

Captain Cooks**01-Jan-24****Dave Parry/Lets Run Winter Series 2023-24****Race 3**

v2

Pos.	No.	Name	Club	time	cat/pos/pts/total
1	358	Jake Collier	Keswick AC	30.56	MO/1/50/50
2	365	Harry Holmes	Matlock Athletic Club	31.22	MO/2/48/48
3	306	Robert Sparkes	Beverley Athletic Clu	31.54	MO/3/46/96
4	375	Gregory Jayasuriya	Middlesbrough & Cle	32.01	MO/4/45/45
5	354	Toby Antcliff	Sheffield University C	32.29	MU23/1/50/50
6	1017	Archie Lowe	Middlesbrough Athlet	32.52	MU23/2/48/48
7	356	Jake Stephenson	Richmond & Zetland	33.06	MU23/3/46/46
8	1020	James Wynne	St Theresa's AC	33.08	MO/5/44/44
9	327	Tom Levi	Thirsk & Sowerby Ha	33.31	MO/6/43/127
10	373	Richie Hughes	Northumberland Fell	33.49	MO/7/42/42
11	493	Josh Watson	Trafford AC	33.58	MJ/1/50/50
12	1006	Lewis Buckworth	Leeds Triathlon Cent	34.14	MU23/4/45/45
13	36	Sara Willhoit	Mercia Fell Runners	34.22	FO/1/50/50
14	383	Michael Harcourt	Darlington H & AC	34.22	MO/8/41/41
15	518	Tim Grimwood	Swaledale Runners	35.09	M40/1/50/100
16	622	Ian Rowan	Individual#	35.16	M45/1/50/96
17	1012	Andrew Brown	Gosforth Harriers	35.35	MO/9/40/40
18	1121	Steven Walker	Hartlepool Burn Roac	35.42	M40/2/48/48
19	1120	Ross Jarman	South Shields Harrie	35.50	M45/2/48/48
20	27	Rose Mather	York Knavesmire Ha	35.54	FO/2/48/48
21	1496	Betty Bergstrand	Pudsey and Bramley	35.56	FU23/1/50/50
22	380	Paul Darroch	Redcar Running Clu	35.58	MO/10/39/39
23	1010	Freddy Wharton	Thirsk & Sowerby Ha	36.03	MU23/5/44/44
24	500	Iain Yates	Wakefield District H	36.06	M40/3/46/139
25	1018	Michael Jones	Hartlepool Burn Roac	36.07	MO/11/38/38
26	533	Hugh Watkin	Ripon Runners	36.09	M40/4/45/45
27	543	Andrew Price	Thirsk & Sowerby Ha	36.11	M40/5/44/44
28	378	Daniel Molesworth	Knaresborough Strid	36.22	MO/12/37/37
29	649	Ted Leahy	Nidderdale Fell & Tra	36.25	M45/3/46/46
30	634	Graeme Watt	Elvet Striders	36.35	M45/4/45/45
31	1125	Allen Bush	Individual#	36.37	M45/5/44/44
32	300	Charlie Leighton	Driffield Striders	36.50	MU23/6/43/93
33	1026	Calum Dunn	Individual#	36.53	MO/13/36/36
34	608	Matthew Jones	Scarborough Athletic	36.54	M45/6/43/130
35	324	Paul Lawton	Scarborough Athletic	36.57	MO/14/35/74
36	1027	Alexander Harrison Gaze	Loftus & Whitby AC	37.01	MO/15/34/34
37	636	Ben Senior	TS Harriers	37.03	M45/7/42/42
38	506	Mike Jefferies	Billingham Running C	37.14	M40/6/43/131
39	724	Adrian Bushby	City of Hull AC	37.28	M50/1/50/100
40	738	Lindsay McEwan	Elvet Striders	37.33	M50/2/48/48
41	1024	Andy Hyde	Esk Valley Fell Club	37.34	MO/16/33/33
42	352	Dominic Green	Individual#	37.38	MU23/7/42/42
43	644	Jonathan Heaney	North Shields Polytec	37.41	M45/8/41/41
44	549	Mark Warner	Elvet Striders	38.01	M40/7/42/42
45	614	Michael Richmond	Pickering Running Cl	38.13	M45/9/40/129
46	613	Andy Goddard	York Acorn Running	38.20	M45/10/39/137
47	376	Jonny Goldsbrough	Nidderdale Fell & Tra	38.31	MO/17/32/32
48	710	Brendan Anglim	Easingwold Running	38.35	M50/3/46/135
49	1029	Dale Brown	Individual#	38.41	MO/18/31/31
50	530	Christopher Rumsey	Middlesbrough & Cle	38.47	M40/8/41/41
51	632	Brian Davis	Individual#	38.49	M45/11/38/38
52	521	Richard Atkins	North York Moors AC	39.00	M40/9/40/82
53	381	Kurt Dale	Durham City Harriers	39.23	MO/19/30/30
54	313	Joseph Martlew	Thirsk & Sowerby Ha	39.24	MO/20/29/29
55	342	Aaron Keys	Middlesbrough & Cle	39.26	MO/21/28/55

56	652	Jeremy Pearson	Individual#	39.51	M45/12/37/37
57	514	Michael Grimwood	York Acorn Running	40.03	M40/10/39/80
58	362	Harrison Munsch	Esk Valley Fell Club	40.07	MO/22/27/27
59	505	Michael Shaw	York Knavesmire Ha	40.23	M40/11/38/38
60	630	Paul Cook	Esk Valley Fell Club	40.30	M45/13/36/36
61	1101	Chris Lines	Sedgefield Harriers	40.31	M50/4/45/45
62	386	Harvey Gallagher	Elvet Striders	40.31	MO/23/26/26
63	606	Paul Hodgson	Durham Fell Runners	40.33	M45/14/35/78
64	318	Robert Preston	Scarborough Athletic	40.44	MO/24/25/63
65	825	Paul Peacock	Thirsk & Sowerby Ha	40.46	M55/1/50/50
66	811	Jim Rogers	City of Hull AC	40.47	M55/2/48/142
67	333	Glyn Smith	Billingham Running C	40.49	MO/25/24/50
68	532	Philip Peggs	Loftus & Whitby AC	40.51	M40/12/37/37
69	6	Kelly Richmond	Pickering Running Cl	40.53	FO/3/46/142
70	361	Jacob Ledsham	Individual#	40.58	MO/26/23/23
71	1104	Dave Walker	Sedgefield Harriers	41.01	M55/3/46/46
72	708	Calvin Nicholson	Billingham Running C	41.05	M50/5/44/132
73	103	Rhona Marshall	Scarborough Athletic	41.07	F40/1/50/100
74	495	Lewis Littlewood	Elvet Striders	41.08	MJ/2/48/48
75	541	Stuart Scott	Elvet Striders	41.09	M40/13/36/36
76	323	Nick Outram	Pickering Running Cl	41.14	MO/27/22/54
77	1122	Michael Littlewood	Elvet Striders	41.29	M45/15/34/34
78	547	Richard Campbell	Aycliffe Running Clut	41.38	M40/14/35/35
79	629	Reiner Hesse	Individual#	41.42	M45/16/33/33
80	1112	Paul Gribbon	Individual#	41.43	M40/15/34/34
81	1007	John Anderson	Hartlepool Burn Roac	41.44	MO/28/21/21
82	490	James Pollington Clyne	Ripon Runners	41.49	MJ/3/46/46
83	377	Tom Ratcliffe	York Knavesmire Ha	41.56	MO/29/20/20
84	542	Alex Collier	Elvet Striders	41.59	M40/16/33/33
85	328	Paul Simpson	Pickering Running Cl	42.01	MO/30/19/46
86	713	David Bannister	York Acorn Running	42.01	M50/6/43/128
87	379	Ian Bilton	Hartlepool Burn Roac	42.03	MO/31/18/18
88	645	Wayne Bouttell	Individual#	42.06	M45/17/32/32
89	647	Jonathon Archer	Stockton Striders AC	42.14	M45/18/31/31
90	491	Fraser Allan	Billingham Marsh Hs	42.15	MJ/4/45/45
91	366	Edmund Roberts	York Knavesmire Ha	42.20	MO/32/17/17
92	310	Flavius Stroe	Esk Valley Fell Club	42.25	MO/33/16/42
93	706	Chris Jefferies	Billingham Running C	42.31	M50/7/42/124
94	752	Adrian Elsworth	Thirsk & Sowerby Ha	42.34	M50/8/41/41
95	368	Luke Mcniff	Thirsk & Sowerby Ha	42.38	MO/34/15/15
96	718	Julian Wardman	Esk Valley Fell Club	42.40	M50/9/40/122
97	1498	Abbie Walker	Sedgefield Harriers	42.41	FO/4/45/45
98	736	Alan Wasson	Individual#	42.42	M50/10/39/39
99	155	Shellie Gordon	North York Moors AC	42.45	F45/1/50/50
100	1009	Owen Farrow-Venis	TS Harriers	42.46	MO/35/14/14
101	1100	Adrian Wilson	Sunderland Strollers	42.48	M50/11/38/38
102	617	Wayne Leighton	Driffeld Striders	42.49	M45/19/30/70
103	364	Matthew Robson	Elvet Striders	43.00	MO/36/13/13
104	357	Robert Bozeat	Individual#	43.01	MO/37/12/12
105	527	Mark Jackson	Middlesbrough & Cle	43.04	M40/17/32/72
106	509	Michal Czekajlo	York Acorn Running	43.09	M40/18/31/109
107	952	Neil Rip Ridsdale	Esk Valley Fell Club	43.10	M65/1/50/150
108	369	Andreas Kruger	Thirsk & Sowerby Ha	43.18	MO/38/11/11
109	1115	Joe Blackett	Dark Peak FR	43.20	M60/1/50/50
110	917	Gary Dack	Billingham Running C	43.21	M60/2/48/48
111	1133	Nick Smith	North York Moors AC	43.22	M50/12/37/37
112	1014	Yun Wong	Individual#	43.26	MO/39/10/10
113	535	Christopher Muir	Individual#	43.27	M40/19/30/30
114	351	James Mulholland	Individual#	43.35	MU23/8/41/41

115	1013	Edward Keavney	Individual#	43.36	MO/40/9/9
116	800	David Sanderson	Individual#	43.39	M55/4/45/90
117	371	Charles Harries	Elvet Striders	43.51	MO/41/8/8
118	1131	Paul Walker	Ripon Runners	43.54	M55/5/44/44
119	717	Alan Simpson	Thirsk & Sowerby Ha	43.59	M50/13/36/106
120	640	Kieron Niven	York Knavesmire Ha	44.02	M45/20/29/29
121	202	Penny Browell	Elvet Striders	44.04	F50/1/50/98
122	965	Karl Edwards	Hartlepool Burn Roar	44.14	M65/2/48/48
123	628	Robert Allinson	Redcar Running Clu	44.16	M45/21/28/71
124	904	Nigel Briggs	North York Moors AC	44.19	M60/3/46/92
125	1490	Tala Eagling-Vose	Elvet Striders	44.20	FU23/2/48/48
126	548	David Mulholland	Individual#	44.21	M40/20/29/29
127	546	Andrew Davies2	Billingham Running C	44.28	M40/21/28/28
128	211	Trudy Morrice	Thirsk & Sowerby Ha	44.34	F50/2/48/144
129	633	Robert Gatenby	Airienteers	44.37	M45/22/27/27
130	304	Jack Close	Red Hot RC	44.39	MO/42/7/59
131	1004	George Dykes	Elvet Striders	44.47	MO/43/6/6
132	963	Roger Laycock	Settle Harriers	44.48	M65/3/46/46
133	494	Zack Watson	Trafford AC	44.56	MJ/5/44/44
134	1015	Lewis Commer-Hardwick	Individual#	44.58	MO/44/5/5
135	604	Thomas Jones	Esk Valley Fell Club	45.02	M45/23/26/63
136	1114	James Lee	NYPTri	45.04	M55/6/43/43
137	165	Helen Heaney	North Shields Polytec	45.05	F45/2/48/48
138	531	Rory Henderson	York Knavesmire Ha	45.06	M40/22/27/27
139	359	Oskar Maatta	Individual#	45.11	MO/45/4/4
140	810	Paul Havis	Individual#	45.13	M55/7/42/126
141	749	Mathew Driscoll	York Acorn Running	45.17	M50/14/35/35
142	751	Miles Weston	South Shields Harrie	45.19	M50/15/34/34
143	1137	David Stainthorpe	Snaith and Colwick	45.20	M50/16/33/33
144	1107	Philip Richardson	York Knavesmire Ha	45.21	M40/23/26/26
145	922	Paul Doxford	South Shields Harrie	45.22	M60/4/45/45
146	1130	Michael Keavney	Swaledale Runners	45.30	M55/8/41/41
147	370	Jack Lee	Elvet Striders	45.38	MO/46/3/3
148	642	Richard Holland	Aycliffe Running Clu	45.40	M45/24/25/25
149	750	Paul Wilkin	Middlesbrough & Cle	45.42	M50/17/32/32
150	1011	Timothy Walton	Individual#	45.42	MU23/9/40/40
151	637	Joel Staley	Team Bath AC	45.48	M45/25/24/24
152	650	Phil Baines	Esk Valley Fell Club	45.49	M45/26/23/23
153	125	Emma McCabe	Elvet Striders	45.55	F40/2/48/48
154	123	Rachael Harper	Pickering Running Cl	45.56	F40/3/46/46
155	12	Cassie Read	York Knavesmire Ha	45.56	FO/5/44/44
156	1138	Barry Manning	Individual#	46.05	M40/24/25/25
157	1019	Marcus Ramsden	Crossfit Stokesley	46.06	MO/47/2/2
158	920	Stephen Soulsby	Elvet Striders	46.08	M60/5/44/44
159	638	Ken Wood	Thirsk & Sowerby Ha	46.10	M45/27/22/22
160	976	Robert Burn	Thirsk & Sowerby Ha	46.12	M70/1/50/50
161	353	Matthew Morrice	Individual#	46.24	MU23/10/39/39
162	1022	Jonny Pritchard	Carnethy HRC	46.25	MO/48/1/1
163	1109	Brett Edgeworth	Thirsk & Sowerby Ha	46.25	M55/9/40/40
164	902	Nick Andralojc	Nidd Valley Road Ru	46.28	M60/6/43/43
165	319	Adam Malcolm	Esk Valley Fell Club	46.32	MO/49/1/56
166	1023	Liam Cuthbert	North East Project	46.41	MO/50/1/1
167	743	Michael Burnip	Individual#	46.47	M50/18/31/31
168	625	Paul Chapman	Thirsk & Sowerby Ha	46.57	M45/28/21/59
169	741	Charles Stead	Individual#	46.57	M50/19/30/30
170	384	Dariush Kamali	Individual#	46.58	MO/51/1/1
171	709	Robert Grainger	Scarborough Athletic	46.59	M50/20/29/66
172	25	Francesca Monticelli	Individual#	47.00	FO/6/43/43
173	1493	Sarah Duffy	Individual#	47.00	FO/7/42/42

174	639	Ben Imeson	Ripon Runners	47.02	M45/29/20/20
175	962	David Wallace	Houghton Harriers &	47.03	M65/4/45/45
176	1499	Abigail Hearmon	Sedgefield Harriers	47.05	FO/8/41/41
177	13	Rosamond Kruger	Thirsk & Sowerby Ha	47.08	FO/9/40/82
178	222	Karen Snaith	South Shields Harrie	47.12	F50/3/46/46
179	919	Ian Butler	Elvet Striders	47.16	M60/7/42/42
180	1028	Frederick Parnell	Individual#	47.18	MO/52/1/1
181	739	David Mellor	St Theresa's AC	47.20	M50/21/28/28
182	1008	Shaun Kelly	Individual#	47.32	MO/53/1/1
183	641	Jamie Taylor	North York Moors AC	47.33	M45/30/19/19
184	1497	Rebecca Barnett	Swaledale Runners	47.35	FO/10/39/39
185	507	Graham Gill	York Knavesmire Ha	47.38	M40/25/24/96
186	653	Mark Brown	North York Moors AC	47.39	M45/31/18/18
187	1005	Graham Miller	Loftus & Whitby AC	47.40	MO/54/1/1
188	740	Simon Lawlor	Hartlepool Burn Roac	47.44	M50/22/27/27
189	1145	Steven Small	Middlesbrough & Cle	47.50	M50/23/26/26
190	999	Neil Scruton	Scarborough Athletic	48.04	M75/1/50/100
191	1147	Graeme Walters	Individual#	48.08	MO/55/1/1
192	635	Adam Wilton	Individual#	48.10	M45/32/17/17
193	1489	Erin Anglim	CLOK	48.13	FO/11/38/38
194	284	Janet Cordingley	Individual#	48.17	F60/1/50/50
195	1106	John Williams	Esk Valley Fell Club	48.19	M50/24/25/25
196	113	Jess Evans	St Theresa's AC	48.24	F40/4/45/91
197	803	Bryan Drew	York Knavesmire Ha	48.29	M55/10/39/82
198	372	Jordan Morris	Esk Valley Fell Club	48.42	MO/56/1/1
199	742	Matthew Holt	Ripon Runners	48.43	M50/25/24/24
200	382	Martin Cantwell	Billingham Running C	48.46	MO/57/1/1
201	30	Ellie Round	Redcar Running Clu	49.01	FO/12/37/37
202	1021	Lewis Meadows	Individual#	49.10	MO/58/1/1
203	747	Shaun Dodd	Aycliffe Running Clu	49.11	M50/26/23/23
204	159	Oksana Novokhrost	South Shields Harrie	49.20	F45/3/46/46
205	544	Mark Payne	Elvet Striders	49.24	M40/26/23/23
206	24	Rebecca Aspin	OS Runners	49.36	FO/13/36/36
207	703	John O'Boyle	Individual#	49.39	M50/27/22/53
208	215	Jen Milsom	Individual#	49.41	F50/4/45/45
209	822	Andy Butcher	Thirsk & Sowerby Ha	49.53	M55/11/38/38
210	807	Thomas Reeves	Elvet Striders	49.54	M55/12/37/77
211	1484	Emma Kendall	Individual#	49.56	FO/14/35/35
212	1129	Harry Dowdell	Craven Energy Triatf	50.04	M65/5/44/44
213	1123	Andrew McGloin	Individual#	50.11	M50/28/21/21
214	106	Fran Jeffery	Thirsk & Sowerby Ha	50.19	F40/5/44/85
215	955	Andrew Johnson	York Knavesmire Ha	50.21	M65/6/43/132
216	285	Caroline Glover	Wharfedale Harriers	50.24	F60/2/48/48
217	1398	Orna O'Toole	York Knavesmire Ha	50.34	F50/5/44/44
218	1135	Philip Meadows	Individual#	50.35	M60/8/41/41
219	1001	Nicholas Weschenfelder	Individual#	50.42	MO/59/1/1
220	363	Joshua Goldsbrough	North York Moors AC	50.43	MO/60/1/1
221	1153	Neil Williams	Ace Coaching	50.44	M45/33/16/16
222	540	David Wase	Individual#	50.45	M40/27/22/22
223	350	Andrew Paylor	Middlesbrough & Cle	50.48	MO/61/1/1
224	1152	Jonny Williams	Ace Coaching	50.49	M50/29/20/20
225	818	Mark Dalton	Team Hardmoors	50.57	M55/13/36/36
226	1	Laura Havis	Middlesbrough Athlet	50.58	FU23/3/46/96
227	1495	Jessica Galloway	Individual#	50.59	FO/15/34/34
228	651	Matt Brookes	Ripon Runners	51.00	M45/34/15/15
229	385	Andrew Foster	Durham Fell Runners	51.02	MO/62/1/1
230	108	Rosie Gatenby	Thirsk & Sowerby Ha	51.04	F40/6/43/83
231	1150	Ian White	Elvet Striders	51.08	M50/30/19/19
232	1142	Michael Sonley	Swift Tees	51.15	M60/9/40/40

233	911	Stewart Mechie	Fell Runners Associe	51.22	M60/10/39/87
234	124	Andy Loble	Individual#	51.27	F40/7/42/42
235	283	Heather Raistrick	Elvet Striders	51.41	F60/3/46/46
236	748	Tristan Keates	Stockton Striders AC	51.53	M50/31/18/18
237	156	Annika Davidson	Corsham Running Cl	51.54	F45/4/45/45
238	529	Jono Conway	Individual#	51.55	M40/28/21/21
239	1399	Joanne Tickle	Individual#	51.57	F50/6/43/43
240	161	Anneke Imeson	Ripon Runners	51.58	F45/5/44/44
241	1394	Emma Holmes	Individual#	51.59	F40/8/41/41
242	1025	Leon Poole	Individual#	52.00	MO/63/1/1
243	1141	Stephen Carter	Individual#	52.01	M55/14/35/35
244	648	Duncan Fothergill	Thirsk & Sowerby Ha	52.12	M45/35/14/14
245	224	Joanne Scott	Hartlepool Burn Roac	52.16	F50/7/42/42
246	1117	James Robson	North York Moors AC	52.18	M65/7/42/42
247	1134	Jon Malcolm	Individual#	52.21	M40/29/20/20
248	1108	Ian Puckerin	Eborienteers	52.23	M50/32/17/17
249	119	Francesca Gatenby	Airecentre Pacers	52.35	F40/9/40/40
250	1151	Tony Slack	Individual#	52.39	M55/15/34/34
251	1118	Michael Bennett	Elvet Striders	52.41	M65/8/41/41
252	8	Jessica Jackson	Esk Valley Fell Club	52.46	FO/16/33/107
253	102	Kirsty Naylor	Thirsk & Sowerby Ha	52.48	F40/10/39/78
254	251	Helen Ashworth	Thirsk & Sowerby Ha	52.51	F55/1/50/140
255	34	Kerri-Lee Wooding	Thirsk & Sowerby Ha	52.57	FO/17/32/32
256	1380	Alison Denos	North York Moors AC	53.05	F50/8/41/41
257	282	Karen Mather	Individual#	53.06	F60/4/45/45
258	1139	Geoffrey Usher	Individual#	53.18	M70/2/48/48
259	265	Camilla Lauren-Maatta	Elvet Striders	53.19	F55/2/48/48
260	643	Michael Petersen	East Hull Harriers & /	53.22	M45/36/13/13
261	1128	Martyn Coy	Thirsk & Sowerby Ha	53.22	M50/33/16/16
262	824	Nik Corton	Elvet Striders	53.28	M55/16/33/33
263	1487	Harriet Beecroft	Individual#	53.43	FO/18/31/31
264	646	Andrew Swinbank	Sedgefield Harriers	53.52	M45/37/12/12
265	753	Mark Estienne	York Acorn Running	54.12	M50/34/15/15
266	1030	Finlay Corlett Giliaire	Individual#	54.15	MO/64/1/1
267	201	Steph Lishman	Individual#	54.35	F50/9/40/81
268	737	Jonathan Steele	Tadcaster Harriers	54.38	M50/35/14/14
269	120	Lotti Gecaite Collier	Elvet Striders	54.40	F40/11/38/38
270	1376	Diane Jobson	North York Moors AC	54.41	F50/10/39/39
271	954	Stephen Haley	Individual#	54.42	M65/9/40/124
272	1127	David Charmain	Individual#	54.45	M45/38/11/11
273	1391	Kathryn Malcolm	Individual#	54.48	F40/12/37/37
274	744	John Green	Individual#	54.51	M50/36/13/13
275	154	Serena Partridge	Pickering Running Cl	54.57	F45/6/43/91*
276	1126	Jerry Barnes	Vegan Runners	55.06	M60/11/38/38
277	1003	Oliver Gubbins	Individual#	55.14	MO/65/1/1
278	545	Sateesh Tandel	Elvet Striders	55.15	M40/30/19/19
279	1387	Lesley Stainthorpe	Snaith and Colwick	55.16	F45/7/42/42
280	1393	Louise Mayfield	Thirsk & Sowerby Ha	55.18	F50/11/38/38
281	374	David Oxlade	Elvet Striders	55.36	MO/66/1/1
282	26	Fran Welsh	Individual#	55.49	FO/19/30/30
283	1116	Simon Greenwell	Individual#	55.52	M50/37/12/12
284	1384	Louise Knowles	Individual#	56.00	F60/5/44/44
285	991	Mick Anglim	Hardley Runners	56.07	M75/2/48/48
286	1494	Alice Hannan	Ketton Panthers	56.26	FU23/4/45/45
287	826	Ray Foulkes	Redcar Running Clut	56.36	M55/17/32/32
288	1105	Anthony Harnett	North York Moors AC	56.39	M60/12/37/37
289	1136	Ged Dixon	Individual#	56.42	M75/3/46/46
290	1103	Ian David	Individual#	56.45	M55/18/31/31
291	821	Malcolm Sygrove	Elvet Striders	56.57	M55/19/30/30

292	208	Lucy Siggers	Pickering Running Cl	56.58	F50/12/37/76
293	534	Dave Scaife	Individual#	57.06	M40/31/18/18
294	261	Gillian Havis	Individual#	57.31	F55/3/46/46
295	1396	Rachel Watson	Belle Vue Racers	57.32	F45/8/41/41
296	823	Paul Haydon	Fell Runners Associæ	57.35	M55/20/29/29
297	964	Shaun Roberts	Elvet Striders	57.52	M65/10/39/39
298	924	Malcolm Hewitson	Quakers Running Clt	57.59	M60/13/36/36
299	1132	Valentiju von Morgen	Individual#	58.26	M50/38/11/11
300	1397	Judith Margaret Seaton	Individual#	58.29	F60/6/43/43
301	1485	Grace Goodchild	Individual#	58.30	FO/20/29/29
302	360	Emil Maatta	Elvet Striders	58.39	MO/67/1/1
303	278	Alison Lloyd	North York Moors AC	58.42	F60/7/42/137
304	923	David Robinson	North York Moors AC	58.44	M60/14/35/35
305	1390	Elizabeth West	Boro Runners	58.46	F45/9/40/40
306	1110	Paul Cutler	Individual#	58.49	M60/15/34/34
307	162	Claire Connor	Run Fit Hartlepool	59.02	F45/10/39/39
308	906	Ian Robinson	Esk Valley Fell Club	59.14	M60/16/33/73
309	537	Joe Joyce	Thirsk & Sowerby Ha	59.17	M40/32/17/17
310	262	Jill Holt	Ripon Runners	59.28	F55/4/45/45
311	1388	Lisa Muinonen-Martin	Individual#	59.30	F45/11/38/38
312	539	Chris Gregory	York Knavesmire Ha	59.44	M40/33/16/16
313	39	Holly James-Maddocks	Individual#	59.45	FO/21/28/28
314	1002	Harry Francis	Individual#	59.47	MO/68/1/1
315	716	Peter Murray	York Acorn Running	59.48	M50/39/10/40
316	219	Kirstie Handley	Individual#	59.50	F50/13/36/36
317	1016	Warren Kaveney	Hartlepool Burn Roac	59.51	MO/69/1/1
318	164	Angela Lawlor	Hartlepool Burn Roac	59.51	F45/12/37/37
319	921	Gary Beard	Loftus & Whitby AC	59.58	M60/17/32/32
320	266	Hilary Allan	Individual#	60.05	F55/5/44/44
321	117	Tamara Kirk	Aycliffe Running Clut	60.07	F40/13/36/36
322	121	Rebecca Hodge	Individual#	60.08	F40/14/35/35
323	1111	Christopher Wright	North York Moors AC	60.28	M65/11/38/38
324	497	Annabel Lacy	Individual#	60.30	FJ/1/50/50
325	1146	Jonathan Quain	Individual#	60.31	M50/40/9/9
326	1375	Paula Slack	Individual#	60.32	F55/6/43/43
327	1392	Rachael Gooch	Individual#	60.55	F70/1/50/50
328	218	Ruth Pollard	Thirsk & Sowerby Ha	61.02	F50/14/35/35
329	819	Michael Hunt	Individual#	61.08	M55/21/28/28
330	1492	Rachael Ramsden	Crossfit Stokesley	61.10	FO/22/27/27
331	158	Helen Hunt	Redcar Running Clut	61.10	F45/13/36/36
332	28	Chloe Atkinson	Individual#	61.11	FO/23/26/26
333	1119	Julian Bunn	New Marske Harriers	61.49	M70/3/46/46
334	968	Peter Johnson	Hartlepool Burn Roac	61.58	M65/12/37/37
335	150	Alice Hayter	Pickering Running Cl	62.17	F45/14/35/81*
336	1124	Jon Brough	New Marske Harriers	62.38	M40/34/15/15
337	299	Jan Young	Elvet Striders	62.58	F70/2/48/48
338	280	Sally Dack	Billingham Running C	63.03	F60/8/41/41
339	292	Anne Robson	North York Moors AC	63.07	F65/1/50/50
340	1491	Lucy Sill	Individual#	63.21	FO/24/25/25
341	967	Richard Sill	Individual#	63.22	M65/13/36/36
342	1143	Phil Latham	Individual#	63.25	M45/39/10/10
343	1385	Gemma Manning	Individual#	63.39	F40/15/34/34
344	223	Lorna Webb	Individual#	64.30	F50/15/34/34
345	951	Geoff Hine	Esk Valley Fell Club	65.33	M65/14/35/74
346	1486	Becky Weeks	Individual#	66.00	FO/25/24/24
347	1395	Sally Kingscott	Scarborough Athletic	66.07	F55/7/42/42*
348	127	Carley Gibson	Aycliffe Running Clut	66.13	F40/16/33/33
349	35	Fiona Roe	Billingham Running C	66.13	FO/26/23/23
350	1381	Jenny Wilkie	North York Moors AC	67.30	F45/15/34/34

351	217	Helen Poulsen	Esk Valley Fell Club	67.59	F50/16/33/33
352	220	Bev Honeyman	Individual#	68.04	F50/17/32/32
353	1148	Neil Hussey	Run Kingswood Run	68.38	M50/41/8/8
354	263	Kimberli Werner	Thirsk & Sowerby Ha	68.41	F55/8/41/41
355	293	Trish Radford	Thirsk & Sowerby Ha	69.19	F65/2/48/48
356	977	Hugh Jenyns	Thirsk & Sowerby Ha	70.19	M70/4/45/45
357	1377	Lorna Goodchild	Individual#	70.37	F55/9/40/40
358	746	Chris Norris	Individual#	70.42	M50/42/7/7
359	29	Rebecca Ball	Individual#	70.56	FO/27/22/22
360	128	Kirsten Bingham	Individual#	71.16	F40/17/32/32
361	1149	Nigel Watson	Individual#	71.30	M60/18/31/31
362	37	Lucy Fletcher	Individual#	71.47	FO/28/21/21
363	157	Mary Sweeting	Individual#	71.49	F45/16/33/33
364	905	Dan Simmons	Wetherby Runners A	72.49	M60/19/30/71
365	264	Christine Kipling	Consett Canicross	72.51	F55/10/39/39
366	918	Tim Matthews	Elvet Striders	72.54	M60/20/29/29
367	1386	Karen Dilworth	Individual#	73.24	F45/17/32/32
368	355	Jonathon Simmons	Individual#	73.40	MU23/11/38/38
369	1379	Paula Handley	Individual#	73.42	F45/18/31/31
370	214	Rohan Hill	Individual#	74.15	F50/18/31/31
371	281	Catherine Scott	Elvet Striders	75.07	F60/9/40/40
372	40	Louise Collins	Elvet Striders	75.07	FO/29/20/20
373	166	Elaine Noakes	Sedgefield Harriers	75.08	F45/19/30/30
374	715	Vaughn Davies	Individual#	75.11	M50/43/6/60
375	1378	Christina White	Elvet Striders	76.17	F50/19/30/30
376	820	Andy Alton	Consett Canicross	77.40	M55/22/27/27
377	294	Christine Burn	Thirsk & Sowerby Ha	78.07	F65/3/46/46
378	221	Angela Ackerley	Individual#	78.25	F50/20/29/29
379	966	Graham Robinson	Pickering Running Cl	79.56	M65/15/34/34*
380	216	Nicola Lees	Nidderdale Fell & Tr	82.25	F50/21/28/28
381	1383	Lucy Owens	Stockton Striders AC	82.56	F45/20/29/29
382	1144	John Harris	Stockton Striders AC	82.59	M45/40/9/9
383	1382	Sophie Owens	Stockton Striders AC	83.03	F40/18/31/31
384	1389	Helen McGee	Individual#	84.34	F40/19/30/30
385	1488	Vanessa Honeyman	Individual#	84.35	FO/30/19/19
386	978	David Marr	Middlesbrough & Cle	103.48	M70/5/44/44
387	536	Phillip Craig	Thirsk & Sowerby Ha	104.35	M40/35/14/14

(End)

Teams:	Club	Points	Positions	Team pts/total
male:	1 Thirsk & Sowerby Harrier	104	9,20,24,51	15/31
	2 Elvet Striders 'A'	164	27,37,41,59	14/14
	3 Hartlepool Burn Road Ha	197	17,22,76,82	13/13
	4 Middlesbrough & Clevela	201	4,47,52,98	12/12
	5 Esk Valley Fell Club 'A'	237	38,55,57,87	11/39
	6 Billingham Running Club	255	35,64,68,88	10/34
	7 York Acorn Running Clut	277	43,54,81,99	9/33
	8 Scarborough Athletic Clu	281	31,32,61,157	8/22
	9 Elvet Striders 'B'	290	69,70,72,79	7/7
	10 York Knavesmire Harrier	333	56,78,86,113	6/30
	11 Thirsk & Sowerby Harrier	342	62,89,90,101	5/5
	12 Ripon Runners 'A'	369	23,77,111,158	4/4
	13 North York Moors AC 'A'	433	49,104,116,164	3/3
	14 Esk Valley Fell Club 'B'	457	91,100,125,141	2/20
	15 Pickering Running Club '	458	42,71,80,265	1/21
	16 Elvet Striders 'C'	463	96,110,121,136	1/1
	17 Loftus & Whitby AC 'A'	511	33,65,167,246	1/16

18	Thirsk & Sowerby Harrier	552	112,145,146,149	1/1
19	York Knavesmire Harrier	599	127,133,165,174	1/13
20	Elvet Striders 'D'	667	144,160,180,183	1/1
21	Esk Valley Fell Club 'C'	739	151,173,175,240	1/4
22	Thirsk & Sowerby Harrier	752	154,182,204,212	1/1
23	Middlesbrough & Cleveland	766	138,169,192,267	1/1
24	Hartlepool Burn Road Harrier	778	114,168,245,251	1/1
25	North York Moors AC 'B'	788	166,189,205,228	1/1
26	Elvet Striders 'E'	842	197,209,213,223	1/1
27	Elvet Striders 'F'	926	224,231,234,237	1/1

female:	1	Elvet Striders 'A'	29	8,9,12	15/23
	2	York Knavesmire Harrier	47	2,14,31	14/14
	3	Thirsk & Sowerby Harrier	57	10,18,29	13/43
	4	Pickering Running Club	72	4,13,55	12/38
	5	North York Moors AC 'A'	107	7,47,53	11/20
	6	Thirsk & Sowerby Harrier	123	34,44,45	10/21
	7	Sedgefield Harriers 'A'	134	6,17,111	9/9
	8	Elvet Striders 'B'	137	36,49,52	8/8
	9	Thirsk & Sowerby Harrier	183	46,57,80	7/14
	10	Scarborough Athletic Club	217	5,92,(120)	6/20
	11	Redcar Running Club 'A'	226	24,82,(120)	5/5
	12	Ripon Runners 'A'	228	39,69,(120)	4/4
	13	Hartlepool Burn Road Harrier	234	41,73,(120)	3/3
	14	North York Moors AC 'B'	248	66,87,95	2/2
	15	Esk Valley Fell Club 'A'	259	43,96,(120)	1/15
	16	Pickering Running Club	265	61,84,(120)	1/17
	17	Aycliffe Running Club 'A'	288	75,93,(120)	1/1
	18	Billingham Running Club	300	86,94,(120)	1/1
	19	Elvet Striders 'C'	304	85,109,110	1/1
	20	Thirsk & Sowerby Harrier	310	98,99,113	1/7
	21	Stockton Striders AC 'A'	353	116,117,(120)	1/1

* = Bonus points not included

= Non-counter (team)

Corrections:

13/01/2024 Thirsk & Sowerby team name corrections - affects team points

Comments:

Happy New Year for 2024.

The first day of 2024 dawned with clear skies, a chill in the air and sunshine, a great day for fell racing and a change from the preceding days of wet weather.

Fell racing had been absent on the North Yorkshire Moors since November 2023 with the cancellation of Eskdale Eureka (Snow) and Guisborough Moors (Forecast strong winds) so runners were eager to return to the hills.

In a change to previous years, registration was spilt between the Lets Run shop, now relocated in Great Ayton, happy first anniversary Shelli, and our traditional locale of the Royal Oak, thanks go to Simon the landlord. This alleviated the queues of previous years so runners had a little bit of extra time on their hands or feet.

The Captain Cooks Fell Races provided its usual eclectic mix of competitors, from British team runners to club runners, to locals who want to blow the cobwebs away, and hard surface road runners looking to test themselves on something softer underfoot.

At a shade after 11.00hrs, some 400 competitors assembled on Great Ayton High Street,

after a round of applause for our 28 volunteers on the day and a thank you to runners for contributing what will be some £3000+ of entry fees which will be donated to a variety of local good causes and charities, they were off.

The first couple of kilometres are various forms of hard underfoot, followed by the main ascent of the race to Captain Cooks monument. Its then a harem scarem descent where the adept or foolhardy can make their mark. Then follows a sting in the tail ascent of Aireyholme Lane and the strike for home from Cliff Rigg Woods on a wide single track, which was dry on Boxing Day but had become wet mud by the recent rain.

The one constant in the mens race was Jake Collier Keswick AC who led from gun to finish tape, his rivals including former race winner Harry Holmes Matlock AC (second), Rob Sparkes Beverley AC (third), Greg Jayasuriya Middlesbrough & Cleveland Harriers (fourth), Toby Antcliff Sheffield University Orienteering and Fell Running Club (fifth and first under 23), Archie Lowe Middlesbrough AC Mandale (sixth), Jake Stephenson Richmond & Zetland Harriers (seventh) and James Wynne St Theresa's AC (eighth), rotated their places for what was an exciting race full of quality runners. First veteran home was Tim Grimwood (V40) Swaledale Runners closely followed by local runner Ian Rowan (v45) Individual.

In the womens race it was a threeway tussle, though likewise the men Sara Willhoit Mercia Fell Runners (first) led start to finish from in a close battle Rose Mather York Knavesmire Harriers (second) and two seconds distant Betty Bergstrand Pudsey and Bramley AC (Third and first under 23). Kelly Richmond Pickering RC claimed fourth with first veteran Rhona Marshall (F40) Scarborough AC in fifth.

In the teams competition, it was Thirsk and Sowerby Harriers AC from Elvet Striders and in the womens competition, Elvet Striders from York Knavesmire Harriers.

Thanks to our long list of helpers: Robert Lillie - Organiser, Kathyne, Olivia and Andrew Parry, Sid Bollands, Malcolm Peggs, Louise Venables, Julie Clayton, Michael Maloney, David Aspin, Liz Swainston, Thomas Aspin, Michael Quinn, Stephen Pugh, Stephen Hardy, Christina and Al Selmi, Katie Thornton, Leah Moss, Gary Talbot, Jayne Bowers, Len Small, Hilary Coventry, Nicola Thorpe, Shirley Steele, the Lets Run staff, Clive Thornton.

Also, Royal Oak Hotel and Public House and Lets Run for hosting registration and Kildale Estates, The Ward Family and Forestry England for access permissions.

Next event is Commondale Clart on 14th January 2024, this is also the final counter in the North Eastern Fell Championships as replacement for the Guisborough Woods Fell Race.

Regards

Clive Thornton - Esk Valley Fell Club

Next Race : Commondale Clart

14-Jan-24