

Saltergate Gallows**10-Nov-24****Dave Parry/Lets Run Winter Series 2024-25****Race 4**

Pos.	No.	Name	Club	time	cat/pos/pts/total
1	345	Lewis Suddaby	East Hull Harriers	93.09	MO/1/50/50
2	350	Andrew Armin	Saltwell Harriers	94.09	MO/2/48/48
3	601	Phillip Elliott	York Knavesmire Ha	94.23	M45/1/50/194
4	504	Tim Grimwood	Swaledale Runners	94.40	M40/1/50/100
5	521	Joe Stringer	Northumberland Fell	96.10	M40/2/48/48
6	24	Rose Mather	York Knavesmire Ha	96.20	FO/1/50/50
7	352	Stefan McLoughlin	North York Moors AC	96.25	MO/3/46/46
8	512	Thomas Pilley	Pickering Running Cl	96.36	M40/3/46/146
9	112	Catherine Williamson	Loftus & Whitby AC	96.44	F40/1/50/50
10	349	Andrew Prowse	Individual#	96.47	MO/4/45/45
11	336	Joseph Martlew	Thirsk & Sowerby Ha	97.46	MO/5/44/85
12	308	Ewan Sewell	York Knavesmire Ha	98.24	MO/6/43/137
13	337	Robert Preston	Scarborough Athletic	98.27	MO/7/42/81
14	613	Craig Gath	Easingwold Running	98.33	M45/2/48/96
15	803	Adrian Bushby	City of Hull AC	98.40	M55/1/50/196
16	323	Thomas Ratcliffe	York Knavesmire Ha	98.57	MO/8/41/123
17	333	Paul Lawton	Scarborough Athletic	99.30	MO/9/40/130
18	777	Matthew Jones	Scarborough Athletic	99.34	M45/3/46/184
19	326	Dermot Meehan	Esk Valley Fell Club	99.37	MO/10/39/78
20	351	Sam Harrison	Saltwell Harriers	100.18	MO/11/38/38
21	810	Stephen Pugh	Esk Valley Fell Club	101.05	M55/2/48/148
22	6	Victoria Sewell	York Knavesmire Ha	102.19	FO/2/48/148
23	516	Richard Atkins	North York Moors AC	102.36	M40/4/45/93
24	617	Ian Rowan	Esk Valley Fell Club	102.40	M45/4/45/90
25	925	Dave Parker	St Theresa's AC	102.48	M60/1/50/50
26	909	Jim Rogers	City of Hull AC	103.27	M60/2/48/198
27	826	Simon Jones	Pickering Running Cl	104.48	M55/3/46/46
28	109	Rhona Marshall	Scarborough Athletic	105.10	F40/2/48/98
29	619	Damian Kilpin	Penistone Footpath F	105.27	M45/5/44/85
30	514	Iain Yates	York Knavesmire Ha	105.47	M40/5/44/90
31	348	Ruben Synett	Yorkshire Wolds	106.46	MU23/1/50/50
32	347	Will Roberts	York Acorn Running	107.00	MO/12/37/37
33	715	Chris Jefferies	Billingham Running C	108.02	M50/1/50/150
34	609	Ashley Dodgson	Individual#	108.05	M45/6/43/175
35	634	Stephen Hardy	Loftus & Whitby AC	108.14	M45/7/42/42
36	817	Dave Smith	Pickering Running Cl	108.31	M55/4/45/91
37	314	James Seddon	York Knavesmire Ha	108.37	MO/13/36/77
38	917	David Hughes	North York Moors AC	108.42	M60/3/46/94
39	633	Simon Long	Saltwell Harriers	108.55	M45/8/41/41
40	502	Michal Czekajlo	York Acorn Running	109.15	M40/6/43/139
41	307	Tristan Featherby	Pocklington Runners	109.57	MO/14/35/105
42	827	Martin Hibbert	Billingham Running C	111.12	M55/5/44/44
43	518	Graham Stevenson	Saltwell Harriers	111.43	M40/7/42/42
44	953	Neil Rip Ridsdale	Esk Valley Fell Club	111.54	M65/1/50/150
45	635	Hem Rana	York Knavesmire Ha	112.13	M45/9/40/40
46	631	Reiner Hesse	Individual#	112.30	M45/10/39/39
47	713	Brendan Anglim	Easingwold Running	113.29	M50/2/48/98
48	901	Nigel Briggs	North York Moors AC	113.44	M60/4/45/185
49	811	Tim Hill	Esk Valley Fell Club	114.07	M55/6/43/176
50	723	Simon Nicholson	City of Hull AC	114.12	M50/3/46/46
51	607	Kieron Niven	York Knavesmire Ha	114.18	M45/11/38/83
52	330	Peter Boyes	Individual#	114.29	MO/15/34/65
53	630	Martin Vasey	Middlesbrough and C	114.37	M45/12/37/37
54	727	Glyn Hewitt	Scarborough Athletic	115.22	M50/4/45/45
55	729	Jeff Belt	North York Moors AC	115.38	M50/5/44/44

56	703	David Bannister	York Acorn Running	116.30	M50/6/43/130
57	4	Esther Harrison	Thirsk & Sowerby Ha	116.53	FO/3/46/187
58	520	Richard Brookes	Low Fell Running Cl	117.23	M40/8/41/41
59	612	Peter Gale	Individual#	117.58	M45/13/36/117
60	627	Matthew Allen	Valley Striders	118.00	M45/14/35/35
61	732	Richard Irvine	Valley Striders	119.28	M50/7/42/42
62	823	David Sanderson	Individual#	119.56	M55/7/42/84
63	812	Philip Cornforth	Knaresborough Strid	120.12	M55/8/41/86
64	629	Nathan Cobb	Beverley Athletic Clu	120.23	M45/15/34/34
65	828	Dan Rhodes	Durham Fell Runners	120.53	M55/9/40/40
66	23	kirsty Struthers	North York Moors AC	120.58	FO/4/45/90
67	906	Graham Palmer	Loftus & Whitby AC	121.16	M60/5/44/134
68	966	Barry Atkinson	York Knavesmire Ha	121.16	M65/2/48/48
69	621	Dale Hepples	Scarborough Athletic	121.20	M45/16/33/67
70	725	Matt Machouki	Scarborough Athletic	121.44	M50/8/41/41
71	724	Andrew Fox	Pocklington Runners	121.46	M50/9/40/40
72	18	Maria Clemmit	North York Moors AC	121.47	FO/5/44/128
73	900	Matt Rylatt	York Triathlon Club	122.00	M60/6/43/134*
74	17	Kyah Hall	Loftus & Whitby AC	122.05	FO/6/43/127
75	113	Katie Kaars Sijpestein	Roundhay Runners	122.50	F40/3/46/46
76	968	Paul Cartwright	City of Hull AC	123.18	M65/3/46/46
77	722	Alan Simpson	Thirsk & Sowerby Ha	123.34	M50/10/39/78*
78	216	Trudy Morrice	Thirsk & Sowerby Ha	123.44	F50/1/50/50*
79	355	Lawrence Risi	Individual#	124.28	MO/16/33/33
80	353	David Knight	Sheffield HH Harriers	125.26	MO/17/32/32
81	721	Calvin Nicholson	Billingham Running C	125.31	M50/11/38/83
82	25	Emma Burke	Tyne Bridge Harriers	125.40	FO/7/42/42
83	726	Russ Grayson	Pickering Running Cl	126.53	M50/12/37/37*
84	801	Bryan Drew	York Knavesmire Ha	127.13	M55/10/39/165
85	924	Paul Doxford	South Shields Harrie	128.00	M60/7/42/42
86	918	Mark May	Scarborough Athletic	128.18	M60/8/41/84
87	155	Michaela Welham	Loftus & Whitby AC	128.37	F45/1/50/200
88	346	Henry Scruton	Individual#	128.38	MO/18/31/31
89	299	Sue Haslam	Scarborough Athletic	128.42	F70/1/50/100
90	952	Mike Wilson	Pickering Running Cl	128.46	M65/4/45/143*
91	730	Jimmy Dewis	BADE	129.43	M50/13/36/36
92	969	David Bates	Individual#	130.25	M65/5/44/44
93	731	Christian Waller	York Knavesmire Ha	130.41	M50/14/35/35
94	804	Paul Havis	Individual#	131.25	M55/11/38/150
95	500	Graham Gill	York Knavesmire Ha	132.29	M40/9/40/170
96	604	Paul Chapman	Thirsk & Sowerby Ha	133.07	M45/17/32/148
97	913	Louis Hume	Esk Valley Fell Club	133.48	M60/9/40/84
98	354	Joseph Johnson	Esk Valley Fell Club	134.08	MO/19/30/30
99	522	Jim Coldwell	Swaledale Runners	134.22	M40/10/39/39
100	201	Steph Lishman	Esk Valley Fell Club	134.29	F50/2/48/192
101	280	Karen Farmer-Scott	Pickering Running Cl	134.45	F60/1/50/100*
102	163	Anneke Imeson	Ripon Runners	135.07	F45/2/48/48
103	632	Ben Imeson	Ripon Runners	135.10	M45/18/31/31
104	809	Gary Talbot	Esk Valley Fell Club	136.32	M55/12/37/154
105	519	Sean Cook	Valley Striders	136.40	M40/11/38/38
106	728	Ian Sanderson	Valley Striders	136.41	M50/15/34/34
107	204	Lucy Siggers	Pickering Running Cl	138.55	F50/3/46/134*
108	162	Angeline Campbell	Harrogate Harriers &	138.59	F45/3/46/46
109	511	Andrew Paylor	Middlesbrough and C	138.59	M40/12/37/122
110	989	Keith Brewster	Valley Striders	139.00	M70/1/50/50
111	903	Marc Davies	Thirsk & Sowerby Ha	139.23	M60/10/39/124*
112	700	Richard Crone	East Hull Harriers AC	139.30	M50/16/33/152
113	517	Martin Train	East Hull Harriers AC	139.30	M40/13/36/36
114	306	Robert Bailey	Scarborough Athletic	141.51	MO/20/29/125

115	963	Andrew Johnson2	York Knavesmire Ha	142.16	M65/6/43/86
116	205	Marianne Borsheim	Individual#	142.20	F50/4/45/135
117	954	Trevor Symonds	Northern Fells Runni	145.22	M65/7/42/88
118	152	Sarah Hudson	Loftus & Whitby AC	146.14	F45/4/45/186
119	153	Susan Dick	Loftus & Whitby AC	146.14	F45/5/44/90
120	967	Jim Paxton	Dark Peak Fell Runn	146.30	M65/8/41/41
121	907	Nicholas Cousins	Pickering Running Cl	146.40	M60/11/38/123*
122	256	Helen Ashworth	Thirsk & Sowerby Ha	146.49	F55/1/50/145
123	291	Jane Hamp	Scarborough Athletic	149.31	F65/1/50/198
124	970	Jon Dunston	Northumberland Fell	149.58	M65/9/40/40
125	210	Jenny Hall	Esk Valley Fell Club	150.10	F50/5/44/88
126	920	Chris Buckley	Individual#	150.22	M60/12/37/73
127	164	Kellie Campbell	South Shields Harrier	151.04	F45/6/43/43
128	217	Karen Snaith	South Shields Harrier	151.06	F50/6/43/43
129	218	Diane Jobson	North York Moors AC	152.05	F50/7/42/42
130	26	Lucy Knight	Goodgym	153.29	FO/8/41/41
131	101	Fran Jeffery	Thirsk & Sowerby Ha	154.40	F40/4/45/134
132	252	Nicola Thorpe	Pickering Running Cl	154.44	F55/2/48/141*
133	253	Julie Clayton	Scarborough Athletic	155.40	F55/3/46/135
134	290	Alison Lloyd	North York Moors AC	155.47	F65/2/48/190
135	988	Stephen Dixon	Valley Striders	155.50	M70/2/48/94
136	908	Gary Beard	Loftus & Whitby AC	158.04	M60/13/36/115
137	904	David Robinson	North York Moors AC	170.57	M60/14/35/155
138	151	Lucy Sillars	Thirsk & Sowerby Ha	171.39	F45/7/42/129
139	165	Claire Wake	York Knavesmire Ha	173.57	F45/8/41/41
140	275	Christine Hemingway	City of Hull AC	178.38	F60/2/48/189
141	110	Kathryn Waterworth	Individual#	187.20	F40/5/44/86
142	211	Jayne Bowers	Esk Valley Fell Club	197.58	F50/8/41/80*
143	628	Gareth Green	York Knavesmire Ha	DNF	M45/0/0/0
144	327	Rory Bevin	Individual#	kit issue	MO/0/0/92

(End)

Teams:	Club	Points	Positions	Team pts/total
male:	1 York Knavesmire Harrier	53	3,10,14,26	15/60
	2 Scarborough Athletic Clu	92	11,15,16,50	14/41
	3 Saltwell Harriers 'A'	94	2,18,35,39	13/13
	4 Esk Valley Fell Club 'A'	97	17,19,21,40	12/52
	5 North York Moors AC 'A'	104	6,20,34,44	11/19
	6 Pickering Running Club '	135	7,24,32,72	10/36
	7 City of Hull AC 'A'	149	13,23,46,67	9/9
	8 York Knavesmire Harrier	183	33,41,47,62	8/31
	9 Thirsk & Sowerby Harrier	253	9,68,83,93	7/26
	10 Valley Striders 'A'	290	55,56,89,90	6/6
	11 Scarborough Athletic Clu	298	63,64,75,96	5/10
	12 Esk Valley Fell Club 'B'	302	45,84,85,88	4/34
	13 York Knavesmire Harrier	332	73,80,82,97	3/3
female:	1 Loftus & Whitby AC 'A'	22	2,8,12	15/55
	2 Thirsk & Sowerby Harrier	37	5,10,22	14/56
	3 York Knavesmire Harrier	38	1,3,34	13/40
	4 Scarborough Athletic Clu	40	4,13,23	12/34
	5 North York Moors AC 'A'	40	6,7,27	11/29
	6 Pickering Running Club	62	15,17,30	10/48
	7 Esk Valley Fell Club 'A'	75	14,24,37	9/37
	8 Loftus & Whitby AC 'B'	79	20,21,(38)	8/26
	9 South Shields Harriers &	89	25,26,(38)	7/7
	10 Thirsk & Sowerby Harrier	100	29,33,(38)	6/18

* = Bonus points not included

= Non-counter (team)

Comments:

It was a mild and dry day for the Saltergate Gallows race, with going better underfoot than it has been for the past few years. This is the fourth counter in the Dave Parry Lets Run Winter Fell Race Series 2024/25. A record turnout with 142 finishers was partly due to the race being the final counter in the North East NEHRA Fell Running Championships 2024.

After a two minute silence for Remembrance Sunday, they were off on the opening kilometre of tarmac surfaced road.

Current record holder Rory Bevan led from the start, looking strong, closely followed by a determined small pack. It was a hard fought race, with Rory crossing the line first but unfortunately having to be disqualified for not carrying the full quota of mandatory kit. His run was faster than his previous record so this was a shame but in AL, BL and AM races, full kit is a requirement has to be observed, with the organiser having no discretion. Lewis Suddaby MSEN East Hull Harriers was surprised to be named the winner after crossing the line in a great 1.33.09, followed one minute later by Andrew Armin MSEN Saltwell Harriers and Philip Elliot M45 York Knavesmire Harriers, with Tim Grimwood M40 Swaledale Runners reverting to his more usual fourth position!.

A consistent York Knavesmire took the men's team prize once again after their victory at Lockton two weeks ago: they are looking hard to beat!

The women's race was a very competitive one again, with Rose Mathers WSEN York Knavesmire Harriers carrying her excellent summer form on the national scene into the autumn locally, performing brilliantly to place first and sixth overall in an excellent 1.36.20, less than a minute shy of the current record. After her long distance exploits, Catherine Williamson W40 Loftus and Whitby AC was not far behind, coming in ninth overall in 1.36.44. Outstanding to have two women in the top ten! Third place went to the very strong Victoria Sewell WSEN York Knavesmire Harriers, who is having a great start to the season, with Rhona Marshall W40 Scarborough AC a few minutes behind. The team result was difficult to work out with so many women spread across the final results, but this went to Loftus and Whitby AC, lead by Catherine and with Kyah Hall and Michaela Welham putting in sterling runs too.

Thanks to Pickering Running club volunteers once again for their excellent marshalling and support, as well as the people of Levisham for welcoming us all with tea, cake and soup.

Donations were made to the Village Hall, who also made a nice sum from refreshment sales, Scarborough and Malton Mountain Rescue Team and the North York Moors National Trust.

There is now a short pause in fell racing until the festive duo of Guisborough Woods Friday 27th December and Captain Cooks Wednesday 1st January 2025, entries will open to both on SI Entries, anyone wishing to volunteer for either event (which are both series fell races) please contact Clive Thornton, the Winter series will then continue with Commondale Clart of Sunday 12th January 2025

Kim Cavill - Pickering Running Club

Next Race : Guisborough Woods

27-Dec-24