

# Lakes 5 day - Helsington Barrows

August 12, 2022

## EVENT RESULTS - PROVISIONAL

### M10A 3.5km 75m

| Pos | No.  | Name                    | Club  | Age Class | Time  | Behind |
|-----|------|-------------------------|-------|-----------|-------|--------|
| 1st | 154  | Louis Bryant            | SYO   | M10       | 23:53 |        |
| 2nd | 1317 | Darrio Tam              | HH    | M10       | 26:45 | +2:52  |
| 3rd | 729  | Alex Johnson            | SYO   | M10       | 32:36 | +8:43  |
| 4th | 1323 | Andrew C C Tang         | OD    | M10       | 34:15 | +10:22 |
| 5th | 578  | Zebedee Harlock-Askew   | TVOC  | M10       | 37:07 | +13:14 |
| 6th | 217  | Fraser Clarke           | NGOC  | M10       | 42:36 | +18:43 |
| 7th | 579  | Alexander Harlock-Askew | TVOC  | M10       | 46:39 | +22:46 |
| 8th | 879  | Dougal Mather           | MAROC | M10       | 57:10 | +33:17 |
| 9th | 931  | Joseph Meredith         | EBOR  | M10       | 58:12 | +34:19 |

### M10B 1.6km 30m

| Pos | No.  | Name              | Club | Age Class | Time  | Behind |
|-----|------|-------------------|------|-----------|-------|--------|
| 1st | 21   | Charlie Alcock    | AIRE | M10       | 9:44  |        |
| 2nd | 45   | Harry Atkinson    | LOC  | M10       | 11:43 | +1:59  |
| 3rd | 1200 | Hugh Scarbrough   | MV   | M10       | 12:24 | +2:40  |
| 4th | 860  | Francis Mansfield | BAOC | M10       | 16:23 | +6:39  |

### M12A 3.6km 50m

| Pos | No.  | Name                  | Club    | Age Class | Time  | Behind |
|-----|------|-----------------------|---------|-----------|-------|--------|
| 1st | 1496 | Oskar Woods           | SYO     | M12       | 25:32 |        |
| 2nd | 453  | Chun Ho Andre Fu      | WAOC    | M12       | 27:25 | +1:53  |
| 3rd | 315  | Alex Darwin           | WAOC    | M12       | 29:17 | +3:45  |
| 4th | 1360 | Quinn Thompson        | LOC     | M12       | 30:25 | +4:53  |
| 5th | 887  | Charlie Maule-Lidbury | HAVOC   | M12       | 31:16 | +5:44  |
| 6th | 1087 | Stanley Preston       | SYO     | M12       | 35:41 | +10:09 |
| 7th | 50   | Peter Atkinson        | ELO     | M12       | 40:24 | +14:52 |
| 8th | 928  | Daniel Meredith       | EBOR    | M12       | 42:18 | +16:46 |
| 9th | 1401 | Alfie Tyner           | Setanta | M12       | 63:07 | +37:35 |
|     | 660  | Hiroki Holmes         | WCOC    | M12       | m1-9  |        |

### M12B 3.5km 75m

| Pos | No.  | Name             | Club | Age Class | Time  | Behind |
|-----|------|------------------|------|-----------|-------|--------|
| 1st | 1201 | Ralph Scarbrough | MV   | M12       | 41:26 |        |

### M14A 6.1km 135m

| Pos  | No.  | Name                  | Club  | Age Class | Time   | Behind |
|------|------|-----------------------|-------|-----------|--------|--------|
| 1st  | 912  | Finlay McLuckie       | MOR   | M14       | 53:16  |        |
| 2nd  | 1128 | Caspar Reynolds       | SYO   | M14       | 53:46  | +0:30  |
| 3rd  | 651  | Lawrence Hodgson      | SYO   | M14       | 64:45  | +11:29 |
| 4th  | 1088 | William Preston       | SYO   | M14       | 66:48  | +13:32 |
| 5th  | 1378 | Ben Todhunter         | SROC  | M14       | 67:13  | +13:57 |
| 6th  | 1194 | Oscar Sanderson       | NATO  | M14       | 69:40  | +16:24 |
| 7th  | 1131 | Pasco Reynolds        | SYO   | M14       | 72:55  | +19:39 |
| 8th  | 711  | Matthew Inman         | FVO   | M14       | 73:07  | +19:51 |
| 9th  | 1061 | Daniel Pigott         | POTOC | M14       | 76:17  | +23:01 |
| 10th | 1306 | Max Straube-Roth      | OD    | M14       | 79:12  | +25:56 |
| 11th | 199  | Ben Chapman           | SO    | M14       | 83:02  | +29:46 |
| 12th | 787  | Adam Landels          | OD    | M14       | 83:17  | +30:01 |
| 13th | 247  | Lawrie Cope           | NATO  | M14       | 85:59  | +32:43 |
| 14th | 629  | Toby Heppell          | WCOC  | M14       | 86:20  | +33:04 |
| 15th | 128  | Monty Bratcher-Howard | WIM   | M14       | 91:38  | +38:22 |
| 16th | 454  | Chun Yan Alistair Fu  | WAOC  | M14       | 93:20  | +40:04 |
| 17th | 1240 | Eoin Simpson          | LEI   | M12       | 106:52 | +53:36 |
| 18th | 1318 | Davis Tam             | HH    | M14       | 122:57 | +69:41 |

# Lakes 5 day - Helsington Barrows

August 12, 2022

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### M14A 6.1km 135m

| Pos | No.  | Name            | Club | Age Class | Time | Behind |
|-----|------|-----------------|------|-----------|------|--------|
|     | 1124 | George Rennie   | WCOC | M14       | w7   |        |
|     | 302  | Stephen Cunnane | TVOC | M14       | m11  |        |

### M14B 3.6km 50m

| Pos | No. | Name        | Club  | Age Class | Time  | Behind |
|-----|-----|-------------|-------|-----------|-------|--------|
| 1st | 473 | Leo Gilbert | DEVON | M14       | 27:22 |        |

### M16A 7.7km 265m

| Pos  | No.  | Name                  | Club  | Age Class | Time   | Behind  |
|------|------|-----------------------|-------|-----------|--------|---------|
| 1st  | 1162 | Thomas Rollins        | SN    | M16       | 48:48  |         |
| 2nd  | 627  | Daniel Heppell        | WCOC  | M16       | 56:02  | +7:14   |
| 3rd  | 701  | Isaac Hunter          | WCOC  | M16       | 58:25  | +9:37   |
| 4th  | 152  | James Bryant          | SYO   | M16       | 60:56  | +12:08  |
| 5th  | 974  | Yann Newey            | MAROC | M16       | 68:35  | +19:47  |
| 6th  | 127  | Harry Bratcher-Howard | WIM   | M16       | 71:50  | +23:02  |
| 7th  | 48   | Joel Atkinson         | ELO   | M16       | 74:24  | +25:36  |
| 8th  | 822  | Robbie Lightfoot      | SYO   | M14       | 78:45  | +29:57  |
| 9th  | 686  | Austin Howe           | SAX   | M16       | 82:43  | +33:55  |
| 10th | 237  | Jamie Connor          | FVO   | M16       | 83:11  | +34:23  |
| 11th | 355  | John Doyle            | SYO   | M16       | 117:53 | +69:05  |
| 12th | 900  | Matthew McCreddie     | DEE   | M16       | 124:09 | +75:21  |
| 13th | 123  | Hamish Braine-Clarke  | QO    | M16       | 130:55 | +82:07  |
| 14th | 513  | Matthew Green         | NATO  | M16       | 149:06 | +100:18 |

### M16B 6.1km 135m

| Pos | No. | Name       | Club | Age Class | Time   | Behind |
|-----|-----|------------|------|-----------|--------|--------|
| 1st | 286 | Ben Cronin | SAX  | M16       | 106:02 |        |

### M18L 8.7km 250m

| Pos | No.  | Name           | Club | Age Class | Time   | Behind |
|-----|------|----------------|------|-----------|--------|--------|
| 1st | 498  | Ben Gostick    | HH   | M18       | 60:43  |        |
| 2nd | 932  | Adam Methven   | BKO  | M18       | 62:07  | +1:24  |
| 3rd | 481  | Jamie Goddard  | FVO  | M18       | 68:42  | +7:59  |
| 4th | 1209 | Peter Scott    | LOC  | M18       | 69:08  | +8:25  |
| 5th | 950  | Matthew Morris | SYO  | M18       | 85:00  | +24:17 |
| 6th | 911  | Sam McLoughlin | WCOC | M18       | 91:33  | +30:50 |
| 7th | 246  | Jonty Cope     | NATO | M18       | 102:11 | +41:28 |
| 8th | 883  | Alex Matthew   | SROC | M18       | 103:40 | +42:57 |
|     | 614  | Tommy Heap     | SO   | M18       | w11    |        |
|     | 1440 | Dominic Wathey | MDOC | M18       | w13    |        |

### M18S 6.0km 185m

| Pos | No.  | Name             | Club    | Age Class | Time   | Behind |
|-----|------|------------------|---------|-----------|--------|--------|
| 1st | 301  | Jonathan Cunnane | TVOC    | M18       | 68:33  |        |
| 2nd | 1403 | Tivon Tyner      | Setanta | M18       | 76:06  | +7:33  |
| 3rd | 1566 | Samuel Bartlett  | INT     | M18       | 79:23  | +10:50 |
| 4th | 785  | Robin Lambe      | HOC     | M18       | 128:06 | +59:33 |

### M20L 8.7km 250m

| Pos | No. | Name           | Club | Age Class | Time  | Behind |
|-----|-----|----------------|------|-----------|-------|--------|
| 1st | 731 | Finlay Johnson | SROC | M20       | 55:10 |        |
| 2nd | 672 | Matthew Horne  | LOC  | M20       | 90:47 | +35:37 |

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August 12, 2022

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### M20L 8.7km 250m

| Pos | No.  | Name          | Club | Age Class | Time   | Behind  |
|-----|------|---------------|------|-----------|--------|---------|
| 3rd | 492  | Jonty Goodwin | EUOC | M20       | 95:18  | +40:08  |
| 4th | 781  | Benjamin Kyd  | MDOC | M20       | 98:26  | +43:16  |
| 5th | 581  | Adam Harris   | DEE  | M20       | 111:12 | +56:02  |
| 6th | 1518 | Sam White     | SOC  | M20       | 130:36 | +75:26  |
| 7th | 234  | Luke Collins  | LVO  | M20       | 171:20 | +116:10 |

### M21L 11.7km 360m

| Pos  | No.  | Name              | Club             | Age Class | Time   | Behind  |
|------|------|-------------------|------------------|-----------|--------|---------|
| 1st  | 507  | Filip Grahn       | Södertälje-Nykva | M21       | 65:05  |         |
| 2nd  | 1266 | Chris Smithard    | FVO              | M21       | 66:41  | +1:36   |
| 3rd  | 735  | Oliver Johnson    | SYO              | M40       | 67:29  | +2:24   |
| 4th  | 1343 | Alastair Thomas   | WCOC             | M21       | 70:13  | +5:08   |
| 5th  | 158  | David Bunn        | EUOC             | M21       | 71:31  | +6:26   |
| 6th  | 794  | Nathan Lawson     | OD               | M21       | 71:34  | +6:29   |
| 7th  | 1364 | Alistair Thornton | FVO              | M21       | 74:07  | +9:02   |
| 8th  | 1156 | Richard Robinson  | NOC              | M40       | 76:31  | +11:26  |
| 9th  | 1459 | Jérémie Wichoud   | CO Lausanne-Jo   | M21       | 78:22  | +13:17  |
| 10th | 414  | Adam Fieldhouse   | QO               | M21       | 81:06  | +16:01  |
| 11th | 1281 | Daniel Spencer    | EUOC             | M21       | 82:35  | +17:30  |
| 12th | 1288 | Ben Stevens       | DRONGO           | M35       | 83:49  | +18:44  |
| 13th | 745  | Lawrence Jones    | NGOC             | M21       | 87:37  | +22:32  |
| 14th | 1443 | Daniel Weaver     | UBOC             | M21       | 87:51  | +22:46  |
| 15th | 655  | Thomas Hofer      | OLG Huttwil      | M35       | 87:57  | +22:52  |
| 16th | 380  | Ryan Elliot       | OUOC             | M21       | 88:38  | +23:33  |
| 17th | 305  | Dom Dakin         | SYO              | M21       | 89:26  | +24:21  |
| 18th | 867  | Liam Marsh        | SO               | M21       | 92:37  | +27:32  |
| 19th | 1273 | Martin Sogno      | ACA              | M21       | 94:42  | +29:37  |
| 20th | 493  | Joseph Goodwin    | SHUOC            | M21       | 97:25  | +32:20  |
| 21st | 1072 | Adam Poole        | TVOC             | M21       | 99:08  | +34:03  |
| 22nd | 104  | Nikolaj Bjørn     | TISVILDE HEGN    | M21       | 99:09  | +34:04  |
| 23rd | 1512 | Philipp Zappa     | OLG Huttwil      | M21       | 99:52  | +34:47  |
| 24th | 415  | Robin Fieldhouse  | QO               | M21       | 101:24 | +36:19  |
| 25th | 438  | Paulo Franco      | COC              | M40       | 101:46 | +36:41  |
| 26th | 386  | Robert Elston     | UBOC             | M21       | 103:29 | +38:24  |
| 27th | 583  | Duncan Harris     | DEE              | M55       | 110:18 | +45:13  |
| 28th | 797  | Sam Leadley       | OD               | M21       | 110:37 | +45:32  |
| 29th | 688  | Frazer Howe       | BAOC             | M21       | 111:58 | +46:53  |
| 30th | 490  | Ben Goodwin       | WCOC             | M21       | 126:11 | +61:06  |
| 31st | 432  | Daniel Font       | DEE              | M21       | 133:49 | +68:44  |
| 32nd | 1225 | Dylan Sherman     | OUOC             | M21       | 140:53 | +75:48  |
| 33rd | 865  | Euan Marsh        | SO               | M21       | 142:04 | +76:59  |
| 34th | 1399 | James Turton      | SROC             | M21       | 142:37 | +77:32  |
| 35th | 230  | Jeremy Colgan     | HVO              | M50       | 161:20 | +96:15  |
| 36th | 1348 | James Thomas      | HOC              | M21       | 171:27 | +106:22 |
|      | 346  | Peter Dobra       | SAX              | M21       | m9-18  |         |
|      | 1332 | Duncan Taylor     | DEVON            | M21       | m13    |         |

### M21S 8.7km 250m

| Pos | No. | Name            | Club | Age Class | Time  | Behind |
|-----|-----|-----------------|------|-----------|-------|--------|
| 1st | 393 | James Errington | HH   | M21       | 68:21 |        |
| 2nd | 36  | Thomas Aspin    | CLOK | M21       | 68:51 | +0:30  |
| 3rd | 192 | Iain Cattermole | STAG | M21       | 77:18 | +8:57  |
| 4th | 949 | Louis Morris    | WCOC | M21       | 79:08 | +10:47 |
| 5th | 965 | Andrew Nash     | SOC  | M45       | 84:13 | +15:52 |
| 6th | 960 | Dave Murgatroyd | AIRE | M21       | 86:18 | +17:57 |
| 7th | 754 | Sudeep Kamal    | BAOC | M21       | 88:55 | +20:34 |
| 8th | 150 | Robert Browne   | LOC  | M21       | 97:47 | +29:26 |

# Lakes 5 day - Helsington Barrows

August 12, 2022

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### M21S 8.7km 250m

| Pos  | No.  | Name                | Club | Age Class | Time   | Behind  |
|------|------|---------------------|------|-----------|--------|---------|
| 9th  | 673  | Stephen Horrocks    | PFO  | M21       | 99:44  | +31:23  |
| 10th | 1421 | Michael Wagstaff    | UBOC | M21       | 101:00 | +32:39  |
| 11th | 826  | Edward Lines        | SO   | M21       | 110:00 | +41:39  |
| 12th | 823  | Papesh Limbu        | BOF  | M21       | 115:00 | +46:39  |
| 13th | 534  | Nabin Gurung        | BAOC | M21       | 127:09 | +58:48  |
| 14th | 566  | Stuart Hanstock     | BOK  | M21       | 130:22 | +62:01  |
| 15th | 533  | Joshan Gurung       | RSOC | M21       | 137:07 | +68:46  |
| 16th | 374  | Scott Elford        | WSX  | M21       | 139:23 | +71:02  |
| 17th | 536  | Prem Gurung         |      | M21       | 184:53 | +116:32 |
|      | 1620 | George Stevens      |      | M21       | m8-14  |         |
|      | 639  | Samuel Higginbotham | CLOK | M21       | m8-11  |         |
|      | 866  | Kieran Marsh        | SLOW | M21       | m14    |         |

### M35L 11.7km 360m

| Pos | No.  | Name                | Club  | Age Class | Time   | Behind |
|-----|------|---------------------|-------|-----------|--------|--------|
| 1st | 164  | Mark Burley         | MDOC  | M35       | 84:47  |        |
| 2nd | 1326 | Joe Taunton         | SYO   | M35       | 90:06  | +5:19  |
| 3rd | 1163 | Matthew Rooke       | LOC   | M35       | 92:19  | +7:32  |
| 4th | 33   | Robert Ashton       | BAOC  | M35       | 92:40  | +7:53  |
| 5th | 1203 | Tim Scarbrough      | MV    | M35       | 94:25  | +9:38  |
| 6th | 65   | Laurence Ball       | NOR   | M35       | 106:53 | +22:06 |
| 7th | 657  | Robert Holdway      | POTOC | M35       | 112:17 | +27:30 |
| 8th | 862  | Gareth Mansfield    | BAOC  | M35       | 131:20 | +46:33 |
| 9th | 1298 | Edward Stott        | SLOW  | M35       | 143:00 | +58:13 |
|     | 1188 | Simonas Sakalauskas | SROC  | M35       | m8-21  |        |
|     | 229  | Thomas Cochrane     | NGOC  | M35       | m14-15 |        |

### M35S 7.7km 265m

| Pos | No.  | Name           | Club  | Age Class | Time   | Behind |
|-----|------|----------------|-------|-----------|--------|--------|
| 1st | 1113 | Birbahadur Rai | WCH   | M35       | 81:55  |        |
| 2nd | 537  | Sandesh Gurung | BAOC  | M35       | 85:24  | +3:29  |
| 3rd | 981  | Edward Nichols | SO    | M40       | 91:28  | +9:33  |
| 4th | 359  | Will Drewe     | CLARO | M40       | 94:49  | +12:54 |
| 5th | 341  | Richard Dixon  | BAOC  | M35       | 122:33 | +40:38 |
| 6th | 1329 | Samuel Taunton | NGOC  | M35       | 125:15 | +43:20 |
| 7th | 917  | Neil McMillan  | ELO   | M35       | 141:24 | +59:29 |

### M40L 11.7km 360m

| Pos | No.  | Name            | Club  | Age Class | Time   | Behind |
|-----|------|-----------------|-------|-----------|--------|--------|
| 1st | 1166 | David Roome     | SROC  | M40       | 77:34  |        |
| 2nd | 626  | Will Hensman    | FVO   | M40       | 94:22  | +16:48 |
| 3rd | 1643 | Shane Ohly      | WAROC | M45       | 96:06  | +18:32 |
| 4th | 1063 | Graham Pigott   | POTOC | M40       | 100:09 | +22:35 |
| 5th | 1292 | Andrew Stimson  | NN    | M40       | 109:37 | +32:03 |
| 6th | 1293 | Doug Stimson    | NWO   | M40       | 116:03 | +38:29 |
| 7th | 477  | Tim Gilbert     | DEVON | M40       | 120:55 | +43:21 |
| 8th | 666  | Tim Holt        | SYO   | M40       | 131:21 | +53:47 |
| 9th | 798  | Rob Leathley    | SO    | M45       | 144:36 | +67:02 |
|     | 975  | David Newton    | DVO   | M40       | m9-15  |        |
|     | 1574 | Graeme Ambler   | BOK   | M40       | m11    |        |
|     | 1380 | James Todhunter | SROC  | M40       | m13-20 |        |
|     | 930  | James Meredith  | EBOR  | M40       | m9-15  |        |

# Lakes 5 day - Helsington Barrows

August 12, 2022

## EVENT RESULTS - PROVISIONAL

### M40S 7.3km 225m

| Pos | No.  | Name                  | Club | Age Class | Time  | Behind |
|-----|------|-----------------------|------|-----------|-------|--------|
| 1st | 632  | Chris Heppenstall     | LOC  | M40       | 65:22 |        |
| 2nd | 424  | Dan Findlay-Robinson  | WCH  | M40       | 70:29 | +5:07  |
| 3rd | 218  | Grant Clarke          | NGOC | M40       | 74:45 | +9:23  |
| 4th | 1354 | Simon Thomas          | WCOC | M40       | 79:32 | +14:10 |
| 5th | 1028 | Matt Palmer-Wilkinson | BOK  | M40       | 81:23 | +16:01 |
| 6th | 520  | Paul Gregson          | OD   | M40       | 94:57 | +29:35 |

### M45L 9.5km 265m

| Pos  | No.  | Name              | Club  | Age Class | Time   | Behind  |
|------|------|-------------------|-------|-----------|--------|---------|
| 1st  | 73   | Nick Barrable     | SYO   | M45       | 64:42  |         |
| 2nd  | 1238 | Andy Simpson      | LEI   | M45       | 69:27  | +4:45   |
| 3rd= | 482  | Roger Goddard     | FVO   | M45       | 71:06  | +6:24   |
| 3rd= | 1207 | Marcus Scotney    | DVO   | M45       | 71:06  | +6:24   |
| 5th  | 515  | Nick Green        | NATO  | M45       | 76:37  | +11:55  |
| 6th  | 1064 | Martin Pigott     | POTOC | M45       | 82:08  | +17:26  |
| 7th  | 257  | Paul Couldridge   | SLOW  | M45       | 86:33  | +21:51  |
| 8th  | 555  | Paul Hammond      | FVO   | M45       | 86:52  | +22:10  |
| 9th  | 615  | Will Heap         | SO    | M45       | 89:05  | +24:23  |
| 10th | 574  | Ian Hargreaves    | SOS   | M45       | 90:03  | +25:21  |
| 11th | 1260 | Gavin Smith       | SROC  | M60       | 90:06  | +25:24  |
| 12th | 22   | David Alcock      | AIRE  | M45       | 90:42  | +26:00  |
| 13th | 1179 | Andrew Rowe       | POTOC | M45       | 93:31  | +28:49  |
| 14th | 1445 | Steve Webb        | AIRE  | M60       | 93:35  | +28:53  |
| 15th | 12   | Ben Adams         | AIRE  | M45       | 95:48  | +31:06  |
| 16th | 902  | Adam McCreadie    | DEE   | M45       | 97:08  | +32:26  |
| 17th | 653  | Simon Hodgson     | SYO   | M45       | 98:24  | +33:42  |
| 18th | 1226 | Francis Shillitoe | NATO  | M45       | 98:29  | +33:47  |
| 19th | 922  | Jolyon Medlock    | WSX   | M45       | 98:51  | +34:09  |
| 20th | 953  | Peter Moseley     | SROC  | M45       | 99:19  | +34:37  |
| 21st | 1484 | Steve Wilson      | PFO   | M45       | 100:13 | +35:31  |
| 22nd | 723  | Richard Jackson   | DEVON | M45       | 100:35 | +35:53  |
| 23rd | 880  | Paul Mather       | MAROC | M45       | 107:08 | +42:26  |
| 24th | 1274 | Philip Sorrell    | QO    | M45       | 112:58 | +48:16  |
| 25th | 260  | Brian Cowe        | WAOC  | M45       | 123:35 | +58:53  |
| 26th | 680  | Andrew Howard     | BOF   | M45       | 126:51 | +62:09  |
| 27th | 1016 | Alex Owen         | LOK   | M45       | 131:54 | +67:12  |
| 28th | 1015 | Michael Osborne   | LOC   | M45       | 132:31 | +67:49  |
| 29th | 1083 | Richard Powell    | WAOC  | M45       | 133:49 | +69:07  |
| 30th | 1134 | Leon Ricketts     | AIRE  | M45       | 137:20 | +72:38  |
| 31st | 1319 | Dickson CY Tam    | HH    | M45       | 141:16 | +76:34  |
| 32nd | 758  | Chris Kelly       | FVO   | M45       | 178:36 | +113:54 |
|      | 111  | Fred Boardman     | WCOC  | M45       | w11    |         |
|      | 1390 | Peter Tryner      | SYO   | M45       | rtd    |         |

### M45S 7.3km 225m

| Pos | No.  | Name               | Club | Age Class | Time   | Behind |
|-----|------|--------------------|------|-----------|--------|--------|
| 1st | 488  | Roger Gooding      | SOS  | M45       | 78:39  |        |
| 2nd | 213  | Mykyta Chubynsky   | OD   | M45       | 91:30  | +12:51 |
| 3rd | 1497 | Todd Woods         | SYO  | M45       | 92:30  | +13:51 |
| 4th | 49   | Michael Atkinson   | ELO  | M45       | 98:58  | +20:19 |
| 5th | 511  | Julian Green       | EPOC | M45       | 119:28 | +40:49 |
| 6th | 1422 | Christopher Walker | LOK  | M45       | 170:24 | +91:45 |

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August 12, 2022

## EVENT RESULTS - PROVISIONAL

### M50L 9.5km 265m

| Pos  | No.  | Name              | Club           | Age Class | Time          | Behind  |
|------|------|-------------------|----------------|-----------|---------------|---------|
| 1st  | 788  | Alistair Landels  | OD             | M50       | <b>62:07</b>  |         |
| 2nd  | 1126 | Jamie Rennie      | WCOC           | M50       | <b>75:58</b>  | +13:51  |
| 3rd  | 702  | Simon Hunter      | WCOC           | M50       | <b>82:42</b>  | +20:35  |
| 4th  | 994  | Danny O'Callaghan | CLOK           | M50       | <b>85:03</b>  | +22:56  |
| 5th  | 1178 | Calvin Routledge  | BAOC           | M50       | <b>89:10</b>  | +27:03  |
| 6th  | 886  | Tom Matthew       | SROC           | M50       | <b>89:47</b>  | +27:40  |
| 7th  | 1406 | Denis Valentin    | BROS 4012      | M50       | <b>91:20</b>  | +29:13  |
| 8th  | 899  | Chris McCartney   | HOC            | M50       | <b>91:58</b>  | +29:51  |
| 9th  | 687  | Brendon Howe      | SAX            | M50       | <b>92:01</b>  | +29:54  |
| 10th | 1402 | Angus Tyner       | Setanta        | M50       | <b>92:39</b>  | +30:32  |
| 11th | 587  | Mike Harrison     | WCOC           | M50       | <b>92:40</b>  | +30:33  |
| 12th | 1514 | Ilan Zuck         | SHOC           | M55       | <b>95:20</b>  | +33:13  |
| 13th | 662  | Steve Holmes      | WCOC           | M50       | <b>97:22</b>  | +35:15  |
| 14th | 129  | Steven Breeze     | WCOC           | M50       | <b>99:35</b>  | +37:28  |
| 15th | 292  | Dave Cumins       | SO             | M50       | <b>100:55</b> | +38:48  |
| 16th | 818  | Guy Lidbury       | HAVOC          | M50       | <b>103:10</b> | +41:03  |
| 17th | 251  | Liam Corner       | MDOC           | M50       | <b>103:40</b> | +41:33  |
| 18th | 1060 | Julian Pieters    | SYO            | M50       | <b>106:13</b> | +44:06  |
| 19th | 740  | Terry Johnstone   | ESOC           | M55       | <b>107:15</b> | +45:08  |
| 20th | 276  | Stuart Crawford   | WCOC           | M50       | <b>108:34</b> | +46:27  |
| 21st | 1074 | Ian Porter        | SROC           | M50       | <b>112:08</b> | +50:01  |
| 22nd | 1375 | David Todd        | SYO            | M55       | <b>116:31</b> | +54:24  |
| 23rd | 1025 | Jeff Pakes        | QO             | M50       | <b>117:04</b> | +54:57  |
| 24th | 915  | Peter McLuckie    | MOR            | M50       | <b>119:58</b> | +57:51  |
| 25th | 604  | Jim Hayward       | BOK            | M55       | <b>122:55</b> | +60:48  |
| 26th | 595  | Philip Harvey     | WIM            | M50       | <b>123:15</b> | +61:08  |
| 27th | 811  | Tom Lewis         | DEVON          | M50       | <b>123:34</b> | +61:27  |
| 28th | 807  | Pavel Levitsky    | TEL AVIV UNIV  | M50       | <b>135:18</b> | +73:11  |
| 29th | 35   | David Aspin       | CLOK           | M50       | <b>143:21</b> | +81:14  |
| 30th | 1460 | Pierre Wichoud    | CO Lausanne-Jo | M50       | <b>203:26</b> | +141:19 |
|      | 115  | Brendan Bolland   | WAROC          | M50       | <b>w6</b>     |         |
|      | 505  | Stuart Graham     | SOLWAY         | M50       | <b>m5</b>     |         |
|      | 207  | Dan Chissick      | Galilee        | M50       | <b>rtd</b>    |         |
|      | 671  | Mike Hooper       | LOC            | M50       | <b>rtd</b>    |         |
|      | 1429 | Peter Ward        | NGOC           | M50       | <b>rtd</b>    |         |

### M50S 6.8km 205m

| Pos | No.  | Name             | Club     | Age Class | Time          | Behind |
|-----|------|------------------|----------|-----------|---------------|--------|
| 1st | 1494 | Mark Wood        | FVO      | M50       | <b>62:29</b>  |        |
| 2nd | 459  | Paul Gaines      | BL       | M50       | <b>63:12</b>  | +0:43  |
| 3rd | 1172 | Finlay Ross      | ESOC     | M55       | <b>74:15</b>  | +11:46 |
| 4th | 1195 | Oliver Santschi  | OLG BERN | M50       | <b>81:27</b>  | +18:58 |
| 5th | 1287 | Martin Steiner   | OLG BERN | M50       | <b>83:28</b>  | +20:59 |
| 6th | 1204 | Antony Schofield | MV       | M60       | <b>108:58</b> | +46:29 |
| 7th | 1216 | Nick Shanahan    | BAOC     | M50       | <b>131:33</b> | +69:04 |

### M55L 9.0km 280m

| Pos | No.  | Name             | Club           | Age Class | Time         | Behind |
|-----|------|------------------|----------------|-----------|--------------|--------|
| 1st | 1427 | Martin Ward      | SYO            | M55       | <b>66:30</b> |        |
| 2nd | 768  | Gunnar Kindlundh | Trosabygdens O | M55       | <b>70:02</b> | +3:32  |
| 3rd | 548  | Clive Hallett    | BOK            | M55       | <b>73:55</b> | +7:25  |
| 4th | 712  | Alan Irving      | WCOC           | M55       | <b>80:46</b> | +14:16 |
| 5th | 1017 | Matthew Owen     | BOK            | M55       | <b>81:44</b> | +15:14 |
| 6th | 1248 | Martin Skinner   | WCOC           | M55       | <b>84:09</b> | +17:39 |
| 7th | 1232 | Mark Simmonds    | LOC            | M55       | <b>85:01</b> | +18:31 |
| 8th | 793  | David Lawson     | OD             | M55       | <b>85:39</b> | +19:09 |
| 9th | 598  | Jon Hateley      | DEE            | M55       | <b>86:11</b> | +19:41 |

# Lakes 5 day - Helsington Barrows

August 12, 2022

## EVENT RESULTS - PROVISIONAL

### M55L 9.0km 280m

| Pos  | No.  | Name              | Club         | Age Class | Time   | Behind  |
|------|------|-------------------|--------------|-----------|--------|---------|
| 10th | 121  | Andrew Bradley    | WCOC         | M55       | 87:32  | +21:02  |
| 11th | 91   | Iain Bell         | DEE          | M55       | 88:30  | +22:00  |
| 12th | 620  | Andrew Henderson  | WAOC         | M55       | 88:54  | +22:24  |
| 13th | 206  | Peter Chapman     | SO           | M55       | 90:08  | +23:38  |
| 14th | 1387 | Jim Trueman       | MDOC         | M55       | 90:31  | +24:01  |
| 15th | 1065 | David Pilling     | BOK          | M55       | 90:56  | +24:26  |
| 16th | 743  | Ian Jones         | NGOC         | M55       | 92:44  | +26:14  |
| 17th | 1034 | Gordon Parker     | SLOW         | M55       | 93:28  | +26:58  |
| 18th | 808  | Andrew Lewis      | WCH          | M55       | 93:57  | +27:27  |
| 19th | 112  | Tim Boden         | LOC          | M55       | 94:58  | +28:28  |
| 20th | 571  | George Hare       | NATO         | M55       | 95:12  | +28:42  |
| 21st | 850  | Bruno Maes        | CO Lorient   | M55       | 95:25  | +28:55  |
| 22nd | 1222 | Iain Shepherd     | INVOC        | M55       | 96:21  | +29:51  |
| 23rd | 1462 | Tim Wiegand       | SYO          | M55       | 97:26  | +30:56  |
| 24th | 827  | Robert Lines      | SO           | M55       | 97:57  | +31:27  |
| 25th | 748  | Pauly-D Jones     | DEE          | M55       | 98:03  | +31:33  |
| 26th | 647  | Steve Hinshelwood | WAOC         | M55       | 98:42  | +32:12  |
| 27th | 1142 | Andy Rimes        | QO           | M55       | 99:51  | +33:21  |
| 28th | 428  | Lyle Fleming      | LVO          | M55       | 100:56 | +34:26  |
| 29th | 422  | Russell Finch     | OD           | M55       | 102:47 | +36:17  |
| 30th | 418  | Pascal Figuiere   | Givry SO     | M55       | 102:53 | +36:23  |
| 31st | 287  | Sean Cronin       | SAX          | M55       | 103:17 | +36:47  |
| 32nd | 1339 | Paul Taylor       | SYO          | M55       | 103:55 | +37:25  |
| 33rd | 1067 | Andrew Pitcher    | DFOK         | M55       | 104:30 | +38:00  |
| 34th | 925  | Marc Meeuwssen    | TROL Belgium | M55       | 104:53 | +38:23  |
| 35th | 1659 | Robert Smith      | LOC          | M55       | 106:47 | +40:17  |
| 36th | 1263 | Phil Smith        | AYROC        | M55       | 107:23 | +40:53  |
| 37th | 197  | Ade Chapman       | RAFO         | M55       | 107:50 | +41:20  |
| 38th | 1436 | Julian Warren     | NN           | M55       | 109:59 | +43:29  |
| 39th | 654  | Trevor Hoey       | FVO          | M55       | 110:03 | +43:33  |
| 40th | 1393 | Chris Turner      | WIM          | M55       | 110:51 | +44:21  |
| 41st | 232  | Geoffrey Collins  | LVO          | M55       | 116:41 | +50:11  |
| 42nd | 1097 | Mark Pruzina      | LVO          | M55       | 117:25 | +50:55  |
| 43rd | 117  | Kevin Booth       | PFO          | M55       | 122:09 | +55:39  |
| 44th | 1140 | Richard Rigby     | CLOK         | M55       | 122:49 | +56:19  |
| 45th | 897  | David McCann      | MDOC         | M55       | 124:35 | +58:05  |
| 46th | 328  | Matthieu Delenne  | ACA          | M55       | 124:44 | +58:14  |
| 47th | 176  | Tony Callow       | WRE          | M55       | 125:38 | +59:08  |
| 48th | 1150 | John Robertson    | STAG         | M55       | 128:18 | +61:48  |
| 49th | 1564 | Patrick Bartlett  | INT          | M55       | 132:23 | +65:53  |
| 50th | 196  | Jon Chandler      | LOK          | M55       | 134:36 | +68:06  |
| 51st | 1647 | Duncan Conway     | LOC          | M55       | 135:34 | +69:04  |
| 52nd | 988  | Dougie Nisbet     | NN           | M55       | 147:34 | +81:04  |
| 53rd | 802  | Stephen Lee-Jones | BOK          | M55       | 156:27 | +89:57  |
| 54th | 806  | Lap On Leung      | COBOC        | M55       | 215:07 | +148:37 |
|      | 411  | John Ferris-Worth | BL           | M55       | m5-15  |         |
|      | 1040 | Richard Pay       | WRE          | M55       | m7-15  |         |
|      | 347  | Nigel Dobson      | YALANGA      | M55       | m6-15  |         |
|      | 144  | Jon Brooke        | WSX          | M55       | rtd    |         |
|      | 87   | Dai Bedwell       | DVO          | M55       | w7 rtd |         |

### M55S 6.2km 170m

| Pos | No. | Name            | Club | Age Class | Time  | Behind |
|-----|-----|-----------------|------|-----------|-------|--------|
| 1st | 963 | Phil Murray     | INT  | M55       | 60:21 |        |
| 2nd | 168 | Ian Buxton      | TVOC | M55       | 71:10 | +10:49 |
| 3rd | 636 | Alan Hickling   | SAX  | M55       | 71:45 | +11:24 |
| 4th | 271 | Robert Cranston | RR   | M55       | 78:40 | +18:19 |
| 5th | 299 | James Cunnane   | TVOC | M55       | 79:17 | +18:56 |

# Lakes 5 day - Helsington Barrows

August 12, 2022

## EVENT RESULTS - PROVISIONAL

### M55S 6.2km 170m

| Pos  | No.  | Name            | Club  | Age Class | Time          | Behind |
|------|------|-----------------|-------|-----------|---------------|--------|
| 6th  | 864  | David Marsh     | SO    | M55       | <b>81:06</b>  | +20:45 |
| 7th  | 446  | Andrew French   | WIM   | M55       | <b>81:13</b>  | +20:52 |
| 8th  | 468  | Gerry Garvey    | BL    | M55       | <b>84:53</b>  | +24:32 |
| 9th  | 460  | Ian Gamlen      | COBOC | M55       | <b>91:24</b>  | +31:03 |
| 10th | 413  | Tim Field       | LOC   | M55       | <b>92:51</b>  | +32:30 |
| 11th | 1431 | Mark Wardle     | STAG  | M55       | <b>94:56</b>  | +34:35 |
| 12th | 1286 | Rach Stavert    | LOC   | W55       | <b>95:22</b>  | +35:01 |
| 13th | 927  | Derick Mercer   | BKO   | M55       | <b>98:51</b>  | +38:30 |
| 14th | 135  | Neil Bricknell  | SAX   | M55       | <b>99:23</b>  | +39:02 |
| 15th | 951  | Richard Morris  | SYO   | M55       | <b>120:04</b> | +59:43 |
| 16th | 674  | Terence Hosking | BKO   | M55       | <b>139:22</b> | +79:01 |
|      | 1315 | Andy Sykes      | DVO   | M55       | <b>w2</b>     |        |
|      | 332  | Steve Dempsey   | SYO   | M55       | <b>w1</b>     |        |
|      | 132  | John Brewer     | SROC  | M55       | <b>m1-2</b>   |        |
|      | 904  | Roy McGregor    | SROC  | M55       | <b>rtd</b>    |        |

### M60L 8.7km 250m

| Pos  | No.  | Name                     | Club            | Age Class | Time          | Behind |
|------|------|--------------------------|-----------------|-----------|---------------|--------|
| 1st  | 890  | Ian Maxwell              | RR              | M60       | <b>75:46</b>  |        |
| 2nd  | 990  | Ivo Novak                | OK 24 PRAHA     | M60       | <b>76:11</b>  | +0:25  |
| 3rd  | 388  | Jonathan Emberton        | EPOC            | M60       | <b>80:42</b>  | +4:56  |
| 4th  | 1384 | Keith Tonkin             | BL              | M60       | <b>80:43</b>  | +4:57  |
| 5th  | 568  | Kevin Harding            | HH              | M60       | <b>80:51</b>  | +5:05  |
| 6th  | 668  | Chris Hooker             | SO              | M60       | <b>82:57</b>  | +7:11  |
| 7th  | 834  | Gary Longhurst           | FVO             | M60       | <b>83:56</b>  | +8:10  |
| 8th  | 1513 | Richard Zeiner-Gundersen | Aker Brygge Ori | M60       | <b>89:47</b>  | +14:01 |
| 9th  | 471  | Simon George             | Big Foot        | M60       | <b>89:59</b>  | +14:13 |
| 10th | 253  | Steve Corrigan           | EBOR            | M60       | <b>91:42</b>  | +15:56 |
| 11th | 1137 | Andrew Ridgway           | NOC             | M60       | <b>92:35</b>  | +16:49 |
| 12th | 55   | Steve Bailey             | SN              | M60       | <b>95:50</b>  | +20:04 |
| 13th | 450  | Mike Frizzell            | BADO            | M60       | <b>97:30</b>  | +21:44 |
| 14th | 1044 | Brian Pearson            | QO              | M60       | <b>99:40</b>  | +23:54 |
| 15th | 1022 | Richard Oxlade           | ESOC            | M60       | <b>101:27</b> | +25:41 |
| 16th | 110  | Steve Blount             | SO              | M60       | <b>101:29</b> | +25:43 |
| 17th | 235  | Mark Collins             | DFOK            | M60       | <b>102:26</b> | +26:40 |
| 18th | 973  | Phil Newall              | KERNO           | M60       | <b>102:43</b> | +26:57 |
| 19th | 516  | Nick Green               | GO              | M60       | <b>103:09</b> | +27:23 |
| 20th | 472  | Jonathan Gilbert         | NOR             | M60       | <b>106:05</b> | +30:19 |
| 21st | 635  | Rob Hick                 | WSX             | M60       | <b>106:17</b> | +30:31 |
| 22nd | 106  | Russell Blatchford       | NC-N            | M60       | <b>109:10</b> | +33:24 |
| 23rd | 1416 | David Vincent            | DVO             | M60       | <b>110:04</b> | +34:18 |
| 24th | 844  | Alastair Mackenzie       | CLOK            | M60       | <b>110:13</b> | +34:27 |
| 25th | 1145 | Keith Roberts            | MAROC           | M60       | <b>111:29</b> | +35:43 |
| 26th | 1206 | Noel Schorah             | DEE             | M60       | <b>112:50</b> | +37:04 |
| 27th | 956  | Michael Muggeridge       | HAVOC           | M60       | <b>113:55</b> | +38:09 |
| 28th | 486  | Mike Goldthorpe          | SOC             | M60       | <b>114:14</b> | +38:28 |
| 29th | 1352 | Roger Thomas             | WCOC            | M60       | <b>125:22</b> | +49:36 |
| 30th | 137  | John Briggs              | BKO             | M60       | <b>126:08</b> | +50:22 |
| 31st | 1073 | Chris Poole              | TVOC            | M60       | <b>126:51</b> | +51:05 |
| 32nd | 102  | Stephen Bingham          | MDOC            | M60       | <b>127:00</b> | +51:14 |
| 33rd | 724  | Dorien James             | SMOC            | M60       | <b>132:04</b> | +56:18 |
| 34th | 370  | Sara Dyer                | BOF             | W60       | <b>164:12</b> | +88:26 |
| 35th | 658  | Janusz Holender          | TVOC            | M60       | <b>168:49</b> | +93:03 |
|      | 821  | Nicholas Lightfoot       | SYO             | M60       | <b>m6-15</b>  |        |
|      | 667  | Rini Hoogkamer           | NOR             | M60       | <b>w11</b>    |        |
|      | 1186 | Tony Rutter              | SROC            | M60       | <b>m8-14</b>  |        |
|      | 1031 | Dan Parker               | BL              | M60       | <b>w8 rtd</b> |        |



# Lakes 5 day - Helsington Barrows

August 12, 2022

## EVENT RESULTS - PROVISIONAL

### M60S 6.0km 185m

| Pos  | No.  | Name             | Club    | Age Class | Time          | Behind  |
|------|------|------------------|---------|-----------|---------------|---------|
| 1st  | 280  | Andy Creber      | NGOC    | M60       | <b>58:43</b>  |         |
| 2nd  | 755  | John Kay         | BAOC    | M60       | <b>59:27</b>  | +0:44   |
| 3rd  | 600  | Jan Haugland     | AARSTAD | M60       | <b>63:31</b>  | +4:48   |
| 4th  | 1510 | Andrew Yeates    | WCH     | M60       | <b>64:32</b>  | +5:49   |
| 5th  | 1297 | Andy Stott       | NGOC    | M60       | <b>65:24</b>  | +6:41   |
| 6th  | 870  | Ian Marshall     | AIRE    | M60       | <b>65:38</b>  | +6:55   |
| 7th  | 832  | Graham Lloyd     | EPOC    | M60       | <b>66:50</b>  | +8:07   |
| 8th  | 444  | Richard Freeman  | HH      | M60       | <b>69:45</b>  | +11:02  |
| 9th  | 54   | Rob Bailey       | CLOK    | M60       | <b>73:23</b>  | +14:40  |
| 10th | 185  | Graham Capper    | LOC     | M60       | <b>76:26</b>  | +17:43  |
| 11th | 142  | John Broadhead   | WRE     | M65       | <b>78:59</b>  | +20:16  |
| 12th | 294  | Richard Cummings | WCOC    | M60       | <b>80:14</b>  | +21:31  |
| 13th | 402  | Graham Farley    | LOC     | M60       | <b>83:14</b>  | +24:31  |
| 14th | 719  | Colin Jackson    | HAVOC   | M60       | <b>85:51</b>  | +27:08  |
| 15th | 857  | Rod Mansel       | SUFFOC  | M60       | <b>88:33</b>  | +29:50  |
| 16th | 1519 | Ian Byford       | HH      | M60       | <b>89:31</b>  | +30:48  |
| 17th | 1341 | Ian Teasdale     | WCOC    | M60       | <b>93:00</b>  | +34:17  |
| 18th | 83   | Graham Batty     | HAVOC   | M60       | <b>95:31</b>  | +36:48  |
| 19th | 309  | Kenneth Daly     | INT     | M60       | <b>95:37</b>  | +36:54  |
| 20th | 178  | Ewan Cameron     | MAROC   | M60       | <b>96:06</b>  | +37:23  |
| 21st | 1181 | Simon Rowlett    | MV      | M60       | <b>96:23</b>  | +37:40  |
| 22nd | 500  | Neil Gostick     | HH      | M60       | <b>107:21</b> | +48:38  |
| 23rd | 978  | David Nichol     | AYROC   | M60       | <b>120:28</b> | +61:45  |
| 24th | 285  | Simon Crocker    | DEE     | M60       | <b>122:49</b> | +64:06  |
| 25th | 1141 | Gerard Riley     | POTOC   | M60       | <b>175:42</b> | +116:59 |
|      | 407  | Stephen Fellbaum | LOC     | M60       | <b>m1-9</b>   |         |
|      | 18   | Neil Adams       | WCH     | M60       | <b>m3</b>     |         |
|      | 608  | Graham Heap      | MDOC    | M60       | <b>m9-11</b>  |         |

### M65L 7.3km 225m

| Pos  | No.  | Name                | Club          | Age Class | Time         | Behind |
|------|------|---------------------|---------------|-----------|--------------|--------|
| 1st  | 544  | Peter Haines        | AIRE          | M65       | <b>69:56</b> |        |
| 2nd  | 762  | Christopher Kelsey  | BOK           | M65       | <b>70:17</b> | +0:21  |
| 3rd  | 19   | Paul Addison        | DVO           | M65       | <b>70:26</b> | +0:30  |
| 4th  | 120  | Paul Bradbury       | SYO           | M65       | <b>74:50</b> | +4:54  |
| 5th  | 1307 | Takashi Sugiyama    | Sans Souci    | M65       | <b>75:09</b> | +5:13  |
| 6th  | 92   | Mike Bennett        | HH            | M65       | <b>75:48</b> | +5:52  |
| 7th  | 591  | Neil Harvatt        | HALO          | M65       | <b>77:13</b> | +7:17  |
| 8th  | 396  | Andrew Evans        | DFOK          | M65       | <b>77:21</b> | +7:25  |
| 9th  | 375  | Barry Elkington     | OD            | M65       | <b>77:40</b> | +7:44  |
| 10th | 391  | Are Eriksen         | OSI           | M65       | <b>78:16</b> | +8:20  |
| 11th | 814  | Andrew Lewsley      | BL            | M65       | <b>78:45</b> | +8:49  |
| 12th | 311  | Charles Daniel      | BOK           | M65       | <b>79:14</b> | +9:18  |
| 13th | 340  | Ian Ditchfield      | MV            | M65       | <b>80:44</b> | +10:48 |
| 14th | 337  | Colin Dickson       | BAOC          | M65       | <b>81:07</b> | +11:11 |
| 15th | 452  | Derek Fryer         | LOC           | M65       | <b>82:23</b> | +12:27 |
| 16th | 371  | Stephen Eastley     | BL            | M65       | <b>83:03</b> | +13:07 |
| 17th | 526  | Mikhail Gryaznevich | TVOC          | M65       | <b>83:30</b> | +13:34 |
| 18th | 367  | Paul Duley          | GRAMP         | M65       | <b>83:36</b> | +13:40 |
| 19th | 183  | Nick Campbell       | DEE           | M65       | <b>84:08</b> | +14:12 |
| 20th | 1106 | Andrew Quickfall    | SROC          | M65       | <b>84:21</b> | +14:25 |
| 21st | 1482 | Richard Wilson      | AIRE          | M65       | <b>84:33</b> | +14:37 |
| 22nd | 1152 | Andy Robinson       | LOC           | M65       | <b>85:09</b> | +15:13 |
| 23rd | 205  | Mark Chapman        | SYO           | M55       | <b>85:34</b> | +15:38 |
| 24th | 1096 | Paul Prudhoe        | Central Coast | M65       | <b>85:43</b> | +15:47 |
| 25th | 1272 | Mike Snell          | ERYRI         | M65       | <b>87:15</b> | +17:19 |
| 26th | 82   | Paul Basher         | HOC           | M65       | <b>90:13</b> | +20:17 |
| 27th | 1423 | Alan Wallis         | SN            | M65       | <b>91:54</b> | +21:58 |

# Lakes 5 day - Helsington Barrows

August 12, 2022

## EVENT RESULTS - PROVISIONAL

### M65L 7.3km 225m

| Pos  | No.  | Name              | Club        | Age Class | Time   | Behind |
|------|------|-------------------|-------------|-----------|--------|--------|
| 28th | 228  | Matthew Cochrane  | SROC        | M65       | 92:54  | +22:58 |
| 29th | 676  | Joe House         | SO          | M65       | 93:03  | +23:07 |
| 30th | 519  | Simon Greenwood   | SAX         | M65       | 94:21  | +24:25 |
| 31st | 202  | Dave Chapman      | SN          | M65       | 94:57  | +25:01 |
| 32nd | 1330 | Adrian Taylor     | DEVON       | M65       | 97:58  | +28:02 |
| 33rd | 114  | Jean-Luc Boelle   | Club COOL   | M65       | 99:07  | +29:11 |
| 34th | 1503 | Gavin Wyatt-Mair  | Bay Area OC | M65       | 99:33  | +29:37 |
| 35th | 1143 | David Roach       | SLOW        | M65       | 101:21 | +31:25 |
| 36th | 1468 | Paul Williams     | LOC         | M65       | 101:37 | +31:41 |
| 37th | 172  | Ian Byrne         | SMOC        | M65       | 106:23 | +36:27 |
| 38th | 750  | Peter Jones       | AIRE        | M65       | 110:53 | +40:57 |
| 39th | 435  | Peter Foster      | BOK         | M65       | 111:08 | +41:12 |
| 40th | 80   | Richard Bartlett  | LOC         | M65       | 112:36 | +42:40 |
| 41st | 1151 | Steve Robertson   | QO          | M65       | 117:31 | +47:35 |
| 42nd | 1466 | Glyn Williams     | WIGHTO      | M65       | 118:24 | +48:28 |
| 43rd | 892  | Nicholas Maxwell  | DEVON       | M65       | 125:52 | +55:56 |
| 44th | 830  | Richard Llewellyn | NOC         | M65       | 144:25 | +74:29 |
|      | 151  | Bruce Bryant      | OD          | M65       | m4-7   |        |
|      | 399  | Richard Evans     | BL          | M65       | m8-12  |        |

### M65S 4.9km 165m

| Pos  | No.  | Name             | Club   | Age Class | Time   | Behind  |
|------|------|------------------|--------|-----------|--------|---------|
| 1st  | 512  | Martin Green     | MDOC   | M65       | 51:20  |         |
| 2nd  | 541  | Gunnar Gytri     | Førde  | M65       | 56:14  | +4:54   |
| 3rd  | 1391 | Charlie Turner   | SLOW   | M65       | 60:18  | +8:58   |
| 4th  | 992  | Liam O'Brien     | CORK O | M65       | 64:38  | +13:18  |
| 5th  | 986  | Philip Nichols   | BL     | M65       | 72:08  | +20:48  |
| 6th  | 170  | Russell Buxton   | DVO    | M65       | 72:11  | +20:51  |
| 7th  | 704  | Jonathan Hurford | BOK    | M65       | 72:57  | +21:37  |
| 8th  | 1057 | Kevin Pickering  | WIM    | M65       | 73:51  | +22:31  |
| 9th  | 1081 | Martin Powell    | LOC    | M70       | 78:54  | +27:34  |
| 10th | 1279 | Eddie Speak      | MDOC   | M65       | 79:51  | +28:31  |
| 11th | 641  | Bob Hill         | RAFO   | M65       | 83:48  | +32:28  |
| 12th | 659  | Geoffrey Hollins | POTOC  | M65       | 84:00  | +32:40  |
| 13th | 1170 | David Rosen      | SROC   | M65       | 84:03  | +32:43  |
| 14th | 1198 | Howard Sawyer    | AIRE   | M65       | 84:32  | +33:12  |
| n/c  | 1502 | Selwyn Wright    | LOC    | M65       | 86:28  |         |
| 15th | 1102 | Jerry Purkis     | LOC    | M65       | 90:39  | +39:19  |
| 16th | 903  | Ted McDonald     | BOK    | M75       | 96:47  | +45:27  |
| 17th | 563  | David Hanstock   | BOK    | M65       | 97:38  | +46:18  |
| 18th | 1623 | Richard Hughes   | DEE    | M65       | 99:02  | +47:42  |
| 19th | 1187 | Arun Sahni       | SYO    | M65       | 104:42 | +53:22  |
| 20th | 494  | Richard Goodwin  | WCOC   | M65       | 108:11 | +56:51  |
| 21st | 313  | David Dann       | MDOC   | M65       | 109:01 | +57:41  |
| 22nd | 999  | Peter O'Connell  | EBOR   | M65       | 192:22 | +141:02 |
|      | 1369 | Paul Tickner     | WCOC   | M65       | m1     |         |
|      | 1283 | Alan Starling    | NGOC   | M65       | rtd    |         |

### M70L 6.2km 170m

| Pos | No.  | Name              | Club    | Age Class | Time  | Behind |
|-----|------|-------------------|---------|-----------|-------|--------|
| 1st | 177  | Christopher Calow | DEE     | M70       | 55:40 |        |
| 2nd | 521  | Bjørn Grinde      | Geoform | M70       | 56:21 | +0:41  |
| 3rd | 356  | Bob Dredge        | WCOC    | M70       | 60:26 | +4:46  |
| 4th | 1456 | Steve Whitehead   | EBOR    | M70       | 61:03 | +5:23  |
| 5th | 495  | Peter Gorvett     | SYO     | M75       | 64:30 | +8:50  |
| 6th | 1234 | John Simmons      | BOK     | M70       | 64:52 | +9:12  |
| 7th | 1337 | John Taylor       | SROC    | M70       | 66:02 | +10:22 |

# Lakes 5 day - Helsington Barrows

August 12, 2022

## EVENT RESULTS - PROVISIONAL

### M70L 6.2km 170m

| Pos  | No.  | Name             | Club   | Age Class | Time   | Behind |
|------|------|------------------|--------|-----------|--------|--------|
| 8th  | 1168 | Martyn Roome     | SROC   | M70       | 66:20  | +10:40 |
| 9th  | 1471 | Alan Williamson  | SO     | M70       | 66:52  | +11:12 |
| 10th | 479  | Mark Glaisher    | SAX    | M70       | 68:01  | +12:21 |
| 11th | 1363 | Tony Thornley    | AIRE   | M70       | 68:44  | +13:04 |
| 12th | 1269 | Mike Smithard    | DEE    | M70       | 69:04  | +13:24 |
| 13th | 736  | Paul Johnson     | BL     | M70       | 71:50  | +16:10 |
| 14th | 739  | Ray Johnstone    | WCOC   | M70       | 72:24  | +16:44 |
| 15th | 141  | John Britton     | MDOC   | M70       | 72:50  | +17:10 |
| 16th | 596  | Eddie Harwood    | MOR    | M70       | 72:55  | +17:15 |
| 17th | 394  | Cliff Etherden   | LOC    | M70       | 73:10  | +17:30 |
| 18th | 1523 | Richard Payne    | EPOC   | M70       | 75:01  | +19:21 |
| 19th | 773  | David Kingdon    | SAX    | M70       | 76:34  | +20:54 |
| 20th | 484  | Mike Godfree     | DVO    | M70       | 77:18  | +21:38 |
| 21st | 1006 | Tim O'Donoghue   | SOLWAY | M70       | 77:47  | +22:07 |
| 22nd | 307  | Leslie Dalglish  | ESOC   | M70       | 79:31  | +23:51 |
| 23rd | 638  | Colin Hicks      | SOC    | M70       | 79:49  | +24:09 |
| 24th | 1302 | Robin Strain     | ELO    | M70       | 80:00  | +24:20 |
| 25th | 1463 | Keith Willdig    | OD     | M70       | 80:37  | +24:57 |
| 26th | 837  | Roger Lott       | AIRE   | M70       | 80:38  | +24:58 |
| 27th | 108  | Axel Blomquist   | SN     | M70       | 81:45  | +26:05 |
| 28th | 1486 | Mike Wimpenny    | DEVON  | M70       | 82:59  | +27:19 |
| 29th | 586  | John Harrison    | BADO   | M75       | 83:35  | +27:55 |
| 30th | 1521 | Brian Bullen     | FVO    | M70       | 87:24  | +31:44 |
| 31st | 967  | John Nash        | LOC    | M70       | 90:03  | +34:23 |
| 32nd | 1264 | Roger Smith      | LOC    | M70       | 90:16  | +34:36 |
| 33rd | 863  | Dave Marr        | OD     | M70       | 93:01  | +37:21 |
| 34th | 523  | Philip Gristwood | MV     | M70       | 93:49  | +38:09 |
| 35th | 547  | Norman Hall      | DEE    | M70       | 95:09  | +39:29 |
| 36th | 643  | Mike Hind        | CLARO  | M70       | 97:35  | +41:55 |
| 37th | 138  | Simon Brister    | DVO    | M70       | 98:44  | +43:04 |
| 38th | 1327 | Paul Taunton     | NGOC   | M70       | 100:30 | +44:50 |
| 39th | 935  | Andrew Middleton | DVO    | M70       | 102:28 | +46:48 |
| 40th | 742  | Glyn Jones       | SOLWAY | M70       | 110:51 | +55:11 |
| 41st | 379  | Mike Elliot      | MV     | M70       | 111:21 | +55:41 |
| 42nd | 283  | Neil Croasdell   | EPOC   | M70       | 111:42 | +56:02 |
| 43rd | 1397 | Mike Turner      | SO     | M70       | 112:36 | +56:56 |
| 44th | 126  | Robert Brandon   | OD     | M70       | 113:34 | +57:54 |
| 45th | 1177 | Stephen Round    | SELOC  | M70       | 127:57 | +72:17 |
|      | 322  | Roy Dawson       | NATO   | M70       | w1     |        |
|      | 1285 | Stefan Stasiuk   | BKO    | M70       | m8-9   |        |
|      | 70   | Bob Barnby       | WCOC   | M70       | m10-11 |        |
|      | 68   | Tom Barkas       | LOC    | M70       | m6-10  |        |
|      | 314  | Allan Darwell    | BOK    | M70       | m5-11  |        |

### M70S 3.1km 110m

| Pos  | No.  | Name              | Club  | Age Class | Time  | Behind |
|------|------|-------------------|-------|-----------|-------|--------|
| 1st  | 90   | Andrew Bell       | BL    | M70       | 36:17 |        |
| 2nd  | 323  | David Day         | CLARO | M70       | 36:37 | +0:20  |
| 3rd  | 173  | Hedley Calderbank | HH    | M70       | 37:04 | +0:47  |
| 4th  | 1576 | Paul Simmons      | HALO  | M70       | 37:52 | +1:35  |
| 5th  | 1099 | Nicholas Pugh     | SOS   | M70       | 38:15 | +1:58  |
| 6th  | 528  | Peter Guillaume   | SYO   | M70       | 39:12 | +2:55  |
| 7th  | 831  | David Lloyd       | LOC   | M70       | 40:32 | +4:15  |
| 8th  | 1101 | John Pullin       | LOC   | M70       | 50:31 | +14:14 |
| 9th  | 100  | Michael Bickle    | WAOC  | M70       | 50:52 | +14:35 |
| 10th | 1331 | Don Taylor        | MDOC  | M70       | 52:53 | +16:36 |
| 11th | 1424 | Dave Walton       | LOC   | M70       | 55:27 | +19:10 |
| 12th | 869  | Bruce Marshall    | WAOC  | M70       | 58:22 | +22:05 |

# Lakes 5 day - Helsington Barrows

August 12, 2022

## EVENT RESULTS - PROVISIONAL

### M70S 3.1km 110m

| Pos  | No.  | Name                | Club | Age Class | Time  | Behind |
|------|------|---------------------|------|-----------|-------|--------|
| 13th | 1157 | Ian Robson          | EBOR | M70       | 80:34 | +44:17 |
|      | 987  | Stephen Nightingale | HOC  | M70       | m1-4  |        |
|      | 1451 | Jon Wheatcroft      | TVOC | M70       | m1    |        |

### M75L 4.1km 135m

| Pos  | No.  | Name                  | Club   | Age Class | Time   | Behind  |
|------|------|-----------------------|--------|-----------|--------|---------|
| n/c  | 362  | Samuel Drinkwater     | MDOC   | M21       | 31:06  |         |
| 1st  | 1027 | David Palmer          | BOK    | M75       | 41:02  |         |
| 2nd  | 782  | Julian Lailey         | SROC   | M75       | 46:52  | +5:50   |
| 3rd  | 1270 | Phil Smithard         | KFO    | M75       | 48:31  | +7:29   |
| 4th  | 1552 | Simon Cane            | LOC    | M75       | 52:41  | +11:39  |
| 5th  | 29   | David Arnot           | COBOC  | M75       | 53:14  | +12:12  |
| 6th  | 1094 | Jim Prowting          | TVOC   | M75       | 54:08  | +13:06  |
| 7th  | 920  | Dave McQuillen        | SOLWAY | M75       | 54:15  | +13:13  |
| 8th  | 368  | Tony Duncan           | WCOC   | M75       | 55:42  | +14:40  |
| n/c  | 1570 | James Bedwell         | DVO    | M20       | 55:47  |         |
| 9th  | 187  | Peter Carey           | OD     | M75       | 56:52  | +15:50  |
| 10th | 363  | Colin Drury           | SYO    | M75       | 58:00  | +16:58  |
| 11th | 96   | Colin Best            | SYO    | M75       | 59:35  | +18:33  |
| 12th | 175  | Mike Callow           | WRE    | M80       | 61:07  | +20:05  |
| 13th | 722  | Paul Jackson          | EPOC   | M75       | 62:56  | +21:54  |
| 14th | 968  | Dave Neild            | LOC    | M75       | 63:54  | +22:52  |
| 15th | 254  | Ian Couch             | EPOC   | M75       | 64:25  | +23:23  |
| 16th | 775  | Chris Kirkham         | MDOC   | M75       | 65:11  | +24:09  |
| 17th | 1038 | Garry Parmenter       | HAVOC  | M75       | 66:15  | +25:13  |
| 18th | 991  | John Nuttall          | SELOC  | M75       | 66:37  | +25:35  |
| 19th | 958  | Alan Mullock          | DEE    | M75       | 69:53  | +28:51  |
| 20th | 277  | George Crawford-Smith | PFO    | M75       | 69:57  | +28:55  |
| 21st | 1182 | Malcolm Ruckledge     | WCOC   | M75       | 70:32  | +29:30  |
| 22nd | 962  | Denis Murphy          | DEE    | M75       | 70:35  | +29:33  |
| 23rd | 1046 | Ian Peirce            | SARUM  | M75       | 75:11  | +34:09  |
| 24th | 588  | Brian Hart            | SARUM  | M75       | 86:24  | +45:22  |
| 25th | 1505 | Brian Yates           | ESOC   | M75       | 91:54  | +50:52  |
| 26th | 1237 | Alan Simpson          | CLOK   | M75       | 92:03  | +51:01  |
| 27th | 876  | Henry Marston         | SYO    | M75       | 92:12  | +51:10  |
| 28th | 1149 | Trevor Roberts        | MDOC   | M75       | 104:40 | +63:38  |
| 29th | 1253 | Brian Slater          | HALO   | M75       | 142:37 | +101:35 |
|      | 824  | Roy Lindsell          | EPOC   | M75       | m6-8   |         |
|      | 1442 | Ian Watson            | MDOC   | M75       | w7     |         |
|      | 1211 | Roger Scrutton        | ESOC   | M75       | m7     |         |
|      | 372  | Douglas Edwards       | MDOC   | M75       | m3-8   |         |
|      | 1105 | Ian Pyrah             | ESOC   | M75       | m6-8   |         |

### M75S 3.1km 110m

| Pos  | No.  | Name             | Club  | Age Class | Time  | Behind |
|------|------|------------------|-------|-----------|-------|--------|
| 1st  | 1257 | Andrew Smith     | LOC   | M75       | 32:51 |        |
| 2nd  | 1469 | Rod Williams     | HALO  | M75       | 38:58 | +6:07  |
| 3rd  | 1024 | John Padget      | DEE   | M75       | 39:59 | +7:08  |
| 4th  | 1247 | Dave Skidmore    | DVO   | M75       | 42:52 | +10:01 |
| 5th  | 433  | Robert Forster   | NGOC  | M75       | 43:27 | +10:36 |
| 6th  | 1501 | Raymond Wren     | BL    | M75       | 45:40 | +12:49 |
| 7th  | 937  | Geoffrey Millan  | MDOC  | M75       | 47:21 | +14:30 |
| 8th  | 248  | Mike Cope        | CLARO | M75       | 49:58 | +17:07 |
| 9th  | 1294 | Ken Stimson      | NWO   | M75       | 54:15 | +21:24 |
| 10th | 1090 | Roger Pring      | SAX   | M75       | 55:06 | +22:15 |
| 11th | 577  | Roger Hargreaves | KERNO | M75       | 55:26 | +22:35 |
| 12th | 642  | Peter Hills      | DEE   | M75       | 58:06 | +25:15 |

# Lakes 5 day - Helsington Barrows

August 12, 2022

## EVENT RESULTS - PROVISIONAL

### M75S 3.1km 110m

| Pos  | No.  | Name          | Club  | Age Class | Time  | Behind |
|------|------|---------------|-------|-----------|-------|--------|
| 13th | 1511 | Peter Yoxall  | POTOC | M75       | 71:07 | +38:16 |
| 14th | 384  | Bob Elmes     | DEE   | M75       | 78:41 | +45:50 |
| 15th | 215  | Richard Clark | EBOR  | M75       | 82:01 | +49:10 |
|      | 456  | Philip Gager  | SROC  | M75       | m5    |        |

### M80 3.1km 110m

| Pos  | No.  | Name             | Club        | Age Class | Time  | Behind |
|------|------|------------------|-------------|-----------|-------|--------|
| 1st  | 621  | Keith Henderson  | WIM         | M80       | 39:19 |        |
| 2nd  | 706  | Frank Ince       | SWOC        | M80       | 41:38 | +2:19  |
| 3rd  | 60   | Basil Baldwin    | GOLDSEEKERS | M80       | 42:51 | +3:32  |
| 4th  | 163  | Steve Burge      | LOC         | M80       | 44:13 | +4:54  |
| 5th  | 852  | Roger Maher      | SO          | M80       | 45:41 | +6:22  |
| 6th  | 1246 | Trevor Simpson   | OD          | M80       | 49:01 | +9:42  |
| 7th  | 1413 | Robert Verity    | DEE         | M80       | 50:15 | +10:56 |
| 8th  | 401  | Mike Fairburn    | PFO         | M80       | 57:08 | +17:49 |
| 9th  | 1009 | Jeremy Oldershaw | SAX         | M80       | 63:14 | +23:55 |
| 10th | 1184 | John Russell     | SOS         | M80       | 67:57 | +28:38 |
| 11th | 1458 | Dick Whitworth   | BL          | M80       | 71:36 | +32:17 |
| 12th | 954  | Richard Moss     | BL          | M80       | 73:57 | +34:38 |
| 13th | 630  | Alan Heppenstall | LOC         | M80       | 85:38 | +46:19 |

### M85 3.1km 110m

| Pos | No. | Name             | Club | Age Class | Time  | Behind |
|-----|-----|------------------|------|-----------|-------|--------|
| 1st | 738 | Stanley Johnston | LOC  | M85       | 60:17 |        |
| 2nd | 942 | Donald Moir      | LEI  | M85       | 89:42 | +29:25 |

### W10A 3.5km 75m

| Pos  | No.  | Name             | Club  | Age Class | Time  | Behind |
|------|------|------------------|-------|-----------|-------|--------|
| 1st  | 708  | Hannah Inman     | FVO   | W10       | 26:01 |        |
| 2nd  | 1382 | Maisie Todhunter | SROC  | W10       | 27:54 | +1:53  |
| 3rd  | 1076 | Alys Powell      | WAOC  | W10       | 31:39 | +5:38  |
| 4th  | 661  | Sola Holmes      | WCOC  | W10       | 34:34 | +8:33  |
| 5th  | 47   | Jessica Atkinson | LOC   | W10       | 34:40 | +8:39  |
| 6th  | 219  | Helena Clarke    | NGOC  | W10       | 40:14 | +14:13 |
| 7th  | 261  | Elysia Cowe      | WAOC  | W10       | 40:16 | +14:15 |
| 8th  | 665  | Lucy Holt        | SYO   | W10       | 42:46 | +16:45 |
| 9th  | 487  | Lulu Gooding     | SOS   | W10       | 44:30 | +18:29 |
| 10th | 474  | Martha Gilbert   | DEVON | W10       | 48:01 | +22:00 |

### W10B 1.6km 30m

| Pos | No.  | Name        | Club | Age Class | Time  | Behind |
|-----|------|-------------|------|-----------|-------|--------|
| 1st | 1078 | Hana Powell | WAOC | W10       | 33:43 |        |

### W12A 3.6km 50m

| Pos | No.  | Name           | Club  | Age Class | Time  | Behind |
|-----|------|----------------|-------|-----------|-------|--------|
| 1st | 1062 | Eden Pigott    | POTOC | W12       | 25:08 |        |
| 2nd | 445  | Alice French   | WIM   | W12       | 27:22 | +2:14  |
| 3rd | 236  | Eilidh Connor  | FVO   | W12       | 28:49 | +3:41  |
| 4th | 156  | Bethan Buckley | AIRE  | W12       | 29:15 | +4:07  |
| 5th | 204  | Hannah Chapma  | SYO   | W12       | 32:17 | +7:09  |
| 6th | 681  | Anna Howard    | MOR   | W12       | 37:17 | +12:09 |
| 7th | 203  | Emma Chapman   | SO    | W12       | 41:53 | +16:45 |
| 8th | 221  | Sadie Clarke   | NGOC  | W12       | 42:15 | +17:07 |

# Lakes 5 day - Helsington Barrows

August 12, 2022

## EVENT RESULTS - PROVISIONAL

### W12B 3.5km 75m

| Pos | No. | Name          | Club  | Age Class | Time  | Behind |
|-----|-----|---------------|-------|-----------|-------|--------|
| 1st | 475 | Poppy Gilbert | DEVON | W12       | 38:56 |        |
| 2nd | 689 | Holly Howe    | SAX   | W12       | 44:33 | +5:37  |

### W14A 4.2km 85m

| Pos  | No.  | Name                     | Club  | Age Class | Time  | Behind |
|------|------|--------------------------|-------|-----------|-------|--------|
| 1st  | 556  | Rebecca Hammond          | FVO   | W14       | 38:49 |        |
| 2nd  | 921  | Eskarina Medlock         | WSX   | W14       | 40:35 | +1:46  |
| 3rd  | 759  | Esme Kelly               | FVO   | W14       | 41:23 | +2:34  |
| 4th  | 157  | Katie Buckley            | AIRE  | W14       | 42:47 | +3:58  |
| 5th  | 895  | Rebecca Mayes            | CLOK  | W14       | 45:10 | +6:21  |
| 6th  | 684  | Sophie Howard            | MOR   | W14       | 45:50 | +7:01  |
| 7th  | 275  | Sophie Crawford          | WCOC  | W14       | 49:27 | +10:38 |
| 8th  | 1379 | Ellie Todhunter          | SROC  | W14       | 51:59 | +13:10 |
| 9th  | 1251 | Charlotte Slade          | SN    | W14       | 53:07 | +14:18 |
| 10th | 1543 | Rosie McNamara           | AYROC | W14       | 55:38 | +16:49 |
| 11th | 201  | Charlotte Chapman        | SYO   | W14       | 56:43 | +17:54 |
| 12th | 848  | Emily MacPherson-Littler | SROC  | W14       | 64:41 | +25:52 |
| 13th | 646  | Libby Hinshelwood        | WAOC  | W14       | 65:06 | +26:17 |
| 14th | 44   | Emily Atkinson           | ELO   | W14       | 72:07 | +33:18 |
| 15th | 721  | Lottie Jackson           | DEVON | W14       | 75:52 | +37:03 |
| 16th | 458  | Maria Gaines             | BL    | W14       | 78:15 | +39:26 |
| 17th | 1239 | Ellen Simpson            | LEI   | W14       | 84:34 | +45:45 |

### W14B 3.6km 50m

| Pos | No. | Name              | Club | Age Class | Time  | Behind |
|-----|-----|-------------------|------|-----------|-------|--------|
| 1st | 995 | Eadie O'Callaghan | CLOK | W14       | 76:21 |        |

### W16A 6.0km 185m

| Pos  | No.  | Name               | Club | Age Class | Time   | Behind |
|------|------|--------------------|------|-----------|--------|--------|
| 1st  | 923  | Lyra Medlock       | WSX  | W16       | 50:11  |        |
| 2nd  | 913  | Kate McLuckie      | MOR  | W16       | 55:57  | +5:46  |
| 3rd  | 1388 | Freya Tryner       | SYO  | W16       | 59:08  | +8:57  |
| 4th  | 447  | Grace French       | WIM  | W16       | 61:12  | +11:01 |
| 5th  | 1127 | Daisy Rennie       | WCOC | W16       | 62:24  | +12:13 |
| 6th  | 1356 | Amelia Thompson    | LOC  | W16       | 63:34  | +13:23 |
| 7th  | 884  | Cate Matthew       | SROC | W16       | 67:38  | +17:27 |
| 8th  | 761  | Scarlett Kelly     | FVO  | W14       | 69:03  | +18:52 |
| 9th  | 1425 | Jessica Ward       | NGOC | W16       | 73:12  | +23:01 |
| 10th | 1374 | Anna Todd          | SYO  | W14       | 79:39  | +29:28 |
| 11th | 317  | Hebe Darwin        | WAOC | W16       | 84:30  | +34:19 |
| 12th | 700  | Eva Humphreys      | WCOC | W16       | 90:18  | +40:07 |
| 13th | 489  | Taylor Gooding     | SOS  | W16       | 93:56  | +43:45 |
| 14th | 645  | Katy Hinshelwood   | WAOC | W16       | 95:52  | +45:41 |
| 15th | 623  | Katie Hensman      | FVO  | W16       | 96:33  | +46:22 |
| 16th | 510  | Chloe Green        | NATO | W16       | 97:07  | +46:56 |
| 17th | 457  | Isabel Gaines      | BL   | W16       | 98:21  | +48:10 |
| 18th | 1068 | Madeleine Pitcher  | DFOK | W16       | 100:17 | +50:06 |
| 19th | 996  | Kendal O'Callaghan | CLOK | W16       | 112:57 | +62:46 |

### W16B 4.2km 85m

| Pos | No. | Name           | Club | Age Class | Time | Behind |
|-----|-----|----------------|------|-----------|------|--------|
|     | 695 | Gabriela Hoyle | PFO  | W16       | rtd  |        |

# Lakes 5 day - Helsington Barrows

August 12, 2022

## EVENT RESULTS - PROVISIONAL

### W18L 6.0km 185m

| Pos | No.  | Name               | Club  | Age Class | Time  | Behind |
|-----|------|--------------------|-------|-----------|-------|--------|
| 1st | 147  | Laura Brown        | LOC   | W18       | 49:26 |        |
| 2nd | 1312 | Issy Sunley        | WCOC  | W18       | 58:40 | +9:14  |
| 3rd | 1545 | Daisy May McNamara | AYROC | W18       | 58:44 | +9:18  |
| 4th | 273  | Emma Crawford      | WCOC  | W18       | 73:06 | +23:40 |
| 5th | 800  | Amy Lee-Jones      | BOK   | W18       | 74:51 | +25:25 |
| 6th | 624  | Lucy Hensman       | FVO   | W18       | 84:57 | +35:31 |

### W18S 4.9km 165m

| Pos | No. | Name            | Club | Age Class | Time  | Behind |
|-----|-----|-----------------|------|-----------|-------|--------|
| 1st | 133 | Ffion Bricknell | SAX  | W18       | 68:35 |        |

### W20L 6.0km 185m

| Pos | No.  | Name             | Club    | Age Class | Time  | Behind |
|-----|------|------------------|---------|-----------|-------|--------|
| 1st | 612  | Scarlet Heap     | SO      | W20       | 51:16 |        |
| 2nd | 1430 | Rebecca Ward     | NGOC    | W20       | 56:22 | +5:06  |
| 3rd | 1036 | Lois Parker      | OUOC    | W20       | 57:37 | +6:21  |
| 4th | 1231 | Ellie Simmonds   | LOC     | W20       | 60:04 | +8:48  |
| 5th | 752  | Sophie Jones     | UBOC    | W20       | 63:21 | +12:05 |
| 6th | 1404 | Zoë Tyner        | Setanta | W20       | 65:10 | +13:54 |
| 7th | 443  | Hannah Freeman   | HH      | W20       | 69:57 | +18:41 |
| 8th | 378  | Alex Elliot      | SYO     | W20       | 77:36 | +26:20 |
| 9th | 650  | Isabelle Hodgson | SYO     | W20       | 77:48 | +26:32 |
|     | 649  | Claudine Hodgson | SYO     | W20       | m6-9  |        |

### W20S 4.9km 165m

| Pos | No.  | Name       | Club | Age Class | Time  | Behind |
|-----|------|------------|------|-----------|-------|--------|
| 1st | 1444 | Emma Weave |      | W20       | 93:50 |        |

### W21L 9.0km 280m

| Pos  | No.  | Name                | Club          | Age Class | Time   | Behind |
|------|------|---------------------|---------------|-----------|--------|--------|
| 1st  | 159  | Fiona Bunn          | EUOC          | W21       | 59:46  |        |
| 2nd  | 891  | Kirstin Maxwell     | RR            | W21       | 70:43  | +10:57 |
| 3rd  | 633  | Heather Heppenstall | LOC           | W40       | 71:34  | +11:48 |
| 4th  | 1161 | Sarah Rollins       | SN            | W45       | 73:20  | +13:34 |
| 5th  | 1381 | Lucie Todhunter     | SROC          | W40       | 75:09  | +15:23 |
| 6th  | 503  | Laura Goy           | SYO           | W35       | 81:05  | +21:19 |
| 7th  | 326  | Camilla Delenne     | ACA           | W21       | 83:13  | +23:27 |
| 8th  | 1010 | Alison O'Neil       | ESOC          | W35       | 85:55  | +26:09 |
| 9th  | 16   | Louise Adams        | EUOC          | W21       | 88:09  | +28:23 |
| 10th | 1408 | Iben Valery         | TISVILDE HEGN | W21       | 88:13  | +28:27 |
| 11th | 1224 | Rozy Shepherd       | INVOC         | W21       | 91:21  | +31:35 |
| 12th | 327  | Joanna Delenne      | ACA           | W21       | 92:27  | +32:41 |
| 13th | 741  | Georgia Jones       | LOK           | W21       | 94:09  | +34:23 |
| 14th | 506  | Zoe Graham          | SOLWAY        | W21       | 102:07 | +42:21 |
| 15th | 1438 | Saskia Warren       | NN            | W21       | 105:45 | +45:59 |
| 16th | 1229 | Tamla Short         | WCH           | W21       | 106:00 | +46:14 |
| 17th | 597  | Hannah Hateley      | DEE           | W21       | 106:27 | +46:41 |
| 18th | 565  | Helen Hanstock      | BOK           | W21       | 115:15 | +55:29 |
| 19th | 751  | Saskia Jones        | SWOC          | W21       | 119:22 | +59:36 |
| 20th | 478  | Jasmine Girdlestone | WCOC          | W21       | 138:41 | +78:55 |
| 21st | 997  | Annie Ockenden      | OD            | W21       | 147:51 | +88:05 |
|      | 451  | Alison Fryer        | MDOC          | W21       | m8-13  |        |
|      | 412  | Julie Ferris-Worth  | BL            | W55       | m7-14  |        |
|      | 97   | Stepanka Betkova    | Ori-Mondego   | W35       | w10    |        |

# Lakes 5 day - Helsington Barrows

August 12, 2022

## EVENT RESULTS - PROVISIONAL

### W21L 9.0km 280m

| Pos | No.  | Name         | Club | Age Class | Time         | Behind |
|-----|------|--------------|------|-----------|--------------|--------|
|     | 118  | Kate Boshier | UBOC | W21       | <b>m9-15</b> |        |
|     | 1056 | Jo Pickering | WIM  | W21       | <b>rtd</b>   |        |

### W21S 4.9km 165m

| Pos  | No.  | Name             | Club             | Age Class | Time          | Behind  |
|------|------|------------------|------------------|-----------|---------------|---------|
| 1st  | 1138 | Alice Rigby      | CLOK             | W21       | <b>42:37</b>  |         |
| 2nd  | 766  | Anna Kindlundh   | Södertälje-Nykva | W21       | <b>46:44</b>  | +4:07   |
| 3rd  | 429  | Mary Fleming     | SYO              | W21       | <b>50:25</b>  | +7:48   |
| 4th  | 502  | Agathe Gourrat   | ACA              | W21       | <b>54:51</b>  | +12:14  |
| 5th  | 1417 | Emma Vincent     | DVO              | W21       | <b>66:39</b>  | +24:02  |
| 6th  | 524  | Charlotte Grundy |                  | W21       | <b>75:40</b>  | +33:03  |
| 7th  | 385  | Evelyn Elmes     | DEE              | W21       | <b>81:31</b>  | +38:54  |
| 8th  | 744  | Kitty Jones      | DEE              | W21       | <b>82:51</b>  | +40:14  |
| 9th  | 1418 | Samantha Vincent | DVO              | W21       | <b>86:37</b>  | +44:00  |
| 10th | 10   | Freyja Abbott    | STAG             | W21       | <b>107:52</b> | +65:15  |
| 11th | 1376 | Morven Todd      |                  | W21       | <b>145:04</b> | +102:27 |
|      | 1419 | Sophie Vincent   | DVO              | W20       | <b>m6-8</b>   |         |

### W35L 7.7km 265m

| Pos | No.  | Name                | Club   | Age Class | Time          | Behind |
|-----|------|---------------------|--------|-----------|---------------|--------|
| 1st | 1301 | Kirsten Strain      | AROS   | W35       | <b>68:43</b>  |        |
| 2nd | 149  | Lizzie Browne       | LOC    | W35       | <b>70:37</b>  | +1:54  |
| 3rd | 51   | Sarah Atkinson      | LOC    | W35       | <b>74:35</b>  | +5:52  |
| 4th | 1473 | Jenny Williamson    | ERYRI  | W35       | <b>81:09</b>  | +12:26 |
| 5th | 74   | Sarah-Jane Barrable | SLOW   | W35       | <b>81:31</b>  | +12:48 |
| 6th | 1070 | Rachel Platt        | LOC    | W35       | <b>113:02</b> | +44:19 |
| 7th | 32   | Megan Ashton        | RNRMOC | W35       | <b>122:06</b> | +53:23 |
| 8th | 1657 | Lisa Majumdar       | DEE    | W35       | <b>127:08</b> | +58:25 |
| 9th | 1452 | Alison White        | KERNO  | W55       | <b>158:28</b> | +89:45 |
|     | 1167 | Heather Roome       | SROC   | W35       | <b>m4-7 m</b> |        |
|     | 918  | Vanessa McMillan    | HH     | W35       | <b>m2-13</b>  |        |
|     | 878  | Emma Mason          | MDOC   | W35       | <b>m4-14</b>  |        |

### W35S 4.9km 165m

| Pos | No. | Name          | Club | Age Class | Time         | Behind |
|-----|-----|---------------|------|-----------|--------------|--------|
| 1st | 984 | Kasia Nichols | SO   | W35       | <b>79:27</b> |        |

### W40L 7.7km 265m

| Pos  | No.  | Name              | Club  | Age Class | Time          | Behind |
|------|------|-------------------|-------|-----------|---------------|--------|
| 1st  | 916  | Lindsay McMillan  | EPOC  | W40       | <b>73:22</b>  |        |
| 2nd  | 1008 | Toni O'Donovan    | LEI   | W40       | <b>79:15</b>  | +5:53  |
| 3rd  | 358  | Liz Drewe         | CLARO | W40       | <b>81:42</b>  | +8:20  |
| 4th  | 836  | Rosemary Lord     | WAROC | W40       | <b>83:23</b>  | +10:01 |
| 5th  | 1202 | Sarah Scarbrough  | MV    | W40       | <b>86:55</b>  | +13:33 |
| 6th  | 732  | Jenny Johnson     | SYO   | W40       | <b>92:52</b>  | +19:30 |
| 7th  | 929  | Helen Meredith    | EBOR  | W40       | <b>93:11</b>  | +19:49 |
| 8th  | 1180 | Rebecca Rowe      | SROC  | W40       | <b>110:28</b> | +37:06 |
| 9th  | 312  | Charlotte Daniel  | BOK   | W40       | <b>118:38</b> | +45:16 |
| 10th | 1357 | Emily Thompson    | EPOC  | W40       | <b>121:47</b> | +48:25 |
| 11th | 46   | Jennifer Atkinson | ELO   | W40       | <b>137:49</b> | +64:27 |
|      | 957  | Becca Muir        | WCOC  | W40       | <b>m7 m9-</b> |        |



# Lakes 5 day - Helsington Barrows

August 12, 2022

## EVENT RESULTS - PROVISIONAL

### W40S 4.9km 165m

| Pos | No. | Name            | Club   | Age Class | Time          | Behind |
|-----|-----|-----------------|--------|-----------|---------------|--------|
| 1st | 174 | Sally Calland   | BAOC   | W45       | <b>53:36</b>  |        |
| 2nd | 220 | Laura Clarke    | NGOC   | W40       | <b>70:21</b>  | +16:45 |
| 3rd | 99  | Helen Bickle    | WAOC   | W40       | <b>74:11</b>  | +20:35 |
| 4th | 858 | Sarah Mansel    | SUFFOC | W55       | <b>84:29</b>  | +30:53 |
| 5th | 952 | Frances Moseley | SROC   | W40       | <b>92:30</b>  | +38:54 |
| 6th | 476 | Ruth Gilbert    | DEVON  | W40       | <b>104:07</b> | +50:31 |

### W45L 7.7km 265m

| Pos  | No.  | Name                | Club        | Age Class | Time          | Behind  |
|------|------|---------------------|-------------|-----------|---------------|---------|
| 1st  | 709  | Janine Inman        | FVO         | W45       | <b>68:03</b>  |         |
| 2nd  | 339  | Gabriela Diethelm   | OLG Chur    | W45       | <b>74:57</b>  | +6:54   |
| 3rd  | 1305 | Anne Straube        | OD          | W45       | <b>82:55</b>  | +14:52  |
| 4th  | 1476 | Catherine Wilson    | PFO         | W45       | <b>83:11</b>  | +15:08  |
| 5th  | 998  | Mary Ockenden       | SROC        | W60       | <b>83:29</b>  | +15:26  |
| 6th  | 11   | Joanna Abbott       | NATO        | W45       | <b>88:09</b>  | +20:06  |
| 7th  | 1130 | Louise Reynolds     | SYO         | W45       | <b>96:08</b>  | +28:05  |
| 8th  | 198  | Anna Chapman        | SO          | W45       | <b>98:01</b>  | +29:58  |
| 9th  | 1495 | Hannah Woods        | SYO         | W45       | <b>105:25</b> | +37:22  |
| 10th | 291  | Judith Cudden       | SYO         | W45       | <b>105:56</b> | +37:53  |
| 11th | 66   | Ida Baluskova       | OK 24 PRAHA | W45       | <b>106:02</b> | +37:59  |
| 12th | 938  | Tania Milnes        | SROC        | W45       | <b>108:24</b> | +40:21  |
| 13th | 683  | Nikki Howard        | MOR         | W45       | <b>109:21</b> | +41:18  |
| 14th | 885  | Jo Matthew          | SROC        | W45       | <b>111:27</b> | +43:24  |
| 15th | 847  | Maria MacKenzie     | EBOR        | W45       | <b>112:42</b> | +44:39  |
| 16th | 1014 | Eleanor Osborne     | LOC         | W45       | <b>116:03</b> | +48:00  |
| 17th | 1407 | Emmanuelle Valentin | BROS 4012   | W45       | <b>116:08</b> | +48:05  |
| 18th | 1080 | Johanna Powell      | WAOC        | W45       | <b>148:05</b> | +80:02  |
| 19th | 669  | Alison Hooper       | LOC         | W45       | <b>164:29</b> | +96:26  |
| 20th | 628  | Sally Heppell       | WCOC        | W45       | <b>180:39</b> | +112:36 |
|      | 716  | Ange Jackson        | WCOC        | W45       | <b>m10-12</b> |         |
|      | 440  | Karen Fraser        | MOR         | W45       | <b>rtd</b>    |         |

### W45S 4.1km 135m

| Pos | No.  | Name              | Club  | Age Class | Time         | Behind |
|-----|------|-------------------|-------|-----------|--------------|--------|
| 1st | 1544 | Elanor McNamara   | AYROC | W45       | <b>52:08</b> |        |
| 2nd | 924  | Rebecca Medlock   | WSX   | W45       | <b>62:00</b> | +9:52  |
| 3rd | 901  | Rebecca McCreddie | DEE   | W45       | <b>62:48</b> | +10:40 |
| 4th | 348  | Phil Dolphin      | HOC   | W45       | <b>65:29</b> | +13:21 |
| 5th | 881  | Rachel Mather     | MAROC | W45       | <b>70:20</b> | +18:12 |
| 6th | 1125 | Helen Rennie      | WCOC  | W45       | <b>75:47</b> | +23:39 |
|     | 1396 | Kate Turner       | SO    | W45       | <b>rtd</b>   |        |

### W50L 6.8km 205m

| Pos  | No.  | Name                   | Club | Age Class | Time         | Behind |
|------|------|------------------------|------|-----------|--------------|--------|
| 1st  | 1252 | Melanie Slade          | SN   | W50       | <b>64:27</b> |        |
| 2nd  | 1275 | Juliette Soulard       | OD   | W50       | <b>66:19</b> | +1:52  |
| 3rd  | 685  | Alison Howe            | SAX  | W50       | <b>67:22</b> | +2:55  |
| 4th  | 1461 | Lucy Wiegand           | SYO  | W50       | <b>75:48</b> | +11:21 |
| 5th  | 585  | Emma Harrison          | EPOC | W50       | <b>81:18</b> | +16:51 |
| 6th  | 279  | Amanda Crawshaw        | SYO  | W50       | <b>82:37</b> | +18:10 |
| 7th  | 85   | Sarah Bayliss          | WRE  | W50       | <b>87:07</b> | +22:40 |
| 8th  | 1389 | Pauline Tryner         | SYO  | W50       | <b>87:54</b> | +23:27 |
| 9th  | 933  | Lisa Methven           | BKO  | W50       | <b>88:23</b> | +23:56 |
| 10th | 914  | Morag McLuckie         | MOR  | W50       | <b>90:19</b> | +25:52 |
| 11th | 325  | Anne-françoise Delenne | ACA  | W50       | <b>92:16</b> | +27:49 |

# Lakes 5 day - Helsington Barrows

August 12, 2022

## EVENT RESULTS - PROVISIONAL

### W50L 6.8km 205m

| Pos  | No.  | Name             | Club           | Age Class | Time          | Behind |
|------|------|------------------|----------------|-----------|---------------|--------|
| 12th | 58   | Karen Baker      | DEVON          | W50       | <b>92:25</b>  | +27:58 |
| 13th | 767  | Eva Kindlundh    | Trosabygdens O | W50       | <b>93:07</b>  | +28:40 |
| 14th | 776  | Rachel Kirkland  | FVO            | W50       | <b>93:10</b>  | +28:43 |
| 15th | 274  | Karen Crawford   | BOK            | W50       | <b>93:30</b>  | +29:03 |
| 16th | 971  | Katja Neumann    | MAROC          | W50       | <b>95:58</b>  | +31:31 |
| 17th | 715  | Diane Jacks      | WRE            | W50       | <b>96:07</b>  | +31:40 |
| 18th | 423  | Sharon Finch     | OD             | W50       | <b>108:14</b> | +43:47 |
| 19th | 212  | Suzanne Christie | SOLWAY         | W50       | <b>119:17</b> | +54:50 |
| 20th | 584  | Ruth Harris      | DEE            | W50       | <b>126:15</b> | +61:48 |
| 21st | 139  | Frances Britain  | MOR            | W50       | <b>136:41</b> | +72:14 |
|      | 1013 | Beccy Osborn     | FVO            | W50       | <b>m6</b>     |        |
|      | 238  | Natasha Conway   | AIRE           | W50       | <b>w1</b>     |        |
|      | 820  | Jenny Lightfoot  | SYO            | W50       | <b>w1 w11</b> |        |
|      | 1304 | Tina Stratford   | WSX            | W50       | <b>m6-13</b>  |        |
|      | 316  | Camilla Darwin   | WAOC           | W50       | <b>rtd</b>    |        |
|      | 69   | Tracey Barker    | SOS            | W50       | <b>rtd</b>    |        |
|      | 1350 | Lynne Thomas     | WCOC           | W50       | <b>rtd</b>    |        |

### W50S 4.1km 135m

| Pos  | No.  | Name              | Club | Age Class | Time          | Behind |
|------|------|-------------------|------|-----------|---------------|--------|
| 1st  | 361  | Jane Dring-Morris | LEI  | W50       | <b>55:10</b>  |        |
| 2nd  | 1426 | Lesley Ward       | SYO  | W50       | <b>56:21</b>  | +1:11  |
| 3rd  | 272  | Alex Crawford     | WCOC | W50       | <b>58:28</b>  | +3:18  |
| 4th  | 1506 | Jane Yates        | BL   | W50       | <b>59:02</b>  | +3:52  |
| 5th  | 1349 | Jennifer Thomas   | TVOC | W50       | <b>67:01</b>  | +11:51 |
| 6th  | 1428 | Michelle Ward     | NGOC | W50       | <b>75:19</b>  | +20:09 |
| 7th  | 905  | Janette McHendry  | WCOC | W50       | <b>78:11</b>  | +23:01 |
| 8th  | 89   | Karen Bedwell     | DVO  | W50       | <b>80:32</b>  | +25:22 |
| 9th  | 1059 | Emily Pieters     | SYO  | W50       | <b>84:14</b>  | +29:04 |
| 10th | 594  | Nicola Harvey     | WIM  | W50       | <b>93:04</b>  | +37:54 |
| 11th | 694  | Debra Hoyle       | PFO  | W50       | <b>126:24</b> | +71:14 |
| 12th | 259  | Alison Cowe       | WAOC | W50       | <b>146:16</b> | +91:06 |

### W55L 6.8km 205m

| Pos   | No.  | Name              | Club         | Age Class | Time         | Behind |
|-------|------|-------------------|--------------|-----------|--------------|--------|
| 1st   | 1035 | Karen Parker      | BL           | W55       | <b>67:33</b> |        |
| 2nd   | 1515 | Hazel Dean        | FVO          | W55       | <b>72:42</b> | +5:09  |
| 3rd   | 546  | Ann Haley         | INT          | W55       | <b>77:01</b> | +9:28  |
| 4th   | 448  | Karen French      | WIM          | W55       | <b>78:33</b> | +11:00 |
| 5th   | 1098 | Stephanie Pruzina | LVO          | W55       | <b>79:43</b> | +12:10 |
| 6th   | 1409 | Marijs Vandeweyer | TROL Belgium | W55       | <b>80:23</b> | +12:50 |
| 7th   | 720  | Elizabeth Jackson | DEE          | W55       | <b>80:52</b> | +13:19 |
| 8th   | 15   | Janet Adams       | SYO          | W55       | <b>81:52</b> | +14:19 |
| 9th   | 835  | Louise Longhurst  | FVO          | W55       | <b>83:14</b> | +15:41 |
| 10th  | 224  | Jo Cleary         | LOC          | W55       | <b>84:41</b> | +17:08 |
| 11th  | 122  | Sheila Braine     | QO           | W55       | <b>85:59</b> | +18:26 |
| 12th  | 303  | Alison Cunningham | ESOC         | W55       | <b>86:55</b> | +19:22 |
| 13th  | 1517 | Bernie Newitt     | SOC          | W55       | <b>87:03</b> | +19:30 |
| 14th= | 898  | Jane McCann       | MDOC         | W55       | <b>90:00</b> | +22:27 |
| 14th= | 964  | Deb Murrell       | SROC         | W55       | <b>90:00</b> | +22:27 |
| 16th  | 354  | Bronwen Doyle     | SYO          | W55       | <b>91:59</b> | +24:26 |
| 17th  | 419  | Valérie Figuiere  | Givry SO     | W55       | <b>94:21</b> | +26:48 |
| 18th  | 1052 | Liz Phillips      | OD           | W55       | <b>95:27</b> | +27:54 |
| 19th  | 195  | Sal Chaffey       | DVO          | W55       | <b>95:53</b> | +28:20 |
| 20th  | 851  | Karine Maes       | CO Lorient   | W55       | <b>97:17</b> | +29:44 |
| 21st  | 1082 | Rachel Powell     | LOC          | W55       | <b>98:04</b> | +30:31 |
| 22nd  | 1434 | Debby Warren      | NN           | W55       | <b>98:20</b> | +30:47 |

# Lakes 5 day - Helsington Barrows

August 12, 2022

## EVENT RESULTS - PROVISIONAL

### W55L 6.8km 205m

| Pos  | No.  | Name                     | Club            | Age Class | Time   | Behind |
|------|------|--------------------------|-----------------|-----------|--------|--------|
| 23rd | 408  | Cecilia Fenerty          | MDOC            | W55       | 99:49  | +32:16 |
| 24th | 1107 | Karen Quickfall          | SROC            | W55       | 99:53  | +32:20 |
| 25th | 825  | Clare Lines              | SO              | W55       | 104:42 | +37:09 |
| 26th | 145  | Nicola Brooke            | WSX             | W55       | 105:46 | +38:13 |
| 27th | 1282 | Robyn Stanyon            | SYO             | W55       | 106:52 | +39:19 |
| 28th | 829  | Helen Livesey            | LOC             | W55       | 109:18 | +41:45 |
| 29th | 559  | Dorte Torpe Hansen       | SLOW            | W55       | 111:53 | +44:20 |
| 30th | 57   | Elaine Baker             | DEE             | W55       | 114:22 | +46:49 |
| 31st | 1256 | Alison Smith             | TVOC            | W55       | 116:52 | +49:19 |
| 32nd | 1185 | Brenda Rutter            | SROC            | W55       | 118:30 | +50:57 |
| 33rd | 599  | Maggie Hateley           | DEE             | W55       | 118:43 | +51:10 |
| 34th | 1400 | Anne Tynegate            | BADO            | W60       | 119:56 | +52:23 |
| 35th | 753  | Trine Marit Justad Raaen | Aker Brygge Ori | W55       | 127:34 | +60:01 |
| 36th | 480  | Dawn Goddard             | FVO             | W55       | 129:20 | +61:47 |
| 37th | 868  | Penny Marsh              | SO              | W55       | 142:48 | +75:15 |
|      | 501  | Christine Goulding       | BL              | W55       | m7-9 m |        |
|      | 504  | Carol Graham             | SOLWAY          | W55       | rtd    |        |

### W55S 3.1km 110m

| Pos  | No.  | Name               | Club  | Age Class | Time  | Behind |
|------|------|--------------------|-------|-----------|-------|--------|
| 1st  | 171  | Sue Buxton         | TVOC  | W55       | 30:46 |        |
| 2nd  | 803  | Joanne Leigh       | HOC   | W55       | 38:19 | +7:33  |
| 3rd  | 269  | Tracy Craig        | WCH   | W55       | 39:05 | +8:19  |
| 4th  | 907  | Jo McKendrick      | SYO   | W55       | 40:48 | +10:02 |
| 5th  | 746  | Margaret Jones     | NGOC  | W55       | 41:16 | +10:30 |
| 6th  | 845  | Caroline Mackenzie | CLOK  | W55       | 43:17 | +12:31 |
| 7th  | 1509 | Alison Yeates      | WCH   | W55       | 44:37 | +13:51 |
| 8th  | 525  | Rachel Grundy      | CAP03 | W55       | 46:33 | +15:47 |
| 9th  | 93   | Juliet Bentley     | SROC  | W55       | 47:39 | +16:53 |
| 10th | 778  | Janet Knight       | DEE   | W55       | 50:01 | +19:15 |
| 11th | 795  | Vivianne Lawson    | OD    | W55       | 53:19 | +22:33 |
| 12th | 1139 | Carolyn Rigby      | CLOK  | W55       | 55:47 | +25:01 |
| 13th | 882  | Isla Mathieson     | CLOK  | W55       | 56:31 | +25:45 |
| 14th | 833  | Rebecca Lloyd      | EPOC  | W55       | 57:40 | +26:54 |
| 15th | 1336 | Joanne Taylor      | SROC  | W55       | 59:02 | +28:16 |
| 16th | 809  | Karen Lewis        | QO    | W55       | 67:01 | +36:15 |
|      | 499  | Jenny Gostick      | HH    | W55       | m4-5  |        |

### W60L 6.2km 170m

| Pos  | No.  | Name            | Club  | Age Class | Time  | Behind |
|------|------|-----------------|-------|-----------|-------|--------|
| 1st  | 947  | Jane Morgan     | SOC   | W60       | 61:23 |        |
| 2nd  | 872  | Joyce Marshall  | AIRE  | W60       | 62:43 | +1:20  |
| 3rd  | 696  | Angela Hulley   | AIRE  | W60       | 68:38 | +7:15  |
| 4th  | 567  | Alison Harding  | HH    | W60       | 70:39 | +9:16  |
| 5th  | 691  | Sarah Howes     | SAX   | W60       | 71:15 | +9:52  |
| 6th  | 109  | Jill Blount     | SO    | W60       | 72:22 | +10:59 |
| 7th  | 169  | Kim Buxton      | DVO   | W60       | 76:44 | +15:21 |
| 8th  | 255  | Julie Couch     | EPOC  | W60       | 77:49 | +16:26 |
| 9th  | 62   | Elizabeth Bales | POTOC | W60       | 79:07 | +17:44 |
| 10th | 1617 | Judith Wood     | PFO   | W60       | 79:39 | +18:16 |
| 11th | 1215 | Gabi Shanahan   | BAOC  | W60       | 80:00 | +18:37 |
| 12th | 589  | Nicola Hart     | DVO   | W60       | 83:01 | +21:38 |
| 13th | 369  | Louise Dunn     | LOC   | W60       | 88:14 | +26:51 |
| 14th | 392  | Helen Errington | HH    | W60       | 88:39 | +27:16 |
| 15th | 786  | Jane Lambert    | SO    | W60       | 91:26 | +30:03 |
| 16th | 226  | Fiona Clough    | BKO   | W60       | 92:18 | +30:55 |
| 17th | 243  | Trish Coombs    | MAROC | W65       | 92:29 | +31:06 |

# Lakes 5 day - Helsington Barrows

August 12, 2022

## EVENT RESULTS - PROVISIONAL

### W60L 6.2km 170m

| Pos   | No.  | Name               | Club         | Age Class | Time   | Behind |
|-------|------|--------------------|--------------|-----------|--------|--------|
| 18th  | 365  | Caz Dudley         | MAROC        | W60       | 92:41  | +31:18 |
| 19th  | 335  | Carolyn Dent       | BOK          | W60       | 97:25  | +36:02 |
| 20th  | 426  | Marie-Anne Fischer | TVOC         | W60       | 98:03  | +36:40 |
| 21st  | 856  | Jane Malley        | NATO         | W60       | 101:12 | +39:49 |
| 22nd  | 1033 | Gail Parker        | SLOW         | W60       | 102:02 | +40:39 |
| 23rd  | 14   | Gill Adams         | AIRE         | W60       | 102:16 | +40:53 |
| 24th  | 1325 | Gwen Tanner        | BOK          | W60       | 105:55 | +44:32 |
| 25th  | 1108 | Mary Rack          | NATO         | W60       | 111:27 | +50:04 |
| 26th  | 972  | Adele Newall       | KERNO        | W60       | 113:08 | +51:45 |
| 27th  | 580  | Gill Harrington    | SYO          | W60       | 113:21 | +51:58 |
| 28th  | 780  | Sue Kuestner       | Bay Area OC  | W60       | 114:50 | +53:27 |
| 29th  | 1284 | Ellen Starling     | NGOC         | W60       | 125:46 | +64:23 |
| 30th= | 838  | Anne Løver         | STORD ORIENT | W60       | 132:15 | +70:52 |
| 30th= | 306  | Jacky Dakin        | SYO          | W60       | 132:15 | +70:52 |
| 32nd  | 200  | Carole Chapman     | RAFO         | W60       | 135:21 | +73:58 |
| 33rd  | 853  | Christine Mahony   | ESOC         | W60       | 149:50 | +88:27 |
|       | 293  | Ann Cummings       | WCOC         | W60       | m3-5 m |        |
|       | 17   | Mary Adams         | WCH          | W60       | m7-9   |        |
|       | 179  | Joy Cameron        | MAROC        | W60       | rtd    |        |

### W60S 3.1km 110m

| Pos  | No.  | Name              | Club   | Age Class | Time   | Behind |
|------|------|-------------------|--------|-----------|--------|--------|
| 1st  | 338  | Elisabeth Dickson | BAOC   | W60       | 39:24  |        |
| 2nd  | 1539 | Diana Nicoll      | BOK    | W60       | 48:48  | +9:24  |
| 3rd  | 233  | Julie Collins     | DFOK   | W60       | 49:07  | +9:43  |
| 4th  | 403  | Karen Farley      | LOC    | W60       | 49:18  | +9:54  |
| 5th  | 726  | Bridget Jardine   | PFO    | W60       | 52:22  | +12:58 |
| 6th  | 1146 | Marie Roberts     | MDOC   | W60       | 56:40  | +17:16 |
| 7th  | 1280 | Kath Speak        | MDOC   | W60       | 56:57  | +17:33 |
| 8th  | 1005 | Helen O'Donoghue  | SOLWAY | W60       | 61:56  | +22:32 |
| 9th  | 387  | Joanna Emberton   | EPOC   | W60       | 63:26  | +24:02 |
| 10th | 1405 | Leianne Upton     | MV     | W60       | 66:10  | +26:46 |
| 11th | 136  | Jacqui Briggs     | BKO    | W60       | 106:36 | +67:12 |
| 12th | 725  | Ros James         | SMOC   | W60       | 111:09 | +71:45 |
|      | 983  | Janice Nichols    | BL     | W60       | rtd    |        |

### W65L 6.0km 185m

| Pos  | No.  | Name              | Club      | Age Class | Time   | Behind |
|------|------|-------------------|-----------|-----------|--------|--------|
| 1st  | 1233 | Alison Simmons    | BOK       | W65       | 70:08  |        |
| 2nd  | 1485 | Allie Wilson Craw | NATO      | W65       | 70:45  | +0:37  |
| 3rd  | 1189 | Anne Salisbury    | WAROC     | W65       | 80:15  | +10:07 |
| 4th  | 549  | Jackie Hallett    | BOK       | W65       | 82:46  | +12:38 |
| 5th  | 1144 | Maggie Roach      | SLOW      | W65       | 84:52  | +14:44 |
| 6th  | 162  | Judy Burge        | LOC       | W65       | 86:04  | +15:56 |
| 7th  | 763  | Helen Kelsey      | BOK       | W65       | 86:06  | +15:58 |
| 8th  | 270  | Ann Cranke        | CLOK      | W65       | 86:07  | +15:59 |
| 9th  | 989  | Janice Nisbet     | ESOC      | W65       | 88:33  | +18:25 |
| 10th | 1075 | Liz Potterton     | CLARO     | W65       | 89:45  | +19:37 |
| 11th | 27   | Jane Anthony      | SROC      | W65       | 90:18  | +20:10 |
| 12th | 1504 | Rosie Wych        | QO        | W65       | 90:42  | +20:34 |
| 13th | 113  | Catherine Boelle  | Club COOL | W65       | 93:39  | +23:31 |
| 14th | 1289 | Susan Stevens     | AIRE      | W65       | 95:35  | +25:27 |
| 15th | 182  | Jane Campbell     | DEE       | W65       | 96:03  | +25:55 |
| 16th | 289  | Janet Cronk       | WAOC      | W65       | 96:25  | +26:17 |
| 17th | 1261 | Jill Smith        | EBOR      | W65       | 99:54  | +29:46 |
| 18th | 119  | Marcia Bradbury   | SYO       | W65       | 101:58 | +31:50 |
| 19th | 607  | Mary Healy        | GEN       | W65       | 103:02 | +32:54 |

# Lakes 5 day - Helsington Barrows

August 12, 2022

## EVENT RESULTS - PROVISIONAL

### W65L 6.0km 185m

| Pos  | No.  | Name             | Club          | Age Class | Time   | Behind |
|------|------|------------------|---------------|-----------|--------|--------|
| 20th | 441  | Rhona Fraser     | ESOC          | W65       | 117:16 | +47:08 |
| 21st | 564  | Fiona Hanstock   | BOK           | W65       | 120:00 | +49:52 |
| 22nd | 321  | Catherine Dawson | NATO          | W65       | 120:56 | +50:48 |
| 23rd | 1464 | Margaret Willdig | OD            | W65       | 121:02 | +50:54 |
| 24th | 622  | Leila Henderson  | YALANGA       | W65       | 121:42 | +51:34 |
| 25th | 227  | Jill Cochrane    | SROC          | W65       | 133:08 | +63:00 |
| 26th | 979  | Sheelagh Nichol  | AYROC         | W65       | 134:28 | +64:20 |
| 27th | 1351 | Rachel Thomas    | SMOC          | W65       | 154:49 | +84:41 |
| 28th | 602  | Linda Hayles     | EPOC          | W65       | 160:16 | +90:08 |
|      | 1095 | Julia Prudhoe    | Central Coast | W65       | m5     |        |
|      | 1487 | Toria Wimpenny   | DEVON         | W65       | m2-4   |        |
|      | 644  | Elizabeth Hindle | LOC           | W65       | w4     |        |
|      | 37   | Julie Astin      | WSX           | W65       | m9-11  |        |
|      | 320  | Patricia Davies  | BL            | W65       | rtd    |        |
|      | 214  | Karen Clark      | EBOR          | W65       | m3 rtd |        |

### W65S 3.1km 110m

| Pos | No.  | Name               | Club | Age Class | Time  | Behind |
|-----|------|--------------------|------|-----------|-------|--------|
| 1st | 1153 | Christine Robinson | LOC  | W65       | 38:26 |        |
| 2nd | 714  | Noreen Ives        | WAOC | W65       | 44:26 | +6:00  |
| 3rd | 943  | Pat Moody          | DEE  | W65       | 47:21 | +8:55  |
| 4th | 1103 | Rowan Purkis       | LOC  | W65       | 50:16 | +11:50 |
| 5th | 1411 | Jane Venet         | LOC  | W65       | 56:07 | +17:41 |
| 6th | 427  | Jean Fitzgerald    | SAX  | W65       | 66:33 | +28:07 |
| 7th | 1499 | Lesley Wornham     | WCOC | W65       | 78:25 | +39:59 |
|     | 1123 | Suzanne Relton     | EBOR | W65       | m4    |        |

### W70L 4.1km 135m

| Pos  | No.  | Name              | Club | Age Class | Time   | Behind |
|------|------|-------------------|------|-----------|--------|--------|
| 1st  | 966  | Janet Nash        | LOC  | W70       | 49:50  |        |
| 2nd  | 1500 | Jenny Wren        | BL   | W70       | 54:21  | +4:31  |
| 3rd  | 308  | Margaret Dagleish | ESOC | W70       | 57:20  | +7:30  |
| 4th  | 765  | Christine Kiddier | BL   | W70       | 58:24  | +8:34  |
| 5th  | 557  | Sue Hands         | WIM  | W70       | 60:36  | +10:46 |
| 6th  | 1303 | Sheila Strain     | ELO  | W70       | 63:53  | +14:03 |
| 7th  | 733  | Judy Johnson      | BL   | W70       | 64:49  | +14:59 |
| 8th  | 1171 | Miriam Rosen      | SROC | W70       | 76:48  | +26:58 |
| 9th  | 381  | Elizabeth Elliott | WCOC | W70       | 78:06  | +28:16 |
| 10th | 1169 | Susan Roome       | SROC | W70       | 78:16  | +28:26 |
| 11th | 483  | Liz Godfree       | DVO  | W70       | 78:52  | +29:02 |
| 12th | 1160 | Trina Rogerson    | ELO  | W70       | 82:16  | +32:26 |
| 13th | 1258 | Ann Smith         | LOC  | W70       | 86:39  | +36:49 |
| 14th | 1334 | Janet Taylor      | MDOC | W70       | 87:31  | +37:41 |
| 15th | 1412 | Barbara Verity    | DEE  | W70       | 106:44 | +56:54 |
|      | 1475 | Anne Wilson       | AIRE | W70       | m3-9   |        |
|      | 462  | Helen Gardner     | EBOR | W70       | m7-8   |        |
|      | 1328 | Rosalind Taunton  | NGOC | W70       | m7-8   |        |
|      | 1267 | Heather Smithard  | KFO  | W70       | w7     |        |
|      | 1394 | Di Turner         | SO   | W70       | rtd    |        |
|      | 353  | Alison Doyle      | MDOC | W70       | rtd    |        |

### W70S 3.1km 110m

| Pos | No.  | Name          | Club | Age Class | Time  | Behind |
|-----|------|---------------|------|-----------|-------|--------|
| 1st | 383  | Ruth Ellis    | DVO  | W70       | 53:15 |        |
| 2nd | 1398 | Teresa Turner | SLOW | W70       | 59:20 | +6:05  |

# Lakes 5 day - Helsington Barrows

August 12, 2022

## EVENT RESULTS - PROVISIONAL

### W70S 3.1km 110m

| Pos | No. | Name           | Club | Age Class | Time  | Behind |
|-----|-----|----------------|------|-----------|-------|--------|
| 3rd | 98  | Hazel Bickle   | WAOC | W70       | 74:58 | +21:43 |
| 4th | 946 | Evelyn Morgan  | LOC  | W70       | 97:12 | +43:57 |
|     | 382 | Jan Ellis      | NOC  | W70       | rtd   |        |
|     | 873 | Maria Marshall | WAOC | W70       | rtd   |        |

### W75L 4.1km 135m

| Pos  | No.  | Name                | Club        | Age Class | Time    | Behind |
|------|------|---------------------|-------------|-----------|---------|--------|
| 1st  | 919  | Carol McNeill       | LOC         | W75       | 57:54   |        |
| 2nd  | 188  | Sheila Carey        | OD          | W75       | 65:10   | +7:16  |
| 3rd  | 1104 | Eleanor Pyrah       | ESOC        | W75       | 71:30   | +13:36 |
| 4th  | 105  | Karen Blackburn     | BL          | W75       | 72:37   | +14:43 |
| 5th  | 61   | Jean Baldwin        | GOLDSEEKERS | W75       | 79:42   | +21:48 |
| 6th  | 1089 | Beryl Pring         | SAX         | W75       | 83:25   | +25:31 |
| 7th  | 969  | Helen Neild         | LOC         | W75       | 84:13   | +26:19 |
| 8th  | 333  | Marian Denham       | POTOC       | W75       | 90:43   | +32:49 |
| 9th  | 1366 | Charlotte Thornton  | SARUM       | W75       | 96:24   | +38:30 |
| 10th | 1183 | Geraldine Russell   | SOS         | W75       | 97:21   | +39:27 |
| 11th | 855  | Barbara Majumdar    | DEE         | W75       | 106:03  | +48:09 |
| 12th | 1175 | Pauline Rosser      | SYO         | W75       | 114:36  | +56:42 |
|      | 1353 | Sally Thomas        | BOK         | W75       | w1 m5-8 |        |
|      | 670  | Bridget Hooper      | SO          | W75       | m6-7    |        |
|      | 936  | Christine Middleton | DVO         | W75       | m5-8    |        |
|      | 590  | Pat Hart            | SARUM       | W75       | m7      |        |
|      | 143  | Julie Brook         | MDOC        | W75       | rtd     |        |

### W75S 3.1km 110m

| Pos | No.  | Name                 | Club  | Age Class | Time  | Behind |
|-----|------|----------------------|-------|-----------|-------|--------|
| 1st | 1508 | Liz Yeadon           | SARUM | W75       | 61:28 |        |
| 2nd | 278  | Wendy Crawford-Smith | PFO   | W75       | 63:41 | +2:13  |
| 3rd | 1295 | Nina Stimson         | NWO   | W75       | 63:50 | +2:22  |
|     | 1362 | Jo Thornley          | AIRE  | W75       | m1-2  |        |

### W80 3.1km 110m

| Pos | No.  | Name             | Club  | Age Class | Time   | Behind |
|-----|------|------------------|-------|-----------|--------|--------|
| 1st | 1358 | Jenny Thompson   | TVOC  | W80       | 49:47  |        |
| 2nd | 1132 | Ruth Rhodes      | SO    | W80       | 60:42  | +10:55 |
| 3rd | 1241 | Hilary Simpson   | OD    | W80       | 63:18  | +13:31 |
| 4th | 1176 | Jean Rostron     | POTOC | W80       | 70:16  | +20:29 |
| 5th | 550  | Joan Hambleton   | SARUM | W80       | 72:47  | +23:00 |
| 6th | 430  | Clare Fletcher   | BOK   | W80       | 75:01  | +25:14 |
| 7th | 1213 | Joan Selby       | CLOK  | W80       | 77:24  | +27:37 |
| 8th | 1045 | Freda Peirce     | SARUM | W80       | 110:16 | +60:29 |
| 9th | 1457 | Angela Whitworth | BL    | W80       | 132:25 | +82:38 |

### W85 3.1km 110m

| Pos | No.  | Name           | Club | Age Class | Time   | Behind |
|-----|------|----------------|------|-----------|--------|--------|
| 1st | 1254 | Alison Sloman  | HOC  | W85       | 70:36  |        |
| 2nd | 470  | Barbara George | NOR  | W85       | 75:45  | +5:09  |
| 3rd | 103  | Sue Birkinshaw | MDOC | W85       | 139:51 | +69:15 |

### Light Green 4.2km 85m

| Pos | No.  | Name       | Club  | Age Class | Time  | Behind |
|-----|------|------------|-------|-----------|-------|--------|
| 1st | 1658 | Lucy Spain | Spook | W21       | 34:54 |        |

# Lakes 5 day - Helsington Barrows

August 12, 2022

## EVENT RESULTS - PROVISIONAL

### Light Green 4.2km 85m

| Pos   | No.  | Name                | Club   | Age Class | Time  | Behind |
|-------|------|---------------------|--------|-----------|-------|--------|
| 2nd   | 1663 | David Mainwaring    | BL     | M60       | 37:48 | +2:54  |
| 3rd   | 1667 | Luke Fieldhouse     | Ind    | M21       | 40:32 | +5:38  |
| 4th   | 1365 | Andrew Thornton     | MDOC   | M60       | 42:38 | +7:44  |
| 5th   | 1648 | Angela Brand-Barker | WCOC   | W60       | 43:59 | +9:05  |
| 6th   | 1668 | Charles Levitt      |        | M21       | 44:20 | +9:26  |
| 7th   | 56   | Darren Baker        | DEE    | M55       | 45:57 | +11:03 |
| 8th   | 779  | Dorian Kopij        | SAX    | M20       | 46:46 | +11:52 |
| 9th   | 634  | Eric Heritage       | WRE    | M60       | 47:13 | +12:19 |
| 10th  | 637  | Joanne Hickling     | SAX    | W55       | 48:07 | +13:13 |
| 11th  | 727  | Aman Jarga Magar    |        | M21       | 48:17 | +13:23 |
| 12th  | 1583 | Sajan Limbu         | BAOC   | M21       | 48:32 | +13:38 |
| 13th  | 1660 | William Chandler    | LOK    |           | 51:06 | +16:12 |
| 14th  | 1115 | Sunil Rai           | RSOC   | M21       | 51:56 | +17:02 |
| 15th  | 1313 | Keshav Gurung       | RSOC   | M21       | 52:06 | +17:12 |
| 16th  | 1321 | Buddhi Tamang       | BOF    | M21       | 52:46 | +17:52 |
| 17th  | 535  | Prabin Gurung       | BAOC   | M21       | 53:03 | +18:09 |
| 18th  | 1568 | Ian Weaver          |        | M55       | 56:36 | +21:42 |
| 19th  | 769  | Becky King          | CLOK   | W21       | 57:26 | +22:32 |
| 20th  | 1414 | Hugo Vigouroux      | ACA    | M21       | 61:11 | +26:17 |
| 21st  | 1610 | Oban Lewsley        | BL     | W21       | 62:15 | +27:21 |
| 22nd  | 1621 | Kath Aspin          | CLOK   | W55       | 62:17 | +27:23 |
| 23rd  | 34   | James Askew         | TVOC   | M60       | 62:51 | +27:57 |
| 24th  | 1618 | Isla O'Donoghue     | SOLWAY | W20       | 63:21 | +28:27 |
| 25th  | 1662 | John Armstrong      | LOC    | M70       | 64:43 | +29:49 |
| 26th  | 1474 | Anna Wilson         | PFO    | W12       | 64:58 | +30:04 |
| 27th  | 1567 | Joseph Bartlett     | INT    | M21       | 65:06 | +30:12 |
| 28th  | 859  | Emma Mansfield      | BAOC   | W35       | 67:55 | +33:01 |
| 29th  | 1223 | Lorraine Shepherd   | INVOC  | W55       | 68:43 | +33:49 |
| 30th  | 1603 | Michael Wheelhouse  |        | M21       | 69:04 | +34:10 |
| 31st  | 640  | Cath Hignett        | PFO    | W65       | 69:06 | +34:12 |
| 32nd  | 1214 | Ashish Sen          |        | M21       | 69:09 | +34:15 |
| 33rd  | 1602 | Izzy Lewis          |        | W21       | 69:21 | +34:27 |
| 34th  | 166  | Ellen Butcher       | PFO    | W45       | 69:41 | +34:47 |
| 35th  | 9    | Erinn Abbott        | STAG   | W21       | 70:34 | +35:40 |
| 36th  | 784  | Dhawa Lama          |        | M21       | 71:19 | +36:25 |
| 37th  | 1565 | Susan Twissell      | INT    | W55       | 72:40 | +37:46 |
| 38th  | 1453 | Karen White         | LEI    | W55       | 72:47 | +37:53 |
| 39th  | 648  | Cinnamon Hodgson    | SYO    | W50       | 73:51 | +38:57 |
| 40th  | 625  | Susan Hensman       | FVO    | W45       | 74:05 | +39:11 |
| 41st  | 1470 | Sue Williams        | WIGHTO | W70       | 75:24 | +40:30 |
| 42nd  | 1666 | Anna Svending       | IND    | W21       | 75:30 | +40:36 |
| 43rd  | 434  | Joanna Foster       | BOK    | W65       | 76:08 | +41:14 |
| 44th  | 1114 | Sangam Rai          |        | M21       | 76:30 | +41:36 |
| 45th  | 1314 | Sandesh Sunuwar     | BOF    | M21       | 76:33 | +41:39 |
| 46th  | 1646 | David Rose          | PFO    | M70       | 77:20 | +42:26 |
| 47th  | 948  | Claire Morris       | SYO    | W50       | 77:39 | +42:45 |
| 48th  | 1650 | Helena Burrows      | LOC    | W70       | 77:46 | +42:52 |
| 49th  | 1538 | Carolyn Marr        | OD     | W75       | 78:49 | +43:55 |
| 50th= | 1333 | Helen Taylor        | DEVON  | W60       | 79:48 | +44:54 |
| 50th= | 1118 | Karen Ransley       | SAX    | W40       | 79:48 | +44:54 |
| 52nd  | 1230 | Katharine Shrine    | SROC   | W45       | 80:44 | +45:50 |
| 53rd  | 395  | Kath Etherden       | SELOC  | W70       | 82:15 | +47:21 |
| 54th  | 1664 | Anna Methven        | BKO    | W20       | 82:37 | +47:43 |
| 55th  | 1569 | Catriona Fleming    |        | W55       | 82:46 | +47:52 |
| 56th  | 26   | Ginny Anderson      | PFO    | W65       | 86:25 | +51:31 |
| 57th  | 1136 | Margaret Ridehalgh  | PFO    | W70       | 86:26 | +51:32 |
| 58th  | 1665 | Jane Payne          | EPOC   | W70       | 88:18 | +53:24 |
| 59th  | 944  | Charlotte Moore     | HOC    | W35       | 91:19 | +56:25 |
| 60th  | 569  | Samuel Harding      |        | M21       | 92:39 | +57:45 |

# Lakes 5 day - Helsington Barrows

August 12, 2022

## EVENT RESULTS - PROVISIONAL

### Light Green 4.2km 85m

| Pos  | No.  | Name               | Club  | Age Class | Time   | Behind |
|------|------|--------------------|-------|-----------|--------|--------|
| 61st | 497  | Luke Gosling       |       | M40       | 95:56  | +61:02 |
| 62nd | 67   | Caroline Barcham   | SELOC | W55       | 104:39 | +69:45 |
| 63rd | 262  | Ian Cowe           |       | M70       | 106:32 | +71:38 |
| 64th | 496  | Ali Gosling        |       | W40       | 106:44 | +71:50 |
| 65th | 397  | Anita Evans        | BL    | W65       | 125:10 | +90:16 |
| 66th | 1579 | James Thebe Limbu  | BAOC  | M21       | 125:20 | +90:26 |
| 67th | 839  | Sarah Lowe         | SO    | W50       | 129:41 | +94:47 |
| 68th | 939  | Andrey Miroshnikov |       | M21       | 129:46 | +94:52 |
|      | 304  | Hannah Dabinett    | PFO   | W35       | m3 m5  |        |
|      | 1616 | Steve Brockbank    | LOC   | M70       | m7-8   |        |
|      | 1478 | Daniel Wilson      | PFO   | M14       | m2     |        |
|      | 1346 | Howard Thomas      | BOK   | M75       | m7-8   |        |
|      | 1578 | Joanna Treasure    | SELOC | W60       | rtd    |        |

### Orange 3.6km 50m

| Pos  | No.  | Name                  | Club  | Age Class | Time  | Behind |
|------|------|-----------------------|-------|-----------|-------|--------|
| 1st  | 817  | Maxence Libert        |       | M21       | 32:20 |        |
| 2nd  | 703  | Alison Hurford        | BOK   | W60       | 40:14 | +7:54  |
| 3rd  | 1355 | Zach Thomas           | SROC  | M14       | 40:16 | +7:56  |
| 4th  | 801  | Gillian Lee-Jones     | BOK   | W55       | 41:20 | +9:00  |
| 5th  | 1595 | James Bruce           |       | M21       | 41:35 | +9:15  |
| 6th  | 324  | Martin Dean           | FVO   | M65       | 43:01 | +10:41 |
| 7th  | 1122 | David Relton          | EBOR  | M70       | 50:37 | +18:17 |
| 8th  | 1268 | Les Smithard          | KFO   | M70       | 53:51 | +21:31 |
| 9th  | 1599 | Jude Smith            | AYROC | W50       | 57:10 | +24:50 |
| 10th | 1575 | Chloe Ambler          | BOK   | W12       | 57:16 | +24:56 |
| 11th | 813  | Oliver Lewis          | QO    | M14       | 60:38 | +28:18 |
| 12th | 264  | Elysia Cowe (2nd run) | WAOC  | W10       | 61:41 | +29:21 |
| 13th | 1242 | Isla Simpson          | CLOK  | W14       | 61:50 | +29:30 |
| 14th | 191  | Barbara Castle        | SAX   | W60       | 68:22 | +36:02 |
| 15th | 812  | Annabelle Lewis       | QO    | W16       | 70:52 | +38:32 |
| 16th | 334  | Alyson Denney         | OD    | W70       | 72:03 | +39:43 |
| 17th | 1661 | Chris Day             |       | M85       | 72:15 | +39:55 |
| 18th | 756  | Spencer Kay           |       | M21       | 72:51 | +40:31 |
| 19th | 6    | Katheryn Abbatuan     | BAOC  | W21       | 73:46 | +41:26 |
| 20th | 3    | Karen Abbatuan        | BAOC  | W35       | 90:00 | +57:40 |
| 21st | 1601 | Nicola Pearson        |       | W55       | 92:51 | +60:31 |
| 22nd | 7    | Maria Abbatuan        | BAOC  | W60       | 96:58 | +64:38 |
|      | 1435 | John Warren           | WIM   | M85       | m1-9  |        |
|      | 934  | Michael Eden          |       | M14       | m4    |        |
|      | 572  | Elsie Hargreaves      | KERNO | W75       | m1    |        |

### Yellow 3.5km 75m

| Pos  | No.  | Name                    | Club  | Age Class | Time  | Behind |
|------|------|-------------------------|-------|-----------|-------|--------|
| 1st  | 1638 | James Heppenstall       | LOC   | M10       | 30:01 |        |
| 2nd  | 1585 | Mary Ann O'Brian        | CORKO | W12       | 30:21 | +0:20  |
| 3rd  | 421  | Emily Finch             |       | W20       | 32:59 | +2:58  |
| 4th  | 1592 | Hugo Maule-Lidbury      | HAVOC | M10       | 34:55 | +4:54  |
| 5th  | 1345 | Fay Thomas              | SROC  | W12       | 36:03 | +6:02  |
| 6th  | 1626 | Isaac Welburn           |       | M10       | 39:52 | +9:51  |
| 7th  | 1129 | Jago Reynolds           | SYO   | M12       | 44:25 | +14:24 |
| 8th  | 1077 | Betsan Powell           | WAOC  | W14       | 53:53 | +23:52 |
| 9th  | 1581 | Priscilla Chen-Chandler | LOK   |           | 54:17 | +24:16 |
| 10th | 1316 | Daniel Tam              | HH    | M10       | 54:50 | +24:49 |
| 11th | 1649 | Trish Wallis            | SN    | W70       | 64:44 | +34:43 |
| 12th | 1324 | Daniel C N Tang         | OD    | M10       | 72:15 | +42:14 |
| 13th | 1117 | George Ransley          | SAX   | M14       | 76:44 | +46:43 |



# Lakes 5 day - Helsington Barrows

August 12, 2022

## EVENT RESULTS - PROVISIONAL

### Yellow 3.5km 75m

| Pos  | No. | Name         | Club | Age Class | Time         | Behind |
|------|-----|--------------|------|-----------|--------------|--------|
| 14th | 439 | Emily Fraser | MOR  | W10       | <b>84:56</b> | +54:55 |
|      | 663 | Anna Holt    | SYO  | W12       | <b>m4-10</b> |        |

### White 1.6km 30m

| Pos  | No.  | Name                 | Club  | Age Class | Time         | Behind |
|------|------|----------------------|-------|-----------|--------------|--------|
| 1st  | 20   | Alfie Alcock         | AIRE  | M10       | <b>13:34</b> |        |
| 2nd  | 1633 | Grace Robinson       | NOC   | W10       | <b>13:45</b> | +0:11  |
| 3rd  | 1624 | Henry Pigott         | POTOC | M10       | <b>14:59</b> | +1:25  |
| 4th  | 1637 | Lucie Heppenstall    | LOC   | W10       | <b>15:15</b> | +1:41  |
| 5th  | 1598 | George Ricketts      |       | M10       | <b>16:10</b> | +2:36  |
| 6th  | 1652 | Isabel Ricketts      | ind   | W10       | <b>19:45</b> | +6:11  |
| 7th  | 1614 | Amelie Maule-Lidbury | HAVOC | W8        | <b>20:01</b> | +6:27  |
| 8th  | 31   | George Ashton        | SARUM | M10       | <b>20:40</b> | +7:06  |
| 9th  | 747  | Megan Jones          | ERYRI | W10       | <b>23:20</b> | +9:46  |
| 10th | 1634 | Lily Robinson        | NOC   | W10       | <b>24:15</b> | +10:41 |
| 11th | 357  | Charlotte Drewe      | CLARO | W10       | <b>25:49</b> | +12:15 |
| 12th | 982  | Harriet Nichols      | SO    | W10       | <b>28:07</b> | +14:33 |
| 13th | 514  | Max Green            |       | M10       | <b>36:36</b> | +23:02 |
| 14th | 1606 | Patrick Fraser       | MOR   | M7        | <b>37:24</b> | +23:50 |
| 15th | 24   | Felix Alloway        | LOC   | M10       | <b>39:08</b> | +25:34 |
| 16th | 985  | Lizzie Nichols       | SO    | W10       | <b>39:18</b> | +25:44 |
| 17th | 1116 | Amy Ransley          | NOC   | W35       | <b>55:41</b> | +42:07 |