

**Fry-up Frazzler****22-Sep-24****Dave Parry/Lets Run Summer Series 2024****Race 11**

Pos.	No.	Name	Club	time	cat/pos/pts/best
1	300	Ewan Sewell	York Knavesmire Ha	44.45	MO/1/50/291*
2	399	Andrew Armin	Saltwell Harriers	45.12	MO/2/48/48
3	516	Tim Grimwood	Swaledale Runners	47.26	M40/1/50/194
4	303	Paul Lawton	Scarborough Athletic	47.41	MO/3/46/178
5	368	Alexander Harrison Gaze	Loftus & Whitby AC	48.21	MU23/1/50/150
6	307	Robert Preston	Scarborough Athletic	49.15	MO/4/45/127
7	310	Thomas Ratcliffe	York Knavesmire Ha	50.35	MO/5/44/130*
8	512	Richard Purser	York Knavesmire Ha	50.43	M40/2/48/177*
9	355	Glyn Smith	Billingham Running C	50.58	MO/6/43/181
10	398	Sam Harrison	Saltwell Harriers	51.35	MO/7/42/42
11	810	Stephen Pugh	Esk Valley Fell Club	51.44	M55/1/50/300*
12	524	Richard Atkins	North York Moors AC	51.47	M40/3/46/142
13	642	Gareth Green	York Knavesmire Ha	52.07	M45/1/50/50*
14	705	Chris Jefferies	Billingham Running C	52.39	M50/1/50/296
15	734	Richard Veitch	Esk Valley Fell Club	52.47	M50/2/48/48
16	112	Becky Penty	York Knavesmire Ha	52.50	F40/1/50/50
17	724	Peter Massey	Good Gym	52.52	M50/3/46/96
18	716	Darren Fishwick	Chorley	52.59	M50/4/45/134
19	391	James Seddon	York Knavesmire Ha	53.19	MO/8/41/83
20	909	David Hughes	North York Moors AC	53.27	M60/1/50/300*
21	800	Kevin McLoughlin	North York Moors AC	53.40	M55/2/48/140
22	955	Neil Rip Ridsdale	Esk Valley Fell Club	53.48	M65/1/50/300*
23	604	Ashley Dodgson	Individual#	53.57	M45/2/48/280
24	601	Martin Vasey	Middlesbrough and C	54.08	M45/3/46/181
25	608	Philip Baines	Esk Valley Fell Club	54.14	M45/4/45/267*
26	396	Oli Read	York Knavesmire Ha	54.18	MO/9/40/40*
27	640	Darren Wood	Individual#	54.21	M45/5/44/92
28	620	Stephen Hardy	Loftus & Whitby AC	54.32	M45/6/43/85*
29	346	Will Prichard	York Knavesmire Ha	55.36	MO/10/39/76
30	924	Joe Blackett	North East Vets	55.45	M60/2/48/48
31	704	David Bannister	York Acorn Running	56.03	M50/5/44/180
32	400	Knevan Husband	Individual#	56.21	MO/11/38/38
33	914	Nigel Briggs	North York Moors AC	56.28	M60/3/46/280
34	703	Calvin Nicholson	Billingham Running C	56.47	M50/6/43/284*
35	733	Pete Berry	Individual#	56.59	M50/7/42/42
36	401	Stuart Wood	Individual#	57.04	MO/12/37/37
37	830	Dan Rhodes	Durham Fell Runners	57.31	M55/3/46/46
38	51	Nikki Carr Walls	Scarborough Athletic	58.38	FO/1/50/50
39	829	Lance Hill	York Knavesmire Ha	59.11	M55/4/45/45
40	921	Colin Harrison	Loftus & Whitby AC	59.47	M60/4/45/90
41	6	Georgia Campbell	Individual#	59.49	FO/2/48/296*
42	913	Matt Rylatt	York Triathlon Club	60.26	M60/5/44/135
43	345	Edmund Roberts	York Knavesmire Ha	60.37	MO/13/36/75*
44	900	Graham Palmer	Loftus & Whitby AC	60.41	M60/6/43/266
45	534	Bruno Manet	Individual#	61.07	M40/4/45/45
46	607	Robert Allinson	Redcar Running Clu	61.16	M45/7/42/122
47	609	Kevin Rudd	Loftus & Whitby AC	61.31	M45/8/41/258*
48	804	Brett Edgeworth	Thirsk & Sowerby Ha	61.36	M55/5/44/174
49	807	Bryan Drew	York Knavesmire Ha	61.40	M55/6/43/207
50	25	Cassie Read	York Knavesmire Ha	61.58	FO/3/46/90
51	505	Mathew Taylor	Individual#	62.14	M40/5/44/88
52	157	Michaela Welham	Loftus & Whitby AC	62.29	F45/1/50/300*
53	111	Bronwyn Mayo	Thirsk & Sowerby Ha	62.33	F40/2/48/48
54	503	Ross Robertson	Northumberland Fell	62.57	M40/6/43/86
55	214	Hester Butterworth	Scarborough Athletic	63.01	F50/1/50/96

56	280	Lorraine Hiles	Thirsk & Sowerby Ha	63.05	F60/1/50/150
57	8	Megan Letts	Pocklington Runners	63.11	FO/4/45/87
58	808	Alan Life	Clayton-le-Moors	63.23	M55/7/42/85
59	105	Louise Venables	Pocklington Runners	63.24	F40/3/46/94*
60	812	Richard Johnson	Pickering Running Cl	63.27	M55/8/41/257
61	535	Andrew Barker	York Knavesmire Ha	63.45	M40/7/42/42
62	208	Kelly Clapton	Loftus & Whitby AC	64.19	F50/2/48/294
63	726	Robert Grainger	Scarborough Athletic	64.47	M50/8/41/86
64	2	Laura Havis	Middlesbrough Athlet	64.56	FU23/1/50/296
65	803	Paul Havis	Individual#	64.57	M55/9/40/278
66	298	Sue Haslam	Scarborough Athletic	65.12	F70/1/50/300
67	161	Katy Lee	York Knavesmire Ha	65.37	F45/2/48/96
68	55	Emma Burke	Tyne Bridge Harriers	66.08	FO/5/44/44
69	13	Sarah Roe	Billingham Running C	66.21	FO/6/43/129
70	905	Marc Davies	Thirsk & Sowerby Ha	66.40	M60/7/42/167
71	294	Caroline Glover	Wharfedale Harriers	66.55	F65/1/50/50
72	202	Steph Lishman	Esk Valley Fell Club	67.15	F50/3/46/279*
73	911	Paul Smith	Pickering Running Cl	67.18	M60/8/41/261
74	370	Matt Rutt	Scarborough Athletic	68.28	MO/14/35/69
75	154	Sarah Hudson	Loftus & Whitby AC	68.28	F45/3/46/282
76	56	Lauren Wyeth	Individual#	69.52	FO/7/42/42
77	643	Michael Peterson	East Hull Harriers AC	69.54	M45/9/40/40
78	250	Helen Ashworth	Thirsk & Sowerby Ha	69.55	F55/1/50/298*
79	286	Karen Mather	York Knavesmire Ha	70.29	F60/2/48/48
80	53	Sacha Butterworth	Individual#	70.36	FO/8/41/41
81	990	Geoffrey Usher	Individual#	71.21	M70/1/50/50
82	923	Graham Jordan	Individual#	71.54	M60/9/40/40
83	252	Julie Clayton	Scarborough Athletic	72.22	F55/2/48/98
84	220	Jenny Hall	Esk Valley Fell Club	72.43	F50/4/45/45
85	52	Lucy Knight	Good Gym	73.05	FO/9/40/40
86	281	Jayne Graves	Scarborough Athletic	73.29	F60/3/46/94
87	702	Peter Murray	York Acorn Running	73.49	M50/9/40/128
88	912	David Robinson	North York Moors AC	75.24	M60/10/39/205
89	295	Christine Robertson	Scarborough Athletic	75.55	F65/2/48/48*
90	502	Stephen Lewin	Loftus & Whitby AC	77.30	M40/8/41/253
91	904	Gary Beard	Loftus & Whitby AC	80.11	M60/11/38/163
92	218	Aneta Neumann	York Knavesmire Ha	80.32	F50/5/44/44
93	156	Rebecca Cacioppo	Loftus & Whitby AC	80.33	F45/4/45/225
94	907	Ian Robinson	Esk Valley Fell Club	80.39	M60/12/37/246
95	253	Catherine Moran	Scarborough Athletic	80.48	F55/3/46/94
96	287	Melanie Ann Padgham	Scarborough Athletic	80.58	F60/4/45/45*
97	54	Pauline Husband	Individual#	86.46	FO/10/39/39
98	710	Vaughn Davies	Esk Valley Fell Club	106.07	M50/10/39/247

(End)

Teams:	Club	Points	Positions	Team pts/total
<b>male:</b>	1 York Knavesmire Harrier	29	1,7,8,13	15/71
	2 Esk Valley Fell Club 'A'	71	11,15,21,24	14/154
	3 North York Moors AC 'A'	83	12,19,20,32	13/136
	4 York Knavesmire Harrier	108	18,25,28,37	12/22
	5 Loftus & Whitby AC 'A'	111	5,27,38,41	11/105
	6 Scarborough Athletic Clu	118	4,6,52,56	10/22

<b>female:</b>	1	York Knavesmire Harrier	19	1,4,14	15/43
	2	Scarborough Athletic Clu	22	2,7,13	14/63
	3	Loftus & Whitby AC 'A'	35	5,11,19	13/138
	4	Thirsk & Sowerby Harrier	35	6,8,21	12/109
	5	Pocklington Runners 'A'	53	9,10,(34)	11/11
	6	Esk Valley Fell Club 'A'	77	18,25,(34)	10/111
	7	Scarborough Athletic Clu	79	24,27,28	9/20
	8	York Knavesmire Harrier	85	22,29,(34)	8/22
	9	Scarborough Athletic Clu	97	31,32,(34)	7/14

\* = Bonus points not included

# = Non-counter (team)

#### Comments:

The Dave Parry Lets Run Summer Fell Race Series 2024 rounded off with the 11th event in the series the Fry-up Frazzler Fell Race. Hosted at the Yorkshire Cycle Hub, good spot for refreshments post race and when out and about at other times.

The day started overcast, it did clear marginally, the still, damp and mild conditions were ideal for an early autumn fell race.

The Frazzler is a Scarborough Athletic Club production led by David Parke and Robert Lillie, with support from club members and the wider fell running community. Thank you everyone. Bob was sporting his arm in a sling, having broken his shoulder whilst out reccing the Frazzler a week earlier. Fortunately he did have kit and was out with a group, could have been so much worse if he did not carry kit.

Ninety eight runners made it to the start line, after a brief briefing, the runners were off. The Fry-up is just over 5 miles, with three main climbs and mixed terrain with classic narrow trods ready to catch the unwary.

In the tale of the tape it was a good day for York Knavesmire Harriers who claimed the overall wins in the womens category Becky Penty (W40), and Ewan Sewell (Sen) and the team wins in both categories.

It was a returning to action Nikki Carr Walls of Scarborough AC who claimed second and continuing her string of podium finishes Georgia Campbell individual in third. North East visitor Andrew Armin (SEN) Saltwell Harriers in second and Tim Grimwood (M40) Swaledale Runners places third for a rare podium finish.

There is just a two week window until the Winter Series opener Viking Chase on Sunday 6th October. The overall, age category and team tables will be out shortly, with presentations at Lockton Limping on 27th October.

Clive Thornton  
Esk Valley Fell Club

**Next Race :** Lockton Limping                      27th Oct 2024