

# Helsington CSC/CST

February 18, 2024

## RESULTS

### Brown Cup - 10.1km 270m

Pos	Name	Club	Age Class	Time	Behind
1st	Rhys Findlay-Robinson	LOC	M35	<b>55:21</b>	
2nd	Joe Woodley	LOC	M21	<b>55:33</b>	+0:12
3rd	Daniel Spencer	WCOC	M21	<b>57:03</b>	+1:42
4th	Nicholas Barber	LOC	M35	<b>59:48</b>	+4:27
5th	James Birkinshaw	WCOC	M21	<b>63:15</b>	+7:54
6th	Matthew Rooke	LOC	M35	<b>65:11</b>	+9:50
7th	Steve Birkinshaw	WCOC	M55	<b>66:23</b>	+11:02
8th	Matthew Atkinson	WCOC	M21	<b>72:33</b>	+17:12
9th	Dan Font	DEE	M21	<b>73:01</b>	+17:40
10th	James Rogers	LOC	M21	<b>73:07</b>	+17:46
11th	Joseph Goodwin	WCOC	M21	<b>73:40</b>	+18:19
12th	Michael Adams	LOC	M21	<b>74:15</b>	+18:54
13th	Jordan Larne	DEE	M35	<b>75:29</b>	+20:08
14th	Jonty Goodwin	WCOC	M21	<b>78:23</b>	+23:02
15th	Daniel Roach	WCOC	M21	<b>81:54</b>	+26:33
16th	Jacob Tonkin	WCOC	M21	<b>82:19</b>	+26:58
17th	Ryan Crellin	WCOC	M35	<b>99:42</b>	+44:21
	Ben Breeze	WCOC	M21	<b>m11</b>	

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### Brown Trophy - 10.1km 270m

Pos	Name	Club	Age Class	Time	Behind
1st	David Roome	SROC	M40	<b>62:44</b>	
2nd	Jack Eyre	BL	M35	<b>64:04</b>	+1:20
3rd	James Chapman	BL	M40	<b>68:57</b>	+6:13
4th	Fraser Dixon	SROC	M21	<b>71:05</b>	+8:21
5th	Chris Goddard	PFO	M45	<b>71:53</b>	+9:09

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## RESULTS

### Short Brown Cup - 8.4km 230m

Pos	Name	Club	Age Class	Time	Behind
1st	Duncan Archer	LOC	M45	<b>50:11</b>	
2nd	Todd Oates	LOC	M40	<b>55:29</b>	+5:18
3rd	Phil Winskill	WCOC	M45	<b>57:25</b>	+7:14
4th	Matthew Birkinshaw	WCOC	M18	<b>61:01</b>	+10:50
5th	Anthony Emmet	LOC	M45	<b>62:03</b>	+11:52
6th	Michael Osborne	LOC	M45	<b>64:07</b>	+13:56
7th	Lawrence Eccles	DEE	M40	<b>64:25</b>	+14:14
8th	Adam McCreddie	DEE	M45	<b>67:22</b>	+17:11
9th	Simon Thomas	WCOC	M40	<b>76:45</b>	+26:34
10th	Carl Humphreys	WCOC	M40	<b>78:45</b>	+28:34
11th	Chris Swanepoel	WCOC	M45	<b>79:06</b>	+28:55
12th	Sam McCloughlin	WCOC	M20	<b>81:07</b>	+30:56
13th	James Parsons	LOC	M40	<b>89:41</b>	+39:30
14th	Nick De Jesus	LOC	M45	<b>91:35</b>	+41:24
15th	Kingsley Hodgson-Jones	LOC	M45	<b>102:38</b>	+52:27
16th	Darren Baker	DEE	M55	<b>111:23</b>	+61:12
	Simon Rodger	LOC	M45	<b>mS</b>	

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## RESULTS

### Short Brown Trophy - 8.4km 230m

Pos	Name	Club	Age Class	Time	Behind
1st	James Todhunter	SROC	M45	<b>57:39</b>	
2nd	Jeff Powell-Davis	BL	M40	<b>60:00</b>	+2:21
3rd	Alex Matthew	SROC	M20	<b>60:12</b>	+2:33
4th	Peter Brooke	SELOC	M40	<b>75:20</b>	+17:41
5th	Greg May	PFO	M40	<b>76:04</b>	+18:25
6th	Dave Woods	PFO	M45	<b>79:11</b>	+21:32
7th	Ben Carter	PFO	M45	<b>79:57</b>	+22:18
8th	Simonas Sakalauskas	SROC	M40	<b>82:19</b>	+24:40
9th	Mark Villiers	PFO	M45	<b>83:11</b>	+25:32
10th	Matthew Brierley	SELOC	M40	<b>91:36</b>	+33:57
11th	Rob Humphreys	BL	M45	<b>101:56</b>	+44:17
12th	Steven White	PFO	M45	<b>106:31</b>	+48:52
13th	Michael Hendry	SROC	M40	<b>114:56</b>	+57:17

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## RESULTS

### Blue Men Cup - 6.9km 145m

Pos	Name	Club	Age Class	Time	Behind
1st	Jamie Rennie	WCOC	M50	<b>44:53</b>	
2nd	Duncan Harris	DEE	M55	<b>46:51</b>	+1:58
3rd	Loz Colyer	LOC	M50	<b>50:07</b>	+5:14
4th	David Spencer	WCOC	M55	<b>51:33</b>	+6:40
5th	Nick Howlett	LOC	M55	<b>55:39</b>	+10:46
6th	Steve Holmes	WCOC	M55	<b>55:46</b>	+10:53
7th	Mike Hooper	LOC	M50	<b>56:06</b>	+11:13
8th	Gavin Pattison	LOC	M50	<b>59:16</b>	+14:23
9th	Alan Irving	WCOC	M55	<b>59:29</b>	+14:36
10th	Stuart Crawford	WCOC	M55	<b>60:20</b>	+15:27
11th	Iain Smith-Ward	LOC	M55	<b>61:34</b>	+16:41
12th	Pauly Jones	DEE	M55	<b>67:01</b>	+22:08
13th	Richard Daykin	WCOC	M50	<b>87:16</b>	+42:23
14th	John Collins	DEE	M55	<b>88:06</b>	+43:13
15th	Edward Jones	DEE	M55	<b>92:56</b>	+48:03

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## RESULTS

### Blue Men Trophy - 6.9km 145m

Pos	Name	Club	Age Class	Time	Behind
1st	Keith Tonkin	BL	M65	<b>48:23</b>	
2nd	Calvin Routledge	SROC	M55	<b>53:42</b>	+5:19
3rd	Ian Porter	SROC	M55	<b>53:48</b>	+5:25
4th	Alan Hartley	BL	M50	<b>55:41</b>	+7:18
5th	Joe Murphy	SROC	M55	<b>57:00</b>	+8:37
6th	Mark Edwards	SROC	M55	<b>66:10</b>	+17:47
7th	Richard Colbeck	SOLWAY	M55	<b>67:51</b>	+19:28
8th	John Ferris-Worth	BL	M55	<b>69:02</b>	+20:39
9th	Stuart Graham	SOLWAY	M55	<b>74:45</b>	+26:22
10th	Kevin Booth	PFO	M55	<b>76:08</b>	+27:45
11th	Tom Matthew	SROC	M50	<b>78:43</b>	+30:20
12th	Ed Mellor	SELOC	M50	<b>79:28</b>	+31:05
13th	Ian Thomas	SROC	M55	<b>80:37</b>	+32:14
14th	Andy Ellis	PFO	M60	<b>81:29</b>	+33:06
15th	Tony Marlow	SROC	M55	<b>82:02</b>	+33:39
16th	Kevan Latham	SELOC	M65	<b>88:31</b>	+40:08
17th	Gerry Garvey	BL	M55	<b>95:42</b>	+47:19
18th	Scott Berry	PFO	M50	<b>107:18</b>	+58:55
	Al Shawcross	SROC	M50	<b>rtd</b>	

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## RESULTS

### Blue Women Cup - 7km 195m

Pos	Name	Club	Age Class	Time	Behind
1st	Heather Heppenstall	LOC	W40	<b>47:42</b>	
2nd	Rebecca Rooke	LOC	W35	<b>48:38</b>	+0:56
3rd	Anne Edwards	LOC	W35	<b>50:11</b>	+2:29
4th	Emma Crawford	WCOC	W20	<b>55:43</b>	+8:01
5th	Sarah Atkinson	LOC	W40	<b>56:20</b>	+8:38
6th	Alice Rea	WCOC	W21	<b>63:55</b>	+16:13
7th	Alison Fryer	LOC	W21	<b>67:52</b>	+20:10
8th	Liz Heaton	LOC	W40	<b>75:41</b>	+27:59
9th	Urszula Bronkowska	WCOC	W21	<b>79:41</b>	+31:59
10th	Rebecca Crellin	WCOC	W35	<b>83:40</b>	+35:58
11th	Kitty Jones	DEE	W21	<b>85:04</b>	+37:22
12th	Rachel Platt	LOC	W40	<b>85:32</b>	+37:50
13th	Penny Miles	DEE	W21	<b>91:59</b>	+44:17
14th	Joyce Fung	DEE	W20	<b>97:35</b>	+49:53

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## RESULTS

### Blue Women Trophy - 7km 195m

Pos	Name	Club	Age Class	Time	Behind
1st	Emma Stuart	BL	W21	<b>52:33</b>	
2nd	Karen Parker	BL	W60	<b>56:06</b>	+3:33
3rd	Briony Kincaid	SOLWAY	W21	<b>60:31</b>	+7:58
4th	Isabel Berry	BL	W40	<b>61:52</b>	+9:19
5th	Kay Hawke	PFO	W40	<b>65:14</b>	+12:41
6th	Heather Roome	SROC	W40	<b>69:31</b>	+16:58
7th	Emma Taylor	PFO	W35	<b>74:26</b>	+21:53
8th	Annie Jenkinson	SROC	W21	<b>81:03</b>	+28:30
9th	Ailsa O'Donoghue	SOLWAY	W21	<b>100:34</b>	+48:01
10th	Aly Brook	PFO	W35	<b>100:56</b>	+48:23
11th	Julia Preston	SROC	W40	<b>101:19</b>	+48:46
12th	Hannah Dabinett	PFO	W35	<b>103:24</b>	+50:51
13th	Lorna Brooke	SELOC	W40	<b>113:46</b>	+61:13
14th	Claire Wilkinson	SOLWAY	W40	<b>116:29</b>	+63:56



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## RESULTS

### Green Men Cup - 5km 150m

Pos	Name	Club	Age Class	Time	Behind
1st	Jon Hateley	DEE	M60	<b>41:47</b>	
2nd	Robert Smith	LOC	M60	<b>43:18</b>	+1:31
3rd	Paul Addison	LOC	M65	<b>43:29</b>	+1:42
4th	Andrew Bradley	WCOC	M60	<b>46:09</b>	+4:22
5th	John Taylor	WCOC	M60	<b>47:55</b>	+6:08
6th	Tim Martland	LOC	M60	<b>48:08</b>	+6:21
7th	Chris Pollitt	WCOC	M60	<b>48:58</b>	+7:11
8th	Iain Bell	DEE	M60	<b>50:00</b>	+8:13
9th	Phil Newall	WCOC	M60	<b>51:23</b>	+9:36
10th	Derek Allison	LOC	M65	<b>52:40</b>	+10:53
11th	Huw Lewis	DEE	M65	<b>53:40</b>	+11:53
12th	Richard Cummings	WCOC	M65	<b>56:31</b>	+14:44
13th	Nick Campbell	DEE	M65	<b>57:14</b>	+15:27
14th	John Broadhead	LOC	M65	<b>57:27</b>	+15:40
15th	Graham Farley	LOC	M60	<b>60:00</b>	+18:13
16th	Tim Field	LOC	M60	<b>60:37</b>	+18:50
17th	Pete Owens	LOC	M60	<b>62:13</b>	+20:26
18th	Martin Skinner	WCOC	M60	<b>63:24</b>	+21:37
19th	Ian Teasdale	WCOC	M60	<b>64:35</b>	+22:48
20th	Jon Eaton	WCOC	M65	<b>74:31</b>	+32:44
21st	Neil Adams	LOC	M65	<b>77:55</b>	+36:08
22nd	Paul Tickner	WCOC	M65	<b>86:07</b>	+44:20
	Steve Spooner	LOC	M65	<b>m7</b>	

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## RESULTS

### Green Men Trophy - 5km 150m

Pos	Name	Club	Age Class	Time	Behind
1st	John Embrey	SROC	M65	<b>36:51</b>	
2nd	Mark Seddon	SELOC	M60	<b>40:33</b>	+3:42
3rd	Dan Parker	BL	M60	<b>42:42</b>	+5:51
4th	Peter Stobbs	PFO	M60	<b>45:42</b>	+8:51
5th	David Mainwaring	BL	M60	<b>49:36</b>	+12:45
6th	Andy Lewsley	BL	M65	<b>52:28</b>	+15:37
7th	Richard Edwards	PFO	M60	<b>60:40</b>	+23:49
8th	Derek Kennedy	SOLWAY	M60	<b>62:29</b>	+25:38
9th	Phil Nicholls	BL	M65	<b>62:35</b>	+25:44
10th	Ian Murgatroyd	SOLWAY	M60	<b>64:07</b>	+27:16
11th	Stephen Round	SELOC	M70	<b>74:26</b>	+37:35
12th	Dave Radmore	SOLWAY	M65	<b>86:57</b>	+50:06
13th	Chris Roberts	SROC	M65	<b>88:43</b>	+51:52

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## RESULTS

### Green Women Cup - 5km 130m

Pos	Name	Club	Age Class	Time	Behind
1st	Laura Brown	LOC	W20	<b>32:43</b>	
2nd	Pippa Archer	LOC	W45	<b>35:56</b>	+3:13
3rd	Helen Hargreaves	WCOC	W50	<b>40:21</b>	+7:38
4th	Isabel Sunley	WCOC	W20	<b>42:56</b>	+10:13
5th	Sara Campbell	DEE	W55	<b>43:14</b>	+10:31
6th	Rebekah Beadle	LOC	W60	<b>44:08</b>	+11:25
7th	Eva Humphreys	WCOC	W18	<b>46:29</b>	+13:46
8th	Maggie Hateley	DEE	W60	<b>50:27</b>	+17:44
9th	Angela Jackson	WCOC	W45	<b>50:51</b>	+18:08
10th	Lynne Thomas	WCOC	W50	<b>52:08</b>	+19:25
11th	Rach Stavert	LOC	W55	<b>55:57</b>	+23:14
12th	Sally Heppell	WCOC	W45	<b>57:06</b>	+24:23
13th	Rachel Powell	LOC	W55	<b>57:49</b>	+25:06
14th	Kathryn Savage	LOC	W45	<b>59:30</b>	+26:47
15th	Helen Rennie	WCOC	W50	<b>59:50</b>	+27:07
16th	Dorothy Pelly	LOC	W65	<b>60:17</b>	+27:34
17th	Emma Moody	WCOC	W55	<b>61:22</b>	+28:39
18th	Alex Crawford	WCOC	W50	<b>62:15</b>	+29:32
19th	Janette McHendry	WCOC	W55	<b>62:34</b>	+29:51
20th	Rebecca McCreddie	DEE	W45	<b>65:29</b>	+32:46
21st	Ali Hooper	LOC	W50	<b>69:58</b>	+37:15
22nd	Ruth Harris	DEE	W55	<b>70:26</b>	+37:43

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## RESULTS

### Green Women Trophy - 5km 130m

Pos	Name	Club	Age Class	Time	Behind
1st	Christine Goulding	BL	W60	<b>45:40</b>	
2nd	Cath Wilson	PFO	W45	<b>46:58</b>	+1:18
3rd	Tania Milnes	SROC	W45	<b>47:08</b>	+1:28
4th	Rebecca Rowe	SROC	W45	<b>48:43</b>	+3:03
5th	Julie Ferris-Worth	BL	W55	<b>49:24</b>	+3:44
6th	Helen Ellis	PFO	W50	<b>51:18</b>	+5:38
7th	Jo Matthew	SROC	W50	<b>54:58</b>	+9:18
8th	Carol Edwards	BL	W65	<b>56:16</b>	+10:36
9th	Karen Quickfall	SROC	W60	<b>59:03</b>	+13:23
10th	Louise Dunn	SROC	W60	<b>60:33</b>	+14:53
11th	Helen Ashton	PFO	W45	<b>60:48</b>	+15:08
12th	Ellen Butcher	PFO	W45	<b>61:27</b>	+15:47
13th	Suzanne Christie	SOLWAY	W55	<b>64:04</b>	+18:24
14th	Jacky Embrey	SROC	W65	<b>67:27</b>	+21:47
15th	Sian Calow	SROC	W60	<b>68:09</b>	+22:29
16th	Josie Greenhalgh	SELOC	W50	<b>71:02</b>	+25:22
17th	Louane Frances	PFO	W45	<b>72:40</b>	+27:00
18th	Carol Graham	SOLWAY	W55	<b>75:23</b>	+29:43
19th	Jane Yates	BL	W55	<b>76:12</b>	+30:32
20th	Debra Hoyle	PFO	W50	<b>78:00</b>	+32:20
21st	Karen Taylor	SELOC	W50	<b>87:24</b>	+41:44
22nd	Lucy Parker	PFO	W45	<b>91:11</b>	+45:31
23rd	Carmel Burke	SELOC	W50	<b>100:43</b>	+55:03
	Molly Livermore	SROC-NC	W20	<b>m11-16</b>	

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## RESULTS

### Light Green - 3.9km 95m

Pos	Name	Club	Age Class	Time	Behind
1st	Ian Cumpstey	JOK	M45	<b>29:14</b>	
2nd	Garry Beardwood		M50	<b>32:23</b>	+3:09
3rd	Patrick Tranter	RAFO	M60	<b>32:46</b>	+3:32
4th	Jayne Wilkinson	LOC	W21	<b>38:37</b>	+9:23
5th	Joanne Haslett	LOC	W40	<b>38:56</b>	+9:42
6th	Gary Lingard	LOC	M50	<b>40:48</b>	+11:34
7th	Jenny Brand	LOC	W35	<b>44:14</b>	+15:00
8th	Jerry Purkis	LOC	M65	<b>66:38</b>	+37:24
9th	Zara Rogers	LOC	W21	<b>68:16</b>	+39:02
10th	Amy Boustead	LOC	W35	<b>69:19</b>	+40:05
	Nigel Hulley	LOC	M65	<b>m4</b>	

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## RESULTS

### Super Vet Short Green Cup - 4km 85m

Pos	Name	Club	Age Class	Time	Behind
1st	Tony Duncan	WCOC	M80	<b>45:03</b>	
2nd	Bob Verity	DEE	M80	<b>52:51</b>	+7:48
3rd	Gwen Rea	WCOC	W70	<b>53:59</b>	+8:56
4th	Isobel Williamson	LOC	W70	<b>56:27</b>	+11:24
5th	Barbara Verity	DEE	W75	<b>60:31</b>	+15:28
6th	Rowan Purkis	LOC	W70	<b>63:11</b>	+18:08
7th	Ann Smith	LOC	W75	<b>65:04</b>	+20:01
8th	Michael Pearson	WCOC	M80	<b>67:01</b>	+21:58
9th	Mike Atherton	LOC	M80	<b>68:34</b>	+23:31
10th	Alan Heppenstall	LOC	M80	<b>72:19</b>	+27:16
	Elizabeth Elliott	WCOC	W75	<b>m9</b>	
	John Padget	DEE	M80	<b>m3</b>	

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## RESULTS

### Super Vet Short Green Trophy - 4km 85m

Pos	Name	Club	Age Class	Time	Behind
1st	Christine Kiddier	BL	W70	<b>40:07</b>	
2nd	Dave McQuillien	SOLWAY	M80	<b>47:02</b>	+6:55
3rd	Jenny Wren	BL	W70	<b>49:31</b>	+9:24
4th	George Crawford-Smith	PFO	M80	<b>52:08</b>	+12:01
5th	Miriam Rosen	SROC	W75	<b>52:13</b>	+12:06
6th	Karen Blackburn	BL	W75	<b>53:38</b>	+13:31
7th	Chris Lates	BL	M80	<b>55:49</b>	+15:42
8th	Joan Cumpstey	BL	W75	<b>59:32</b>	+19:25
9th	Sue Roome	SROC	W70	<b>61:31</b>	+21:24
10th	Wendy Crawford-Smith	PFO	W75	<b>63:16</b>	+23:09
11th	Maggie Ridealgh	PFO	W70	<b>63:52</b>	+23:45
12th	Kathleen Etherden	SELOC	W70	<b>67:16</b>	+27:09
13th	Nancy Powell-Davis	BL	W70	<b>72:22</b>	+32:15
14th	Mike Fairburn	PFO	M85	<b>78:10</b>	+38:03
15th	Richard Moss	BL	M80	<b>88:30</b>	+48:23
16th	Dick Whitworth	BL	M85	<b>94:02</b>	+53:55
17th	Angela Whitworth	BL	W80	<b>147:21</b>	+107:14

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## RESULTS

### Vet Short Green Cup - 4km 100m

Pos	Name	Club	Age Class	Time	Behind
1st	Michael Napier	LOC	M70	31:20	
2nd	Jane Morgan	LOC	W60	31:38	+0:18
3rd	Chris Calow	DEE	M70	34:33	+3:13
4th	David Downes	WCOC	M70	35:02	+3:42
5th	Derek Fryer	LOC	M70	35:11	+3:51
6th	Cliff Etherden	LOC	M75	36:26	+5:06
n/c	Jo Cleary	LOC	W60	36:56	
7th	Richard Towler	LOC	M75	37:43	+6:23
8th	Steve Ingleby	DEE	M70	38:26	+7:06
9th	Liz Jackson	DEE	W60	39:15	+7:55
10th	Andy Robinson	LOC	M70	40:14	+8:54
11th	Jackie Chapman	LOC	W65	40:48	+9:28
12th	Maggie Scrugham	LOC	W65	40:59	+9:39
13th	Bob Barnby	WCOC	M75	41:03	+9:43
14th	Norman Hall	DEE	M75	41:11	+9:51
15th	Susan Skinner	WCOC	W60	41:12	+9:52
16th	Andrew Smith	LOC	M75	42:05	+10:45
17th	John Armstrong	LOC	M70	42:17	+10:57
18th	Gwyn Thomas	DEE	M75	42:34	+11:14
19th	Mike Smithard	DEE	M75	42:52	+11:32
20th	Roger Smith	LOC	M75	43:41	+12:21
21st	Anne Burbidge	WCOC	W60	43:50	+12:30
22nd	Christine Robinson	LOC	W65	46:00	+14:40
23rd	John Nash	LOC	M70	46:59	+15:39
24th	Mary Adams	LOC	W65	47:55	+16:35
25th	Karen Farley	LOC	W60	48:12	+16:52
26th	Cath Lee	LOC	W60	48:13	+16:53
27th=	Simon Cane	LOC	M75	49:23	+18:03
27th=	Deborah Goodwin	WCOC	W60	49:23	+18:03
29th	Ann Cummings	WCOC	W65	49:47	+18:27
30th	Catherine Wetherfield	WCOC	W60	52:01	+20:41
31st	Jane Campbell	DEE	W65	53:55	+22:35
32nd	Martin Powell	LOC	M70	54:05	+22:45
33rd	John Pullin	LOC	M75	54:24	+23:04
34th	David Lloyd	LOC	M70	54:50	+23:30
35th	Meg Owens	LOC	W60	54:57	+23:37
36th	Steve Brockbank	LOC	M75	55:06	+23:46
37th	Ray Johnstone	WCOC	M70	57:14	+25:54
38th	Bob Elmes	DEE	M75	61:15	+29:55
	Adele Newall	WCOC	W60	m9	



# Helsington CSC/CST

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## RESULTS

### Vet Short Green Trophy - 4km 100m

Pos	Name	Club	Age Class	Time	Behind
1st	Martyn Roome	SROC	M70	<b>39:27</b>	
2nd	Tim O'Donoghue	SOLWAY	M70	<b>39:50</b>	+0:23
3rd	Tony Davies	SROC	M75	<b>40:32</b>	+1:05
4th	John Taylor	SROC	M75	<b>40:39</b>	+1:12
5th	Jo Taylor	SROC	W60	<b>41:04</b>	+1:37
6th	Julian Lailey	SROC	M75	<b>42:56</b>	+3:29
7th	David Hargreaves	SROC	M70	<b>43:55</b>	+4:28
8th	Ian Turner	SOLWAY	M75	<b>45:00</b>	+5:33
9th	Mike Cumpstey	BL	M75	<b>45:54</b>	+6:27
10th	Stephen Eastley	BL	M70	<b>45:59</b>	+6:32
11th	John Nuttall	SELOC	M75	<b>46:31</b>	+7:04
12th	David Rosen	SROC	M70	<b>46:54</b>	+7:27
13th	Andrew Bell	BL	M70	<b>47:09</b>	+7:42
14th	Stephen Richards	SELOC	M70	<b>48:58</b>	+9:31
15th	Richard Evans	BL	M70	<b>50:12</b>	+10:45
16th	Judith Wood	PFO	W60	<b>50:22</b>	+10:55
17th	Tricia Davies	BL	W65	<b>52:07</b>	+12:40
18th	Brian Jackson	SROC	M75	<b>52:34</b>	+13:07
19th	Raymond Wren	BL	M75	<b>55:33</b>	+16:06
20th	Bridget Jardine	BL	W60	<b>60:00</b>	+20:33
21st	Janice Nicholls	BL	W65	<b>60:47</b>	+21:20
22nd	Helen O'Donoghue	SOLWAY	W60	<b>63:13</b>	+23:46
23rd	Helen Smethurst	PFO	W60	<b>64:39</b>	+25:12
24th	Karen Windle	PFO	W60	<b>68:07</b>	+28:40
25th	Ginny Anderson	PFO	W60	<b>74:49</b>	+35:22
26th	Caroline Barcham	SELOC	W60	<b>81:56</b>	+42:29
27th	Cath Hignett	PFO	W65	<b>88:25</b>	+48:58
28th	Joanna Treasure	SELOC	W60	<b>96:57</b>	+57:30

# Helsington CSC/CST

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## RESULTS

### Orange Men Cup - 3.3km 80m

Pos	Name	Club	Age Class	Time	Behind
1st	Quinn Thompson	LOC	M14	26:00	
2nd	Harry Atkinson	LOC	M10	59:31	+33:31
	Hiroki Holmes	WCOC	M14	w1	

# Helsington CSC/CST

February 18, 2024

## RESULTS

### Orange Men Trophy - 3.3km 80m

<u>Pos</u>	<u>Name</u>	<u>Club</u>	<u>Age Class</u>	<u>Time</u>	<u>Behind</u>
	Theuns Wiese	SOLWAY	M14	m3-9	

# Helsington CSC/CST

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## RESULTS

### Orange Women Cup - 3.3km 80m

Pos	Name	Club	Age Class	Time	Behind
1st	Jessica Atkinson	LOC	W12	<b>39:42</b>	
2nd	Freya Hodgson-Jones	LOC	W12	<b>42:21</b>	+2:39
3rd	Silvia Parsons	LOC	W12	<b>56:06</b>	+16:24
4th	Sola Holmes	WCOC	W12	<b>60:15</b>	+20:33
5th	Beatrix Gorrill	WCOC	W14	<b>67:16</b>	+27:34

# Helsington CSC/CST

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## RESULTS

### Orange Women Trophy - 3.3km 80m

Pos	Name	Club	Age Class	Time	Behind
1st	Maisie Todhunter	SROC	W12	<b>34:53</b>	
2nd	Anna Wilson	PFO	W14	<b>43:04</b>	+8:11
3rd	Florence Taylor	SELOC	W14	<b>54:07</b>	+19:14

# Helsington CSC/CST

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## RESULTS

### Yellow - 2.9km 45m

Pos	Name	Club	Age Class	Time	Behind
1st	Harriet Rooke	LOC	W10	<b>28:25</b>	
2nd	Ranulph Ruscoe	LOC	M10	<b>30:56</b>	+2:31
3rd	Logan Smith	LOC	M10	<b>41:17</b>	+12:52
4th	Abigail Taylor	SELOC	W12	<b>46:25</b>	+18:00
5th	Verena Johnston	IND	W90	<b>47:33</b>	+19:08
6th	Thomas Hartley	BL	M12	<b>51:15</b>	+22:50
7th	Matthew Hartley	BL	M10	<b>53:01</b>	+24:36
	Arlo Shannon-Muldoon	IND	M10	<b>mS m9</b>	
	Dillon Nutt	IND	M10	<b>mS</b>	

# Helsington CSC/CST

February 18, 2024

## RESULTS

### White - 1.7km 20m

Pos	Name	Club	Age Class	Time	Behind
1st	Lucie Heppenstall	LOC	W10	<b>15:28</b>	
2nd	Cecily Rooke	LOC	W10	<b>23:27</b>	+7:59
3rd	Jonah Hart	SROC	M10	<b>43:28</b>	+28:00
4th	Sadie Hart	SROC	W10	<b>55:50</b>	+40:22

# Helsington CSC/CST

February 18, 2024

## RESULTS

### Junior Men Cup - 5km 150m

Pos	Name	Club	Age Class	Time	Behind
1st	Matthew McCreadie	DEE	M18	<b>34:56</b>	
2nd	Jamie Osborne	LOC	M14	<b>40:01</b>	+5:05
3rd	George Rennie	WCOC	M16	<b>42:46</b>	+7:50
4th	Johnathan Bendrey	DEE	M18	<b>46:53</b>	+11:57
5th	Andrew Collins	DEE	M18	<b>56:49</b>	+21:53
6th	Joshua Bendrey	DEE	M16	<b>63:37</b>	+28:41



# Helsington CSC/CST

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## RESULTS

### Junior Men Trophy - 5km 150m

Pos	Name	Club	Age Class	Time	Behind
1st	Ben Todhunter	SROC	M16	40:23	
2nd	Zach Thomas	SROC	M16	72:24	+32:01

# Helsington CSC/CST

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## RESULTS

### Junior Women Cup - 4km 85m

Pos	Name	Club	Age Class	Time	Behind
1st	Sophie Crawford	WCOC	W16	<b>31:37</b>	
2nd	Hannah Birkinshaw	WCOC	W16	<b>38:41</b>	+7:04
3rd	Lily Clarkson	WCOC	W16	<b>41:55</b>	+10:18
4th	Maisy Winskill	WCOC	W16	<b>65:50</b>	+34:13
5th	Isabel Winskill	WCOC	W18	<b>66:00</b>	+34:23

# Helsington CSC/CST

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## RESULTS

### Junior Women Trophy - 4km 85m

Pos	Name	Club	Age Class	Time	Behind
1st	Ellie Todhunter	SROC	W16	30:11	
2nd	Emily MacPherson-Littler	SROC	W16	60:04	+29:53
3rd	Gabriela Hoyle	PFO	W16	71:17	+41:06

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## RESULTS

### Light Green - 3.9km 95m

Pos	Name	Club	Age Class	Time	Behind
1st	Ian Cumpstey	JOK	M45	<b>29:14</b>	
2nd	Garry Beardwood		M50	<b>32:23</b>	+3:09
3rd	Patrick Tranter	RAFO	M60	<b>32:46</b>	+3:32
4th	Jayne Wilkinson	LOC	W21	<b>38:37</b>	+9:23
5th	Joanne Haslett	LOC	W40	<b>38:56</b>	+9:42
6th	Gary Lingard	LOC	M50	<b>40:48</b>	+11:34
7th	Jenny Brand	LOC	W35	<b>44:14</b>	+15:00
8th	Jerry Purkis	LOC	M65	<b>66:38</b>	+37:24
9th	Zara Rogers	LOC	W21	<b>68:16</b>	+39:02
10th	Amy Boustead	LOC	W35	<b>69:19</b>	+40:05
	Nigel Hulley	LOC	M65	<b>m4</b>	

# Helsington CSC/CST

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## RESULTS

### Yellow - 2.9km 45m

Pos	Name	Club	Age Class	Time	Behind
1st	Harriet Rooke	LOC	W10	<b>28:25</b>	
2nd	Ranulph Ruscoe	LOC	M10	<b>30:56</b>	+2:31
3rd	Logan Smith	LOC	M10	<b>41:17</b>	+12:52
4th	Abigail Taylor	SELOC	W12	<b>46:25</b>	+18:00
5th	Verena Johnston	IND	W90	<b>47:33</b>	+19:08
6th	Thomas Hartley	BL	M12	<b>51:15</b>	+22:50
7th	Matthew Hartley	BL	M10	<b>53:01</b>	+24:36
	Arlo Shannon-Muldoon	IND	M10	<b>mS m9</b>	
	Dillon Nutt	IND	M10	<b>mS</b>	

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## RESULTS

### White - 1.7km 20m

Pos	Name	Club	Age Class	Time	Behind
1st	Lucie Heppenstall	LOC	W10	<b>15:28</b>	
2nd	Cecily Rooke	LOC	W10	<b>23:27</b>	+7:59
3rd	Jonah Hart	SROC	M10	<b>43:28</b>	+28:00
4th	Sadie Hart	SROC	W10	<b>55:50</b>	+40:22

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## RESULTS

### 1 - 10.1km 270m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	Rhys Findlay-Robinson	LOC	M35	Brown Cup	<b>55:21</b>	
2nd	Joe Woodley	LOC	M21	Brown Cup	<b>55:33</b>	+0:12
3rd	Daniel Spencer	WCOC	M21	Brown Cup	<b>57:03</b>	+1:42
4th	Nicholas Barber	LOC	M35	Brown Cup	<b>59:48</b>	+4:27
5th	David Roome	SROC	M40	Brown Trophy	<b>62:44</b>	+7:23
6th	James Birkinshaw	WCOC	M21	Brown Cup	<b>63:15</b>	+7:54
7th	Jack Eyre	BL	M35	Brown Trophy	<b>64:04</b>	+8:43
8th	Matthew Rooke	LOC	M35	Brown Cup	<b>65:11</b>	+9:50
9th	Steve Birkinshaw	WCOC	M55	Brown Cup	<b>66:23</b>	+11:02
10th	James Chapman	BL	M40	Brown Trophy	<b>68:57</b>	+13:36
11th	Fraser Dixon	SROC	M21	Brown Trophy	<b>71:05</b>	+15:44
12th	Chris Goddard	PFO	M45	Brown Trophy	<b>71:53</b>	+16:32
13th	Matthew Atkinson	WCOC	M21	Brown Cup	<b>72:33</b>	+17:12
14th	Dan Font	DEE	M21	Brown Cup	<b>73:01</b>	+17:40
15th	James Rogers	LOC	M21	Brown Cup	<b>73:07</b>	+17:46
16th	Joseph Goodwin	WCOC	M21	Brown Cup	<b>73:40</b>	+18:19
17th	Michael Adams	LOC	M21	Brown Cup	<b>74:15</b>	+18:54
18th	Jordan Lame	DEE	M35	Brown Cup	<b>75:29</b>	+20:08
19th	Jonty Goodwin	WCOC	M21	Brown Cup	<b>78:23</b>	+23:02
20th	Daniel Roach	WCOC	M21	Brown Cup	<b>81:54</b>	+26:33
21st	Jacob Tonkin	WCOC	M21	Brown Cup	<b>82:19</b>	+26:58
22nd	Ryan Crellin	WCOC	M35	Brown Cup	<b>99:42</b>	+44:21
	Ben Breeze	WCOC	M21	Brown Cup	<b>m11</b>	

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## RESULTS

### 2 - 8.4km 230m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	Duncan Archer	LOC	M45	Short Brown Cup	<b>50:11</b>	
2nd	Todd Oates	LOC	M40	Short Brown Cup	<b>55:29</b>	+5:18
3rd	Phil Winskill	WCOC	M45	Short Brown Cup	<b>57:25</b>	+7:14
4th	James Todhunter	SROC	M45	Short Brown Trophy	<b>57:39</b>	+7:28
5th	Jeff Powell-Davis	BL	M40	Short Brown Trophy	<b>60:00</b>	+9:49
6th	Alex Matthew	SROC	M20	Short Brown Trophy	<b>60:12</b>	+10:01
7th	Matthew Birkinshaw	WCOC	M18	Short Brown Cup	<b>61:01</b>	+10:50
8th	Anthony Emmet	LOC	M45	Short Brown Cup	<b>62:03</b>	+11:52
9th	Michael Osborne	LOC	M45	Short Brown Cup	<b>64:07</b>	+13:56
10th	Lawrence Eccles	DEE	M40	Short Brown Cup	<b>64:25</b>	+14:14
11th	Adam McCreadie	DEE	M45	Short Brown Cup	<b>67:22</b>	+17:11
12th	Peter Brooke	SELOC	M40	Short Brown Trophy	<b>75:20</b>	+25:09
13th	Greg May	PFO	M40	Short Brown Trophy	<b>76:04</b>	+25:53
14th	Simon Thomas	WCOC	M40	Short Brown Cup	<b>76:45</b>	+26:34
15th	Carl Humphreys	WCOC	M40	Short Brown Cup	<b>78:45</b>	+28:34
16th	Chris Swanepoel	WCOC	M45	Short Brown Cup	<b>79:06</b>	+28:55
17th	Dave Woods	PFO	M45	Short Brown Trophy	<b>79:11</b>	+29:00
18th	Ben Carter	PFO	M45	Short Brown Trophy	<b>79:57</b>	+29:46
19th	Sam McCloughlin	WCOC	M20	Short Brown Cup	<b>81:07</b>	+30:56
20th	Simonas Sakalauskas	SROC	M40	Short Brown Trophy	<b>82:19</b>	+32:08
21st	Mark Villiers	PFO	M45	Short Brown Trophy	<b>83:11</b>	+33:00
22nd	James Parsons	LOC	M40	Short Brown Cup	<b>89:41</b>	+39:30
23rd	Nick De Jesus	LOC	M45	Short Brown Cup	<b>91:35</b>	+41:24
24th	Matthew Brierley	SELOC	M40	Short Brown Trophy	<b>91:36</b>	+41:25
25th	Rob Humphreys	BL	M45	Short Brown Trophy	<b>101:56</b>	+51:45
26th	Kingsley Hodgson-Jones	LOC	M45	Short Brown Cup	<b>102:38</b>	+52:27
27th	Steven White	PFO	M45	Short Brown Trophy	<b>106:31</b>	+56:20
28th	Darren Baker	DEE	M55	Short Brown Cup	<b>111:23</b>	+61:12
29th	Michael Hendry	SROC	M40	Short Brown Trophy	<b>114:56</b>	+64:45
	Simon Rodger	LOC	M45	Short Brown Cup	<b>mS</b>	



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## RESULTS

### 3 - 7km 195m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	Heather Heppenstall	LOC	W40	Blue Women Cup	<b>47:42</b>	
2nd	Rebecca Rooke	LOC	W35	Blue Women Cup	<b>48:38</b>	+0:56
3rd	Anne Edwards	LOC	W35	Blue Women Cup	<b>50:11</b>	+2:29
4th	Emma Stuart	BL	W21	Blue Women Trophy	<b>52:33</b>	+4:51
5th	Emma Crawford	WCOC	W20	Blue Women Cup	<b>55:43</b>	+8:01
6th	Karen Parker	BL	W60	Blue Women Trophy	<b>56:06</b>	+8:24
7th	Sarah Atkinson	LOC	W40	Blue Women Cup	<b>56:20</b>	+8:38
8th	Briony Kincaid	SOLWAY	W21	Blue Women Trophy	<b>60:31</b>	+12:49
9th	Isabel Berry	BL	W40	Blue Women Trophy	<b>61:52</b>	+14:10
10th	Alice Rea	WCOC	W21	Blue Women Cup	<b>63:55</b>	+16:13
11th	Kay Hawke	PFO	W40	Blue Women Trophy	<b>65:14</b>	+17:32
12th	Alison Fryer	LOC	W21	Blue Women Cup	<b>67:52</b>	+20:10
13th	Heather Roome	SROC	W40	Blue Women Trophy	<b>69:31</b>	+21:49
14th	Emma Taylor	PFO	W35	Blue Women Trophy	<b>74:26</b>	+26:44
15th	Liz Heaton	LOC	W40	Blue Women Cup	<b>75:41</b>	+27:59
16th	Urszula Bronkowska	WCOC	W21	Blue Women Cup	<b>79:41</b>	+31:59
17th	Annie Jenkinson	SROC	W21	Blue Women Trophy	<b>81:03</b>	+33:21
18th	Rebecca Crellin	WCOC	W35	Blue Women Cup	<b>83:40</b>	+35:58
19th	Kitty Jones	DEE	W21	Blue Women Cup	<b>85:04</b>	+37:22
20th	Rachel Platt	LOC	W40	Blue Women Cup	<b>85:32</b>	+37:50
21st	Penny Miles	DEE	W21	Blue Women Cup	<b>91:59</b>	+44:17
22nd	Joyce Fung	DEE	W20	Blue Women Cup	<b>97:35</b>	+49:53
23rd	Ailsa O'Donoghue	SOLWAY	W21	Blue Women Trophy	<b>100:34</b>	+52:52
24th	Aly Brook	PFO	W35	Blue Women Trophy	<b>100:56</b>	+53:14
25th	Julia Preston	SROC	W40	Blue Women Trophy	<b>101:19</b>	+53:37
26th	Hannah Dabinett	PFO	W35	Blue Women Trophy	<b>103:24</b>	+55:42
27th	Lorna Brooke	SELOC	W40	Blue Women Trophy	<b>113:46</b>	+66:04
28th	Claire Wilkinson	SOLWAY	W40	Blue Women Trophy	<b>116:29</b>	+68:47

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## RESULTS

### 4 - 6.9km 145m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	Jamie Rennie	WCOC	M50	Blue Men Cup	<b>44:53</b>	
2nd	Duncan Harris	DEE	M55	Blue Men Cup	<b>46:51</b>	+1:58
3rd	Keith Tonkin	BL	M65	Blue Men Trophy	<b>48:23</b>	+3:30
4th	Loz Colyer	LOC	M50	Blue Men Cup	<b>50:07</b>	+5:14
5th	David Spencer	WCOC	M55	Blue Men Cup	<b>51:33</b>	+6:40
6th	Calvin Routledge	SROC	M55	Blue Men Trophy	<b>53:42</b>	+8:49
7th	Ian Porter	SROC	M55	Blue Men Trophy	<b>53:48</b>	+8:55
8th	Nick Howlett	LOC	M55	Blue Men Cup	<b>55:39</b>	+10:46
9th	Alan Hartley	BL	M50	Blue Men Trophy	<b>55:41</b>	+10:48
10th	Steve Holmes	WCOC	M55	Blue Men Cup	<b>55:46</b>	+10:53
11th	Mike Hooper	LOC	M50	Blue Men Cup	<b>56:06</b>	+11:13
12th	Joe Murphy	SROC	M55	Blue Men Trophy	<b>57:00</b>	+12:07
13th	Gavin Pattison	LOC	M50	Blue Men Cup	<b>59:16</b>	+14:23
14th	Alan Irving	WCOC	M55	Blue Men Cup	<b>59:29</b>	+14:36
15th	Stuart Crawford	WCOC	M55	Blue Men Cup	<b>60:20</b>	+15:27
16th	Iain Smith-Ward	LOC	M55	Blue Men Cup	<b>61:34</b>	+16:41
17th	Mark Edwards	SROC	M55	Blue Men Trophy	<b>66:10</b>	+21:17
18th	Pauly Jones	DEE	M55	Blue Men Cup	<b>67:01</b>	+22:08
19th	Richard Colbeck	SOLWAY	M55	Blue Men Trophy	<b>67:51</b>	+22:58
20th	John Ferris-Worth	BL	M55	Blue Men Trophy	<b>69:02</b>	+24:09
21st	Stuart Graham	SOLWAY	M55	Blue Men Trophy	<b>74:45</b>	+29:52
22nd	Kevin Booth	PFO	M55	Blue Men Trophy	<b>76:08</b>	+31:15
23rd	Tom Matthew	SROC	M50	Blue Men Trophy	<b>78:43</b>	+33:50
24th	Ed Mellor	SELOC	M50	Blue Men Trophy	<b>79:28</b>	+34:35
25th	Ian Thomas	SROC	M55	Blue Men Trophy	<b>80:37</b>	+35:44
26th	Andy Ellis	PFO	M60	Blue Men Trophy	<b>81:29</b>	+36:36
27th	Tony Marlow	SROC	M55	Blue Men Trophy	<b>82:02</b>	+37:09
28th	Richard Daykin	WCOC	M50	Blue Men Cup	<b>87:16</b>	+42:23
29th	John Collins	DEE	M55	Blue Men Cup	<b>88:06</b>	+43:13
30th	Kevan Latham	SELOC	M65	Blue Men Trophy	<b>88:31</b>	+43:38
31st	Edward Jones	DEE	M55	Blue Men Cup	<b>92:56</b>	+48:03
32nd	Gerry Garvey	BL	M55	Blue Men Trophy	<b>95:42</b>	+50:49
33rd	Scott Berry	PFO	M50	Blue Men Trophy	<b>107:18</b>	+62:25
	Al Shawcross	SROC	M50	Blue Men Trophy	<b>rtd</b>	

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## RESULTS

### 5 - 5km 130m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	Laura Brown	LOC	W20	Green Women Cup	32:43	
2nd	Pippa Archer	LOC	W45	Green Women Cup	35:56	+3:13
3rd	Helen Hargreaves	WCOC	W50	Green Women Cup	40:21	+7:38
4th	Isabel Sunley	WCOC	W20	Green Women Cup	42:56	+10:13
5th	Sara Campbell	DEE	W55	Green Women Cup	43:14	+10:31
6th	Rebekah Beadle	LOC	W60	Green Women Cup	44:08	+11:25
7th	Christine Goulding	BL	W60	Green Women Trophy	45:40	+12:57
8th	Eva Humphreys	WCOC	W18	Green Women Cup	46:29	+13:46
9th	Cath Wilson	PFO	W45	Green Women Trophy	46:58	+14:15
10th	Tania Milnes	SROC	W45	Green Women Trophy	47:08	+14:25
11th	Rebecca Rowe	SROC	W45	Green Women Trophy	48:43	+16:00
12th	Julie Ferris-Worth	BL	W55	Green Women Trophy	49:24	+16:41
13th	Maggie Hateley	DEE	W60	Green Women Cup	50:27	+17:44
14th	Angela Jackson	WCOC	W45	Green Women Cup	50:51	+18:08
15th	Helen Ellis	PFO	W50	Green Women Trophy	51:18	+18:35
16th	Lynne Thomas	WCOC	W50	Green Women Cup	52:08	+19:25
17th	Jo Matthew	SROC	W50	Green Women Trophy	54:58	+22:15
18th	Rach Stavert	LOC	W55	Green Women Cup	55:57	+23:14
19th	Carol Edwards	BL	W65	Green Women Trophy	56:16	+23:33
20th	Sally Heppell	WCOC	W45	Green Women Cup	57:06	+24:23
21st	Rachel Powell	LOC	W55	Green Women Cup	57:49	+25:06
22nd	Karen Quickfall	SROC	W60	Green Women Trophy	59:03	+26:20
23rd	Kathryn Savage	LOC	W45	Green Women Cup	59:30	+26:47
24th	Helen Rennie	WCOC	W50	Green Women Cup	59:50	+27:07
25th	Dorothy Pelly	LOC	W65	Green Women Cup	60:17	+27:34
26th	Louise Dunn	SROC	W60	Green Women Trophy	60:33	+27:50
27th	Helen Ashton	PFO	W45	Green Women Trophy	60:48	+28:05
28th	Emma Moody	WCOC	W55	Green Women Cup	61:22	+28:39
29th	Ellen Butcher	PFO	W45	Green Women Trophy	61:27	+28:44
30th	Alex Crawford	WCOC	W50	Green Women Cup	62:15	+29:32
31st	Janette McHendry	WCOC	W55	Green Women Cup	62:34	+29:51
32nd	Suzanne Christie	SOLWAY	W55	Green Women Trophy	64:04	+31:21
33rd	Rebecca McCreadie	DEE	W45	Green Women Cup	65:29	+32:46
34th	Jacky Embrey	SROC	W65	Green Women Trophy	67:27	+34:44
35th	Sian Calow	SROC	W60	Green Women Trophy	68:09	+35:26
36th	Ali Hooper	LOC	W50	Green Women Cup	69:58	+37:15
37th	Ruth Harris	DEE	W55	Green Women Cup	70:26	+37:43
38th	Josie Greenhalgh	SELOC	W50	Green Women Trophy	71:02	+38:19
39th	Louane Frances	PFO	W45	Green Women Trophy	72:40	+39:57
40th	Carol Graham	SOLWAY	W55	Green Women Trophy	75:23	+42:40
41st	Jane Yates	BL	W55	Green Women Trophy	76:12	+43:29
42nd	Debra Hoyle	PFO	W50	Green Women Trophy	78:00	+45:17
43rd	Karen Taylor	SELOC	W50	Green Women Trophy	87:24	+54:41
44th	Lucy Parker	PFO	W45	Green Women Trophy	91:11	+58:28
45th	Carmel Burke	SELOC	W50	Green Women Trophy	100:43	+68:00
	Molly Livermore	SROC-NC	W20	Green Women Trophy	m11-16	

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## RESULTS

### 6 - 5km 150m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	John Embrey	SROC	M65	Green Men Trophy	<b>36:51</b>	
2nd	Mark Seddon	SELOC	M60	Green Men Trophy	<b>40:33</b>	+3:42
3rd	Jon Hateley	DEE	M60	Green Men Cup	<b>41:47</b>	+4:56
4th	Dan Parker	BL	M60	Green Men Trophy	<b>42:42</b>	+5:51
5th	Robert Smith	LOC	M60	Green Men Cup	<b>43:18</b>	+6:27
6th	Paul Addison	LOC	M65	Green Men Cup	<b>43:29</b>	+6:38
7th	Peter Stobbs	PFO	M60	Green Men Trophy	<b>45:42</b>	+8:51
8th	Andrew Bradley	WCOC	M60	Green Men Cup	<b>46:09</b>	+9:18
9th	John Taylor	WCOC	M60	Green Men Cup	<b>47:55</b>	+11:04
10th	Tim Martland	LOC	M60	Green Men Cup	<b>48:08</b>	+11:17
11th	Chris Pollitt	WCOC	M60	Green Men Cup	<b>48:58</b>	+12:07
12th	David Mainwaring	BL	M60	Green Men Trophy	<b>49:36</b>	+12:45
13th	Iain Bell	DEE	M60	Green Men Cup	<b>50:00</b>	+13:09
14th	Phil Newall	WCOC	M60	Green Men Cup	<b>51:23</b>	+14:32
15th	Andy Lewsley	BL	M65	Green Men Trophy	<b>52:28</b>	+15:37
16th	Derek Allison	LOC	M65	Green Men Cup	<b>52:40</b>	+15:49
17th	Huw Lewis	DEE	M65	Green Men Cup	<b>53:40</b>	+16:49
18th	Richard Cummings	WCOC	M65	Green Men Cup	<b>56:31</b>	+19:40
19th	Nick Campbell	DEE	M65	Green Men Cup	<b>57:14</b>	+20:23
20th	John Broadhead	LOC	M65	Green Men Cup	<b>57:27</b>	+20:36
21st	Graham Farley	LOC	M60	Green Men Cup	<b>60:00</b>	+23:09
22nd	Tim Field	LOC	M60	Green Men Cup	<b>60:37</b>	+23:46
23rd	Richard Edwards	PFO	M60	Green Men Trophy	<b>60:40</b>	+23:49
24th	Pete Owens	LOC	M60	Green Men Cup	<b>62:13</b>	+25:22
25th	Derek Kennedy	SOLWAY	M60	Green Men Trophy	<b>62:29</b>	+25:38
26th	Phil Nicholls	BL	M65	Green Men Trophy	<b>62:35</b>	+25:44
27th	Martin Skinner	WCOC	M60	Green Men Cup	<b>63:24</b>	+26:33
28th	Ian Murgatroyd	SOLWAY	M60	Green Men Trophy	<b>64:07</b>	+27:16
29th	Ian Teasdale	WCOC	M60	Green Men Cup	<b>64:35</b>	+27:44
30th	Stephen Round	SELOC	M70	Green Men Trophy	<b>74:26</b>	+37:35
31st	Jon Eaton	WCOC	M65	Green Men Cup	<b>74:31</b>	+37:40
32nd	Neil Adams	LOC	M65	Green Men Cup	<b>77:55</b>	+41:04
33rd	Paul Tickner	WCOC	M65	Green Men Cup	<b>86:07</b>	+49:16
34th	Dave Radmore	SOLWAY	M65	Green Men Trophy	<b>86:57</b>	+50:06
35th	Chris Roberts	SROC	M65	Green Men Trophy	<b>88:43</b>	+51:52
	Steve Spooner	LOC	M65	Green Men Cup	<b>m7</b>	

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## RESULTS

### 7 - 4km 100m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	Michael Napier	LOC	M70	Vet Short Green Cup	31:20	
2nd	Jane Morgan	LOC	W60	Vet Short Green Cup	31:38	+0:18
3rd	Chris Calow	DEE	M70	Vet Short Green Cup	34:33	+3:13
4th	David Downes	WCOC	M70	Vet Short Green Cup	35:02	+3:42
5th	Derek Fryer	LOC	M70	Vet Short Green Cup	35:11	+3:51
6th	Cliff Etherden	LOC	M75	Vet Short Green Cup	36:26	+5:06
n/c	Jo Cleary	LOC	W60	Vet Short Green Cup	36:56	
7th	Richard Towler	LOC	M75	Vet Short Green Cup	37:43	+6:23
8th	Steve Ingleby	DEE	M70	Vet Short Green Cup	38:26	+7:06
9th	Liz Jackson	DEE	W60	Vet Short Green Cup	39:15	+7:55
10th	Martyn Roome	SROC	M70	Vet Short Green Trophy	39:27	+8:07
11th	Tim O'Donoghue	SOLWAY	M70	Vet Short Green Trophy	39:50	+8:30
12th	Andy Robinson	LOC	M70	Vet Short Green Cup	40:14	+8:54
13th	Tony Davies	SROC	M75	Vet Short Green Trophy	40:32	+9:12
14th	John Taylor	SROC	M75	Vet Short Green Trophy	40:39	+9:19
15th	Jackie Chapman	LOC	W65	Vet Short Green Cup	40:48	+9:28
16th	Maggie Scrugham	LOC	W65	Vet Short Green Cup	40:59	+9:39
17th	Bob Barnby	WCOC	M75	Vet Short Green Cup	41:03	+9:43
18th	Jo Taylor	SROC	W60	Vet Short Green Trophy	41:04	+9:44
19th	Norman Hall	DEE	M75	Vet Short Green Cup	41:11	+9:51
20th	Susan Skinner	WCOC	W60	Vet Short Green Cup	41:12	+9:52
21st	Andrew Smith	LOC	M75	Vet Short Green Cup	42:05	+10:45
22nd	John Armstrong	LOC	M70	Vet Short Green Cup	42:17	+10:57
23rd	Gwyn Thomas	DEE	M75	Vet Short Green Cup	42:34	+11:14
24th	Mike Smithard	DEE	M75	Vet Short Green Cup	42:52	+11:32
25th	Julian Lailey	SROC	M75	Vet Short Green Trophy	42:56	+11:36
26th	Roger Smith	LOC	M75	Vet Short Green Cup	43:41	+12:21
27th	Anne Burbidge	WCOC	W60	Vet Short Green Cup	43:50	+12:30
28th	David Hargreaves	SROC	M70	Vet Short Green Trophy	43:55	+12:35
29th	Ian Turner	SOLWAY	M75	Vet Short Green Trophy	45:00	+13:40
30th	Mike Cumpstey	BL	M75	Vet Short Green Trophy	45:54	+14:34
31st	Stephen Eastley	BL	M70	Vet Short Green Trophy	45:59	+14:39
32nd	Christine Robinson	LOC	W65	Vet Short Green Cup	46:00	+14:40
33rd	John Nuttall	SELOC	M75	Vet Short Green Trophy	46:31	+15:11
34th	David Rosen	SROC	M70	Vet Short Green Trophy	46:54	+15:34
35th	John Nash	LOC	M70	Vet Short Green Cup	46:59	+15:39
36th	Andrew Bell	BL	M70	Vet Short Green Trophy	47:09	+15:49
37th	Mary Adams	LOC	W65	Vet Short Green Cup	47:55	+16:35
38th	Karen Farley	LOC	W60	Vet Short Green Cup	48:12	+16:52
39th	Cath Lee	LOC	W60	Vet Short Green Cup	48:13	+16:53
40th	Stephen Richards	SELOC	M70	Vet Short Green Trophy	48:58	+17:38
41st=	Simon Cane	LOC	M75	Vet Short Green Cup	49:23	+18:03
41st=	Deborah Goodwin	WCOC	W60	Vet Short Green Cup	49:23	+18:03
43rd	Ann Cummings	WCOC	W65	Vet Short Green Cup	49:47	+18:27
44th	Richard Evans	BL	M70	Vet Short Green Trophy	50:12	+18:52
45th	Judith Wood	PFO	W60	Vet Short Green Trophy	50:22	+19:02
46th	Catherine Wetherfield	WCOC	W60	Vet Short Green Cup	52:01	+20:41
47th	Tricia Davies	BL	W65	Vet Short Green Trophy	52:07	+20:47
48th	Brian Jackson	SROC	M75	Vet Short Green Trophy	52:34	+21:14
49th	Jane Campbell	DEE	W65	Vet Short Green Cup	53:55	+22:35
50th	Martin Powell	LOC	M70	Vet Short Green Cup	54:05	+22:45
51st	John Pullin	LOC	M75	Vet Short Green Cup	54:24	+23:04
52nd	David Lloyd	LOC	M70	Vet Short Green Cup	54:50	+23:30
53rd	Meg Owens	LOC	W60	Vet Short Green Cup	54:57	+23:37
54th	Steve Brockbank	LOC	M75	Vet Short Green Cup	55:06	+23:46
55th	Raymond Wren	BL	M75	Vet Short Green Trophy	55:33	+24:13
56th	Ray Johnstone	WCOC	M70	Vet Short Green Cup	57:14	+25:54
57th	Bridget Jardine	BL	W60	Vet Short Green Trophy	60:00	+28:40
58th	Janice Nicholls	BL	W65	Vet Short Green Trophy	60:47	+29:27

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## RESULTS

### 7 - 4km 100m

Pos	Name	Club	Age Class	Class	Time	Behind
59th	Bob Elmes	DEE	M75	Vet Short Green Cup	<b>61:15</b>	+29:55
60th	Helen O'Donoghue	SOLWAY	W60	Vet Short Green Trophy	<b>63:13</b>	+31:53
61st	Helen Smethurst	PFO	W60	Vet Short Green Trophy	<b>64:39</b>	+33:19
62nd	Karen Windle	PFO	W60	Vet Short Green Trophy	<b>68:07</b>	+36:47
63rd	Ginny Anderson	PFO	W60	Vet Short Green Trophy	<b>74:49</b>	+43:29
64th	Caroline Barcham	SELOC	W60	Vet Short Green Trophy	<b>81:56</b>	+50:36
65th	Cath Hignett	PFO	W65	Vet Short Green Trophy	<b>88:25</b>	+57:05
66th	Joanna Treasure	SELOC	W60	Vet Short Green Trophy	<b>96:57</b>	+65:37
	Adele Newall	WCOC	W60	Vet Short Green Cup	<b>m9</b>	

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## RESULTS

### 8A - 5km 150m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	Matthew McCreddie	DEE	M18	Junior Men Cup	<b>34:56</b>	
2nd	Jamie Osborne	LOC	M14	Junior Men Cup	<b>40:01</b>	+5:05
3rd	Ben Todhunter	SROC	M16	Junior Men Trophy	<b>40:23</b>	+5:27
4th	George Rennie	WCOC	M16	Junior Men Cup	<b>42:46</b>	+7:50
5th	Johnathan Bendrey	DEE	M18	Junior Men Cup	<b>46:53</b>	+11:57
6th	Andrew Collins	DEE	M18	Junior Men Cup	<b>56:49</b>	+21:53
7th	Joshua Bendrey	DEE	M16	Junior Men Cup	<b>63:37</b>	+28:41
8th	Zach Thomas	SROC	M16	Junior Men Trophy	<b>72:24</b>	+37:28

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## RESULTS

### 8B - 4km 85m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	Ellie Todhunter	SROC	W16	Junior Women Trophy	<b>30:11</b>	
2nd	Sophie Crawford	WCOC	W16	Junior Women Cup	<b>31:37</b>	+1:26
3rd	Hannah Birkinshaw	WCOC	W16	Junior Women Cup	<b>38:41</b>	+8:30
4th	Lily Clarkson	WCOC	W16	Junior Women Cup	<b>41:55</b>	+11:44
5th	Emily MacPherson-Littler	SROC	W16	Junior Women Trophy	<b>60:04</b>	+29:53
6th	Maisy Winskill	WCOC	W16	Junior Women Cup	<b>65:50</b>	+35:39
7th	Isabel Winskill	WCOC	W18	Junior Women Cup	<b>66:00</b>	+35:49
8th	Gabriela Hoyle	PFO	W16	Junior Women Trophy	<b>71:17</b>	+41:06



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## RESULTS

### 9A - 3.3km 80m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	Quinn Thompson	LOC	M14	Orange Men Cup	<b>26:00</b>	
2nd	Harry Atkinson	LOC	M10	Orange Men Cup	<b>59:31</b>	+33:31
	Theuns Wiese	SOLWAY	M14	Orange Men Trophy	<b>m3-9</b>	
	Hiroki Holmes	WCOC	M14	Orange Men Cup	<b>w1</b>	

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## RESULTS

### 9B - 3.3km 80m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	Maisie Todhunter	SROC	W12	Orange Women Trophy	<b>34:53</b>	
2nd	Jessica Atkinson	LOC	W12	Orange Women Cup	<b>39:42</b>	+4:49
3rd	Freya Hodgson-Jones	LOC	W12	Orange Women Cup	<b>42:21</b>	+7:28
4th	Anna Wilson	PFO	W14	Orange Women Trophy	<b>43:04</b>	+8:11
5th	Florence Taylor	SELOC	W14	Orange Women Trophy	<b>54:07</b>	+19:14
6th	Silvia Parsons	LOC	W12	Orange Women Cup	<b>56:06</b>	+21:13
7th	Sola Holmes	WCOC	W12	Orange Women Cup	<b>60:15</b>	+25:22
8th	Beatrix Gorrill	WCOC	W14	Orange Women Cup	<b>67:16</b>	+32:23

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## RESULTS

### 10 - 4km 85m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	Christine Kiddier	BL	W70	Super Vet Short Green Trophy	40:07	
2nd	Tony Duncan	WCOC	M80	Super Vet Short Green Cup	45:03	+4:56
3rd	Dave McQuillien	SOLWAY	M80	Super Vet Short Green Trophy	47:02	+6:55
4th	Jenny Wren	BL	W70	Super Vet Short Green Trophy	49:31	+9:24
5th	George Crawford-Smith	PFO	M80	Super Vet Short Green Trophy	52:08	+12:01
6th	Miriam Rosen	SROC	W75	Super Vet Short Green Trophy	52:13	+12:06
7th	Bob Verity	DEE	M80	Super Vet Short Green Cup	52:51	+12:44
8th	Karen Blackburn	BL	W75	Super Vet Short Green Trophy	53:38	+13:31
9th	Gwen Rea	WCOC	W70	Super Vet Short Green Cup	53:59	+13:52
10th	Chris Lates	BL	M80	Super Vet Short Green Trophy	55:49	+15:42
11th	Isobel Williamson	LOC	W70	Super Vet Short Green Cup	56:27	+16:20
12th	Joan Cumpstey	BL	W75	Super Vet Short Green Trophy	59:32	+19:25
13th	Barbara Verity	DEE	W75	Super Vet Short Green Cup	60:31	+20:24
14th	Sue Roome	SROC	W70	Super Vet Short Green Trophy	61:31	+21:24
15th	Rowan Purkis	LOC	W70	Super Vet Short Green Cup	63:11	+23:04
16th	Wendy Crawford-Smith	PFO	W75	Super Vet Short Green Trophy	63:16	+23:09
17th	Maggie Ridealgh	PFO	W70	Super Vet Short Green Trophy	63:52	+23:45
18th	Ann Smith	LOC	W75	Super Vet Short Green Cup	65:04	+24:57
19th	Michael Pearson	WCOC	M80	Super Vet Short Green Cup	67:01	+26:54
20th	Kathleen Etherden	SELOC	W70	Super Vet Short Green Trophy	67:16	+27:09
21st	Mike Atherton	LOC	M80	Super Vet Short Green Cup	68:34	+28:27
22nd	Alan Heppenstall	LOC	M80	Super Vet Short Green Cup	72:19	+32:12
23rd	Nancy Powell-Davis	BL	W70	Super Vet Short Green Trophy	72:22	+32:15
24th	Mike Fairburn	PFO	M85	Super Vet Short Green Trophy	78:10	+38:03
25th	Richard Moss	BL	M80	Super Vet Short Green Trophy	88:30	+48:23
26th	Dick Whitworth	BL	M85	Super Vet Short Green Trophy	94:02	+53:55
27th	Angela Whitworth	BL	W80	Super Vet Short Green Trophy	147:21	+107:14
	Elizabeth Elliott	WCOC	W75	Super Vet Short Green Cup	m9	
	John Padget	DEE	M80	Super Vet Short Green Cup	m3	