

Viking Chase 4 Peaks**Dave Parry/Lets Run Summer Series 2023****16-Jul-23****Race 8**

Pos.	No.	Name	Club	time	cat/pos/pts/total
1	392	Robert Sparkes	Beverley AC	59.12	MO/1/50/50
2	336	Keith Wigley	Swaledale Runners	60.38	MO/2/48/98
3	393	James Wynne	Horsforth Fellandale	61.26	MO/3/46/46
4	366	Oliver Shaw	Loftus and Whitby A	63.49	MO/4/45/138
5	505	Tim Grimwood	Swaledale Runners	66.11	M40/1/50/298
6	312	Adam Theaker	Loftus and Whitby A	66.46	MO/5/44/136
7	396	Tom Wilson	Knaresborough Strid	67.29	MO/6/43/43
8	40	Katie Walshaw	Holmfirth Harriers	67.44	FO/1/50/50
9	301	Tom Levi	Thirsk and Sowerby	68.52	MO/7/42/299
10	802	Robert Williamson	Loftus and Whitby A	69.03	M55/1/50/287
11	616	Craig Gath	Easingwold Running	69.15	M45/1/50/350
12	605	Matthew Jones	Scarborough Athletic	69.24	M45/2/48/240
13	737	Adrian Bushby	City of Hull	70.22	M50/1/50/50
14	308	Tom Ratcliffe	York Knavesmire Ha	71.57	MO/8/41/257*
15	706	Justin Waring	Loftus and Whitby A	72.09	M50/2/48/275
16	353	Freddy Wharton	Thirsk and Sowerby	72.28	MU23/1/50/300
17	738	Matt Machouki	Scarborough Athletic	72.30	M50/3/46/46
18	339	Michael Devereux Cole	Swaledale Runners	72.42	MO/9/40/122
19	514	Richard Atkins	North York Moors AC	72.45	M40/2/48/92
20	399	Daniel Thwaites	West Cheshire AC	72.59	MO/10/39/39
21	713	Calvin Nicholson	Billingham Running C	73.13	M50/4/45/278
22	506	Michael Shaw	York Knavesmire Ha	73.25	M40/3/46/182
23	309	Stefan McLoughlin	North York Moors AC	73.35	MO/11/38/200
24	740	Simon Jones	Farsley Flyers	74.59	M50/5/44/44
25	101	Rhona Marshall	Scarborough Athletic	75.34	F40/1/50/196
26	370	Phil Smith	Pickering Running C	75.44	MO/12/37/109
27	24	Nik Tarrega	York Knavesmire Ha	75.52	FO/2/48/198
28	398	Joshua Blacker	Knaresborough Strid	76.32	MO/13/36/36
29	602	Damian Kilpin	Penistone Footpath I	77.41	M45/3/46/92
30	326	Aaron Keys	Middlesbrough and C	78.04	MO/14/35/144
31	709	Julian Wardman	Esk Valley Fell Club	78.07	M50/6/43/264
32	705	Chris Jefferies	Billingham Running C	78.09	M50/7/42/174
33	30	Natalie Greaves	York Knavesmire Ha	79.06	FO/3/46/91
34	904	Nigel Briggs	North York Moors AC	79.31	M60/1/50/387
35	606	Gary Wilkinson	Thirsk and Sowerby	79.39	M45/4/45/353
36	927	Gary Dack	Billingham Running C	80.05	M60/2/48/48
37	391	Nigel Copland	Swaledale Runners	81.44	MO/15/34/34
38	6	Emma Clapton	Individual#	81.49	FO/4/45/274
39	912	David Hughes	North York Moors AC	81.51	M60/3/46/196*
40	368	Loui Armstrong	Loftus and Whitby A	82.19	MO/16/33/88
41	810	Paul Havis	Individual#	82.36	M55/2/48/266
42	44	Kerry Riley	West Cheshire AC	84.23	FO/5/44/44
43	335	Jordan Millward	Esk Valley Fell Club	86.21	MO/17/32/114
44	395	Matthew Keys	Individual#	86.28	MO/18/31/31
45	27	Kirsty Struthers	North York Moors AC	86.31	FO/6/43/132
46	397	Owen Williams	Individual#	86.38	MO/19/30/30
47	528	Andrew Vernon	Quakers AC	86.42	M40/4/45/45
48	43	Catherine Bonn	Individual#	86.43	FO/7/42/42
49	217	Julie Darigala	Black Combe	87.04	F50/1/50/50
50	821	Michael Keavney	Swaledale Runners	87.43	M55/3/46/90
51	382	Joshua Goldsbrough	North York Moors AC	88.35	MO/20/29/90
52	965	Roger Laycock	Settle Harriers	89.11	M65/1/50/100
53	394	Jono Conway	Individual#	89.48	MO/21/28/28
54	999	Neil Scruton	Scarborough Athletic	90.04	M75/1/50/200
55	920	Mike Knox	Swift Tees	90.14	M60/4/45/180

56	100	Sarah Walch	Penistone Footpath I	90.35	F40/2/48/92
57	112	Bronwyn Mayo	Thirsk and Sowerby	91.11	F40/3/46/92
58	739	Jim Coldwell	Swaledale Runners	91.15	M50/8/41/41
59	32	Cassie Read	York Knavesmire Ha	91.23	FO/8/41/83
60	612	Philip Baines	Stockton Striders	91.49	M45/5/44/293*
61	201	Steph Lishman	Individual#	92.14	F50/2/48/332
62	964	Trevor Symonds	Northern Fell Runnir	92.33	M65/2/48/94
63	741	Simon Spence	Thirsk and Sowerby	92.57	M50/9/40/40*
64	42	Aimee Jones	Swaledale Runners	93.13	FO/9/40/40
65	800	Gary Talbot	Esk Valley Fell Club	93.50	M55/4/45/216*
66	102	Abbie Hull	Swaledale Runners	94.20	F40/4/45/137
67	909	Marc Davies	Thirsk and Sowerby	94.25	M60/5/44/267*
68	203	Nina Cameron	Northumberland Fell	94.32	F50/3/46/192
69	34	Melanie Ellwood	York Knavesmire Ha	96.52	FO/10/39/83
70	924	Andrew Robertson	Scarborough Athletic	96.53	M60/6/43/43
71	218	Tracey Thornhill	Gold Coast Runners	98.53	F50/4/45/45
72	822	Jeremy Smith	Individual#	98.54	M55/5/44/44
73	41	Sarah Roe	Billingham Running C	99.38	FO/11/38/38
74	106	Lynn Humpleby	Pickering Running C	100.52	F40/5/44/177
75	211	Diane Jobson	North York Moors AC	102.03	F50/5/44/228
76	45	Elizabeth Dobson	Redcar Running Clu	102.12	FO/12/37/37
77	728	Peter Murray	York Acorn Running	102.47	M50/10/39/116*
78	919	Jerry Barnes	Vegan Runners	104.01	M60/7/42/129
79	976	Ged Dixon	Individual#	105.50	M70/1/50/100
80	105	Rosie Gatenby	Thirsk and Sowerby	106.10	F40/6/43/309*
81	400	Philip Sellars	Redcar Running Clu	109.08	MO/22/27/27
82	275	Alison Lloyd	North York Moors AC	109.31	F60/1/50/248
83	155	Serena Partridge	Pickering Running C	111.55	F45/1/50/192
84	925	Mark Latham	Northumberland Fell	112.56	M60/8/41/41
85	926	Brent Lindsay	Penistone Footpath I	115.51	M60/9/40/40
86	922	Dan Simmons	Wetherby Runners	116.21	M60/10/39/126
87	121	Nicola Darragh	Stockton Striders	117.45	F40/7/42/42
88	910	Ian Robinson	Esk Valley Fell Club	119.12	M60/11/38/286
89	250	Ronni Kirkham	Esk Valley Fell Club	120.03	F55/1/50/364
90	990	Michael Hetherton	Pickering Running C	123.28	M75/2/48/98
91	967	Mike Punchard	Pickering Running C	124.04	M65/3/46/46
92	14	Bethany Haggath	Thirsk and Sowerby	126.03	FU23/1/50/398
93	955	Graham Robinson	Pickering Running C	139.48	M65/4/45/268*

(End)

Teams:	Club	Points	Positions	Team pts/total
male:	1 Loftus and Whitby AC 'A'	33	4,6,9,14	15/87
	2 Swaledale Runners 'A'	57	2,5,17,33	14/29
	3 North York Moors AC 'A'	104	18,22,30,34	13/60
	4 Thirsk and Sowerby Har	104	8,15,31,50	12/101
	5 Scarborough Athletic Cl	125	11,16,45,53	11/57
	6 Esk Valley Fell Club 'A'	178	28,37,51,62	10/92
	7 Pickering Running Club	216	24,63,64,65	9/56
female:	1 York Knavesmire Harrier	19	3,4,12	15/69
	2 North York Moors AC 'A'	52	7,21,24	14/66
	3 Swaledale Runners 'A'	58	14,15,(29)	13/13
	4 Thirsk and Sowerby Har	62	11,23,28	12/114
	5 Pickering Running Club	74	20,25,(29)	11/53

* = Bonus points not included

= Non-counter (team)

Comments:

After the briefest of respites fell racing returned to the North Yorkshire Moors with a third race in 12 days, the Viking Chase Four Peaks eighth counter in the Dave Parry Lets Run Summer Fell Race Series 2023.

The event is organised by Sid Bolland of the Cleveland Mountain Rescue Team who also provided helpers at registration, the start on-course and at the finish, there was also assistance from the wider fell running community.

The summer series turns up an eclectic mix of competitors from far and wide, Tracey Thornhill Gold Coast Runners Club lives on the Gold Coast Australia some 10,221 miles away, slightly closer to home Simon Jones Farsley Flyers on holiday had a run out having not competed on the North Yorkshire Moors since Dave Parry sadly passed.

Ninety three runners signed on the line, proceeds from the race go to the Cleveland Mountain Rescue Team, Esk Valley Fell Club donated the prizes and there were multiple donations from competitors, thank you to you all, there will be a contribution of £600 to the Rescue Teams coffers. It costs around £700 a week to keep the Team operational.

The race order started to take shape after the first climb and descent, there was a quick lead out from another visitor Katie Walshaw Holmfirth Harriers by the kissing gate just before the road crossing, a regular winter fell race series winner attending his first summer series event Rob Sparkes Beverley AC had the lead. There was only one steeplechaser at the kissing gate this year, Aaron Keys Middlesbrough and Cleveland Harriers and he gained a few places during his leap.

By the turn after the four peaks Rob held his lead with Keith Wigley Swaledale Runners second and James Wynne Horsforth Fellandale third. Katie maintained her lead with Nik Tarrega York Knavesmire Harriers second and Rhona Marshall(v40) Scarborough AC third.

The four peaks is a bit of a deceit as the return leg along the middle path is far from flat, whilst not the height and steepness of the peaks there is a significant accumulation of ascent and runners have to keep their wits about them on the continually changing surface.

By the finish, Rob and Katie maintained their leads to claim wins overall, the third place runners both overtook their rivals with Rhona/James placing second and Nik/Keith taking the final spots on the podium.

In the team competition it was a return to winning ways for Loftus and Whitby men and a win for York Knavesmire Harriers women.

In the veterans men it was Tim Grimwood (v40) Swaledale Runners and outside of the top three Julie Darigala(v50) Black Combe as next best veteran woman.

Thank you again to our helpers and see you all at the next event and ninth counter in the Dave Parry Lets Run Summer Fell Race Series 2023 is the Clockwise Comondale Clart on SATURDAY 29th July, registration is to be confirmed, though will be at the Village Hall or the Cleveland Inn, start time is 13.00hrs.

Clive Thornton
Esk Valley Fell Club

Next Race : Comondale Beacon

29-Jul-23