

Guisborough Woods**27-Dec-24****Dave Parry/Lets Run Winter Series 2024-25****Race 5**

| Pos. | No. | Name | Club | time | cat/pos/pts/total |
|------|-----|-------------------------|-----------------------|-------|-------------------|
| 1 | 528 | Jarlath McKenna | Northumberland Fell | 38.06 | M40/1/50/50 |
| 2 | 357 | Aidan Rigby | Individual# | 39.11 | MO/1/50/50 |
| 3 | 322 | Oliver Shaw | Loftus & Whitby AC | 39.33 | MO/2/48/148 |
| 4 | 359 | Sam Leadley | Loftus & Whitby AC | 41.14 | MO/3/46/46 |
| 5 | 324 | Stephen McDougall | Middlesbrough and C | 41.39 | MO/4/45/141 |
| 6 | 352 | Stefan McLoughlin | North York Moors AC | 42.46 | MO/5/44/90 |
| 7 | 365 | Tom Levi | Thirsk & Sowerby Ha | 42.53 | MO/6/43/43 |
| 8 | 529 | Keith Swainson | Dark Peak Fell Runn | 43.22 | M40/2/48/48 |
| 9 | 617 | Ian Rowan | Esk Valley Fell Club | 43.34 | M45/1/50/140 |
| 10 | 370 | Kian Stead | Individual# | 43.51 | MO/7/42/42 |
| 11 | 362 | Scott Jowett | Esk Valley Fell Club | 44.09 | MO/8/41/41 |
| 12 | 333 | Paul Lawton | Scarborough Athletic | 44.33 | MO/9/40/170 |
| 13 | 345 | Lewis Suddaby | East Hull Harriers | 44.35 | MO/10/39/89 |
| 14 | 376 | Alexander Harrison Gaze | Loftus & Whitby AC | 44.52 | MU23/1/50/50 |
| 15 | 636 | Ben Senior | TS Harriers | 44.52 | M45/2/48/48 |
| 16 | 777 | Matthew Jones | Scarborough Athletic | 45.08 | M45/3/46/230 |
| 17 | 803 | Adrian Bushby | City of Hull AC | 45.33 | M55/1/50/246 |
| 18 | 817 | Dave Smith | Pickering Running Cl | 45.46 | M55/2/48/139 |
| 19 | 526 | Andrew Spencer | Individual# | 45.59 | M40/3/46/46 |
| 20 | 375 | Mikey Garbutt | Loftus & Whitby AC | 46.07 | MO/11/38/38 |
| 21 | 350 | Andrew Armin | Saltwell Harriers | 46.43 | MO/12/37/85 |
| 22 | 909 | Jim Rogers | City of Hull AC | 47.15 | M60/1/50/248 |
| 23 | 737 | Phil Vincent | Tynedale Harriers | 47.45 | M50/1/50/50 |
| 24 | 351 | Sam Harrison | Saltwell Harriers | 47.54 | MO/13/36/74 |
| 25 | 342 | Matthew Clark | Esk Valley Fell Club | 48.05 | MU23/2/48/98 |
| 26 | 374 | Jonny Goldfell | Nidderdale Fell & Tr | 48.24 | MO/14/35/35 |
| 27 | 368 | James Robertson | Scarborough Athletic | 48.37 | MO/15/34/34 |
| 28 | 337 | Robert Preston | Scarborough Athletic | 49.18 | MO/16/33/114 |
| 29 | 371 | Tommy Buckle | Individual# | 49.24 | MO/17/32/32 |
| 30 | 953 | Neil Rip Ridsdale | Esk Valley Fell Club | 49.27 | M65/1/50/200 |
| 31 | 631 | Reiner Hesse | Individual# | 49.46 | M45/4/45/84 |
| 32 | 525 | John Perry | Wharfedale Harriers | 49.49 | M40/4/45/45 |
| 33 | 605 | Richard Robinson | Pickering Running Cl | 49.53 | M45/5/44/127 |
| 34 | 7 | Kelly Richmond | Pickering Running Cl | 50.19 | FO/1/50/188* |
| 35 | 609 | Ashley Dodgson | Individual# | 50.34 | M45/6/43/218 |
| 36 | 703 | David Bannister | York Acorn Running | 50.48 | M50/2/48/178 |
| 37 | 364 | Ian Bilton | Hartlepool Burn Roac | 51.13 | MO/18/31/31 |
| 38 | 4 | Esther Harrison | Thirsk & Sowerby Ha | 51.36 | FO/2/48/235 |
| 39 | 715 | Chris Jefferies | Billingham Running C | 51.42 | M50/3/46/196 |
| 40 | 360 | Paul Smith2 | Saltwell Harriers | 51.54 | MO/19/30/30 |
| 41 | 614 | Matthew Harrison | Esk Valley Fell Club | 52.19 | M45/7/42/126 |
| 42 | 168 | Rachel Vincent | Tynedale Harriers | 52.21 | F45/1/50/50 |
| 43 | 742 | Richard Veitch | Esk Valley Fell Club | 52.25 | M50/4/45/45 |
| 44 | 738 | Dez Fielden | Durham Fell Runners | 52.50 | M50/5/44/44 |
| 45 | 926 | Andrew Bradley | Cumberland Fell Rur | 53.13 | M60/2/48/48 |
| 46 | 901 | Nigel Briggs | North York Moors AC | 53.24 | M60/3/46/231 |
| 47 | 632 | Ben Imeson | Ripon Runners | 53.37 | M45/8/41/72 |
| 48 | 928 | John Tollitt | Northumberland Fell | 53.48 | M60/4/45/45 |
| 49 | 641 | Mike Quinn | Esk Valley Fell Club | 53.51 | M45/9/40/40 |
| 50 | 615 | Robert Allinson | Redcar Running Clut | 54.03 | M45/10/39/120 |
| 51 | 638 | Matthew Heron | Aycliffe Running Clut | 54.20 | M45/11/38/38 |
| 52 | 929 | Colin Harrison | Loftus & Whitby AC | 54.28 | M60/5/44/44 |
| 53 | 834 | Angus Sanderson | North York Moors AC | 54.55 | M55/3/46/46 |
| 54 | 531 | Anj Webb Ellis | Individual# | 55.14 | M40/5/44/44 |
| 55 | 23 | Kirsty Struthers | North York Moors AC | 55.20 | FO/3/46/136 |

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| 56 | 741 | Robert Carter | Individual# | 55.25 | M50/6/43/43 |
| 57 | 17 | Kyah Hall | Loftus & Whitby AC | 55.28 | FO/4/45/172 |
| 58 | 739 | Darren Fishwick | Chorley | 55.36 | M50/7/42/42 |
| 59 | 532 | Andrew Softley | Saltwell Harriers | 55.38 | M40/6/43/43 |
| 60 | 511 | Andrew Paylor | Middlesbrough and C | 56.17 | M40/7/42/164 |
| 61 | 372 | Sami Benstead | Individual# | 56.18 | MO/20/29/29 |
| 62 | 900 | Matt Rylatt | York Triathlon Club | 56.25 | M60/6/43/177* |
| 63 | 736 | Paul Wilkin | Middlesbrough and C | 56.26 | M50/8/41/41 |
| 64 | 369 | Hamish Miller | Individual# | 56.29 | MU23/3/46/46 |
| 65 | 722 | Alan Simpson | Thirsk & Sowerby Ha | 56.32 | M50/9/40/118* |
| 66 | 906 | Graham Palmer | Loftus & Whitby AC | 56.36 | M60/7/42/176 |
| 67 | 726 | Russ Grayson | Pickering Running Cl | 56.55 | M50/10/39/76* |
| 68 | 740 | Scott Garrett | Saltwell Harriers | 56.57 | M50/11/38/38 |
| 69 | 804 | Paul Havis | Individual# | 57.18 | M55/4/45/195 |
| 70 | 604 | Paul Chapman | Thirsk & Sowerby Ha | 57.44 | M45/12/37/185 |
| 71 | 215 | Hester Butterworth | Scarborough Athletic | 57.54 | F50/1/50/50 |
| 72 | 527 | Harry Ainscough | Individual# | 57.55 | M40/8/41/41 |
| 73 | 833 | Richard Clark | Esk Valley Fell Club | 58.06 | M55/5/44/44 |
| 74 | 640 | Matt Hindmarch | Individual# | 58.40 | M45/13/36/36 |
| 75 | 735 | Steven Small | Middlesbrough and C | 59.01 | M50/12/37/37 |
| 76 | 358 | Charlie Clark | Individual# | 59.06 | MO/21/28/28 |
| 77 | 743 | Mark Walsh | St Theresa's AC | 59.27 | M50/13/36/36 |
| 78 | 200 | Nina Cameron | Northumberland Fell | 59.53 | F50/2/48/96 |
| 79 | 533 | Richard Farrel | North York Moors AC | 60.06 | M40/9/40/40 |
| 80 | 973 | David Wallace | Houghton Harriers & | 60.11 | M65/2/48/48 |
| 81 | 30 | Tabitha McNicholas | North York Moors AC | 60.14 | FO/5/44/44 |
| 82 | 111 | Victoria Shipton | Loftus & Whitby AC | 60.24 | F40/1/50/95 |
| 83 | 832 | Ian Monkman | Individual# | 60.27 | M55/6/43/43 |
| 84 | 480 | Hebe Darwin | West Anglian Oriente | 60.59 | FJ/1/50/50 |
| 85 | 965 | Roger Laycock | Settle Harriers | 61.05 | M65/3/46/94 |
| 86 | 163 | Anneke Imeson | Ripon Runners | 61.18 | F45/2/48/96 |
| 87 | 714 | Philip Baines | Esk Valley Fell Club | 61.46 | M50/14/35/80* |
| 88 | 221 | Sara McKnight | Saltwell Harriers | 61.57 | F50/3/46/46 |
| 89 | 373 | Joshua Goldsbrough | North York Moors AC | 62.03 | MO/22/27/27 |
| 90 | 734 | John O'Boyle | Silverback Trails | 62.15 | M50/15/34/34 |
| 91 | 809 | Gary Talbot | Esk Valley Fell Club | 62.17 | M55/7/42/196 |
| 92 | 27 | Tara Srinivas | Individual# | 62.46 | FO/6/43/43 |
| 93 | 733 | Gary Wilkinson | Harrogate Harriers & | 63.03 | M50/16/33/33 |
| 94 | 106 | Abilgail Carter | St Theresa's AC | 63.08 | F40/2/48/96 |
| 95 | 950 | Colin Valentine | Keswick AC | 63.11 | M60/8/41/85 |
| 96 | 831 | Christopher Clayton | Scarborough Athletic | 63.15 | M55/8/41/41 |
| 97 | 279 | Janet Cordingley | Esk Valley Fell Club | 63.17 | F60/1/50/148 |
| 98 | 524 | Andrew Foster | Individual# | 63.19 | M40/10/39/39 |
| 99 | 639 | Chris Heron | Individual# | 63.21 | M45/14/35/35 |
| 100 | 292 | Caroline Glover | Wharfedale Harriers | 63.23 | F65/1/50/100 |
| 101 | 317 | Charlie Dimbleby Meakin | Esk Valley Fell Club | 64.06 | MO/23/26/60 |
| 102 | 608 | Kevin Rudd | Loftus & Whitby AC | 64.14 | M45/15/34/150* |
| 103 | 201 | Steph Lishman | Esk Valley Fell Club | 64.58 | F50/4/45/237 |
| 104 | 963 | Andrew Johnson2 | York Knavesmire Ha | 65.11 | M65/4/45/131 |
| 105 | 907 | Nicholas Cousins | Pickering Running Cl | 65.41 | M60/9/40/162* |
| 106 | 816 | James Carter | St Theresa's AC | 65.53 | M55/9/40/79 |
| 107 | 220 | Nina Mason | Elvet Striders | 66.06 | F50/5/44/44 |
| 108 | 152 | Sarah Hudson | Loftus & Whitby AC | 66.18 | F45/3/46/232 |
| 109 | 252 | Nicola Thorpe | Pickering Running Cl | 66.28 | F55/1/50/191* |
| 110 | 256 | Helen Ashworth | Thirsk & Sowerby Ha | 66.34 | F55/2/48/193 |
| 111 | 961 | Mark Edwards | North York Moors AC | 67.00 | M65/5/44/44 |
| 112 | 829 | Mark Holton | Esk Valley Fell Club | 67.33 | M55/10/39/39 |
| 113 | 253 | Julie Clayton | Scarborough Athletic | 67.36 | F55/3/46/181 |
| 114 | 219 | Catherine Shutt | North York Moors AC | 67.52 | F50/6/43/43 |

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|-----|-----|----------------------|-----------------------|-------|---------------|
| 115 | 701 | Peter Murray | York Acorn Running | 68.37 | M50/17/32/144 |
| 116 | 166 | Sarah Jackson | Penny Lane Striders | 69.09 | F45/4/45/45 |
| 117 | 251 | Hilary Allan | Esk Valley Fell Club | 70.36 | F55/4/45/93 |
| 118 | 31 | Steph Broughton | North York Moors AC | 71.04 | FO/7/42/42 |
| 119 | 150 | Alice Hayter | Pickering Running Cl | 71.14 | F45/5/44/174* |
| 120 | 283 | Sharon Gayter | Individual# | 71.16 | F60/2/48/48 |
| 121 | 29 | Lucy Heron | Aycliffe Running Cluk | 71.40 | FJ/2/48/48 |
| 122 | 290 | Alison Lloyd | North York Moors AC | 71.41 | F65/2/48/238 |
| 123 | 104 | Kirsty Naylor | Thirsk & Sowerby Ha | 72.05 | F40/3/46/92 |
| 124 | 951 | Paul Lyons | North York Moors AC | 72.12 | M65/6/43/91 |
| 125 | 530 | Joe Joyce | Thirsk & Sowerby Ha | 72.14 | M40/11/38/38* |
| 126 | 904 | David Robinson | North York Moors AC | 72.50 | M60/10/39/193 |
| 127 | 927 | Chris Twedde | Swift Tees | 75.32 | M60/11/38/38 |
| 128 | 282 | Melanie Jane Bradley | Cumberland Fell Rur | 77.31 | F60/3/46/46 |
| 129 | 254 | Gillian Havis | Individual# | 78.35 | F55/5/44/131 |
| 130 | 912 | Ian Robinson | Esk Valley Fell Club | 80.13 | M60/12/37/109 |
| 131 | 275 | Christine Hemingway | City of Hull AC | 80.57 | F60/4/45/234 |
| 132 | 974 | Geoff Hine | Esk Valley Fell Club | 81.27 | M65/7/42/42 |
| 133 | 110 | Kathryn Waterworth | Individual# | 82.02 | F40/4/45/131 |
| 134 | 297 | Jan Young | Elvet Striders | 86.32 | F70/1/50/50 |
| 135 | 710 | Vaughn Davies | Esk Valley Fell Club | 87.13 | M50/18/31/138 |
| 136 | 32 | Erin Keeler-Clarke | Houghton Harriers & | 99.24 | FU23/1/50/50 |
| 137 | 222 | Joanne Richardson | Elvet Striders | 99.37 | F50/7/42/42 |

(End)

| Teams: | Club | Points | Positions | Team pts/total |
|----------------|-----------------------------|--------|-------------|----------------|
| male: | 1 Loftus & Whitby AC 'A' | 41 | 3,4,14,20 | 15/35 |
| | 2 Esk Valley Fell Club 'A' | 75 | 9,11,25,30 | 14/66 |
| | 3 Scarborough Athletic Clu | 83 | 12,16,27,28 | 13/54 |
| | 4 Saltwell Harriers 'A' | 137 | 21,24,38,54 | 12/25 |
| | 5 North York Moors AC 'A' | 171 | 6,43,50,72 | 11/30 |
| | 6 Middlesbrough and Clev | 187 | 5,55,58,69 | 10/10 |
| | 7 Esk Valley Fell Club 'B' | 192 | 39,40,46,67 | 9/43 |
| | 8 Pickering Running Club ' | 201 | 18,33,62,88 | 8/44 |
| | 9 Thirsk & Sowerby Harrie | 226 | 7,60,65,94 | 7/33 |
| | 10 Esk Valley Fell Club 'C' | 331 | 76,79,85,91 | 6/6 |
| | 11 North York Moors AC 'B' | 355 | 77,90,93,95 | 5/5 |
| female: | 1 Loftus & Whitby AC 'A' | 33 | 5,9,19 | 15/70 |
| | 2 North York Moors AC 'A' | 35 | 4,8,23 | 14/43 |
| | 3 Pickering Running Club | 48 | 1,20,27 | 13/61 |
| | 4 Thirsk & Sowerby Harrie | 54 | 2,21,31 | 12/68 |
| | 5 Esk Valley Fell Club 'A' | 57 | 15,17,25 | 11/48 |
| | 6 Scarborough Athletic Clu | 67 | 6,22,(39) | 10/44 |
| | 7 Elvet Striders 'A' | 92 | 18,36,38 | 9/9 |
| | 8 North York Moors AC 'B' | 95 | 26,30,(39) | 8/8 |

* = Bonus points not included

= Non-counter (team)

Comments:

In contrast to 2023 when the Guisborough Woods Fell Race was cancelled due to high winds, the 2024 event was held in exceptional and ideal winter conditions.

This year's Guisborough Woods Fell Race was the fifth counter in the Dave Parry Lets Run Winter Fell Race Series 2024/25, 161 competitors from Kilian Levi our youngest age 6 junior in the Under 9 category to our oldest competitor in the female vet 70 category Jan Young of Elvet Striders competed in the four fell races which all ran concurrently.

The fog that had settled over the lower lying communities belied the bright sunshine when you reached higher ground, early morning course markers and receivers were treated to the best of the temperature (cloud) inversion that blanketed the North York Moors and Coast for as far as the eye could see. Competitors too were treated to the spectacle along with perfectly calm conditions with even a mild feel in the air on the tops, though a slight frosty chill for the volunteer recorders and timekeepers at the race finish.

Guisborough Rugby Union Football Club were our registration hosts, providing hot, cold, non alcoholic and alcoholic refreshments to volunteers, supporters and competitors pre and post race. Medics UK were on hand to offer first aid services and thanks to the Guisborough Estates and Forestry England for access permissions to the woods.

Volunteers, there were 18 individuals who supported this year's race, a big thank you to you all, and as a link to the series founder Dave Parry, his son Andrew was on hand at registration and the finish line.

In the tale of the tape, there were 12 runners in the Under 9 and Under 11's race 1km/60m, with Evelynne Metcalfe (U11G) Loftus and Whitby AC, Ryan Perry (U9B) Individual and Austin Vincent (U11B) Tynedale Harriers claiming wins in their respective categories.

In the Under 13 to Under 17 race 2.9km/150m which set off with the seniors, there were 12 competitors, Lloyd Vincent Tynedale Harriers U15B, Poppie Phillipson Birtley AC U13G, Monty Carter Tynedale Harriers U13B, Emmie Spencer Solihull and Small Heath AC U15, Niamh Phillipson Birtley AC U17G, and William Rowan Esk Valley Fell Club U17B winning their respective categories.

The oldest junior category is the Under 19's at this race they complete the full race distance of 8.8km, Hebe Darw in West Anglian Orienteering Club U19G claimed the win.

In the Senior and Veterans Race there was good competition throughout the field, the Guisborough Woods Fell Race, is unusually for a fell race, a lapped course which competitors complete three times. Runners could use various strategies over such a course, get to know the course and ease into the race with a progressive approach becoming faster each lap. Eyes out from the start adopting a regressive approach, slowing down with each lap, or an even paced race eeking out energy across the full race distance. All these approaches and other were visible, though happily all competitors completed the course whatever they decided to do. Race victor overall this time was a returning runner Jarlath McKenna (MV40) now of Northumberland Fell Runners, on his first lap he crossed the finish line in third but by the third lap he had worked his way to the front finishing in 38 minutes and 4 seconds, a little way off Steve Sutcliffe's 1985 record of a short 34 minutes.

Another visitor claimed the runners up spot, Aidan Rigby (MSEN) Individual, a festive home visit bringing him back to the UK, after leading on the first lap, Aidan finished a minute down on Jarlath. Making up the podium was Oliver Shaw (MSEN) Loftus and Whitby AC.

Keith Swainson (MV40) Dark Peak Fell Runners was the first veteran outside the podium in 8th and Ian Rowan (MV45) was first home for organising club Esk Valley Fell Club. Alexander Harrison Gaze (MU23) Loftus and Whitby AC was the first Under 23 home in 14th. In the team competition Loftus and Whitby AC claimed the win from Esk Valley Fell Club and Scarborough AC. With no York Knavesmire Harriers team completing the winter series team competition opens up to others. The evergreen Neil Ridsdale (MV65) Esk Valley Fell Club squeezed inside the top 30.

In the female race it was Kelly Richmond (WSEN) Pickering Running Club who appeared to run an even paced race claiming victory from Esther Harrison (WSEN) Thirsk and Sowerby Harriers and our first veteran, Rachel Hunter (W45) Tynedale Harriers placing third. Hester Butterworth (W50) Scarborough AC was our next veteran in 6th overall. Hebe Darw in (WU19) WAOC was 10th overall, with Erin Keeler Clarke (WU23) Houghton Harriers & AC our first under 23 home. Caroline Glover (W65) Wharfedale Harriers claimed 16th with Jan Young (W70) Elvet Striders 36th. In the team competition Loftus and Whitby AC made it a double victory, followed in a close tussle by North York Moors AC as runners up and Pickering Running Club in third. Best home club runner for Esk Valley Fell Club was Janet Cordingley (W60).

Next event with barely time to catch breath and recover is the Captain Cooks Race on New Year's Day 2025 at 11:00hrs start, with Commondale Clart on Sunday 12th January 2025.

Entry is available on the day for the Cooks race, registration along with Juniors at the Royal Oak, SI ENTRIES pre-entries go to Lets Run, as ever the prize list is very very short, with virtually all race proceeds donated to local charities, so just enjoy your run. A full compliment of junior age category races are available too.

Have a terrific time over what remains of the festive and New Year season.

Clive Thornton
Esk Valley Fell Club

Next Race : Captain Cooks

01-Jan-25