

Lockton Limping**27-Oct-24****Dave Parry/Lets Run Winter Series 2024-25****Race 3**

Pos.	No.	Name	Club	time	cat/pos/pts/total
1	322	Oliver Shaw	Loftus & Whitby AC	49.47	MO/1/50/100
2	324	Stephen McDougall	Middlesbrough and C	50.45	MO/2/48/96
3	327	Rory Bevin	Individual#	51.17	MO/3/46/92
4	624	Kieran Hodgson	Helm Hill Runners	51.43	M45/1/50/50
5	343	David Morrison	York Knavesmire Ha	52.01	MO/4/45/45
6	333	Paul Lawton	Scarborough Athletic	53.43	MO/5/44/90
7	512	Thomas Pilley	Pickering Running Cl	54.07	M40/1/50/100
8	601	Phillip Elliott	York Knavesmire Ha	54.30	M45/2/48/144
9	620	Jayson Cavill	Pickering Running Cl	55.04	M45/3/46/46
10	339	Ian Spence	Scarborough Athletic	55.15	MO/6/43/43
11	323	Thomas Ratcliffe	York Knavesmire Ha	55.26	MO/7/42/82
12	617	Ian Rowan	Esk Valley Fell Club	55.34	M45/4/45/45
13	810	Stephen Pugh	Esk Valley Fell Club	55.42	M55/1/50/100
14	336	Joseph Martlew	Thirsk & Sowerby Ha	55.50	MO/8/41/41
15	777	Matthew Jones	Scarborough Athletic	55.51	M45/5/44/138
16	803	Adrian Bushby	City of Hull AC	56.10	M55/2/48/146
17	344	Thomas Naisby	Esk Valley Fell Club	56.32	MO/9/40/40
18	337	Robert Preston	Scarborough Athletic	56.35	MO/10/39/39
19	817	Dave Smith	Pickering Running Cl	57.42	M55/3/46/46
20	8	Ursula Moore	York Knavesmire Ha	58.15	FO/1/50/98
21	516	Richard Atkins	North York Moors AC	58.18	M40/2/48/48
22	303	Oli Read	York Knavesmire Ha	58.38	MO/11/38/113
23	313	Jonathan Hart	Esk Valley Fell Club	58.44	MO/12/37/112
24	909	Jim Rogers	City of Hull AC	58.59	M60/1/50/150
25	109	Rhona Marshall	Scarborough Athletic	59.14	F40/1/50/50
26	715	Chris Jefferies	Billingham Running C	60.14	M50/1/50/100
27	332	Nick Outram	Pickering Running Cl	60.20	MO/13/36/70
28	338	Andrew Pattinson	York Knavesmire Ha	60.28	MO/14/35/35
29	609	Ashley Dodgson	Individual#	60.30	M45/6/43/132
30	605	Richard Robinson	Pickering Running Cl	60.33	M45/7/42/83
31	917	David Hughes	North York Moors AC	60.59	M60/2/48/48
32	953	Neil Rip Ridsdale	Esk Valley Fell Club	61.19	M65/1/50/100
33	619	Damian Kilpin	Penistone Footpath F	62.00	M45/8/41/41
34	711	Justin Waring	Loftus & Whitby AC	62.33	M50/2/48/96
35	704	Darren Townsend	Nidd Valley Road Ru	62.36	M50/3/46/92
36	514	Iain Yates	York Knavesmire Ha	63.31	M40/3/46/46
37	806	Martin Lofthouse	Nidd Valley Road Ru	63.37	M55/4/45/91
38	506	Richard Purser	York Knavesmire Ha	63.49	M40/4/45/90
39	721	Calvin Nicholson	Billingham Running C	63.52	M50/4/45/45
40	614	Matthew Harrison	Esk Valley Fell Club	63.54	M45/9/40/84
41	4	Esther Harrison	Thirsk & Sowerby Ha	63.56	FO/2/48/141
42	7	Kelly Richmond	Pickering Running Cl	63.56	FO/3/46/138
43	901	Nigel Briggs	North York Moors AC	64.12	M60/3/46/140
44	703	David Bannister	York Acorn Running	64.21	M50/5/44/87
45	720	Paul Woolhouse	Individual#	64.28	M50/6/43/43
46	342	Matthew Clark	Esk Valley Fell Club	64.33	MU23/1/50/50
47	341	Mark Jenner	Individual#	64.57	MO/15/34/34
48	811	Tim Hill	Esk Valley Fell Club	65.06	M55/5/44/133
49	900	Matt Rylatt	York Triathlon Club	66.52	M60/4/45/91*
50	709	Andrew Gamble	Individual#	67.10	M50/7/42/83
51	515	Paul Simpson	Pickering Running Cl	67.16	M40/5/44/44
52	719	George Banbury	Individual#	67.22	M50/8/41/41
53	705	Nigel Scaife	Nidd Valley Road Ru	67.28	M50/9/40/80
54	23	kirsty Struthers	North York Moors AC	67.32	FO/4/45/45
55	16	Catherine Leeson	Individual#	67.54	FO/5/44/88

56	612	Peter Gale	Individual#	68.36	M45/10/39/81
57	262	Jean Powell	Wharfedale Harriers	68.47	F55/1/50/50
58	615	Robert Allinson	Redcar Running Clu	68.51	M45/11/38/81
59	722	Alan Simpson	Thirsk & Sowerby Ha	69.06	M50/10/39/39*
60	22	Cassie Read	York Knavesmire Ha	69.12	FO/6/43/43
61	103	Kimberley Cavill	Pickering Running Cl	69.23	F40/2/48/98
62	18	Maria Clemmit	North York Moors AC	69.44	FO/7/42/84
63	802	Simon Cocker	Nidd Valley Road Ru	69.48	M55/6/43/85
64	919	Adrian Baker	Dark Peak Fell Runn	70.02	M60/5/44/44
65	823	David Sanderson	Individual#	70.47	M55/7/42/42
66	500	Graham Gill	York Knavesmire Ha	70.50	M40/6/43/130
67	801	Bryan Drew	York Knavesmire Ha	71.10	M55/8/41/126
68	918	Mark May	Scarborough Athletic	71.16	M60/6/43/43
69	626	Andy Muinonen-Martin	Individual#	71.21	M45/12/37/37
70	306	Robert Bailey	Scarborough Athletic	71.34	MO/16/33/96
71	814	Brett Edgeworth	Thirsk & Sowerby Ha	71.59	M55/9/40/83
72	155	Michaela Welham	Loftus & Whitby AC	72.05	F45/1/50/150
73	707	Robert Grainger	Scarborough Athletic	72.10	M50/11/38/76
74	17	Kyah Hall	Loftus & Whitby AC	72.36	FO/8/41/84
75	815	Richard Johnson	Pickering Running Cl	72.46	M55/10/39/80
76	604	Paul Chapman	Thirsk & Sowerby Ha	72.58	M45/13/36/116
77	965	Roger Laycock	Settle Harriers	73.04	M65/2/48/48
78	105	Bronwyn Mayo	Thirsk & Sowerby Ha	73.05	F40/3/46/96
79	111	Victoria Shipton	Loftus & Whitby AC	73.20	F40/4/45/45
80	957	Andrew Robertson	Scarborough Athletic	73.26	M65/3/46/46
81	299	Sue Haslam	Scarborough Athletic	73.43	F70/1/50/50
82	608	Kevin Rudd	Loftus & Whitby AC	73.49	M45/14/35/116
83	986	Stephen Mummery	Individual#	73.57	M70/1/50/100
84	101	Fran Jeffery	Thirsk & Sowerby Ha	73.59	F40/5/44/89
85	201	Steph Lishman	Esk Valley Fell Club	74.11	F50/1/50/144
86	700	Richard Crone	East Hull Harriers AC	74.13	M50/12/37/119
87	214	Fay Hethershaw	Scarborough Athletic	74.22	F50/2/48/48
88	621	Dale Hepples	Scarborough Athletic	74.23	M45/15/34/34
89	320	Joseph Vernon-Hill	Individual#	74.41	MO/17/32/32
90	623	David Owuor	Pickering Running Cl	74.50	M45/16/33/33
91	202	Kelly Clapton	Loftus & Whitby AC	74.59	F50/3/46/96
92	258	Elly Young	Norfolk Trail Runners	75.22	F55/2/48/48
93	916	Gary Holliday	Individual#	75.30	M60/7/42/42
94	279	Janet Cordingley	Esk Valley Fell Club	75.57	F60/1/50/98
95	809	Gary Talbot	Esk Valley Fell Club	76.18	M55/11/38/117
96	509	Glynn Jennison	East Hull Harriers AC	77.19	M40/7/42/42
97	706	Russell Geraghty	Nidd Valley Road Ru	77.20	M50/13/36/73
98	160	Amelia Whiting	Norfolk Trail Runners	77.22	F45/2/48/48
99	213	Gemma Woolrych	Norfolk Trail Runners	77.22	F50/4/45/45
100	511	Andrew Paylor	Middlesbrough and C	77.44	M40/8/41/85
101	260	Ros Blackmore	Swaledale Runners	77.50	F55/3/46/46
102	956	Paul Smith	Pickering Running Cl	78.07	M65/4/45/45
103	903	Marc Davies	Thirsk & Sowerby Ha	78.18	M60/8/41/85*
104	205	Marianne Borsheim	Individual#	78.45	F50/5/44/90
105	108	Nicola Kidd	Scarborough Athletic	79.22	F40/6/43/43
106	204	Lucy Saggars	Pickering Running Cl	79.46	F50/6/43/88*
107	958	James Abel	East Hull Harriers AC	79.48	M65/5/44/44
108	335	Dougie Brewster	Individual#	79.51	MU23/2/48/48
109	19	Katie Gamble	Individual#	79.52	FU23/1/50/50
110	161	Emma David	Nidd Valley Road Ru	79.59	F45/3/46/46
111	21	Emma Lea	York Knavesmire Ha	80.08	FO/9/40/40
112	825	Martin Poulson	Divonne	80.11	M55/12/37/37
113	963	Andrew Johnson2	York Knavesmire Ha	80.53	M65/6/43/43
114	256	Helen Ashworth	Thirsk & Sowerby Ha	81.14	F55/4/45/95

115	820	Noel Blake	Individual#	82.14	M55/13/36/36
116	959	Richard Parkin	Beverley Athletic Clu	82.26	M65/7/42/42
117	250	Diane Winnard	Nidd Valley Road Ru	83.42	F55/5/44/94
118	291	Jane Hamp	Scarborough Athletic	83.53	F65/1/50/148
119	331	Joshua Cooper	Thirsk & Sowerby Ha	84.02	MO/18/31/63
120	716	David Tervit	Thirsk & Sowerby Ha	84.08	M50/14/35/80
121	819	James Cook	Nidd Valley Road Ru	84.27	M55/14/35/35
122	281	Claire Stewart	Swaledale Runners	84.34	F60/2/48/48
123	987	Keith G Holmes	Dark Peak Fell Runn	85.09	M70/2/48/48
124	822	Russ Charlton	Pickering Running Cl	85.16	M55/15/34/34
125	152	Sarah Hudson	Loftus & Whitby AC	85.22	F45/4/45/141
126	701	Peter Murray	York Acorn Running	85.33	M50/15/34/112
127	159	Rachel Hodgson	Individual#	85.43	F45/5/44/44
128	821	Paul Shepherd	City of Hull AC	85.44	M55/16/33/33
129	3	Louise Bailey-Parkin	Pickering Running Cl	85.48	FO/10/39/119
130	921	David Stephenson	Pickering Running Cl	85.51	M60/9/40/40
131	718	Duncan Fothergill	Thirsk & Sowerby Ha	85.59	M50/16/33/77
132	923	Jerry Barnes	Vegan Runners	86.12	M60/10/39/39
133	253	Julie Clayton	Scarborough Athletic	86.15	F55/6/43/89
134	964	Marc Mason	North York Moors AC	86.19	M65/8/41/41
135	150	Alice Hayter	Pickering Running Cl	87.13	F45/6/43/130
136	902	Phil Robinson	Nidd Valley Road Ru	87.41	M60/11/38/79
137	904	David Robinson	North York Moors AC	88.09	M60/12/37/120
138	920	Chris Buckley	Individual#	89.16	M60/13/36/36
139	988	Stephen Dixon	Valley Striders	90.19	M70/3/46/46
140	290	Alison Lloyd	North York Moors AC	90.46	F65/2/48/142
141	261	Rachael Holliday	Vale Striders	91.36	F55/7/42/42
142	922	Philip Millicheap	Individual#	91.58	M60/14/35/35
143	154	Rebecca Cacioppo	Loftus & Whitby AC	91.59	F45/7/42/132
144	915	Chris Boylan	Scarborough Athletic	92.22	M60/15/34/34
145	912	Ian Robinson	Esk Valley Fell Club	94.50	M60/16/33/72
146	254	Gillian Havis	Individual#	97.04	F55/8/41/87
147	804	Paul Havis	Individual#	97.05	M55/17/32/112
148	710	Vaughn Davies	Esk Valley Fell Club	98.45	M50/17/32/107
149	259	Lin Bolton	Reepham Runners	99.09	F55/9/40/40
150	275	Christine Hemingway	City of Hull AC	101.39	F60/3/46/141
151	962	Mike Punchard	Pickering Running Cl	102.28	M65/9/40/40
152	824	Edward Webb	Individual#	105.45	M55/18/31/31
153	110	Kathryn Waterworth	Individual#	106.03	F40/7/42/42
154	157	Sarah Bracher	Nidd Valley Road Ru	106.56	F45/8/41/41
155	276	Sarah Chalmers	Nidd Valley Road Ru	117.36	F60/4/45/93
156	960	Andrew Davies	Scarborough Athletic	DNF	M65/0/0/0

(End)

Teams:	Club	Points	Positions	Team pts/total
male:	1 York Knavesmire Harrier	45	5,8,11,21	15/45
	2 Scarborough Athletic Clu	49	6,10,15,18	14/27
	3 Pickering Running Club '	60	7,9,19,25	13/26
	4 Esk Valley Fell Club 'A'	64	12,13,17,22	12/40
	5 York Knavesmire Harrier	152	26,34,36,56	11/23
	6 Esk Valley Fell Club 'B'	154	30,38,42,44	10/30
	7 Nidd Valley Road Runne	170	33,35,49,53	9/20
	8 North York Moors AC 'A'	184	20,29,39,96	8/8
	9 Thirsk & Sowerby Harrier	191	14,52,61,64	7/19
	10 Pickering Running Club '	210	28,47,63,72	6/6
	11 Scarborough Athletic Clu	246	58,60,62,66	5/5
	12 Thirsk & Sowerby Harrier	346	79,86,87,94	4/13
	13 Pickering Running Club '	367	78,90,93,106	3/3

female:	1	Thirsk & Sowerby Harrier	32	3,13,16	15/42
	2	Scarborough Athletic Clu	35	2,15,18	14/22
	3	Loftus & Whitby AC 'A'	37	11,12,14	13/40
	4	York Knavesmire Harrier	39	1,8,30	12/27
	5	Pickering Running Club	40	4,9,27	11/38
	6	North York Moors AC 'A'	55	5,10,40	10/18
	7	Norfolk Trail Runners 'A'	65	20,22,23	9/9
	8	Esk Valley Fell Club 'A'	87	17,21,(49)	8/28
	9	Loftus & Whitby AC 'B'	96	19,35,42	7/18
	10	Scarborough Athletic Clu	97	26,33,38	6/6
	11	Swaledale Runners 'A'	107	24,34,(49)	5/5
	12	Nidd Valley Road Runne	108	29,32,47	4/14
	13	Pickering Running Club	125	37,39,(49)	3/20

* = Bonus points not included

= Non-counter (team)

Comments:

The day dawned with blue skies and a warmth from the bright sunshine for the third fell race in the Dave Parry Lets Run Winter Fell Race Series 2024/25. This contrasted with the overcast and rainy conditions the previous year. The course underfoot did not change much, save a little less standing and flowing water, an aggressive sole on competitors running shoes remained the order of the day.

Registration was hosted at the Lockton village hall, a small cluster of eager runners were there to greet the volunteers as attendances were acknowledged and new numbers allocated, REMEMBER keep your race number is valid for the whole of the Winter fell race series 2024/25 (including Captain Cooks) which concludes with the Hooded Horse Fell Race in April 2025.

Race organiser Nick Cousins (Pickering Running Club) called 156 runners to order on the start line ready for the 7 miles (11.2km) and 1200' (380m) at a shade after 10.30am and then they were off on the tricky slippery initial descent.

A small army of volunteers had been mustered by Nick to ably marshal the course, largely from the host club though a few from the wider fell running community and family members.

In tale of the tape, the first three positions overall were a repeat of the Gormire Gamble Fell Race a week earlier, Oliver Shaw (MSEN) Loftus and Whitby AC led home is 49.47 just 18 seconds shy of Robert Sparkes Beverley AC course record set in 2023, second was Stephen McDougall (MSEN) Middlesbrough and Cleveland Harriers who was overhauled after taking an early lead. Third home was Rory Bevin (MSEN) Individual#. First veteran runner was Kieran Hodgson (M45) Helm Hill Runners.

In the female category it was Ursula Moore (WSEN) York Knavesmire Harriers who led home from Rhona Marshal (W40) Scarborough AC, the final place on the podium was a photo finish with Ester Harrison (WSEN) Thirsk and Sowerby Harriers just pipping Kelly Richmond (WSEN) Pickering AC.

In a very competitive womens team race, Thirsk and Sowerby Harriers claimed a win over Scarborough AC, though any of the top 5 teams could have claimed the win. York Knavesmire Harriers men made three from three in the team competition, with Scarborough AC again runners up.

Elsewhere in the field, there was a trio of female Norfolk Trail Runners, in the v70 category our oldest attendees this time, Sue Haslam Scarborough AC placed 81st and Stephen Mummery Individual# 83rd with 11 seconds between them.

Alongside the race prize presentations, awards were made for achievements in the Summer Fell Race Series 2024. The ceremony warrants a report all of its own, fuelled with hot drinks, cake and a selection of sandwiches from the previous nights do, the room had a great vibe with good natured and bolsterous support for all. The female runner-up Kirsty Struthers NYMAC and Champion Ian Rowan Esk Valley Fell Club were on-hand to collect their teapots and mugs, all handmade by Little Wren of Northallerton.

New this series were team awards with mementoes to Loftus and Whitby AC women (seven counters) and Esk Valley Fell Club men (19 counters). Well done everyone. The village hall made £347 from refreshments and Nick will donate to a Leeds hospital charity.

Next fell race event is the Kim Cavill (also Pickering RC) organised Saltergate Gallows on Sunday 10th November 2024. There is then a pause to recharge batteries before Guisborough Woods on Friday 27th December 2024.

Clive Thornton - Esk Valley Fell Club

Next Race : Saltergate Gallows

10-Nov-24