

Heartbeat Hobble**16-Apr-23****Dave Parry/Lets Run Winter Series 2022-23****Race 11**

Pos.	No.	Name	Club	time	cat/pos/pts/best
1	410	Robert Sparkes	Beverley AC	42.55	MO/1/50/150
2	500	Daniel Bateson	Scarborough Athletic Clut	44.43	M40/1/50/396*
3	306	Steven Donaldson	Esk Valley Fell Club	44.46	MO/2/48/392*
4	435	Dan Dunnington	Ryedale Tri	47.10	MO/3/46/86
5	1213	Ewan Sewell	York Knavesmire Harriers	47.18	MO/4/45/130
6	446	Joe Leadley	Loftus & Whitby AC	47.34	MO/5/44/44
7	50	Becky Penty	York Knavesmire Harriers	47.46	FO/1/50/98
8	319	Paul Lawton	Scarborough Athletic Clut	48.34	MO/6/43/342*
9	326	Darryl Koekemoer	Scarborough Athletic Clut	48.52	MO/7/42/209
10	408	Tom Ratcliffe	York Knavesmire Harriers	49.01	MO/8/41/120
11	392	Alexander Gaze	Loftus & Whitby AC	49.04	MU23/1/50/189
12	721	Adrian Bushby	City of Hull AC	49.09	M50/1/50/350*
13	666	Paul Butler	Scarborough Athletic Clut	49.51	M55/1/50/141
14	655	Andy Goddard	York Acorn Running Club	50.11	M45/1/50/98
15	115	Catherine Williamson	Loftus & Whitby AC	50.19	F40/1/50/200
16	301	Kian Stead	Individual#	50.27	MU23/2/48/398
17	624	Matthew Jones	Scarborough Athletic Clut	50.29	M45/2/48/373*
18	322	Richard Purser	York Knavesmire Harriers	50.48	MO/9/40/198
19	328	Andrew Armin	Saltwell Harriers	51.03	MO/10/39/250
20	714	Stephen Pugh	Esk Valley Fell Club	51.17	M50/2/48/330*
21	347	Ian Spence	Scarborough Athletic Clut	51.18	MO/11/38/329
22	604	Michael Richmond	Pickering Running Club	51.43	M45/3/46/313
23	813	Rob Williamson	Loftus & Whitby AC	51.49	M55/2/48/146
24	438	Chris Doble	York Knavesmire Harriers	51.53	MO/12/37/37
25	451	Adam Theaker	Loftus & Whitby AC	52.07	MO/13/36/36
26	700	Chris Jefferies	Billingham Running Club	52.19	M50/3/46/361
27	1379	Brendan Anglim	Hardley Runners	52.28	M50/4/45/234
28	102	Rhona Marshall	Scarborough Athletic Clut	52.40	F40/2/48/394
29	756	Justin Waring	Loftus & Whitby AC	52.45	M50/5/44/216
30	724	Dave Smith	Pickering Running Club	52.50	M50/6/43/187
31	914	Neil Ridsdale	Esk Valley Fell Club	52.52	M60/1/50/390
32	825	David Hughes	North York Moors AC	52.55	M55/3/46/135
33	707	David Bannister	York Acorn Running Club	53.15	M50/7/42/337*
34	367	Aaron Keys	Middlesbrough and Clevel	53.27	MO/14/35/150
35	774	Matthew Smithson	York Acorn Running Club	53.35	M50/8/41/41
36	706	Peter Massey	Goodgym Race Team	53.51	M50/9/40/83
37	746	Darren Fishwick	Chorley	53.54	M50/10/39/84
38	616	Giles Hawking	York Knavesmire Harriers	54.03	M45/4/45/351
39	816	Tim Hill	Esk Valley Fell Club	54.18	M55/4/45/372*
40	846	Alex Fawcett	Ripon Runners	54.34	M55/5/44/44
41	7	Georgia Campbell	Jarrow & Hebburn AC	54.46	FO/2/48/375
42	845	Alan Whelan	Scarborough Athletic Clut	55.10	M55/6/43/43
43	525	Graham Gill	York Knavesmire Harriers	55.21	M40/2/48/219
44	60	Victoria Sewell	York Knavesmire Harriers	55.30	FO/3/46/91
45	501	Michal Czekajlo	York Acorn Running Club	55.35	M40/3/46/339*
46	815	Ian Beaver	Scarborough Athletic Clut	55.42	M55/7/42/353
47	727	Paul Mead	Individual#	55.45	M50/11/38/160
48	445	Patrick Cavanagh	Individual#	55.52	MO/15/34/34
49	906	Kevin Holmes	Individual#	55.57	M60/2/48/323
50	702	Calvin Nicholson	Billingham Running Club	55.59	M50/12/37/339
51	719	Andrew Johnson	Beverley AC	56.03	M50/13/36/182
52	35	Esther Harrison	Thirsk & Sowerby Harriers	56.22	FO/4/45/289
53	310	Tristan Featherby	Pocklington Runners	56.35	MO/16/33/70
54	327	Stephen Roe	Billingham Running Club	56.46	MO/17/32/148
55	436	Thomas McKenna	Individual#	57.04	MO/18/31/31

56	560	Rory Henderson	York Knavesmire Harriers	57.11	M40/4/45/45
57	4	Kelly Gaughan	Pickering Running Club	57.26	FO/5/44/315
58	448	Derek Hatley	York Knavesmire Harriers	57.28	MO/19/30/30
59	842	Clive Thornton	Esk Valley Fell Club	58.12	M55/8/41/41*
60	67	Natalie Greaves	York Knavesmire Harriers	58.20	FO/6/43/43
61	439	Matthew Freeman	York Knavesmire Harriers	58.33	MO/20/29/29
62	1377	Colin Harrison	Loftus & Whitby AC	58.46	M60/3/46/91
63	311	Chris Crooks	Individual#	59.01	MO/21/28/221
64	413	Edmond Roberts	York Knavesmire Harriers	59.50	MO/22/27/54
65	769	Dan Middlemas	Dark Peak Fell Runners	60.04	M50/14/35/35
66	5	Ursula Moore	York Knavesmire Harriers	60.10	FO/7/42/90
67	1015	Cassie Read	York Knavesmire Harriers	60.26	FO/8/41/120
68	904	Nigel Briggs	North York Moors AC	60.31	M60/4/45/353
69	911	Andrew Robertson	Scarborough Athletic Clut	60.48	M60/5/44/350*
70	53	Nikki Carr Walls	Scarborough Athletic Clut	60.54	FO/9/40/85
71	637	Robert Allinson	Redcar Running Club	61.14	M45/5/44/275
72	722	Richard Johnson	Pickering Running Club	61.19	M50/15/34/253
73	969	Andy Davies	Calder Valley Fell Runner	61.24	M65/1/50/50
74	444	Andrew Sandercock	North Leeds Fell Runners	61.29	MO/23/26/26
75	290	Sue Haslam	Scarborough Athletic Clut	61.30	F65/1/50/400*
76	658	Gary Wilkinson	Thirsk & Sowerby Harriers	61.36	M45/6/43/43
77	819	Andy Harvey	Pickering Running Club	61.49	M55/9/40/289
78	659	Andy Southwick	Scarborough Athletic Clut	61.52	M45/7/42/42
79	712	Alan Simpson	Thirsk & Sowerby Harriers	62.09	M50/16/33/254
80	437	Robert Bozect	York Knavesmire Harriers	62.12	MU23/3/46/46
81	206	Julia Jackson	Loftus & Whitby AC	62.40	F50/1/50/189
82	116	Abbie Hull	Swaledale Runners	62.50	F40/3/46/323
83	155	Nina Mason	Elvet Striders	62.56	F45/1/50/398*
84	999	Neil Scruton	Scarborough Athletic Clut	63.12	M75/1/50/400
85	207	Trudy Morrice	Thirsk & Sowerby Harriers	63.17	F50/2/48/394
86	773	David Sanderson	Individual#	63.21	M50/17/32/32
87	941	Paul Smith	Pickering Running Club	63.25	M60/6/43/43
88	52	Shona Wilde	York Knavesmire Harriers	63.28	FO/10/39/77
89	909	Michael Clarke	Loftus & Whitby AC	63.32	M60/7/42/199
90	340	Josh Goldsbrough	North York Moors AC	64.04	MO/24/25/170
91	441	Rob Illingworth	Individual#	64.06	MO/25/24/24
92	1010	Clare Rowntree	Thirsk & Sowerby Harriers	64.23	FO/11/38/78
93	151	Andrea Lancaster	York Knavesmire Harriers	64.24	F45/2/48/289
94	171	Orna O'Toole	York Knavesmire Harriers	64.25	F45/3/46/46
95	951	Andrew Johnson	York Knavesmire Harriers	64.46	M65/2/48/381
96	771	Graham Buckingham	South Shields Harriers	64.58	M50/18/31/31
97	713	Richard Clark	Esk Valley Fell Club	65.13	M50/19/30/280*
98	440	Arnold Lester	Pickering Running Club	65.15	MO/26/23/23
99	14	Ruth Kaftirani	Pickering Running Club	65.16	FO/12/37/114
100	843	Emyr Glyn Rees	York Knavesmire Harriers	65.24	M55/10/39/39
101	108	Sarah Walch	Penistone Footpath Runn	65.27	F40/4/45/321
102	559	David Barrett	York Acorn Running Club	65.28	M40/5/44/44
103	267	Karen Farmer-Scott	Pickering Running Club	65.46	F55/1/50/96*
104	770	Ian Puckrin	Eborienteers	68.24	M50/20/29/29
105	117	Abbigail Carter	Tadcaster Harriers	68.34	F40/5/44/131
106	800	Gary Talbot	Esk Valley Fell Club	69.11	M55/11/38/320*
107	1146	Louise Mayfield	Thirsk & Sowerby Harriers	69.18	F50/3/46/87
108	219	Jo Towler	Pickering Running Club	69.32	F50/4/45/181*
109	918	Marc Davies	Thirsk & Sowerby Harriers	69.50	M60/8/41/163
110	66	Hannah Strange	York Knavesmire Harriers	70.02	FO/13/36/36
111	442	John Cave	Individual#	70.13	MO/27/22/22
112	443	Robert Bailey	Scarborough Athletic Clut	70.30	MO/28/21/21
113	961	Paul Lyons	North York Moors AC	70.47	M65/3/46/142
114	844	Chris Clayton	Scarborough Athletic Clut	70.56	M55/12/37/37*
115	952	Mark Edwards	North York Moors AC	71.25	M65/4/45/273*

116	48	Jessica Jackson	Esk Valley Fell Club	71.29	FO/14/35/222
117	223	Beckie May	Scarborough Athletic Clut	71.47	F50/5/44/89
118	264	Angela Campbell	Individual#	72.01	F55/2/48/92
119	252	Nicola Thorpe	Individual#	72.06	F55/3/46/382
120	128	Amy Bailiss	York Acorn Running Club	72.14	F40/6/43/43
121	847	Luke Shannon	Thirsk & Sowerby Harriers	72.35	M55/13/36/36
122	106	Lynn Humpleby	Pickering Running Club	73.25	F40/7/42/177
123	733	James Carter	Tadcaster Harriers	73.44	M50/21/28/93
124	256	Denise Tunstall	Durham Fell Runners	73.46	F55/4/45/325
125	832	Patrick Day	Esk Valley Fell Club	75.04	M55/14/35/117
126	447	Elliot Day	Individual#	75.05	MU23/4/45/45
127	291	Jane Hamp	Scarborough Athletic Clut	75.23	F65/2/48/96
128	810	Paul Haydon	FRA	76.33	M55/15/34/178*
129	940	David Robinson	North York Moors AC	76.49	M60/9/40/40
130	71	Lianne Koekemoer	Scarborough Athletic Clut	77.01	FO/15/34/34
131	449	Samuel Parish	Individual#	78.05	MO/29/20/20
132	70	Ellie Parish	Individual#	78.07	FO/16/33/33
133	282	Alison Lloyd	North York Moors AC	80.02	F60/1/50/232
134	608	Pascal Dannerolle	Scarborough Athletic Clut	80.28	M45/8/41/76
135	450	Danny Johnson	Ripon Runners	81.05	MO/30/19/19
136	901	Ian Robinson	Esk Valley Fell Club	82.26	M60/10/39/228*
137	201	Jayne Bowers	Esk Valley Fell Club	82.27	F50/6/43/346*
138	150	Alice Hayter	Pickering Running Club	83.06	F45/4/45/360
139	452	Erik Dillon	Individual#	86.00	MO/31/18/18
140	216	Susan Jackson	Durham Fell Runners	86.06	F50/7/42/114
141	110	Lisa Baker	Scarborough Athletic Clut	86.59	F40/8/41/340
142	956	Ian Harmer	Esk Valley Fell Club	87.06	M65/5/44/176
143	270	Ronni Kirkham	Esk Valley Fell Club	87.11	F55/5/44/44
144	912	Geoff Hine	Individual#	87.33	M60/11/38/137
145	279	Shirley Tyrrell	Pickering Running Club	87.46	F60/2/48/225*
146	753	Vaughn Davies	Individual#	90.32	M50/22/27/151
147	772	Neil Enskat	North York Moors AC	90.56	M50/23/26/26
148	269	Tracey Docherty	Thirsk & Sowerby Harriers	91.27	F55/6/43/43
149	268	Sara Armitage	Thirsk & Sowerby Harriers	91.30	F55/7/42/42
150	123	Rosie Gatenby	Thirsk & Sowerby Harriers	91.31	F40/9/40/205
151	970	Michael Punchard	Pickering Running Club	91.33	M65/6/43/43
152	990	Michael Hetheron	Pickering Running Club	93.05	M75/2/48/238*
153	1344	Graham Robinson	Pickering Running Club	101.35	M65/7/42/80*
154	68	Victoria Magnus	Wetherby Runners	106.19	FO/17/32/32
155	979	Antonio Cardinale	Otley AC	121.23	M70/1/50/141
156	802	Peter Walsh	Loftus & Whitby AC	DNF	M55/0/0/349

(End)

Teams:	Club	Points	Positions	Team pts/total
male:	1 Scarborough Athletic Clt	29	2,7,8,12	15/154
	2 York Knavesmire Harriet	52	5,9,16,22	14/87
	3 Loftus & Whitby AC 'A'	60	6,10,21,23	13/77
	4 Esk Valley Fell Club 'A'	85	3,18,28,36	12/145
	5 Scarborough Athletic Clt	113	15,19,38,41	11/67
	6 York Acorn Running Clu	115	13,30,32,40	10/20
	7 Pickering Running Club	173	20,27,61,65	9/112
	8 York Knavesmire Harriet	175	35,39,50,51	8/28
	9 North York Moors AC 'A'	246	29,58,73,86	7/44
	10 York Knavesmire Harriet	252	53,56,68,75	6/6
	11 Scarborough Athletic Clt	279	59,66,69,85	5/11
	12 Esk Valley Fell Club 'B'	302	52,77,82,91	4/71
	13 Thirsk & Sowerby Harrie	303	64,67,83,89	3/22
	14 Pickering Running Club	358	71,78,104,105	2/42

female:	1	York Knavesmire Harrier	14	1,5,8	15/109
	2	Scarborough Athletic Cl	26	3,11,12	14/140
	3	York Knavesmire Harrier	36	9,10,17	13/22
	4	Thirsk & Sowerby Harrie	40	6,16,18	12/130
	5	Pickering Running Club	51	7,21,23	11/127
	6	Loftus & Whitby AC 'A'	64	2,13,(49)	10/27
	7	York Knavesmire Harrier	66	19,20,27	9/9
	8	Pickering Running Club	99	26,33,40	8/57
	9	Scarborough Athletic Cl	100	29,35,36	7/34
	10	Esk Valley Fell Club 'A'	110	28,39,43	6/49
	11	Thirsk & Sowerby Harrie	116	25,45,46	5/44
	12	Durham Fell Runners 'A'	124	34,41,(49)	4/26

* = Bonus points not included

= Non-counter (team)

Comments:

Spring had truly sprung for this years running of Heartbeat Hobble, there was a warmth in the air along with blue skies and sunshine. The event the penultimate counter, event 11 in the 2022/23 version of the Dave Parry Lets Run Winter Fell Race Series, we are at the sharp end of the series with most categories still to be claimed.

The Heartbeat Hobble could appear to the trained and untrained eye to be a straightforward fell race at 11.00km and 200 metres of ascent, though what the course lacked in ascent the terrain gave back, with typical rock strewn narrow trods, some hard fast forest access tracks and soft underfoot peaty/muddy puddles never far away, so concentration was required for the whole race.

The race attracted field of 156 runners from across northern England, well up from a typical numbers. In the tale of the race it was the on-form Rob Sparkes Beverley AC who led out the field with Dan Bateson Scarborough AC and Steve Donaldson Esk Valley Fell Club in close order, in the womens race Becky Penty York Knavesmires Harriers who claimed an early lead with Cath Williamson Loftus and Whitby and Rhona Marshal Scarborough AC chasing. By the finish line Rob had extended his lead to two minutes completing the course in a new record time of 42 minutes 55 seconds, not to be outdone Becky also claimed a course record of 47 minutes 46 seconds beating the previous records of Stuart Grange and Victoria Sewell respectively.

In the team competition it was emphatic victories for York Knavesmires Harriers women of Becky Penty, Victoria Sewell and Natalie Greaves and in the mens competition Scarborough AC comprising Dan Bateson, Paul Lawton, Darryl Koekemoer and Paul Butler.

Next race which rounds out the Dave Parry Lets Run Winter Fell Race Series 2022/23 is Gisborough Moors on Sunday 23rd April 2023 returning after a three year absence.

Clive Thornton
Esk Valley Fell Club

Next Race : Gisborough Moors

23-Apr-23