

Long Marton School's Helm Wind 10k Run 2017

Women's record: Rhiannon Silson, 40.42 in 2012

Men's Record: Morgan Donnelly, 34.38 in 2013

Pos	First Name	Surname	Club	Sex	Cat	Time
1	Jonathan	Cox	Eden Runners	M	MOpen	00:36:09
2	John	French	Eden Runners	M	MOpen	00:36:39
3	James	Souter	Arragons Cumbria Tri Club	M	MOpen	00:38:12
4	John	Hosker	Howgill Harriers	M	MOpen	00:38:28
5	Stuart	Robinson	Arragons Cumbria Tri Club	M	MV50	00:38:37
6	Robert	Crawford	Howgill Harriers	M	MV40	00:39:37
7	Jamie	Arkle	Easingwold RC	M	MOpen	00:39:41
8	Martin	Hepworth	Eden Runners	M	MV50	00:40:35
9	Heidi	Dent	Howgill Harriers	F	FOpen	00:40:53
10	Mike	Allison	Eden Runners	M	MV50	00:41:47
11	Martin	Spooner	Howgill Harriers	M	MOpen	00:41:49
12	Karen	Bridge	Eden Runners	F	FV40	00:42:32
13	Craig	Bottomley	Eden Runners	M	MU18	00:43:01
14	Ruth	Hetherington	Eden Runners	F	FV40	00:43:21
15	James	Grinbergs	Eden Runners	M	MV40	00:43:38
16	Aaron	Baglee	UA	M	MV40	00:43:43
17	Geoffrey	Chapman	Eden Runners	M	MV40	00:43:45
18	Sean	Robinson	Howgill Harriers	M	MOpen	00:43:50
19	David	Bainbridge	Howgill Harriers	M	MOpen	00:44:35
20	John	Williams	UA	M	MV40	00:44:58
21	Francesca	Hamilton	Eden Runners	F	FOpen	00:45:00
22	John	Oakey	Eden Runners	M	MV40	00:45:08
23	James	Coulthard	Howgill Harriers	M	MV40	00:45:36
24	Richard	Dayment	UA	M	MOpen	00:45:46
25	Eddie	Close	Howgill Harriers	M	MV40	00:46:00
26	Andrew	Helmsley	Eden Runners	M	MV50	00:46:05
27	Robbie	Armstrong	UA	M	MV40	00:46:20
28	Charles	Watson	UA	M	MV50	00:46:45
29	Jake	Higginbottom	Eden Runners	M	MU18	00:46:51
30	Sarah	Holton	Howgill Harriers	F	FV40	00:47:19
31	James	Simpson	Eden Runners	M	MOpen	00:48:11
32	Paul	Renwick	Eden Runners	M	MV40	00:48:17
33	Graeme	Stott	Howgill Harriers	M	MV40	00:48:20
34	Samantha	Susden	Eden Runners	F	FOpen	00:48:32
35	Michael	Walsh	Kendal AAC	M	MV60	00:48:33
36	Alan	Jackson	Howgill Harriers	M	MV60	00:49:06
37	Kerry	Grinbergs	Eden Runners	F	FOpen	00:49:11
38	Sarah	Brennand	UA	F	FOpen	00:49:12
39	Ron	Fletcher	Cumberland Fell Runners	M	MV60	00:49:14
40	Deborah	Ingram	UA	F	FOpen	00:49:17
41	Debs	Greaves	Howgill Harriers	F	FV40	00:49:39
42	Mike	Dunbobbin	UA	M	MV40	00:49:59
43	Alex	Mitchell	Eden Runners	M	MV40	00:50:06
44	Jane	Verity	Howgill Harriers	F	FV40	00:50:47
45	Jim	Fisher	Howgill Harriers	M	MV50	00:50:59

46	Rutn	Braithwaite	UA	F	FV40	00:52:10
47	Jenna	Moffat	Howgill Harriers	F	FOpen	00:52:17
48	Alison	Phillips	Eden Runners	F	FV40	00:52:19
49	Andrea	Dixon	Howgill Harriers	F	FV40	00:52:23
50	Rouanne	Coulthard	Howgill Harriers	F	FOpen	00:52:30
51	Roy	Bottomley	Eden Runners	M	MV50	00:52:50
52	Tim	Burrells	UA	M	MV50	00:53:10
53	Ruth	Elstone	UA	F	FV40	00:53:15
54	John	Davis	UA	M	MOpen	00:53:20
55	Tony	Brooke	Eden Runners	M	MV40	00:53:52
56	Jen	Shaw	UA	F	FV40	00:53:56
57	Andrew	Hodgson	UA	M	MOpen	00:54:19
58	Sarah	Wright	Eden Runners	F	FV40	00:54:31
59	Wade	Tidbury	Eden Runners	M	MV50	00:54:36
60	Holly	Marshall	UA	F	FOpen	00:54:40
61	Tracey	Shaw	UA	F	FOpen	00:54:49
62	Mark	Foudy	Eden Runners	M	MV50	00:54:51
63	Carole	Alletson	UA	F	FV50	00:55:09
64	Rachel	Davidson	UA	F	FV40	00:55:51
65	Stuart	Lothian	Eden Runners	M	MV50	00:56:26
66	James	Dunham	UA	M	MU18	00:56:34
67	Johnathan	Dunham	UA	M	MV40	00:56:39
68	Adrian	Verity	Howgill Harriers	M	MV40	00:56:54
69	Nigel	Hierons	Eden Runners	M	MV40	00:56:59
70	Paul	Sagger	Eden Runners	M	MV60	00:58:16
71	Charlotte	Treloar	Eden Runners	F	FOpen	00:58:16
72	Gina	Mumford	Eden Runners	M	MV50	00:58:16
73	Angela	Watson	Eden Runners	F	FOpen	00:58:16
74	Carolyn	Burns	Eden Runners	F	FV40	00:58:52
75	Patrick	Hall	UA	M	MV40	00:59:09
76	Keira	Booth	UA	F	FOpen	00:59:53
77	Shiona	Graham	Eden Runners	F	FV50	01:00:31
78	Sally	Blackmore	Arragons Cumbria Tri Club	F	FV50	01:00:39
79	Caitlin	Stokes	Howgill Harriers	F	FOpen	01:01:12
80	Suzanne	Sansom	Howgill Harriers	F	FV40	01:01:55
81	Stephanie	Foudy	Eden Runners	F	FV40	01:01:55
82	Stephen	Kay	UA	M	MV50	01:02:42
83	Lee	Brennand	UA	M	MOpen	01:02:45
84	Cheryl	Moffat	UA	F	FOpen	01:02:52
85	May	Crawford	Helm Hill	F	FOpen	01:03:49
86	Wayne	Hullock	UA	M	MOpen	01:04:02
87	Leanne	Ruddick	Howgill Harriers	F	FOpen	01:04:02
88	Laura	Kinnard	Eden Runners	F	FOpen	01:04:30
89	Sharon	Healey	UA	F	FV40	01:04:46
90	Louise	Simpson	Eden Runners	F	FV50	01:04:48
91	Sheila	Bottomley	Eden Runners	F	FV50	01:07:48
92	Alan	Prest	Quakers RC	M	MV70	01:13:24
93	Fiona	Tidbury	Eden Runners	F	FV50	01:14:00
94	Louise	Anderton	Howgill Harriers	F	FV40	01:15:25
95	Joseph	Harker	Durham City Harriers & AC	M	MV70	01:16:26