

Cod Beck Canter**05-Feb-23****Dave Parry/Lets Run Winter Series 2022-23****Race 7**

v2

Pos.	No.	Name	Club	time	cat/pos/pts/total
1	410	Robert Sparkes	Beverley AC	66.44	MO/1/50/50
2	359	Keith Wigley	Swaledale Runners	68.35	MO/2/48/92
3	336	Scott Coates	Individual#	74.38	MO/3/46/90
4	25	Caroline Lambert	Middlesbrough AC (M	74.46	FO/1/50/150
5	519	Tim Grimwood	Swaledale Runners	74.59	M40/1/50/242
6	328	Andrew Armin	Saltwell Harriers	75.00	MO/4/45/168
7	301	Kian Stead	Individual#	75.02	MU23/1/50/344
8	522	Peter Walker	York Knavesmire Ha	77.54	M40/2/48/94
9	411	William Bowes	Tyne Bridge Harriers	78.04	MO/5/44/44
10	419	Dale Brown	Individual#	78.24	MO/6/43/43
11	50	Becky Penty	York Knavesmire Ha	78.31	FO/2/48/48
12	349	Joel McGlynn	Esk Valley Fell Club	79.23	MO/7/42/116
13	601	Damian Kilpin	Penistone Footpath F	79.44	M45/1/50/194
14	546	Steven Devlin	Swaledale Runners	80.08	M40/3/46/133
15	319	Paul Lawton	Scarborough Athletic	80.12	MO/8/41/235*
16	115	Catherine Williamson	Loftus & Whitby AC	80.32	F40/1/50/100
17	305	Peter Allen	Pickering Running Cl	81.17	MO/9/40/166
18	624	Matthew Jones	Scarborough Athletic	82.40	M45/2/48/279
19	347	Ian Spence	Scarborough Athletic	82.42	MO/10/39/197
20	714	Stephen Pugh	Esk Valley Fell Club	83.41	M50/1/50/189*
21	704	Simon Rycroft	Pickering Running Cl	83.56	M50/2/48/184*
22	102	Rhona Marshall	Scarborough Athletic	84.06	F40/2/48/246
23	813	Rob Williamson	Loftus & Whitby AC	84.24	M55/1/50/98
24	523	Michael Shaw	York Knavesmire Ha	84.55	M40/4/45/89
25	604	Michael Richmond	Pickering Running Cl	84.57	M45/3/46/177
26	700	Chris Jefferies	Billingham Marsh Ho	85.04	M50/3/46/257
27	817	Jim Rogers	City of Hull AC	85.11	M55/2/48/194
28	408	Tom Ratcliffe	York Knavesmire Ha	85.29	MO/11/38/38
29	908	Barry Atkinson	York Knavesmire Ha	87.04	M60/1/50/344
30	1379	Brendan Anglim	Hardley Runners	87.13	M50/4/45/95
31	415	Dermot Meehan	Individual#	87.45	MO/12/37/37
32	613	Richard Veitch	Esk Valley Fell Club	87.50	M45/4/45/88
33	816	Tim Hill	Esk Valley Fell Club	87.52	M55/3/46/185*
34	615	Paul Woolhouse	Pickering Running Cl	87.55	M45/5/44/171
35	416	Craig Lee	Individual#	88.14	MO/13/36/36
36	1006	Nik Tarrega	York Knavesmire Ha	88.47	FO/3/46/94
37	702	Calvin Nicholson	Billingham Marsh Ho	89.14	M50/5/44/294
38	343	Glyn Smith	Individual#	89.59	MO/14/35/65
39	402	Mark Jenner	Ripon Runners	90.00	MO/15/34/69
40	3	Susannah Reid	York Knavesmire Ha	90.05	FO/4/45/190
41	616	Giles Hawking	York Knavesmire Ha	90.49	M45/6/43/206
42	929	David Allison	North York Moors AC	92.19	M60/2/48/93
43	727	Paul Mead	Individual#	92.23	M50/6/43/85
44	756	Justin Waring	Loftus & Whitby AC	92.49	M50/7/42/42
45	906	Kevin Holmes	Individual#	93.09	M60/3/46/184
46	311	Chris Crooks	Individual#	94.51	MO/16/33/163
47	412	Thomas Sinclair	York Knavesmire Ha	95.04	MO/17/32/32
48	623	Phillip Baines	Stockton Striders AC	95.09	M45/7/42/233*
49	7	Georgia Campbell	Jarrow & Hebburn AC	95.10	FO/5/44/181
50	701	Tony Millard	Blue Lagoon Triathlo	95.13	M50/8/41/199
51	4	Kelly Gaughan	Pickering Running Cl	95.23	FO/6/43/179
52	417	Stephen Howe	Individual#	95.48	MO/18/31/31
53	307	Graham Miller	Loftus & Whitby AC	95.55	MO/19/30/203
54	26	Fran Dembele	South Shields Harrie	96.33	FO/7/42/90
55	1320	Ken Wood	Thirsk & Sowerby Ha	96.34	M45/8/41/76

56	641	Andrew Gamble	Individual#	96.36	M45/9/40/78
57	100	Kimberley Cavill	Pickering Running Cl	96.37	F40/3/46/140*
58	329	Sam Lawther	Individual#	96.45	MO/20/29/52
59	414	Thomas Shelton	Denby Dale AC	97.00	MO/21/28/28
60	802	Peter Walsh	Loftus & Whitby AC	97.06	M55/4/45/257
61	207	Trudy Morrice	Thirsk & Sowerby Ha	97.10	F50/1/50/340
62	646	Russ Grayson	Pickering Running Cl	97.28	M45/10/39/39*
63	835	John Tollitt	Northumberland Fell	97.32	M55/5/44/44
64	525	Graham Gill	York Knavesmire Ha	97.36	M40/5/44/83
65	637	Robert Allinson	Redcar Running Clu	97.46	M45/11/38/112
66	49	Rozalyn Morritt	Swaledale Runners	97.49	FO/8/41/41
67	648	Simon Purl	South Leeds Lakers	97.57	M45/12/37/37
68	911	Andrew Robertson	Scarborough Athletic	98.07	M60/4/45/302
69	834	Paul Murgatroyd	South Leeds Lakers	98.25	M55/6/43/43
70	806	Paul Havis	Individual#	98.30	M55/7/42/213
71	631	Stephen Hardy	Loftus & Whitby AC	98.34	M45/13/36/78
72	914	Neil Ridsdale	Esk Valley Fell Club	98.53	M60/5/44/334
73	921	Paul Doxford	South Shields Harrie	99.37	M60/6/43/129
74	712	Alan Simpson	Thirsk & Sowerby Ha	99.48	M50/9/40/179
75	34	Kirsty Struthers	North York Moors AC	100.00	FO/9/40/175
76	518	Danny Lim	FRA	100.05	M40/6/43/122
77	649	Paul Morton	Stockton Striders AC	100.11	M45/14/35/35
78	836	Michael Keavney	Swaledale Runners	100.19	M55/8/41/41
79	1131	Karen Snaith	South Shields Harrie	100.20	F55/1/50/96
80	260	Lorraine Hiles	Thirsk & Sowerby Ha	100.49	F55/2/48/98
81	909	Michael Clarke	Loftus & Whitby AC	101.00	M60/7/42/116
82	719	Andrew Johnson	Beverley AC	101.12	M50/10/39/111
83	290	Sue Haslam	Scarborough Athletic	101.17	F65/1/50/200*
84	43	Kim Wilkinson	Thirsk & Sowerby Ha	101.20	FO/10/39/83
85	52	Shona Wilde	York Knavesmire Ha	101.21	FO/11/38/38
86	155	Nina Mason	Elvet Striders	101.25	F45/1/50/292
87	413	Edmond Roberts	York Knavesmire Ha	101.47	MO/22/27/27
88	819	Andy Harvey	Pickering Running Cl	101.51	M55/9/40/165
89	722	Richard Johnson	Pickering Running Cl	102.42	M50/11/38/154
90	509	Lee Woolams	TS Harriers	103.07	M40/7/42/143
91	904	Nigel Briggs	North York Moors AC	103.44	M60/8/41/262
92	933	Graham Kitchen	South Leeds Lakers	103.48	M60/9/40/40
93	755	Jim Coldwell	Swaledale Runners	103.56	M50/12/37/37
94	283	Janet Cordingley	Individual#	104.17	F60/1/50/98
95	116	Abbie Hull	Quakers Running Cl	105.21	F40/4/45/277
96	278	Caroline Glover	Wharfedale Harriers	105.48	F60/2/48/294
97	758	Steven Marks	North Shields Polyt	105.49	M50/13/36/36
98	999	Neil Scruton	Scarborough Athletic	105.51	M75/1/50/250
99	151	Andrea Lancaster	York Knavesmire Ha	106.00	F45/2/48/196
100	409	Joe O'keefe	Thirsk & Sowerby Ha	106.03	MO/23/26/26
101	126	Katherine Bray	Individual#	106.21	F40/5/44/44
102	46	Maria Clemmit	North York Moors AC	106.25	FO/12/37/79
103	930	Peter Butler	Swaledale Runners	106.42	M60/10/39/39
104	954	Trevor Symonds	Northern Fells Runni	106.52	M65/1/50/296
105	800	Gary Talbot	Esk Valley Fell Club	107.27	M55/10/39/269
106	117	Abbigail Carter	Tadcaster Harriers	107.45	F40/6/43/87
107	931	John Walker	North Leeds Fell Rur	108.23	M60/11/38/38
108	927	Anthony Harnett	North York Moors AC	108.43	M60/12/37/80
109	107	Helen Spring	York Acorn Running	108.47	F40/7/42/175
110	251	Helen Ashworth	Thirsk & Sowerby Ha	108.51	F55/3/46/181
111	638	Duncan Fothergill	Thirsk & Sowerby Ha	108.56	M45/15/34/95
112	837	Richard Slack	South Shields Harrie	109.08	M55/11/38/38
113	252	Nicola Thorpe	Individual#	109.19	F55/4/45/330
114	951	Andrew Johnson	York Knavesmire Ha	109.48	M65/2/48/239

115	960	Stephen Haley	Individual#	110.18	M65/3/46/181
116	907	Chris Buckley	Individual#	110.23	M60/13/36/154
117	713	Richard Clark	Esk Valley Fell Club	110.29	M50/14/35/179
118	554	Sean Eden	Washington Running	110.30	M40/8/41/41
119	166	Kathryn Brennan	Washington Running	110.30	F45/3/46/46
120	101	Fran Jeffery	Thirsk & Sowerby Ha	111.27	F40/8/41/123
121	733	James Carter	Tadcaster Harriers	111.39	M50/15/34/65
122	977	Geoff Towers	Individual#	111.41	M70/1/50/300*
123	24	Kirsty Brown	Pickering Running Cl	111.42	FO/13/36/78
124	259	Hilary Coventry	Thirsk & Sowerby Ha	111.47	F55/5/44/134
125	962	Keith Holmes	Dark Peak Fell Runn	112.10	M65/4/45/45
126	153	Steph Lishman	Individual#	112.30	F45/4/45/318
127	418	Sam Fugill	Nidd Valley	112.44	MO/24/25/25
128	119	Rachael Morley	Pickering Running Cl	112.51	F40/9/40/167
129	167	Kelly Temple	York Knavesmire Ha	114.05	F45/5/44/44
130	205	Mary Dryden	Individual#	114.20	F50/2/48/177
131	165	Lorna Garrity	Swaledale Runners	115.10	F45/6/43/43
132	964	Nigel Heppell	Elvet Striders	115.19	M65/5/44/44
133	752	Simon Rek	Quakers Running Cl	115.26	M50/16/33/101
134	123	Rosie Gatenby	Thirsk & Sowerby Ha	115.45	F40/10/39/117
135	168	Emma David	Nidd Valley	117.23	F45/7/42/42
136	1122	Canilla Lauren-Maatta	Elvet Striders	117.58	F55/6/43/87
137	208	Debbie Rycroft	Pickering Running Cl	119.00	F50/3/46/206*
138	932	Phil Robinson	Nidd Valley	119.06	M60/14/35/35
139	709	Peter Murray	York Acorn Running	120.18	M50/17/32/56
140	952	Mark Edwards	North York Moors AC	120.38	M65/6/43/183*
141	292	Martha McBarron	Swaledale Runners	120.41	F65/2/48/144
142	256	Denise Tunstall	Durham Fell Runners	121.16	F55/7/42/234
143	905	David Stephenson	Pickering Running Cl	122.09	M60/15/34/113
144	811	Nicholas Cousins	Pickering Running Cl	123.18	M55/12/37/156*
145	963	Pedro Carrcesco	Thirsk & Sowerby Ha	124.58	M65/7/42/42
146	201	Jayne Bowers	Esk Valley Fell Club	125.43	F50/4/45/292
147	48	Jessica Jackson	Esk Valley Fell Club	125.44	FO/14/35/107
148	975	Robert Lillie	Scarborough Athletic	126.56	M70/2/48/142*
149	150	Alice Hayter	Pickering Running Cl	132.43	F45/8/41/257
150	125	Helen Clark	Quakers Running Cl	132.57	F40/11/38/38
151	753	Vaughn Davies	Individual#	133.40	M50/18/31/68
152	611	Barry Cooper	Individual#	133.45	M45/16/33/133
153	276	Clare Winspear	Individual#	134.08	F60/3/46/226*
154	110	Lisa Baker	Scarborough Athletic	136.35	F40/12/37/275
155	279	Shirley Tyrrell	Pickering Running Cl	137.05	F60/4/45/131*
156	950	Donald Buffham	Otley AC	142.27	M65/8/41/172
157	965	Gerard Hall	North York Moors AC	143.49	M65/9/40/40
158	263	Sarah Chalmers	Nidd Valley	150.37	F55/8/41/41
159	979	Antonio Cardinale	Otley AC	173.54	M70/3/46/46

(End)

Teams:	Club	Points	Positions	Team pts/total
male:	1 York Knavesmire Harrier	76	7,20,24,25	15/48
	2 Pickering Running Club	83	14,18,21,30	14/76
	3 Swaledale Runners 'A'	83	2,4,12,65	13/13
	4 Esk Valley Fell Club 'A'	84	10,17,28,29	12/89
	5 Scarborough Athletic Clu	100	13,15,16,56	11/96
	6 Loftus & Whitby AC 'A'	152	19,38,45,50	10/29
	7 York Knavesmire Harrier	197	35,41,53,68	9/20
	8 Thirsk & Sowerby Harrier	268	46,62,77,83	8/18
	9 North York Moors AC 'A'	288	36,72,82,98	7/19
	10 Pickering Running Club	289	51,69,70,99	6/21

female:	1	York Knavesmire Harrier	13	2,5,6	15/73
	2	Thirsk & Sowerby Harrier	43	11,15,17	14/81
	3	Pickering Running Club	50	8,10,32	13/81
	4	Scarborough Athletic Clu	70	4,16,50	12/87
	5	South Shields Harriers '	76	9,14,(53)	11/19
	6	York Knavesmire Harrier	77	18,23,36	10/10
	7	North York Moors AC 'A	91	13,25,(53)	9/42
	8	Thirsk & Sowerby Harrier	92	28,31,33	8/28
	9	Swaledale Runners 'A'	93	12,38,43	7/26
	10	Elvet Striders 'A'	113	19,41,(53)	6/40
	11	Quakers Running Club '	122	21,48,(53)	5/5
	12	Pickering Running Club	124	35,42,47	4/31
	13	Esk Valley Fell Club 'A'	144	45,46,(53)	3/33
	14	Nidd Valley 'A'	145	40,52,(53)	2/2

* = Bonus points not included

= Non-counter (team)

Corrections:

8/2/23 mystery runner in 82nd corrected

Comments:

Full report to follow.

It was perfect winter weather, powder blue skies, sunshine, an easing frost and barely a breathe of wind, which was terrific as 159 competitors turned for the first running of the Cod Beck Canter, a 16 kilometre, 600 metre fell race based on the Ozzy Oiks and Whorlton Run (offroad bits) events.

Registration was hosted at the Blue Bell Inn at Ingleby Arncliffe, a great spot for a bite if you have the opportunity.

In the tale of the tape it was Robert Sparkes Beverley AC and Caroline Lambert Middlesbrough AC (Mandale) who claimed the first time course records. First veterans were Catherine Williamson of Loftus and Whitby AC who also collected her Summer Series 2022 awards, and Tim Grimwood of Swaledale Runners.

Thanks to David Bannister of York Acorn for organising and on the day helpers.

Next event is Maybeck Three Crosses on Sunday 19th February 2023.

Next Race : Maybeck 3 Crosses

19-Feb-23