

**Fryup Frazzler****Dave Parry/Lets Run Summer Series 2023****17-Sep-23****Race 14**

Pos.	No.	Name	Club	time	cat/pos/pts/best
1	392	Robert Sparkes	Beverley AC	40.51	MO/1/50/100
2	354	Sam Leadley	Loftus and Whitby A	44.15	MO/2/48/294*
3	366	Oliver Shaw	Loftus and Whitby A	45.23	MO/3/46/330
4	364	Stephen McDougall	Middlesbrough and C	45.35	MO/4/45/95
5	320	Ewan Sewell	York Knavesmire Ha	46.38	MO/5/44/90
6	505	Tim Grimwood	Swaledale Runners	47.33	M40/1/50/398
7	432	Tom Hamilton	Elvet Striders	48.03	MO/6/43/43
8	386	Nicholas Rowley	Esk Valley Fell Club	48.16	MO/7/42/132
9	409	Alexander Gaze	Loftus and Whitby A	49.33	MU23/1/50/146
10	308	Tom Ratcliffe	York Knavesmire Ha	49.48	MO/8/41/349*
11	602	Damian Kilpin	Penistone Footpath I	50.30	M45/1/50/286
12	374	Duncan Allen	Individual#	50.33	MO/9/40/80
13	515	Rorie McIntosh	Esk Valley Fell Club	50.40	M40/2/48/96
14	349	Robert Preston	Scarborough Athletic	50.53	MO/10/39/337
15	637	Michael Richmond	Pickering Running C	51.22	M45/2/48/48
16	738	Matt Machouki	Scarborough Athletic	51.25	M50/1/50/189
17	611	Giles Hawking	York Knavesmire Ha	52.22	M45/3/46/222*
18	709	Julian Wardman	Esk Valley Fell Club	52.42	M50/2/48/354
19	705	Chris Jefferies	Billingham Running C	52.53	M50/3/46/265
20	13	Victoria Sewell	York Knavesmire Ha	52.59	FO/1/50/100
21	912	David Hughes	North York Moors AC	53.35	M60/1/50/392*
22	713	Calvin Nicholson	Billingham Running C	53.46	M50/4/45/371
23	638	Paul Hodgson	Durham Fell Runner:	54.01	M45/4/45/45
24	950	Neil Ridsdale	Esk Valley Fell Club	54.07	M65/1/50/400
25	707	David Bannister	York Acorn Running	54.15	M50/5/44/357*
26	805	Alex Fawcett	Ripon Runners	54.19	M55/1/50/95
27	326	Aaron Keys	Middlesbrough and C	55.23	MO/11/38/270
28	901	Barry Atkinson	York Knavesmire Ha	55.29	M60/2/48/296
29	59	Kelly Richmond	Pickering Running C	55.35	FO/2/48/98
30	4	Esther Harrison	Thirsk and Sowerby	55.53	FO/3/46/384*
31	904	Nigel Briggs	North York Moors AC	56.29	M60/3/46/392
32	606	Gary Wilkinson	Thirsk and Sowerby	58.43	M45/5/44/370
33	610	Robert Allinson	Redcar Running Clu	58.56	M45/6/43/215
34	971	Andy Davies	Scarborough Athletic	59.43	M65/2/48/96
35	546	Simon Collins	York Knavesmire Ha	60.55	M40/3/46/46
36	6	Emma Clapton	Individual#	60.57	FO/4/45/377
37	631	Dale Hepples	Scarborough Athletic	61.30	M45/7/42/86
38	209	Trudy Morrice	Thirsk and Sowerby	62.06	F50/1/50/398*
39	831	Bryan Drew	York Knavesmire Ha	62.57	M55/2/48/94
40	221	Fay Heathershaw	Scarborough Athletic	63.04	F50/2/48/93
41	32	Cassie Read	York Knavesmire Ha	63.12	FO/5/44/127
42	612	Philip Baines	Stockton Striders	63.17	M45/8/41/349*
43	999	Neil Scruton	Scarborough Athletic	63.18	M75/1/50/400
44	22	Kim Wilkinson	Thirsk and Sowerby	63.43	FO/6/43/85*
45	431	Kyle Smith	Scarborough Athletic	64.07	MO/12/37/37
46	429	Ryan Sheader	Scarborough Athletic	64.36	MO/13/36/36
47	540	John Boileau	Run the Jules	64.40	M40/4/45/84
48	266	Natasha Geere	Spensborough and Di	64.43	F55/1/50/50
49	964	Trevor Symonds	Northern Fell Runnir	64.58	M65/3/46/188
50	909	Marc Davies	Thirsk and Sowerby	64.59	M60/4/45/366*
51	41	Sarah Roe	Billingham Running C	65.29	FO/7/42/125
52	428	Stephen Roe	Billingham Running C	65.30	MO/14/35/35
53	257	Lorraine Hiles	Thirsk and Sowerby	65.39	F55/2/48/248
54	936	Nicholas Cousins	Pickering Running C	66.20	M60/5/44/44
55	201	Steph Lishman	Individual#	66.51	F50/3/46/382*

56	935	Ian Coney	Lincoln and District	66.55	M60/6/43/43
57	125	Aligail Carter	Tadcaster Harriers	67.12	F40/1/50/50
58	268	Karen Farmer-Scott	Pickering Running C	68.09	F55/3/46/46
59	278	Caroline Glover	Wharfedale Harriers	68.49	F60/1/50/100
60	413	Matt Rutt	Scarborough Athletic	69.39	MO/15/34/73
61	106	Lynn Humpleby	Pickering Running C	69.59	F40/2/48/225*
62	954	Mark Edwards	North York Moors AC	70.54	M65/4/45/95*
63	155	Serena Partridge	Pickering Running C	71.13	F45/1/50/288
64	750	James Carter	Tadcaster Harriers	71.15	M50/6/43/43
65	430	Joe Whitmore	Individual#	72.04	MO/16/33/33
66	104	Kirsty Naylor	Thirsk and Sowerby	72.12	F40/3/46/91
67	10	Rosamond Kruger	Thirsk and Sowerby	72.13	FO/8/41/354*
68	47	Laura Havis	Middlesbrough AC (F	72.27	FU23/1/50/200
69	810	Paul Havis	Individual#	72.28	M55/3/46/361
70	254	Nicola Thorpe	Individual#	72.42	F55/4/45/185
71	728	Peter Murray	York Acorn Running	72.48	M50/7/42/203*
72	283	Melanie Padgham	Scarborough Athletic	81.29	F60/2/48/48
73	222	Julie Tyrka	Individual#	82.42	F50/4/45/45
74	267	Karen Pern	Individual#	82.43	F55/5/44/44
75	952	Geoff Hine	Esk Valley Fell Club	83.43	M65/5/44/356
76	250	Ronni Kirkham	Esk Valley Fell Club	83.57	F55/6/43/371*
77	722	Vaughn Davies	Individual#	84.50	M50/8/41/286
78	260	Sara Armitage	Thirsk and Sowerby	85.23	F55/7/42/176
79	164	Alice Hayter	Pickering Running C	86.37	F45/2/48/48

(End)

Teams:	Club	Points	Positions	Team pts/total
<b>male:</b>	1 York Knavesmire Harrier	59	5,10,17,27	15/94
	2 Esk Valley Fell Club 'A'	62	8,13,18,23	14/164
	3 Scarborough Athletic Clt	94	14,16,31,33	13/99
	4 Scarborough Athletic Clt	156	36,37,38,45	12/24
<b>female:</b>	1 Thirsk and Sowerby Har	16	3,5,8	15/201
	2 Pickering Running Club	32	2,14,16	14/81
	3 York Knavesmire Harrier	36	1,7,(28)	13/110
	4 Thirsk and Sowerby Har	48	11,18,19	12/133
	5 Scarborough Athletic Clt	56	6,22,(28)	11/74
	6 Pickering Running Club	72	17,27,(28)	10/10

\* = Bonus points not included

# = Non-counter (team)

#### Comments:

The sun was not much in evidence for the closing event in the Dave Parry Lets Run Summer Fell Race Series 2023, as a clag hung just above the hill tops, great for the competitors and a complete transformation from the previous week at Castleton Show. Seventy Nine fell racers made it to the start line, for this just shy of 10km distance and 430 metres of ascent event.

It was Robert Sparkes Beverley AC who lit up the day with a sparkling run of 40 minutes 51 seconds, a new record for the extended variant of the route, a good time for 10km on the flat. Following Rob was Sam Leadley Loftus and Whitby AC with team mate Oliver Shaw third. Tim Grimwood Swaledale Runners claimed first veteran (v40) in sixth overall.

Occasional fell runner Victoria Sewell York Knavesmires Harriers was first women with Kelly Richmond Pickering RC second and Esther Harrison Thirsk and Sowerby Harriers third. Trudy Morrice Thirsk and Sowerby Harriers (v50) was first women veteran in fifth overall.

In a close mens team competition York Knavesmire Harriers won out just from Esk Valley Fell Club. In the womens team competition Thirsk and Sowerby Harriers claimed the win.

So that's a wrap for the racing bit of the Dave Parry Lets Run Summer Fell Race Series 2023. It's time to rest and recuperate so you are ready and raring to go for the Winter Fell Race Series 2023/24 which starts with Lockton Limping on Sunday 29th October 2023. Nick Cousins Pickering Running Club is in charge, registration, refreshments and presentations for the summer fell race series will be at Lockton Village Hall.

Entries will be via SI Entries, the site will open in the next week or so, Nick has been able to secure sufficient parking for 190 competitors, though please if you can car share.

Clive Thornton  
Esk Valley Fell Club

**Next Race :** Lockton Limping                      29th October 2023