

## Cock Howe and Beyond

### Dave Parry/Lets Run Summer Series 2023

**12-Jul-23**  
**Race 7**

Pos.	No.	Name	Club	time	cat/pos/pts/total
1	366	Oliver Shaw	Loftus and Whitby A	43.26	MO/1/50/93
2	505	Tim Grimwood	Swaledale Runners	43.50	M40/1/50/248
3	312	Adam Theaker	Loftus and Whitby A	44.07	MO/2/48/92
4	386	Nicholas Rowley	Esk Valley Fell Club	44.33	MO/3/46/90
5	369	Andy Collier	Individual#	44.48	MO/4/45/90
6	346	Thomas Naisby	Esk Valley Fell Club	45.58	MO/5/44/88
7	616	Craig Gath	Easingwold Running	46.22	M45/1/50/300
8	510	David Todd	Easingwold Running	46.40	M40/2/48/144
9	388	Nick Zizzler	York Knavesmire Ha	46.41	MO/6/43/43*
10	349	Robert Preston	Scarborough Athletic	46.55	MO/7/42/200
11	103	Catherine Williamson	Loftus and Whitby A	47.02	F40/1/50/250
12	353	Freddy Wharton	Thirsk and Sowerby	47.03	MU23/1/50/250
13	724	Dave Smith	Pickering Running C	47.08	M50/1/50/100
14	605	Matthew Jones	Scarborough Athletic	47.19	M45/2/48/192
15	506	Michael Shaw	York Knavesmire Ha	47.26	M40/3/46/136
16	513	Richard Purser	York Knavesmire Ha	47.47	M40/4/45/234*
17	711	Stephen Pugh	Esk Valley Fell Club	48.11	M50/2/48/242*
18	801	Dave Parker	St Therasas AC	48.42	M55/1/50/296
19	802	Robert Williamson	Loftus and Whitby A	48.44	M55/2/48/237
20	713	Calvin Nicholson	Billingham Running C	49.15	M50/3/46/233
21	352	Richard Grant	Thirsk and Sowerby	49.16	MO/8/41/186
22	326	Aaron Keys	Middlesbrough and C	49.47	MO/9/40/109
23	709	Julian Wardman	Esk Valley Fell Club	49.56	M50/4/45/221
24	812	Simon Donoghue	Easingwold Running	50.52	M55/3/46/238
25	707	David Bannister	York Acorn Running	50.52	M50/5/44/219*
26	156	Shellie Gordon	North York Moors AC	50.58	F45/1/50/150
27	390	Craig Devanny	Individual#	51.17	MO/10/39/39
28	322	Joshua Cooper	Thirsk and Sowerby	52.00	MO/11/38/155*
29	502	Michal Czekajlo	York Acorn Running	53.11	M40/5/44/172
30	705	Chris Jefferies	Billingham Running C	53.18	M50/6/43/132
31	522	Boyd Brad	Pickering Running C	53.24	M40/6/43/173
32	367	Graham Miller	Loftus and Whitby A	53.50	MO/12/37/100
33	4	Esther Harrison	Thirsk and Sowerby	53.52	FO/1/50/286
34	363	Cameron Balmain	Thirsk and Sowerby	53.56	MU23/2/48/192
35	904	Nigel Briggs	North York Moors AC	54.02	M60/1/50/337
36	726	Pete Berry	Individual#	54.24	M50/7/42/84
37	606	Gary Wilkinson	Thirsk and Sowerby	54.36	M45/3/46/308
38	315	Danny Mackell	TS Harriers	54.38	MO/13/36/166
39	921	Nicholas Andralojc	Nidd Valley Road Ru	54.57	M60/2/48/144
40	6	Emma Clapton	Individual#	55.09	FO/2/48/229
41	37	Morgan Waterman	Individual#	55.28	FO/3/46/46
42	389	Louis Martin	Individual#	55.48	MO/14/35/35
43	153	Louise Venables	Pocklington Runners	56.27	F40/2/48/237
44	608	Lee Woolams	TS Harriers	56.33	M45/4/45/166
45	965	Roger Laycock	Settle Harriers	57.27	M65/1/50/50
46	704	Alan Simpson	Thirsk and Sowerby	57.48	M50/8/41/167*
47	209	Trudy Morrice	Thirsk and Sowerby	57.53	F50/1/50/200*
48	628	Jonathan Archer	Stockton Striders	59.22	M45/5/44/44
49	612	Philip Baines	Stockton Striders	59.29	M45/6/43/249*
50	966	Peter Camp	Stockton Striders	60.26	M65/2/48/48
51	909	Marc Davies	Thirsk and Sowerby	61.39	M60/3/46/223*
52	382	Joshua Goldsbrough	North York Moors AC	61.42	MO/15/34/61
53	964	Trevor Symonds	Northern Fell Runnir	61.52	M65/3/46/46
54	280	Janet Cordingley	Individual#	62.45	F60/1/50/50
55	201	Steph Lishman	Individual#	63.22	F50/2/48/284

56	800	Gary Talbot	Esk Valley Fell Club	63.25	M55/4/45/171*
57	959	Barry Edwards	Individual#	63.38	M65/4/45/93
58	251	Helen Ashworth	Thirsk and Sowerby	64.25	F55/1/50/294
59	999	Neil Scruton	Scarborough Athletic	65.11	M75/1/50/150
60	920	Mike Knox	Swift Tees	65.20	M60/4/45/135
61	960	Richard Parkin	Beverley AC	65.31	M65/5/44/136
62	39	Bethany Noble	Individual#	66.25	FO/4/45/45
63	35	Georgina McDonald	North York Moors AC	66.35	FO/5/44/86
64	211	Diane Jobson	North York Moors AC	67.33	F50/3/46/184
65	811	Paul Haydon	Fell Runners Associ	68.08	M55/5/44/85
66	728	Peter Murray	York Acorn Running	68.32	M50/9/40/77*
67	120	Amy Bletsoe	Loftus and Whitby A	68.57	F40/3/46/46
68	119	Hayley Jesson	Loftus and Whitby A	69.19	F40/4/45/45
69	706	Justin Waring	Loftus and Whitby A	69.25	M50/10/39/227
70	263	Hilary Coventry	Thirsk and Sowerby	69.26	F55/2/48/93*
71	105	Rosie Gatenby	Thirsk and Sowerby	69.37	F40/5/44/266*
72	117	Karen Askwith	Stockton Striders	69.48	F40/6/43/88
73	154	Lucy Sillars	Thirsk and Sowerby	70.37	F45/2/48/238
74	900	David Robinson	North York Moors AC	70.59	M60/5/44/83
75	712	David Tervit	Thirsk and Sowerby	71.14	M50/11/38/194
76	275	Alison Lloyd	North York Moors AC	71.48	F60/2/48/198
77	975	Robert Lillie	Scarborough Athletic	72.41	M70/1/50/198*
78	200	Ruth Pollard	Thirsk and Sowerby	74.16	F50/4/45/88
79	922	Dan Simmons	Wetherby Runners	78.26	M60/6/43/87
80	260	Sara Armitage	Thirsk and Sowerby	78.52	F55/3/46/134
81	250	Ronni Kirkham	Esk Valley Fell Club	78.58	F55/4/45/314
82	159	Janet Balmain	Thirsk and Sowerby	79.58	F45/3/46/136
83	910	Ian Robinson	Esk Valley Fell Club	80.12	M60/7/42/248
84	14	Bethany Haggath	Thirsk and Sowerby	80.17	FU23/1/50/348
85	259	Lynne Jackson	Thirsk and Sowerby	81.22	F55/5/44/92
86	216	Faith Coy	Thirsk and Sowerby	82.28	F50/5/44/90
87	38	Becky Maylett	Individual#	88.58	FO/6/43/43
88	527	Michael Leadbetter	York Acorn Running	94.48	M40/7/42/42
89	276	Nicola Wise	Pickering Running C	94.49	F60/3/46/190
90	955	Graham Robinson	Pickering Running C	96.53	M65/6/43/223*

(End)

Teams:	Club	Points	Positions	Team pts/total
<b>male:</b>	1 Esk Valley Fell Club 'A'	48	4,6,16,22	15/82
	2 Loftus and Whitby AC 'A'	52	1,3,18,30	14/72
	3 Thirsk and Sowerby Har	88	11,20,26,31	13/89
	4 Scarborough Athletic Clu	129	10,13,49,57	12/46
	5 York Acorn Running Clu	164	24,27,53,60	11/33
	6 Thirsk and Sowerby Har	174	34,40,44,56	10/68
<b>female:</b>	1 Thirsk and Sowerby Har	20	3,7,10	15/102
	2 North York Moors AC 'A'	27	2,12,13	14/52
	3 Loftus and Whitby AC 'A'	30	1,14,15	13/26
	4 Thirsk and Sowerby Har	52	16,17,19	12/84
	5 Thirsk and Sowerby Har	67	21,22,24	11/49
	6 Thirsk and Sowerby Har	78	25,26,27	10/25

\* = Bonus points not included

# = Non-counter (team)

**Comments:**

Andy Chapman Gibbs (York Knavesmire Harriers) organiser of the Cock Howe and beyond Fell Race welcomed 90 competitors to the start line. It turns out this will be his last time as organiser as he heads to pastures new to the west, so thank you Andy and it will be welcome to Giles Hawking for the 2024 event.

In a busy summer of fell racing Cock Howe and Beyond is the seventh counter of fifteen races in the 2023 edition of the Dave Parry Lets Run Summer Fell Race Series.

The weather was mixed an initially dry warm night was punctuated with showers, though these cleared out for the later finishers and the all important post race presentations.

In the race itself, the competitors completed the traditional lap of the Village Hall then set-out upto the Cock Howe Cairn, an undulating lap of the moor follows with a frantic descent to finish at the edge of the Village Hall car park.

It was Oliver Shaw Loftus and Whitby AC who won out from Tim Grimwood (v40) after a race long battle between the two. Adam Theaker also of Loftus and Whitby AC claimed third position. Despite two in the top three it was not quite good enough for Loftus men in the team competition as Esk Valley Fell Club who placed Nick Rowley fourth, Thomas Naisby sixth and then Stephen Pugh and Julian Wardman supporting who broke Loftus's good run of recent form.

In the women's race it was Catherine Williamson (v40) Loftus and Whitby AC from Shelli Gordon (v45) North Yorks Moors AC and Esther Harrison (Senior) Thirsk and Sowerby Harriers in third. Along with Trudy Morrice (v50) and Helen Ashworth (v55) Thirsk and Sowerby women claimed the team prize.

Next up in the Summer Fell Race Series is Viking Chase this coming sunday 16th July at Lordstones above Carlton in Cleveland. A slightly longer break of two weeks until the Clockwise Commondale Clart on Saturday 29th July 2023.

Clive Thornton  
Esk Valley Fell Club

**Next Race :** Viking Chase 4 Peaks

16-Jul-23