

Captain Cooks**01-Jan-23****Dave Parry/Lets Run Winter Series 2022-23****Race 5**

v2

Pos.	No.	Name	Club	time	cat/pos/pts/total
1	346	Harry Holmes	Matlock AC	31.43	MO/1/50/148
2	500	Daniel Bateson	Scarborough Athletic	33.14	M40/1/50/198
3	1256	Matthew Grieve	Leeds City AC	33.30	MO/2/48/48
4	1201	Jake Stephenson	Richmond & Zetland	33.35	MU23/1/50/50
5	1231	Tony Antcliffe	University of Sheffel	33.56	MU23/2/48/48
6	1205	John Woodhouse	Durham Fell Runner:	34.06	MO/3/46/46
7	1353	Ross Jarman	South Shields Harrie	34.08	M45/1/50/50
8	1360	Ian Rowan	Individual#	34.32	M40/2/48/48
9	301	Kian Stead	Individual#	34.44	MU23/3/46/244
10	1214	Andy Love	Billingham Marsh Hc	35.00	MO/4/45/45
11	1229	Archie Lowe	Middlesbrough Manc	35.02	MU23/4/45/45
12	1248	Sam Dowber Rhodes	Durham Fell Runner:	35.06	MO/5/44/44
13	25	Caroline Lambert	Middlesbrough AC (I	35.17	FO/1/50/100
14	1233	Steven Walker	Hartlepool Burn Roa	35.27	MO/6/43/43
15	1318	Graeme Watt	Elvet Striders	35.33	M40/3/46/46
16	1249	Michael Harcourt	Darlington H & AC	35.58	MO/7/42/42
17	328	Andrew Armin	Saltwell Harriers	36.00	MO/8/41/123
18	1213	Ewan Sewell	York Knavesmire Ha	36.03	MO/9/40/40
19	543	Andrew Price	Thirsk & Sowerby Ha	36.28	M40/4/45/90
20	1222	Bryan Potts	Elvet Striders	36.43	MO/10/39/39
21	601	Damian Kilpin	Penistone Footpath I	36.53	M45/2/48/144
22	1253	Jamie Curson	Individual#	37.12	MO/11/38/38
23	624	Matthew Jones	Scarborough Athletic	37.20	M45/3/46/185
24	620	John Butters	Northumberland Fell	37.30	M45/4/45/93
25	634	Ian McGrath	Durham Fell Runner:	37.42	M45/5/44/92
26	493	Frazer Allan	Billingham Marsh Hc	37.46	MU23/5/44/44
27	1227	Daniel Molesworth	Knaresborough Strid	37.51	MO/12/37/37
28	821	Tony Oliver	Hartlepool Burn Roa	37.54	M55/1/50/100
29	347	Ian Spence	Scarborough Athletic	37.55	MO/13/36/116
30	319	Paul Lawton	Scarborough Athletic	37.57	MO/14/35/154*
31	1379	Brendan Anglim	Hardley Runners	38.07	M50/1/50/50
32	1237	Kurt Dale	Durham City Harriers:	38.18	MO/15/34/34
33	392	Alexander Gaze	Loftus & Whitby AC	38.31	MU23/6/43/91
34	349	Joel McGlynn	Esk Valley Fell Club	38.51	MO/16/33/74
35	1325	Michael Littlewood	Elvet Striders	38.55	M45/6/43/43
36	1326	Lindsay McEwan	Elvet Striders	39.00	M45/7/42/42
37	1247	Sonny Playforth	Individual#	39.03	MO/17/32/32
38	1307	Richard Atkins	North York Moors AC	39.04	M40/5/44/44
39	604	Michael Richmond	Pickering Running C	39.07	M45/8/41/131
40	1329	Chris Lines	Sedgefield Harriers	39.09	M50/2/48/48
41	1006	Nik Tarrega	York Knavesmire Ha	39.13	FO/2/48/48
42	1250	Michael Jones	Hartlepool Burn Roa	39.15	MO/18/31/31
43	1390	Al Hart	Hartlepool Burn Roa	39.17	M50/3/46/46
44	700	Chris Jefferies	Billingham Marsh Hc	39.20	M50/4/45/211
45	1132	Morag Stead	Morpeth Harriers	39.23	F45/1/50/50
46	1313	Steven Devlin	Swaledale Runners	39.28	M40/6/43/43
47	102	Rhona Marshall	Scarborough Athletic	39.36	F40/1/50/148
48	1316	Ben Senior	TS Harriers	39.37	M40/7/42/42
49	1219	Matt Jones	Thirsk & Sowerby Ha	39.38	MO/19/30/30
50	1323	Jonathan Archer	Stockton Striders AC	39.39	M45/9/40/40
51	527	Philip Peggs	Loftus & Whitby AC	39.43	M40/8/41/81
52	817	Jim Rogers	City of Hull AC	39.48	M55/2/48/96
53	370	John Anderson	Hartlepool Burn Roa	39.54	MO/20/29/29
54	368	Ian Bilton	Hartlepool Burn Roa	39.57	MO/21/28/28
55	1226	Nick Langan	Individual#	39.59	MO/22/27/27

56	1225	Nicholas Williams	Individual#	40.03	MO/23/26/26
57	1206	Joshua Kidd	Individual#	40.14	MO/24/25/25
58	908	Barry Atkinson	York Knavesmire Ha	40.16	M60/1/50/244
59	529	Graham Lewis Dale	North Shields Polyte	40.20	M40/9/40/79
60	824	Paul Peacock	Thirsk & Sowerby Ha	40.28	M55/3/46/91
61	369	James Wilkinson	Middlesbrough and C	40.30	MO/25/24/24
62	1355	Jonathan Heaney	North Shields Polyte	40.32	M45/10/39/39
63	1335	Vaughan Hemy	North Shields Polyte	40.37	M55/4/45/45
64	534	Mark Jackson	Middlesbrough and C	40.41	M40/10/39/80
65	914	Neil Ridsdale	Esk Valley Fell Club	41.01	M60/2/48/242
66	1113	Sharon Bulman	New Marske Harriers	41.05	F45/2/48/48
67	1218	Tom Ridsdale	Individual#	41.12	MO/26/23/23
68	1224	Bryan Miller	Individual#	41.13	MO/27/22/22
69	35	Esther Harrison	Thirsk & Sowerby Ha	41.18	FO/3/46/96
70	1130	Jackie Murdy	South Shields Harrie	41.18	F55/1/50/50
71	1385	Dan Taylor	Individual#	41.23	M45/11/38/38
72	1208	Jack Hutton	Hartlepool Burn Roa	41.35	MO/28/21/21
73	1359	Simon Johnson	Tyne and Wear Fire	41.38	M45/12/37/37
74	539	Steven Johnson	Orchard Eagles	41.52	M40/11/38/75
75	1354	Paul Gribbon	Individual#	41.59	M40/12/37/37
76	1210	Richard Grant	Thirsk & Sowerby Ha	42.02	MO/29/20/20
77	3	Susannah Reid	York Knavesmire Ha	42.02	FO/4/45/145
78	1212	Edmund Roberts	York Knavesmire Ha	42.09	MO/30/19/19
79	1351	Peter McElvaney	Middlesbrough and C	42.11	M45/13/36/36
80	314	Richard Tarrega	York Knavesmire Ha	42.23	MO/31/18/54
81	1254	John Renvoize	Individual#	42.31	MO/32/17/17
82	337	Adam Malcolm	Esk Valley Fell Club	42.35	MO/33/16/112
83	1350	Philip Richardson	York Knavesmire Ha	42.36	M40/13/36/36
84	1220	Nick Outram	Individual#	42.40	MO/34/15/15
85	1311	Matthew Kiddle	Acorns AC	42.41	M40/14/35/35
86	1251	John Donaldson	Lets Run	42.43	MO/35/14/14
87	1234	Jordan Rawlins	Northumberland Fell	42.49	MO/36/13/13
88	4	Kelly Gaughan	Pickering Running C	42.52	FO/5/44/136
89	1314	David Mulholland	Individual#	42.55	M40/15/34/34
90	707	David Bannister	York Acorn Running	42.58	M50/5/44/172
91	1332	Paul Ellis	Richmond & Zetland	42.59	M50/6/43/43
92	734	Jeff Belt	North York Moors AC	43.08	M50/7/42/78
93	702	Calvin Nicholson	Billingham Marsh Ho	43.10	M50/8/41/205
94	1202	Robert Bozeat	Individual#	43.12	MU23/7/42/42
95	1388	Peter Storey	Northumberland Fell	43.22	M40/16/33/33
96	815	Ian Beaver	Scarborough Athletic	43.28	M55/5/44/176
97	218	Penny Browell	Elvet Striders	43.30	F50/1/50/100
98	1352	Walter Busuttu	Thirsk & Sowerby Ha	43.34	M60/3/46/46
99	1373	Mark Taylor	Redcar Running Clu	43.44	M40/17/32/32
100	1320	Ken Wood	Thirsk & Sowerby Ha	43.45	M45/14/35/35
101	1377	Colin Harrison	Loftus & Whitby AC	43.48	M60/4/45/45
102	327	Stephen Roe	Individual#	43.53	MO/37/12/77
103	1203	Oskar Maatta	Individual#	43.56	MO/38/11/11
104	1300	Daniel Garthwaite	Thirsk & Sowerby Ha	44.01	M40/18/31/31
105	307	Graham Miller	Loftus & Whitby AC	44.02	MO/39/10/137
106	1215	Jack Lee	Elvet Striders	44.10	MO/40/9/9
107	209	Ella Towers	New Marske Harriers	44.12	F50/2/48/142*
108	1223	Joe Lofthouse	Thirsk & Sowerby Ha	44.13	MO/41/8/8
109	510	Thomas Jones	Esk Valley Fell Club	44.15	M40/19/30/72
110	1330	Adrian Elsworth	Thirsk & Sowerby Ha	44.17	M50/9/40/40
111	740	Steven Small	Middlesbrough and C	44.21	M50/10/39/76
112	381	Danny MacKell	TS Harriers	44.24	MO/42/7/33
113	1345	Karl Edwards	Hartlepool Burn Roa	44.26	M65/1/50/50
114	1148	Tracy Biney	North York Moors AC	44.27	F45/3/46/46
115	1338	Paddy Butler	Hardley Runners	44.34	M60/5/44/44

116	207	Trudy Morrice	Thirsk & Sowerby Ha	44.35	F50/3/46/242
117	501	Michal Czekajlo	York Acorn Running	44.36	M40/20/29/188
118	921	Paul Doxford	South Shields Harrie	44.38	M60/6/43/86
119	1315	Simon Chandler	Wetherby Runners	44.46	M40/21/28/28
120	492	Lewis Littlewood	Durham City AC	44.52	MU23/8/41/41
121	311	Chris Crooks	Individual#	44.56	MO/43/6/96
122	1319	Charles Corbett	Individual#	44.58	M45/15/34/34
123	1395	Ian Hodgson	FRA	45.04	M55/6/43/43
124	812	Gary Dack	Individual#	45.09	M55/7/42/86
125	904	Nigel Briggs	North York Moors AC	45.12	M60/7/42/175
126	1209	Matthew Ayton	Swift-Tees	45.14	MO/44/5/5
127	20	Rebecca Dent	Scarborough Athletic	45.16	FO/6/43/135
128	637	Robert Allinson	Redcar Running Clu	45.19	M45/16/33/74
129	1375	Chris Degazon	AJAC	45.21	M50/11/38/38
130	820	James Lee	Individual#	45.28	M55/8/41/122
131	1389	Andrew Curzon	Individual#	45.36	M45/17/32/32
132	802	Peter Walsh	Loftus & Whitby AC	45.39	M55/9/40/212
133	616	Giles Hawking	York Knavesmire Ha	45.43	M45/18/31/122
134	1240	Oscar Anglim	Hardley Runners	45.45	MU23/9/40/40
135	1356	Jeremy French	Individual#	45.47	M50/12/37/37
136	1348	David Wallace	Hartlepool Burn Roa	46.00	M65/2/48/48
137	1309	Andrew Davies	Individual#	46.01	M40/22/27/27
138	1245	Rob Newton	Individual#	46.02	MO/45/4/4
139	731	Miles Weston	South Shields Harrie	46.04	M50/13/36/69
140	743	Paul Wilkin	Middlesbrough and C	46.06	M50/14/35/66
141	1103	Rachael Harper	Pickering Running C	46.09	F40/2/48/48
142	34	Kirsty Struthers	North York Moors AC	46.11	FO/7/42/87
143	732	Brett Edgeworth	Thirsk & Sowerby Ha	46.12	M50/15/34/107
144	610	Michael Quinn	Esk Valley Fell Club	46.12	M45/19/30/112
145	729	Robert Grainger	Individual#	46.15	M50/16/33/63
146	1128	Helen Heaney	North Shields Polyte	46.16	F45/4/45/45
147	623	Phillip Baines	Stockton Striders AC	46.24	M45/20/29/151*
148	1230	Martyn Farnsworth	Durham Fell Runner:	46.30	MO/46/3/3
149	509	Lee Woolams	TS Harriers	46.34	M40/23/26/101
150	911	Andrew Robertson	Scarborough Athletic	46.35	M60/8/41/213
151	155	Nina Mason	Elvet Striders	46.38	F45/5/44/192
152	9	Sarah Roe	Individual#	46.42	FO/8/41/216
153	1010	Clare Rowntree	Thirsk & Sowerby Ha	46.49	FO/9/40/40
154	712	Alan Simpson	Thirsk & Sowerby Ha	46.51	M50/17/32/139
155	1246	Lee Purdy	Individual#	47.02	MO/47/2/2
156	1150	Jenny Yeo	DVRC	47.05	F45/6/43/43
157	910	Michael Wilson	Pickering Running C	47.07	M60/9/40/123*
158	1004	Charlotte Perkins	Hartlepool Burn Roa	47.08	FO/10/39/39
159	1138	Emma McCabe	Elvet Striders	47.12	F40/3/46/46
160	1236	Shaun Kent	Individual#	47.15	MO/48/1/1
161	999	Neil Scruton	Scarborough Athletic	47.18	M75/1/50/200
162	1119	Kath Aspin	New Marske Harriers	47.37	F55/2/48/48
163	1349	Wai Cheung	Individual#	47.53	M55/10/39/39
164	1378	Thomas Reeves	Elvet Striders	47.54	M55/11/38/38
165	1007	Sarah Duffy	Individual#	48.10	FO/11/38/38
166	1302	Nathan Young	Individual#	48.17	M40/24/25/25
167	116	Abbie Hull	Quakers Running Cl	48.18	F40/4/45/187
168	1372	Steve Peacock	Individual#	48.20	M60/10/39/39
169	954	Trevor Symonds	Northern Fells Runni	48.25	M65/3/46/196
170	1131	Karen Snaith	South Shields Harrie	48.26	F55/3/46/46
171	1216	Joe Harker	Individual#	48.27	MO/49/1/1
172	1015	Cassie Read	York Knavesmire Ha	48.28	FO/12/37/37
173	32	Sarah Cook	Elvet Striders	48.32	FO/13/36/77
174	1135	Jen Milson	Individual#	48.42	F45/7/42/42
175	1365	Ian Butler	Elvet Striders	48.51	M55/12/37/37

176	374	Andrew Watt	Individual#	48.55	MO/50/1/18
177	108	Sarah Walch	Penistone Footpath I	48.59	F40/5/44/184
178	1308	Stephen Robson	York Knavesmire Ha	49.05	M40/25/24/24
179	308	Jordan Millward	Esk Valley Fell Club	49.08	MO/51/1/89
180	156	Annika Davidson	Metros RC	49.17	F45/8/41/41
181	1331	Paul Levett	North York Moors AC	49.18	M50/18/31/31
182	1321	Paul Readman	Individual#	49.19	M45/21/28/28
183	1305	Joe Joyce	Thirsk & Sowerby Hæ	49.27	M40/26/23/23
184	1339	Barry Young	North Shields Polyte	49.28	M60/11/38/38
185	1394	Jonny Williams	Ace Coaching	49.29	M50/19/30/30
186	951	Andrew Johnson	York Knavesmire Ha	49.44	M65/4/45/143
187	1200	James Mulholland	Individual#	49.56	MU23/10/39/39
188	1374	Jamie Taylor	North York Moors AC	49.59	M45/22/27/27
189	1228	Kieran Fahey	Individual#	50.06	MO/52/1/1
190	1362	Stephen Lewin	Individual#	50.12	M40/27/22/22
191	1363	Michael Fahey	Individual#	50.20	M60/12/37/37
192	800	Gary Talbot	Esk Valley Fell Club	50.25	M55/13/36/193
193	1342	Marc Mason	North York Moors AC	50.37	M60/13/36/36
194	1235	David Oxlade	Elvet Striders	50.45	MO/53/1/1
195	1337	Graham D Palmer	Loftus & Whitby AC	50.48	M60/14/35/35
196	385	Robert Fox	Raheay Shamrocks	50.50	MO/54/1/15
197	1364	Martin Hedgley	Individual#	50.59	M55/14/35/35
198	1121	Jacqui Leng	Loftus & Whitby AC	51.01	F55/4/45/45
199	909	Michael Clarke	Loftus & Whitby AC	51.04	M60/15/34/74
200	1127	Val Clarke	Darlington H & AC	51.10	F60/1/50/50
201	101	Fran Jeffery	Thirsk & Sowerby Hæ	51.12	F40/6/43/82
202	340	Josh Goldsbrough	Ripon Runners	51.15	MO/55/1/45
203	1387	Stephen Carter	Individual#	51.19	M55/15/34/34
204	1221	Andrew Foster	Durham Fell Runner:	51.24	MO/56/1/1
205	1114	Victoria Howard	Individual#	51.39	F50/4/45/45
206	39	Georgina McDonald	North York Moors AC	51.41	FO/14/35/74
207	1324	Duncan Fothergill	Thirsk & Sowerby Hæ	51.42	M45/23/26/26
208	373	Andrew Paylor	Middlesbrough and C	51.44	MO/57/1/17
209	204	Julie Towse	Horsforth Fellandale	51.45	F50/5/44/222
210	120	Lindsey Collins	Thirsk & Sowerby Hæ	51.48	F40/7/42/85
211	1367	Jim Robson	North York Moors AC	52.18	M65/5/44/44
212	1358	Simon Rek	Quakers Running Cl	52.21	M50/20/29/29
213	960	Stephen Haley	Individual#	52.27	M65/6/43/89
214	1019	Lindy Shilton	Individual#	52.31	FO/15/34/34
215	1301	Mark Tallon	Darlington H & AC	52.35	M40/28/21/21
216	153	Steph Lishman	Individual#	52.36	F45/9/40/225
217	1122	Canilla Lauren-Maatta	Elvet Striders	52.41	F55/5/44/44
218	252	Nicola Thorpe	Individual#	52.44	F55/6/43/239
219	1142	Hilary Coventry	Thirsk & Sowerby Hæ	52.49	F55/7/42/42
220	205	Mary Dryden	Individual#	52.58	F50/6/43/129
221	16	Emma Foxley	North York Moors AC	53.11	FO/16/33/72
222	1393	Martin Barrett	Individual#	53.17	M50/21/28/28
223	977	Geoff Towers	Individual#	53.26	M70/1/50/200*
224	1147	Diane Jobson	North York Moors AC	54.24	F50/7/42/42
225	1145	Cathy Hodson	Individual#	54.25	F40/8/41/41
226	1102	Kathryn Malcolm	Individual#	54.28	F40/9/40/40
227	827	Ray Foulkes	Redcar Running Clu	54.50	M55/16/33/71
228	923	Gary Beard	Loftus & Whitby AC	54.54	M60/16/33/33
229	1011	Alice Hannon	Ketton Panthers	55.06	FU23/1/50/50
230	1013	Erin Anglim	Hardley Runners	55.07	FU23/2/48/48
231	1370	Tom Davies	Northumberland Fell	55.08	M40/29/20/20
232	251	Helen Ashworth	Thirsk & Sowerby Hæ	55.09	F55/8/41/135
233	119	Rachael Morley	Pickering Running C	55.22	F40/10/39/84
234	1146	Louise Mayfield	Thirsk & Sowerby Hæ	55.23	F50/8/41/41
235	1016	Jessica Jackson	Esk Valley Fell Club	55.40	FO/17/32/32

236	1322	Andrew Swinbank	Sedgefield Harriers	56.04	M45/24/25/25
237	1304	Chris Walton	Individual#	56.06	M40/30/19/19
238	1211	Alex Fancourt	Individual#	56.08	MO/58/1/1
239	1328	Martyn Coy	Thirsk & Sowerby Ha	56.21	M50/22/27/27
240	1116	Kelly Clapton	Loftus & Whitby AC	56.24	F50/9/40/40
241	1392	Tony Slack	Individual#	56.26	M50/23/26/26
242	275	Carol Wilson	Pickering Running C	56.33	F60/2/48/142*
243	1343	Shaun Roberts	Elvet Striders	56.33	M65/7/42/42
244	1126	Rachel Watson	Belle Vue	56.35	F45/10/39/39
245	1118	Mandy Clarke	York Knavesmire Ha	56.38	F50/10/39/39
246	1327	Andrew Pollard	Thirsk & Sowerby Ha	56.41	M50/24/25/25
247	709	Peter Murray	York Acorn Running	56.58	M50/25/24/24
248	1357	Malcolm Sygrove	Elvet Striders	57.01	M55/17/32/32
249	1117	Lorna Webb	Individual#	57.05	F50/11/38/38
250	1008	Joanne Love	Billingham Marsh Ho	57.07	FO/18/31/31
251	1101	Kirsty Naylor	Thirsk & Sowerby Ha	57.16	F40/11/38/38
252	1341	Christopher Wright	North York Moors AC	57.19	M60/17/32/32
253	1361	David Tervit	Thirsk & Sowerby Ha	57.26	M50/26/23/23
254	1143	Martha McBarron	Swaledale Runners	57.31	F65/1/50/50
255	533	James Relph	Individual#	57.44	M40/31/18/47
256	1136	Heather Raistrick	Elvet Striders	57.57	F60/3/46/46
257	1129	Kellie Campbell	South Shields Harrie	58.17	F40/12/37/37
258	953	Bob Baker	Otley AC	58.33	M65/8/41/131
259	1110	Susan Dick	Loftus & Whitby AC	58.45	F45/11/38/38
260	282	Alison Lloyd	North York Moors AC	58.51	F60/4/45/93
261	1340	Malcolm Hewitson	Quakers Running Cl	58.57	M60/18/31/31
262	828	Peter Hopkins	Individual#	59.09	M55/18/31/68
263	1141	Rosie Gatenby	Thirsk & Sowerby Ha	59.10	F40/13/36/36
264	1152	Catherine McShone	North York Moors AC	59.11	F45/12/37/37
265	1115	Ruth Pollard	Thirsk & Sowerby Ha	59.14	F50/12/37/37
266	955	Martin White	New Marske Harriers	59.42	M65/9/40/130
267	201	Jayne Bowers	Esk Valley Fell Club	59.49	F50/13/36/204
268	208	Debbie Rycroft	Pickering Running C	59.55	F50/14/35/160*
269	215	Kirstie Handley	Individual#	60.09	F50/15/34/74
270	1336	Tim Matthews	Elvet Striders	60.23	M55/19/30/30
271	150	Alice Hayter	Pickering Running C	60.29	F45/13/36/171
272	110	Lisa Baker	Scarborough Athletic	60.39	F40/14/35/197
273	216	Susan Jackson	Durham Fell Runner:	61.33	F50/16/33/72
274	1391	Colin Knapp	Individual#	61.44	M60/19/30/30
275	1255	Calum Dearlove	Individual#	61.49	MO/59/1/1
276	1239	Ryan Weeks	Individual#	62.06	MO/60/1/1
277	1137	Anne Robson	North York Moors AC	62.06	F65/2/48/48
278	1134	Roz Layton	Elvet Striders	62.13	F70/1/50/50
279	1100	Emma Holmes	Individual#	62.48	F40/15/34/34
280	912	Geoff Hine	Individual#	63.00	M60/20/29/29
281	1017	Chloe Atkinson	Individual#	63.11	FO/19/30/30
282	1252	Harrison Munsch	Individual#	63.13	MO/61/1/1
283	1346	Robert Burn	Thirsk & Sowerby Ha	63.56	M65/10/39/39
284	1386	David Abrook	North York Moors AC	64.09	M60/21/28/28
285	1149	Joanne Glazebrook	Individual#	64.12	F50/17/32/32
286	1347	Bob Howe	North York Moors AC	64.43	M75/2/48/48
287	1204	Emil Maatta	Individual#	64.52	MO/62/1/1
288	255	Gail Barnard	Scarborough Athletic	65.00	F55/9/40/85
289	1144	Catherine Lumb	Easingwold Running	65.28	F60/5/44/44
290	1109	Emma Haggie	Individual#	65.32	F45/14/35/35
291	1104	Philippa Hambley	Loftus & Whitby AC	65.41	F40/16/33/33
292	1139	Rebecca Cacioppo	Loftus & Whitby AC	65.42	F45/15/34/34
293	1123	Mary Mason	Individual#	65.51	F60/6/43/43
294	1005	Fiona Roe	Individual#	65.52	FO/20/29/29
295	253	Sally Kingscott	Scarborough Athletic	66.03	F55/10/39/129

296	1382	Steven Sinclair	Individual#	66.41	M40/32/17/17
297	1111	Faith Coy	Thirsk & Sowerby Harriers	67.01	F45/16/33/33
298	1001	Bethany Haggath	Thirsk & Sowerby Harriers	67.54	FU23/3/46/46
299	1151	Karen Dilworth	Individual#	68.22	F45/17/32/32
300	990	Michael Hetherington	Pickering Running Club	69.21	M75/3/46/94*
301	1381	Nigel Watson	Individual#	69.27	M60/22/27/27
302	1244	Wesley Atkin	Individual#	70.01	MO/63/1/1
303	1112	Rohan Hill	Individual#	71.08	F45/18/31/31
304	1133	Kirsten Bingham	Individual#	71.27	F40/17/32/32
305	1344	Graham Robinson	Pickering Running Club	75.18	M65/11/38/38*
306	1125	Christine Burn	Thirsk & Sowerby Harriers	75.57	F65/3/46/46
307	1380	Hugh Jenyns	Thirsk & Sowerby Harriers	78.45	M70/2/48/48
308	1140	Denise Gandy	Thirsk & Sowerby Harriers	86.39	F60/7/42/42
309	1306	Phillip Craig	Thirsk & Sowerby Harriers	90.21	M40/33/16/16
310	810	Paul Haydon	FRA	90.29	M55/20/29/104*

(End)

Teams:	Club	Points	Positions	Team pts/total
male:	1 Scarborough Athletic Club	81	2,22,28,29	15/71
	2 Elvet Striders 'A'	102	14,19,34,35	14/14
	3 Hartlepool Burn Road Harriers	121	13,27,40,41	13/13
	4 Billingham Marsh House	161	10,25,42,84	12/12
	5 Durham Fell Runners 'A'	173	6,12,24,131	11/11
	6 Thirsk & Sowerby Harriers	188	18,45,56,69	10/10
	7 York Knavesmire Harriers	213	17,54,70,72	9/33
	8 Loftus & Whitby AC 'A'	265	32,47,91,95	8/19
	9 Esk Valley Fell Club 'A'	266	33,61,74,98	7/64
	10 Hartlepool Burn Road Harriers	266	49,50,65,102	6/6
	11 Middlesbrough and Cleveland Harriers	288	57,60,71,100	5/19
	12 North Shields Polytechnic Harriers	324	55,58,59,152	4/4
	13 Northumberland Fell Runners	368	23,79,86,180	3/18
	14 Thirsk & Sowerby Harriers	369	88,90,94,97	2/2
	15 North York Moors AC 'A'	381	37,83,112,149	1/1
	16 York Knavesmire Harriers	495	75,119,147,154	1/11
	17 Thirsk & Sowerby Harriers	511	99,127,134,151	1/1
	18 Elvet Striders 'B'	543	96,140,145,162	1/1
	19 Pickering Running Club	593	38,136,208,211	1/50
	20 Loftus & Whitby AC 'B'	626	118,163,166,179	1/1
	21 North York Moors AC 'B'	679	156,161,172,190	1/1
	22 Thirsk & Sowerby Harriers	732	170,184,187,191	1/1
female:	1 York Knavesmire Harriers	38	2,8,28	15/58
	2 Thirsk & Sowerby Harriers	39	6,13,20	14/52
	3 New Marske Harriers AC	40	5,11,24	13/13
	4 Elvet Striders 'A'	51	10,18,23	12/27
	5 North York Moors AC 'A'	65	12,16,37	11/22
	6 Pickering Running Club	77	9,15,53	10/58
	7 Scarborough Athletic Club	93	4,14,75	9/63
	8 South Shields Harriers	99	7,27,65	8/8
	9 Thirsk & Sowerby Harriers	118	35,39,44	7/7
	10 Elvet Striders 'B'	135	29,42,64	6/6
	11 Loftus & Whitby AC 'A'	155	33,56,66	5/5
	12 North York Moors AC 'B'	160	46,47,67	4/4
	13 Thirsk & Sowerby Harriers	168	52,54,62	3/3
	14 Pickering Running Club	203	57,72,74	2/22
	15 Esk Valley Fell Club 'A'	223	55,71,(97)	1/22
	16 Thirsk & Sowerby Harriers	228	68,70,90	1/1

17	North York Moors AC 'C'	243	69,77,(97)	1/1
18	Loftus & Whitby AC 'B'	268	85,86,(97)	1/1
19	Scarborough Athletic Clt	268	82,89,(97)	1/19
20	Thirsk & Sowerby Harrie	282	91,95,96	1/1

* = Bonus points not included

= Non-counter (team)

Corrections:

7/1/23 8th and 28th places corrected

Comments:

Had the race been run 24 hours earlier it would have been a wet, mizzly and misty day, as it was the 40th anniversary of the Captain Cooks Fell Race (the 38th running of the event) was held with blue skies, sunshine and a wintery nip to the air, ideal fell running conditions. The covid pandemic put paid to the 2021 and 2022 events, following the 2020 version when a record field of over 50 junior and senior runners were on the hills as Captain Cooks Race marked the first of the Fell Runners Association 50@50 celebratory fell race series.

The Guisborough Woods Fell Race held a few days earlier saw just shy of 200 senior and junior competitors, for the 2023 Captain Cooks Race 340 junior and senior racers toed the line across the four race distances (1km, 2.4km, 4km and 8km). Registration was held at the Royal Oak courtesy of landlord Simon, it was a slightly hectic affair with signing on starting slightly later at 10.00am, though the efficiency of the admin team including Kathryn, Andrew and Olivia Parry meant all 340 runners were sorted by 11.00am ready for the 11.15am start.

Robert Lillie roused the field with a few words and then with a blow of the whistle the runners were off. The first 2 kilometres although slightly rising are run flat out, then comes the steep climb up to the monument at 3.2 kilometres (and time wise halfway done), then follows a mixed surface descent of slabs, gravel, mud and tarmac, the steepest section off Cockshaw Hill providing much fun and material for the social media videos.

Its not all downhill to the finish, a sting in the tail road climb at around 6km tests the legs as the runners ascend Aireyholme Lane. Its then around 1.6 Kilometres a mile in old money through Cliff Ridge Woods, off Rye Hill and past Cleveland Lodge, the recent rain making for a tricky path home.

In the tale of the tape it was Harry Holmes Matlock AC who claimed the race victory and retained the trophy and winners title from 2020 and made it 3 wins on the spin following his 2019 victory. Second home and first veteran was Daniel Bateson of Scarborough AC.

In the womens race, Caroline Lambert of Middlesbrough Mandale AC repeated her 2016 victory when she won in Wetherby Runners colours. Nik Tarrega York Knavesmire Harriers claimed second with Morag Stead of Morpeth Harriers first veteran women in third.

Team wise it was Scarborough AC in the men and in the women's teams, by a whisker York Knavesmire Harriers, from Thirsk and Sowerby Harriers from New Marske Harriers.

In the junior races the under 9/11 race was won by Charlie and Matilda Price respectively in the under 13 category it was Daniel Czekayjo and Annabel Stead and the under 15/17 event was won by Dawit Asmelash TS Harriers and Ellie Walsh Loftus and Whitby. The under 19 runners completing the full race distance were led home by Frazer Allan of Billingham Marsh House Harriers.

Thank you as ever to our volunteers whose presence i never underestimate and without whom the races would just not be held, Kildale Estates and the Ward Family for access and Forestry England.

Virtually all proceeds (minus a few essential costs) from this race are donated to local charities and good causes, hence the very short prize list, whilst still a final tally to complete, well over £2000 will be donated.

So with five races now complete in the Dave Parry Lets Run Winter Fell Race Series 2022/23, we quickly move on to Commondale Clart on Sunday 8th January 2023, courtesy of David Bannister and York Acorn.

Clive Thornton/Robert Lillie - Esk Valley Fell Club/Scarborough AC

Next Race : Commondale Clart

08-Jan-23