 08:50 | Kendal AC              |          |
| 10       | 18       | Marcus     | Preedy        | B   | 09:01 | Rosendale              |          |
| 11       | 56       | Mathew     | Brotherton    | B   | 09:24 |                        |          |
| 12       | 84       | Tanya      | Wilson        | G   | 09:25 |                        | 2nd Girl |
| 13       | 22       | Harry      | Sessford      | B   | 09:37 | Keighley and Craven AC |          |
| 14       | 86       | Tom        | Hodgson       | B   | 09:53 |                        |          |
| 15       | 80       | Ted        | Mossop        | B   | 09:58 |                        |          |
| 16       | 23       | Jack       | Walton        | B   | 09:59 | Howgill Harriers       |          |
| 17       | 79       | Lauren     | Appleyard     | G   | 10:07 | Helm Hill              | 3rd Girl |
| 18       | 87       | Lily       | Hodgson       | G   | 10:13 |                        |          |
| 19       | 91       | Alicia     | Johnson       | G   | 10:36 |                        |          |
| 20       | 47       | Rebecca    | Flanagan      | G   | 10:46 | Rosendale              |          |
| 21       | 92       | Kiaran     | Johnson       | B   | 10:47 |                        |          |
| 22       | 32       | Jacob      | Croasdale     | B   | 11:09 | Lancs and Morecambe    |          |
| 23       | 20       | Amber      | Holt-Manville | G   | 11:13 | Helm Hill              |          |
| 24       | 89       | Jack       | Thompson      | B   | 11:47 |                        |          |
| 25       | 2        | Scott      | Munro-Bennett | B   | 11:53 | Helm Hill              |          |
| 26       | 42       | Chelsey    | Holder        | G   | 12:01 | Keighley and Craven AC |          |
| 27       | 76       | Finn       | Donovan       | B   | 12:19 |                        |          |
| 28       | 75       | Christina  | Courquin      | G   | 12:49 |                        |          |
| 29       | 93       | Joseph     | Murray        | B   | 12:59 |                        |          |
| 30       | 83       | Sarah      | McConville    | G   | 13:44 |                        |          |
| 31       | 81       | Nathaniel  | Walton        | B   | 13:50 |                        |          |
| 32       | 6        | Ben        | Johnstone     | B   | 33:00 | Wharfedale Harriers    |          |