

Cock Howe and Beyond

Dave Parry/Lets Run Summer Series 2024

17-Jul-24
Race 5

Pos.	No.	Name	Club	time	cat/pos/pts/total
1	349	Robert Sparkes	Beverley Athletic Clu	40.55	MO/1/50/50
2	506	Lee Kemp	Esk Valley Fell Club	43.06	M40/1/50/100
3	353	Toby Ancliffe	Sheffield University C	45.03	MU23/1/50/50
4	336	Rory Bevin	Individual#	45.31	MO/2/48/93
5	600	Ian Rowan	Esk Valley Fell Club	46.53	M45/1/50/200
6	351	Philip Dennis	Individual#	48.15	MO/3/46/46
7	820	Simon Donoghue	Easingwold Running	49.44	M55/1/50/96
8	810	Stephen Pugh	Esk Valley Fell Club	50.25	M55/2/48/196*
9	335	Nicholas Outram	Pickering Running Cl	50.55	MO/4/45/88
10	524	Richard Atkins	North York Moors AC	50.58	M40/2/48/48
11	355	Glyn Smith	Billingham Running C	51.17	MO/5/44/44
12	955	Neil Rip Ridsdale	Esk Valley Fell Club	51.48	M65/1/50/200
13	720	Ian Lowther	North York Moors AC	52.32	M50/1/50/50
14	118	Kay Neesam	New Marske Harriers	52.36	F55/1/50/100
15	352	Paddy Barlow	Individual#	52.46	MU23/2/48/48
16	601	Martin Vasey	Middlesbrough and C	52.59	M45/2/48/92
17	6	Georgia Campbell	Individual#	53.07	FO/1/50/243
18	705	Chris Jefferies	Billingham Running C	53.45	M50/2/48/146
19	909	David Hughes	North York Moors AC	54.06	M60/1/50/250
20	509	Michal Czekajlo	York Acorn Running	54.18	M40/3/46/131
21	703	Calvin Nicholson	Billingham Running C	54.23	M50/3/46/238
22	614	Boyd Brad	Pickering Running Cl	54.31	M45/3/46/176
23	903	David Allison	North York Moors AC	54.46	M60/2/48/188
24	817	David Sanderson	Individual#	55.31	M55/3/46/96*
25	357	Andreas Kruger	Thirsk & Sowerby Ha	55.44	MO/6/43/43
26	914	Nigel Briggs	North York Moors AC	56.04	M60/3/46/182
27	21	Emma Clapton	Individual#	56.06	FO/2/48/142
28	806	Angus Sanderson	North York Moors AC	57.14	M55/4/45/84
29	704	David Bannister	York Acorn Running	57.39	M50/4/45/136
30	201	Trudy Morrice	Thirsk & Sowerby Ha	58.01	F50/1/50/198
31	350	Matthew Clark	Esk Valley Fell Club	58.47	MU23/3/46/46
32	354	William Milburn	Individual#	58.49	MO/7/42/42
33	608	Philip Baines	Esk Valley Fell Club	58.57	M45/4/45/169
34	525	George Van Rooyen	Individual#	60.23	M40/4/45/45
35	809	Richard Clark	Esk Valley Fell Club	61.00	M55/5/44/84*
36	719	Neil Mayfield	Individual#	61.16	M50/5/44/88
37	812	Richard Johnson	Pickering Running Cl	61.34	M55/6/43/172
38	157	Michaela Welham	Loftus & Whitby AC	61.35	F45/1/50/150*
39	717	Alan Simpson	Thirsk & Sowerby Ha	61.47	M50/6/43/85*
40	910	Michael Wilson	Pickering Running Cl	61.50	M60/4/45/89
41	31	Rosamond Kruger	Thirsk & Sowerby Ha	61.53	FO/3/46/46
42	27	Catherine Walgate	Individual#	62.10	FO/4/45/86
43	900	Graham Palmer	Loftus & Whitby AC	62.19	M60/5/44/86
44	609	Kevin Rudd	Loftus & Whitby AC	62.31	M45/5/44/201
45	208	Kelly Clapton	Loftus & Whitby AC	62.34	F50/2/48/144
46	298	Sue Haslam	Scarborough Athletic	64.09	F70/1/50/150
47	911	Paul Smith	Pickering Running Cl	64.12	M60/6/43/87
48	278	Janet Cordingley	Esk Valley Fell Club	64.14	F60/1/50/50
49	502	Stephen Lewin	Loftus & Whitby AC	64.49	M40/5/44/212
50	915	Nicholas Cousins	Pickering Running Cl	65.16	M60/7/42/170
51	905	Marc Davies	Thirsk & Sowerby Ha	65.21	M60/8/41/125
52	813	Iain Stemp	Durham Fell Runners	65.27	M55/7/42/87
53	213	Louise Mayfield	Thirsk & Sowerby Ha	66.21	F50/3/46/46
54	803	Paul Havis	Individual#	67.24	M55/8/41/214
55	4	Kyah Hall	Loftus & Whitby AC	67.25	FO/5/44/160

56	818	Gary Talbot	Esk Valley Fell Club	67.57	M55/9/40/126*
57	2	Laura Havis	Middlesbrough Athlet	68.54	FU23/1/50/196
58	250	Helen Ashworth	Thirsk & Sowerby Ha	68.54	F55/2/48/198*
59	951	Mark Edwards	North York Moors AC	69.10	M65/2/48/238
60	356	Luke Brownlee	Thirsk & Sowerby Ha	70.16	MO/8/41/41
61	210	Diane Jobson	North York Moors AC	72.56	F50/4/45/133
62	954	Stephen Haley	Individual#	75.08	M65/3/46/92
63	155	Susan Dick	Loftus & Whitby AC	75.20	F45/2/48/136*
64	154	Sarah Hudson	Loftus & Whitby AC	75.21	F45/3/46/137
65	251	Hilary Allan	Esk Valley Fell Club	75.49	F55/3/46/142
66	712	John O'Boyle	Individual#	75.52	M50/7/42/82
67	987	Ged Hall	North York Moors AC	76.50	M70/1/50/148
68	290	Alison Lloyd	North York Moors AC	76.58	F65/1/50/246
69	816	Paul Haydon	Fell Runners Associæ	78.16	M55/10/39/118
70	710	Vaughn Davies	Esk Valley Fell Club	86.54	M50/8/41/119
71	276	Ronni Kirkham	Esk Valley Fell Club	90.33	F60/2/48/194
72	24	Sarah George	Individual#	91.17	FO/6/43/79

(End)

Teams:	Club	Points	Positions	Team pts/total
male:	1 Esk Valley Fell Club 'A'	27	2,5,8,12	15/70
	2 North York Moors AC 'A'	61	10,13,17,21	14/57
	3 Pickering Running Club '	97	9,20,33,35	13/50
	4 Esk Valley Fell Club 'B'	131	27,29,31,44	12/24
	5 North York Moors AC 'B'	143	24,25,45,49	11/19
	6 Thirsk & Sowerby Harrier	144	23,34,41,46	10/43
female:	1 Thirsk & Sowerby Harrier	21	4,6,11	15/67
	2 Loftus & Whitby AC 'A'	25	5,8,12	14/68
	3 Esk Valley Fell Club 'A'	48	10,18,20	13/41
	4 Loftus & Whitby AC 'B'	55	16,17,(22)	12/34
	5 North York Moors AC 'A'	56	15,19,(22)	11/61

* = Bonus points not included

= Non-counter (team)

Comments:

The race organiser baton passed to Giles Hawking for this years Cock Howe and Beyond Fell Race, the fifth counter in the Dave Parry Lets Run Summer Fell Race Series 2024. Members of the York Knavesmire Harriers club were out in force to ensure to smooth running of the event. The weather was kind in this year of mixed conditions ideal for fell racing.

The race opened with the traditional lap of the village hall car park tarmac, then the competitors began the 245 metres climb towards the Cock Howe Cairn at an elevation of 400 metres in a couple of kilometres.

In a rare midweek visit to North Yorkshire it was Robert Sparkes (MSEN) Beverley AC who eased to victory in a shade under 41 minutes, followed in by first veteran Lee Kemp (V40) Esk Valley Fell Club, rounding out the podium was the first under 23 runner Toby Ancliffe of Sheffield University Orienteering and Running Club.

Veterans made up half the top ten, with V55 males Simon Donoghue Easingwold RC and Stephen Pugh Esk Valley Fell Club 7th and 8th respectively. Just outside the top 10, Neil Ridsdale (MV65) Esk Valley Fell Club claimed 12th. Neil also received a donation of £50 towards Mountain Rescue as he aims for a speedy Josh Naylor Challenge crossing this

summer.

First female in 14th overall was Kay Neesam (FV55 - Yes!) New Marske Harriers AC, with Georgia Campbell (FSEN) Individual in second and Emma Clapton (FSEN) Individual in third. Trudy Morrice (FV50) Thirsk and Sowerby Harriers claimed first veteran outside the podium and Sue Haslam (FV70) Scarborough AC placed 12th.

In the team competition it was Esk Valley Fell Club men and Thirsk and Sowerby Harriers women.

Next event is the Osmotherley Show Race on Saturday 3rd August 2024, show entry fee £8 applies though we have reduced race entry fee to £3 FRA and £5 Non FRA.

Ravenscar Rumble Revisited follows on Wednesday 14th August 2024 start time 19:00hrs registration at the Ravenscar tea rooms, where refreshments will be available pre and post race.

Clive Thornton
Esk Valley Fell club

Next Race : Osmotherley Show

03-Aug-24