## Helvellyn Sport Trail 5k

| Pos | Gender Pos | Bib | Name | Age Cat | Club | Finish Time |
|---|---|---|---|---|---|---|
| 1 | 1 | 949 | Dylan Leadsom | MU16 | Lancaster and Morecambe  Athletics Club | 0:21:54 |
| 2 | 1 | 333 | Mia McGoldrick | GU16 | Inov-8 / Settle Harriers | 0:22:49 |
| 3 | 2 | 1026 | Magnus Foxwell | MU16 | Ambleside AC | 0:24:09 |
| 4 | 2 | 315 | Lauren Cowell | GU16 | LGGS | 0:24:19 |
| 5 | 3 | 1027 | Tommy Hanson | MU16 | | 0:25:09 |
| 6 | 4 | 320 | Jackson Dover | MU21 | Warrior PAC | 0:26:04 |
| 7 | 5 | 860 | Dayle Armstrong | MV 40 | | 0:26:12 |
| 8 | 6 | 287 | Austin Palmer | MU16 | | 0:26:33 |
| 9 | 7 | 979 | James Salkeld | MV 40 | | 0:27:44 |
| 10 | 8 | 104 | Kevin Harber | MV 50 | | 0:28:25 |
| 11 | 9 | 984 | Rob Smith | MV 40 | | 0:29:24 |
| 12 | 10 | 1005 | Stephen Webb | MV 50 | | 0:29:27 |
| 13 | 3 | 343 | Emma Smith | GU16 | Lancaster and Morecambe Athletics Club | 0:30:21 |
| 14 | 4 | 13 | Helen Sullivan | GU16 | Carlisle Junior Triclub | 0:31:00 |
| 15 | 5 | 334 | Phoebe Newsham | GU16 | | 0:31:04 |
| 16 | 11 | 167 | Owen Miller | MU25 | TGB | 0:31:06 |
| 17 | 12 | 322 | Edward Edge | MU25 | | 0:31:35 |
| 18 | 6 | 61 | Amber Hallsworth | GU16 | Lincoln Wellington A.C. | 0:32:00 |
| 19 | 7 | 303 | Melody Beake | GU21 | | 0:32:15 |
| 20 | 8 | 873 | Emilia Bond | GU16 | Turton School | 0:32:27 |
| 21 | 13 | 347 | Stephen Whiston | MV 40 | | 0:32:54 |
| 22 | 14 | 164 | Archie Downer | MU16 | | 0:32:57 |
| 23 | 15 | 342 | Martin Skinner | MV 50 | N/a | 0:33:21 |
| 24 | 16 | 170 | Harry Skinner | M | | 0:33:21 |
| 25 | 9 | 346 | Sally Townend | FV 60 | | 0:33:37 |
| 26 | 17 | 107 | Jared Piazza | MV 40 | | 0:34:20 |
| 27 | 18 | 323 | Oliver Forshaw | MU25 | TGB | 0:34:23 |
| 28 | 10 | 321 | Olivia Doyle | F | | 0:34:35 |
| 29 | 19 | 182 | Stephen Dale | MV 60 | Yorkshire wolds runners | 0:34:57 |
| 30 | 20 | 300 | Martin Baines | MV 50 | | 0:35:13 |
| 31 | 11 | 307 | Emily Bruce | GU16 | | 0:35:34 |
| 32 | 12 | 165 | Charlie Harber | FV 50 | | 0:36:25 |
| 33 | 21 | 318 | Alfie Devlin | MU16 | | 0:36:47 |
| 34 | 22 | 319 | Michael Devlin | MV 40 | | 0:36:47 |
| 35 | 23 | 103 | Sam Bass | MU25 | TGB | 0:37:02 |
| 36 | 13 | 34 | Kathryn Kramer | FV 40 | | 0:37:14 |
| 37 | 14 | 339 | Helen Russell | FV 50 | | 0:38:10 |
| 38 | 24 | 264 | John Wiseman | MV 60 | Red Rose Road Runners | 0:38:49 |
| 39 | 15 | 335 | Janice Prince | FV 60 | | 0:38:54 |
| 40 | 16 | 336 | Jessica Prince | F | | 0:38:54 |
| 41 | 25 | 331 | Herbert Jordan | MU16 | | 0:39:30 |
| 42 | 17 | 962 | Jo Murphy | FV 60 | Tynedale Harriers | 0:39:42 |
| 43 | 18 | 60 | Malen Crespo Llado | F | | 0:40:11 |
| 44 | 19 | 993 | Georgia Thompson | F | | 0:41:01 |
| 45 | 20 | 338 | Laura Rogan | FV 40 | | 0:41:03 |
| 46 | 21 | 169 | Wendy Sanders | FV 60 | Start2jog | 0:42:45 |
| 47 | 26 | 337 | Joseph Ritson | MV 60 | Derwent Ac Cockermouth | 0:44:01 |
| 48 | 22 | 33 | Nicola Caudle | FV 50 | | 0:44:24 |
| 49 | 27 | 100 | Timothy Harley | MV 60 | | 0:44:51 |
| 50 | 23 | 22 | Marie Guttridge | FV 40 | | 0:45:55 |
| 51 | 24 | 166 | Hazel Hughes | FV 70 | | 0:46:57 |
| 52 | 25 | 110 | Sarah Baird | F | | 0:47:36 |
| 53 | 26 | 328 | Maggie Grant | FV 70 | Bodyfit Running Club | 0:47:37 |
| 54 | 28 | 106 | John Macfarlane | MV 70 | none | 0:48:22 |
| 55 | 27 | 31 | Laura Aldridge | FV 40 | Finedon Gladstones | 0:48:49 |
| 56 | 29 | 261 | Stephen Ablett | MV 60 | Finedon Gladstone Running Club | 0:48:49 |
| 57 | 30 | 168 | Steve Parry | MV 60 | Finedon Gladstones | 0:48:49 |
| 58 | 28 | 20 | Megan Ablett | FV 60 | Finedon Gladstone Running Club | 0:48:49 |
| 59 | 29 | 108 | Hazel Stone | FV 50 | Kendal Tri Club | 0:48:51 |
| 60 | 30 | 946 | Heather Langton | FV 50 | | 0:48:52 |
| 61 | 31 | 340 | Liz Sandison | FV80 | Tynedale Harriers and AC | 0:49:58 |
| 62 | 32 | 888 | Kate Clowes | FV 40 | | 0:51:09 |
| 63 | 31 | 1013 | Matt Woollam | MV 50 | | 0:51:10 |
| 64 | 32 | 262 | William Alty | M | | 0:51:28 |
| 65 | 33 | 32 | Melissa-Jane Binns | F | | 0:51:28 |
| 66 | 34 | 341 | Judith Skedge | FV80 | | 0:51:51 |

## Helvellyn Sport Trail 5k

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|---|---|---|---|---|---|---|
| 67 | 35 | 790 | Joanne Laycock | FV 40 | | 0:52:23 |
| 68 | 36 | 789 | Emma Laycock | FV 40 | | 0:52:23 |
| 69 | 37 | 310 | Judy Carter-Brown | FV 70 | | 0:53:52 |
| 70 | 38 | 311 | Nina Carter-Brown | FV 40 | | 0:53:53 |
| 71 | 33 | 921 | Enes Gunay | M | | 0:54:17 |
| 72 | 39 | 996 | Dila Toplusoy Gunay | F | | 0:54:17 |
| 73 | 40 | 308 | Amelia Burlingham | GU16 | | 0:55:41 |
| 74 | 34 | 878 | Peter Burlingham | MV 40 | | 0:55:41 |
| 75 | 41 | 309 | Lesley-Ann Burlingham | FV 40 | | 0:55:54 |

Number of records: 75