

**Viking Chase 4 Peaks****06-Oct-24****Dave Parry/Lets Run Winter Series 2024-25****Race 1**

Pos.	No.	Name	Club	time	cat/pos/pts
1	308	Ewan Sewell	York Knavesmire Ha	65.12	MO/1/50
2	305	Fergus Wood	Deeside Runners	65.26	MO/2/48
3	504	Tim Grimwood	Swaledale Runners	66.07	M40/1/50
4	301	Dominic Green	Sheffield University C	67.22	MU23/1/50
5	611	Paul Williams	Esk Valley Fell Club	69.00	M45/1/50
6	333	Paul Lawton	Scarborough Athletic	69.08	MO/3/46
7	309	William Morris	Knaresborough Strid	69.29	MO/4/45
8	777	Matthew Jones	Scarborough Athletic	70.24	M45/2/48
9	601	Phillip Elliott	York Knavesmire Ha	71.46	M45/3/46
10	810	Stephen Pugh	Esk Valley Fell Club	72.03	M55/1/50
11	6	Victoria Sewell	York Knavesmire Ha	72.42	FO/1/50
12	803	Adrian Bushby	City of Hull AC	72.50	M55/2/48
13	300	Jack Close	RHRC	73.51	MO/5/44
14	304	Glyn Smith	Billingham Running C	74.31	MO/6/43
15	713	Brendan Anglim	Easingwold Running	74.43	M50/1/50
16	310	Patrick Chilton	Horsforth Harriers	74.53	MO/7/42
17	909	Jim Rogers	City of Hull AC	75.34	M60/1/50
18	314	James Seddon	York Knavesmire Ha	75.40	MO/8/41
19	8	Ursula Moore	York Knavesmire Ha	75.55	FO/2/48
20	303	Oli Read	York Knavesmire Ha	76.16	MO/9/40
21	313	Jonathan Hart	Esk Valley Fell Club	76.19	MO/10/39
22	318	Oscar William Fishwick	Individual#	76.56	MO/11/38
23	711	Justin Waring	Loftus & Whitby AC	78.41	M50/2/48
24	502	Michal Czekajlo	York Acorn Running	79.08	M40/2/48
25	302	Liam Green	Leeds University Ori	79.40	MU23/2/48
26	607	Kieron Niven	York Knavesmire Ha	79.44	M45/4/45
27	609	Ashley Dodgson	Individual#	79.56	M45/5/44
28	806	Martin Lofthouse	Nidd Valley Road Ru	80.00	M55/3/46
29	508	Chris King	Individual#	80.06	M40/3/46
30	312	Kristhoper Hopkins	East Hull Harriers AC	80.14	MO/12/37
31	704	Darren Townsend	Nidd Valley Road Ru	80.29	M50/3/46
32	714	Philip Baines	Esk Valley Fell Club	81.23	M50/4/45
33	708	Giles Hawking	York Knavesmire Ha	81.33	M50/5/44
34	812	Philip Cornforth	Knaresborough Strid	82.04	M55/4/45
35	703	David Bannister	York Acorn Running	82.25	M50/6/43
36	7	Kelly Richmond	Pickering Running Cl	82.52	FO/3/46
37	506	Richard Purser	York Knavesmire Ha	83.21	M40/4/45
38	307	Tristan Featherby	Pocklington Runners	83.26	MO/13/36
39	4	Esther Harrison	Thirsk & Sowerby Ha	83.40	FO/4/45
40	507	Joe Barker	Individual#	84.01	M40/5/44
41	811	Tim Hill	Esk Valley Fell Club	84.02	M55/5/44
42	503	Andrew Vernon	Quakers Running Cl	84.07	M40/6/43
43	319	Max Rostron	Hyde Park Harriers	84.13	MO/14/35
44	808	Julian Wardman	Esk Valley Fell Club	84.45	M55/6/43
45	610	Brian Hainworth	Nidd Valley Road Ru	84.47	M45/6/43
46	901	Nigel Briggs	North York Moors AC	85.24	M60/2/48
47	900	Matt Rylatt	York Triathlon Club	85.37	M60/3/46
48	702	Pete Berry	Individual#	85.48	M50/7/42
49	709	Andrew Gamble	Individual#	85.52	M50/8/41
50	906	Graham Palmer	Loftus & Whitby AC	87.35	M60/4/45
51	612	Peter Gale	Individual#	87.42	M45/7/42
52	501	Bruno Manet	Individual#	87.50	M40/7/42
53	315	John Cave	Individual#	88.06	MO/15/34
54	802	Simon Cocker	Nidd Valley Road Ru	88.43	M55/7/42
55	705	Nigel Scaife	Nidd Valley Road Ru	89.38	M50/9/40

56	605	Richard Robinson	Pickering Running Cl	89.40	M45/8/41
57	608	Kevin Rudd	Loftus & Whitby AC	89.40	M45/9/40
58	500	Graham Gill	York Knavesmire Ha	90.01	M40/8/41
59	155	Michaela Welham	Loftus & Whitby AC	90.22	F45/1/50
60	505	Matthew Taylor	Individual#	90.33	M40/9/40
61	202	Kelly Clapton	Loftus & Whitby AC	90.44	F50/1/50
62	603	Thomas Atkinson	Individual#	90.54	M45/10/39
63	103	Kimberley Cavill	Pickering Running Cl	91.43	F40/1/50
64	952	Mike Wilson	Pickering Running Cl	92.32	M65/1/50
65	100	Louise Venables	York Knavesmire Ha	92.39	F40/2/48
66	801	Bryan Drew	York Knavesmire Ha	93.15	M55/8/41
67	200	Nina Cameron	Northumberland Fell	93.22	F50/2/48
68	317	Charlie Dimpleby Meakin	Esk Valley Fell Club	93.53	MO/16/33
69	10	Hannah Eccles	Pocklington Runners	93.54	FO/5/44
70	712	Phil Ventress	Nidd Valley Road Ru	94.01	M50/10/39
71	707	Robert Grainger	Scarborough Athletic	94.17	M50/11/38
72	201	Steph Lishman	Esk Valley Fell Club	94.36	F50/3/46
73	805	Michael Holtby	Individual#	94.51	M55/9/40
74	306	Robert Bailey	Scarborough Athletic	95.05	MO/17/32
75	950	Colin Valentine	Keswick AC	97.04	M65/2/48
76	809	Gary Talbot	Esk Valley Fell Club	97.12	M55/10/39
77	604	Paul Chapman	Thirsk & Sowerby Ha	98.10	M45/11/38
78	2	Laura Francis	Nidd Valley Road Ru	98.42	FU23/1/50
79	602	Simon Staiano	Harrogate Harriers &	98.43	M45/12/37
80	152	Sarah Hudson	Loftus & Whitby AC	99.57	F45/2/48
81	903	Marc Davies	Thirsk & Sowerby Ha	100.23	M60/5/44
82	706	Russell Geraghty	Nidd Valley Road Ru	101.01	M50/12/37
83	606	David Long	Haxby Runners	101.47	M45/13/36
84	102	Amy Bletsoe	Loftus & Whitby AC	102.02	F40/3/46
85	804	Paul Havis	Individual#	104.01	M55/11/38
86	1	Laura Havis	Middlesbrough Athlet	104.02	FU23/2/48
87	700	Richard Crone	East Hull Harriers AC	104.30	M50/13/36
88	101	Fran Jeffery	Thirsk & Sowerby Ha	105.21	F40/4/45
89	951	Paul Lyons	North York Moors AC	105.25	M65/3/46
90	907	Nicholas Cousins	Pickering Running Cl	106.28	M60/6/43
91	701	Peter Murray	York Acorn Running	106.32	M50/14/35
92	250	Diane Winnard	Nidd Valley Road Ru	106.41	F55/1/50
93	5	Amy Harrison	Tyne Bridge Harriers	107.29	FO/6/43
94	807	Craig Harrison	Fell Runners Associa	107.30	M55/12/37
95	153	Susan Dick	Loftus & Whitby AC	107.36	F45/3/46
96	3	Louise Bailey Parkin	Pickering Running Cl	108.08	FO/7/42
97	251	Hilary Allan	Esk Valley Fell Club	108.57	F55/2/48
98	253	Julie Clayton	Scarborough Athletic	109.53	F55/3/46
99	311	Christion Bull	Individual#	109.59	MO/18/31
100	600	Michael Petersen	East Hull Harriers AC	110.06	M45/14/35
101	252	Nicola Thorpe	Pickering Running Cl	110.16	F55/4/45
102	904	David Robinson	North York Moors AC	111.15	M60/7/42
103	291	Jane Hamp	Scarborough Athletic	111.41	F65/1/50
104	985	Geoffrey Usher	Individual#	112.00	M70/1/50
105	902	Phil Robinson	Nidd Valley Road Ru	112.23	M60/8/41
106	154	Rebecca Cacioppo	Loftus & Whitby AC	112.32	F45/4/45
107	9	Charlotte Earl	Hyde Park Harriers	112.49	FO/8/41
108	800	Simon Rek	Quakers Running Cl	113.03	M55/13/36
109	150	Alice Hayter	Pickering Running Cl	113.22	F45/5/44
110	290	Alison Lloyd	North York Moors AC	116.01	F65/2/48
111	151	Lucy Sillars	Thirsk & Sowerby Ha	123.03	F45/6/43
112	710	Vaughn Davies	Esk Valley Fell Club	126.59	M50/15/34
113	275	Christine Hemingway	City of Hull AC	137.19	F60/1/50
114	276	Sarah Chalmers	Nidd Valley Road Ru	139.07	F60/2/48

115	905	Dan Simmons	Wetherby Runners A	139.30	M60/9/40
116	908	Gary Beard	Loftus & Whitby AC	148.40	M60/10/39
117	316	Matthew Potts	Wetherby Runners A	NO KIT	MO/0/0
118	320	Joseph Vernon-Hill	Individual#	NO KIT	MO/0/0
(End)					

Teams:	Club	Points	Positions	Team pts
<b>male:</b>	1 York Knavesmire Harrier	45	1,9,17,18	15
	2 Esk Valley Fell Club 'A'	64	5,10,19,30	14
	3 Scarborough Athletic Clu	138	6,8,61,63	13
	4 York Knavesmire Harrier	143	24,31,34,54	12
	5 Nidd Valley Road Runne	146	26,29,41,50	11
	6 Esk Valley Fell Club 'B'	201	37,40,59,65	10
	7 Loftus & Whitby AC 'A'	205	21,46,53,85	9
	8 Nidd Valley Road Runne	261	51,60,69,81	8
<b>female:</b>	1 York Knavesmire Harrier	11	1,2,8	15
	2 Loftus & Whitby AC 'A'	24	5,6,13	14
	3 Pickering Running Club	30	3,7,20	13
	4 Thirsk & Sowerby Harrier	49	4,16,29	12
	5 Loftus & Whitby AC 'B'	58	14,19,25	11
	6 Nidd Valley Road Runne	60	12,17,31	10
	7 Esk Valley Fell Club 'A'	64	11,21,(32)	9
	8 Scarborough Athletic Clu	78	22,24,(32)	8
	9 Pickering Running Club	82	23,27,(32)	7

\* = Bonus points not included

# = Non-counter (team)

**Comments:**

With only a two week breather fell runners were back on the North Yorkshire Moors for the first event in the Dave Parry Lets Run Winter Fell Race Series 2024/25, the Viking Chase Fell Race.

Earlier in the week there was a forecast of rain but a butterfly fluttered its wings in Brazil with the chaos theory consequence of sunshine arriving on the Cleveland Hills. There was the usual fresh breeze which pays havoc with organiser paperwork, though i suspect its not very often that its not breezy atop Carlton Bank.

The event was organised by Sid Bolland of the Cleveland Mountain Rescue Team, with marshals and event support provided by the team, plus the fell running community. Surplus funds from the race are donated to the team, this time around £550 will swell the coffers, that is approximately 5-6 days of base operational costs.

There was a healthy number of athletes on the start line some 118, York Knavesmire Harriers, Nidd Valley Road Runners, Esk Valley Fell Club and of course Loftus and Whitby AC arriving enmasse amongst others.

The race distance is 8 miles/12.81km with around 1700'/528m of ascent. There are the four main peaks but never underestimate the middle path return which is undulating and peppered with rocks ready to catch the unwary.

In the tale of the tape it was a York Knavesmire Harriers kind of day, with Victoria and Ewan Sewell (FSEN/MSEN) claiming victories in the female and open categories, they also led team victories for the club in both categories.

A visitor from north of the border Fergus Wood (MSEN) Desside Runners claimed second pipped by just 14 seconds by Ewan. Tim Grimwood (M40) Swaledale Runners raced to a second podium finish in as many races with Dominic Green (MU23) Sheffield University Orienteering and Fell Running Club in fourth.

Victoria placed 11th overall with club mate Ursula Moore (WSEN) York Knavesmire Harriers in second and Kelly Richmond (WSEN) Pickering Running Club third, Esther Harrison (WSEN) Thirsk and Sowerby Harriers made a successful return to the fells in fourth.

The 'hard as nails' award of the day goes to Hilary Allan (W55) Esk Valley Fell Club who tripped and injured her wrist before the far end turn, she bemoaned her 3 minutes delay, but finished and claimed a second place in her age category. A visit to the hospital revealed a fractured wrist, recovery now in progress.

Another runner was treated at the finish line by the rescue team due to his exertions, recovery was well underway as he departed the event.

Oldest runner of the day was Geoffrey Usher (M70) Individual who placed 104th of the 118 starters.

Next fell race event is Gormire Gamble on Sunday 20th October 2024 at the National Park Visitor Centre at the top of Sutton Bank, near Thirsk. Alan Simpson is organiser, if you can offer your assistance on the day contact Alan.

And entries are now open on SI Entries for the third series event on Lockton Limping Fell Race on Sunday 27th October 2024.

Clive Thornton - Esk Valley Fell Club

**Next Race :** Gormire Gamble

20-Oct-24