

**At The Double****12-Mar-22****Dave Parry/Lets Run Winter Series 2021-22****Race 7**

v2

Pos.	No.	Name	Club	time	cat/pos/pts/best
1	503	Daniel Bateson	Scarborough AC	50.10	M40/1/50/100
2	302	Steve Donaldson	Esk Valley Fell Club	50.57	MO/1/50/242
3	529	Ali Barns	Wharfedale Harriers	52.09	M40/2/48/48
4	507	Stephen Tilford	Wakefield District H	52.28	M40/3/46/242
5	603	Stephen Hardy	Loftus and Whitby	52.57	M45/1/50/246
6	304	Paul Lawton	Scarborough AC	53.28	MO/2/48/224
7	314	Glynn Ellwood	York Knavesmire Ha	54.53	MO/3/46/90
8	347	Rorie McIntosh	Esk Valley Fell Club	54.59	MO/4/45/82
9	511	Damian Kilpin	Penistone Footpath I	55.21	M40/4/45/230
10	737	Darren Fishwick	Chorley Athletic & Tr	55.38	M50/1/50/50
11	525	Daniel Smith	Individual#	56.09	M40/5/44/88
12	300	Stefan McLoughlin	NYMAC	56.18	MO/5/44/210
13	706	Glynn Hewitt	Scarborough AC	56.22	M50/2/48/241
14	105	Rhona Marshall	Scarborough AC	56.53	F40/1/50/250
15	802	Kevin McLoughlin	NYMAC	58.27	M55/1/50/242
16	912	Neil Ridsdale	Esk Valley Fell Club	60.30	M60/1/50/250
17	307	Graham Gill	York Knavesmire Ha	60.47	MO/6/43/191
18	803	Joe Blackett	Dark Peak Fell Runn	61.15	M55/2/48/233
19	510	Paul Cook	Esk Valley Fell Club	61.34	M40/6/43/217
20	636	Dan Middlemas	Individual#	61.43	M45/2/48/48
21	738	Andrew Marshall	Loftus and Whitby	61.55	M50/3/46/46
22	701	Justin Waring	Loftus and Whitby	62.59	M50/4/45/222
23	306	Ryan Daniel Sheader	Individual#	63.43	MO/7/42/119
24	600	Calvin Nicholson	Billingham Marsh Hc	63.45	M45/3/46/166
25	505	Robert Allinson	Redcar Running Clu	64.46	M40/7/42/169
26	1	Rebecca Dent	Scarborough AC	65.55	FU23/1/50/250
27	159	Donna Cartwright	Radcliffe AC	66.34	F45/1/50/50
28	924	Anthony Harnett	NYMAC	66.49	M60/2/48/48
29	210	Julia Jackson	Loftus and Whitby	67.05	F50/1/50/50
30	999	Neil Scruton	Scarborough AC	67.07	M70/1/50/250
31	514	Lee Woolams	TS Harriers	67.26	M40/8/41/79
32	978	Paul Harlowe	Wharfedale Harriers	67.54	M70/2/48/48
33	831	Mick Cooper	Todmorden Harriers	67.59	M55/3/46/46
34	716	Richard Clark	Esk Valley Fell Club	68.23	M50/5/44/161
35	817	Marc Davies	Thirsk and Sowerby	69.56	M55/4/45/167
36	277	Caroline Glover	Wharfedale Harriers	70.30	F60/1/50/246*
37	5	Cassie Read	York Knavesmire Ha	70.44	FO/1/50/138
38	121	Sarah Walch	Penistone Footpath I	71.02	F40/2/48/230
39	38	Sarah Jarman	Individual#	74.57	FO/2/48/84
40	158	Stephanie Lishman	Individual#	76.08	F45/2/48/148
41	916	Stephen Haley	Individual#	76.13	M60/3/46/88
42	734	Lee Shephard	Individual#	76.14	M50/6/43/118
43	276	Sue Haslam	Scarborough AC	76.20	F65/1/50/250*
44	923	Gary Beard	Loftus and Whitby	76.24	M60/4/45/45
45	352	Graeme Robert Casey	Scarborough AC	76.55	MO/8/41/70
46	356	Peter Simpson	Individual#	78.42	MO/9/40/70
47	252	Julie Clayton	Scarborough AC	80.36	F55/1/50/246
48	811	Paul Haydon	Fell Runners Associ	81.13	M55/5/44/85
49	129	Karen Wilson	Individual#	81.48	F40/3/46/46
50	979	Robert Lillie	Scarborough AC	83.18	M70/3/46/46*
51	951	Martin White	New Marske Harriers	88.23	M65/1/50/242
52	254	Ronni Kirkham	Esk Valley Fell Club	89.19	F55/2/48/231
53	952	Graham Robinson	Pickering Running C	108.29	M65/2/48/185

(End)

**Corrections:**

15/03/22 19th posn club change (affects teams)

<b>Teams:</b>	<b>Club</b>	<b>Points</b>	<b>Positions</b>	<b>Team pts/total</b>
<b>male:</b>	1 Esk Valley Fell Club 'A'	43	2,8,15,18	15/102
	2 Scarborough AC 'A'	46	1,6,13,26	14/94
	3 Loftus and Whitby 'A'	80	5,20,21,34	13/40
<b>female:</b>	1 Scarborough AC 'A'	13	1,2,10	15/98

\* = Bonus points not included

# = Non-counter (team)

**Comments:**

St Helens Church, Carlin How was host to a new fell race to the North Yorkshire Moors race calendar 'At the Double', seventh counter in the Dave Parry Lets Run Winter Series.

The course devised by organiser Malcolm Peggs of Loftus and Whitby was a challenging FRA BM, 11km with 400m of ascent, runners were never able to settle on an undulating course taking in spectacular coastal outlooks as well as inland paths. 53 entrants were summoned to the start line by the chime of the church bells, with Father Adam on hand to set runners on their way.

A quick first kilometre largely of descent took runners into Skinningrove, with little time to settle a long ascent took runners to checkpoint three at around 5 kilometres and the high point of the race, taking in along the way the Warren, the Quarry and the Moon.

As the race entered its second half its shape was established, Dan Bateson Scarborough AC leading from Steven Donaldson of Esk Valley Fell Club and Wharfedale Harriers visitor Ali Burns in third.

In the womens race it was Rhona Marshal Scarborough AC who had eased out a decent lead from team mate and Under 23 runner Rebecca Dent followed by Donna Cartwright Radcliffe AC and home club runner Julia Jackson in 4th.

And oh the cruelty of fell racing, in the second 5 kilometres the height gained was lost and with the finish at St Helens clearly visible to runners, but kilometre eleven was to complete, an out and back loop to Cattersby Sands involving a testing ascent from the promenade at Skinningrove to the cliff top.

And so it was veteran 40 runner Dan Bateson who held out to lead home in a time of 50 minutes 10 seconds, followed in, less than a minute later by the now perennial podium finisher (but not quite champagne) Steven Donaldson of Esk Valley and Ali Burns third, best placed home club runner was Steve Hardy in fifth.

In the women's race Rhona Marshal stretched her lead to an impressive near 10 minutes, finishing in 56.53, Rebecca kept her second place from a fast finishing Donna Cartwright in third with Julia Jackson close at hand in fourth and best home club finisher.

In the teams, it was Esk Valley Fell Club men and Scarborough AC women. A cake and drinks sale at the finish replenished lost energy with proceeds to the Ukraine appeal, the surplus from race entry fees was donated to the church, well done and thank you to all involved.

Next event is Bilsdale Sunday 20th March 2022 (not a series counter), entries have closed, though offers of help gratefully accepted and the next series event is Heartbeat Hobble on Sunday 3rd April 2022.

**Next Race :** Heartbeat Hobble

03-Apr-22