

Commondale Clart**12-Jan-25****Dave Parry/Lets Run Winter Series 2024-25****Race 7**

Pos.	No.	Name	Club	time	cat/pos/pts/total
1	512	Thomas Pilley	Pickering Running Cl	38.45	M40/1/50/241
2	620	Jayson Cavill	Pickering Running Cl	38.55	M45/1/50/96*
3	370	Kian Stead	Individual#	39.56	MO/1/50/132
4	344	Thomas Naisby	Esk Valley Fell Club	40.02	MO/2/48/125
5	352	Stefan McLoughlin	North York Moors AC	40.05	MO/3/46/178
6	333	Paul Lawton	Scarborough Athletic	40.23	MO/4/45/256
7	362	Scott Jowett	Esk Valley Fell Club	40.28	MO/5/44/85
8	337	Robert Preston	Scarborough Athletic	41.49	MO/6/43/193
9	328	Charlie Leighton	Driffield Striders	41.55	MO/7/42/84
10	803	Adrian Bushby	City of Hull AC	41.55	M55/1/50/346
11	745	Ted Leahy	Nidderdale Fell & Træ	41.57	M50/1/50/100
12	810	Stephen Pugh	Esk Valley Fell Club	42.01	M55/2/48/196*
13	314	James Seddon	York Knavesmire Ha	42.44	MO/8/41/142
14	817	Dave Smith	Pickering Running Cl	43.28	M55/3/46/185
15	323	Thomas Ratcliffe	York Knavesmire Ha	43.55	MO/9/40/163
16	909	Jim Rogers	City of Hull AC	44.05	M60/1/50/348
17	330	Peter Boyes	Individual#	44.53	MO/10/39/104
18	332	Nick Outram	Pickering Running Cl	45.12	MO/11/38/129
19	917	David Hughes	North York Moors AC	45.19	M60/2/48/188
20	609	Ashley Dodgson	Individual#	45.29	M45/2/48/305
21	744	Simon Rycroft	Pickering Running Cl	45.32	M50/2/48/89*
22	713	Brendan Anglim	Easingwold Running	45.54	M50/3/46/187
23	644	Michael Richmond	Pickering Running Cl	46.05	M45/3/46/78*
24	605	Richard Robinson	Pickering Running Cl	46.46	M45/4/45/172
25	966	Barry Atkinson	York Knavesmire Ha	47.26	M65/1/50/146
26	380	Edward Keavney	Individual#	47.31	MO/12/37/49
27	642	Micky Mallen	Heaton Harriers	47.43	M45/5/44/44
28	901	Nigel Briggs	North York Moors AC	47.47	M60/3/46/277*
29	614	Matthew Harrison	Esk Valley Fell Club	47.50	M45/6/43/169
30	7	Kelly Richmond	Pickering Running Cl	47.56	FO/1/50/286*
31	708	Giles Hawking	York Knavesmire Ha	47.57	M50/4/45/137
32	381	Charles Harries	Elvet Striders	47.59	MO/13/36/36
33	379	Chris Doble	York Knavesmire Ha	48.21	MO/14/35/35
34	634	Stephen Hardy	Loftus & Whitby AC	48.26	M45/7/42/126
35	369	Hamish Miller	Individual#	48.30	MU23/1/50/96
36	725	Matt Machouki	Scarborough Athletic	48.35	M50/5/44/85
37	811	Tim Hill	Esk Valley Fell Club	48.37	M55/4/45/221*
38	747	Chris Plews	Wetherby Runners A	49.02	M50/6/43/43
39	715	Chris Jefferies	Billingham Running C	49.42	M50/7/42/282
40	906	Graham Palmer	Loftus & Whitby AC	50.05	M60/4/45/221
41	731	Christian Walker	York Knavesmire Ha	50.10	M50/8/41/76
42	830	Peter Walsh	Loftus & Whitby AC	50.17	M55/5/44/80
43	615	Robert Allinson	Redcar Running Clut	50.29	M45/8/41/189
44	511	Andrew Paylor	Middlesbrough and C	50.35	M40/2/48/242
45	306	Robert Bailey	Scarborough Athletic	50.44	MO/15/34/159
46	932	David Allison	North York Moors AC	50.57	M60/5/44/44
47	317	Charlie Dimpleby Meakin	Esk Valley Fell Club	51.09	MO/16/33/94
48	534	Mark Harrison	Individual#	51.14	M40/3/46/46
49	23	Kirsty Struthers	North York Moors AC	51.45	FO/2/48/229
50	748	Graham Pollard	Individual#	52.00	M50/9/40/40
51	801	Bryan Drew	York Knavesmire Ha	52.01	M55/6/43/245
52	604	Paul Chapman	Thirsk & Sowerby Ha	52.04	M45/9/40/252
53	378	Thomas Dowling	York Knavesmire Ha	52.20	MO/17/32/35
54	837	Michael Keavney	Swaledale Runners	52.30	M55/7/42/42
55	833	Richard Clark	Esk Valley Fell Club	54.00	M55/8/41/85

56	17	Kyah Hall	Loftus & Whitby AC	54.01	FO/3/46/218
57	377	Sam Dredge	York Acorn Running	54.04	MO/18/31/31
58	831	Christopher Clayton	Scarborough Athletic	54.28	M55/9/40/115
59	1	Laura Havis	Middlesbrough Athlet	55.47	FU23/1/50/148
60	280	Karen Farmer-Scott	Pickering Running Cl	55.48	F60/1/50/150*
61	155	Michaela Welham	Loftus & Whitby AC	55.55	F45/1/50/294
62	804	Paul Havis	Individual#	56.00	M55/10/39/279
63	903	Marc Davies	Thirsk & Sowerby Ha	56.08	M60/6/43/166*
64	608	Kevin Rudd	Loftus & Whitby AC	56.29	M45/10/39/210*
65	201	Steph Lishman	Esk Valley Fell Club	56.39	F50/1/50/328
66	156	Lynn Humpleby	Pickering Running Cl	56.49	F45/2/48/135
67	30	Tabitha McNicholas	North York Moors AC	57.33	FO/4/45/124
68	643	Jonathan Davies	Individual#	58.06	M45/11/38/38
69	930	Anthony Harnett	North York Moors AC	58.24	M60/7/42/76
70	963	Andrew Johnson2	York Knavesmire Ha	58.33	M65/2/48/220
71	299	Sue Haslam	Scarborough Athletic	58.36	F70/1/50/200
72	204	Lucy Saggars	Pickering Running Cl	58.38	F50/2/48/225*
73	206	Louise Mayfield	Thirsk & Sowerby Ha	58.50	F50/3/46/138
74	800	Simon Rek	Quakers Running Cl	60.48	M55/11/38/102
75	202	Kelly Clapton	Loftus & Whitby AC	60.50	F50/4/45/141
76	252	Nicola Thorpe	Pickering Running Cl	62.01	F55/1/50/289*
77	219	Catherine Shutt	North York Moors AC	62.07	F50/5/44/124
78	927	Chris Twedde	Swift Tees	62.18	M60/8/41/112
79	150	Alice Hayter	Pickering Running Cl	62.40	F45/3/46/260*
80	256	Helen Ashworth	Thirsk & Sowerby Ha	62.42	F55/2/48/241
81	746	Shaun Dodd	Aycliffe Running Clu	63.00	M50/10/39/65
82	701	Peter Murray	York Acorn Running	63.05	M50/11/38/183
83	961	Mark Edwards	North York Moors AC	63.10	M65/3/46/90
84	904	David Robinson	North York Moors AC	63.21	M60/9/40/259
85	3	Louise Bailey-Parkin	Pickering Running Cl	63.32	FO/5/44/163*
86	253	Julie Clayton	Scarborough Athletic	64.20	F55/3/46/227*
87	290	Alison Lloyd	North York Moors AC	64.43	F65/1/50/334
88	251	Hilary Allan	Esk Valley Fell Club	64.44	F55/4/45/183
89	153	Susan Dick	Loftus & Whitby AC	65.41	F45/4/45/172
90	152	Sarah Hudson	Loftus & Whitby AC	65.41	F45/5/44/314
91	923	Jerry Barnes	Vegan Runners	66.49	M60/10/39/78
92	824	Edward Webb	Individual#	67.05	M55/12/37/92
93	115	Jenny Storrie	Individual#	67.06	F40/1/50/50
94	33	Alex Atkinson	Individual#	67.39	FO/6/43/43
95	836	Trevor Wakenshaw	Blyth Running Club	68.18	M55/13/36/61
96	912	Ian Robinson	Esk Valley Fell Club	69.08	M60/11/38/175
97	710	Vaughn Davies	Esk Valley Fell Club	75.01	M50/12/37/177
98	931	Tim Matthews	Elvet Striders	103.51	M60/12/37/64
99	277	Ronni Kirkham	Esk Valley Fell Club	103.53	F60/2/48/135*
100	212	Helen Poulsen	Esk Valley Fell Club	108.19	F50/6/43/110
101	275	Christine Hemingway	City of Hull AC	108.38	F60/3/46/326
102	223	Rozannah Halsall	Loftus & Whitby AC	109.43	F50/7/42/75

(End)

Teams:	Club	Points	Positions	Team pts/total
male:	1 Pickering Running Club 'A'	35	1,2,14,18	15/66
	2 Esk Valley Fell Club 'A'	52	4,7,12,29	14/93
	3 York Knavesmire Harrier	83	13,15,25,30	13/82
	4 Scarborough Athletic Clu	93	6,8,35,44	12/81
	5 North York Moors AC 'A'	97	5,19,28,45	11/53
	6 Loftus & Whitby AC 'A'	171	33,39,41,58	10/46
	7 York Knavesmire Harrier	172	32,40,49,51	9/43
	8 Esk Valley Fell Club 'B'	206	36,46,53,71	8/56

female:	1	Pickering Running Club	14	1,5,8	15/86
	2	Loftus & Whitby AC 'A'	22	3,6,13	14/92
	3	North York Moors AC 'A'	26	2,9,15	13/69
	4	Pickering Running Club	41	11,14,16	12/33
	5	Esk Valley Fell Club 'A'	54	7,21,26	11/68
	6	Thirsk & Sowerby Harrier	59	12,17,(30)	10/90
	7	Scarborough Athletic Clu	59	10,19,(30)	9/68
	8	Loftus & Whitby AC 'B'	74	22,23,29	8/35

* = Bonus points not included

= Non-counter (team)

Comments:

On the 12th January 2025 the quiet village of Commondale was buzzing with 102 runners ready for the Commondale Clart. At this time of the year the course is usually very boggy, most runners will go knee deep in a bog at some point on the course, but not today. Today was ice, wet and large frozen puddles. A risk assessment on slip and trip hazards would be as thick as War and Peace. No records broken today and thankfully no bones either. Registration was at the lovely Village Hall, an oasis of heat at the bottom of the Commondale valley and no dynamic pricing for hiring.

After a short pre-race briefing the main field of 102 set off at 10:30hrs, the climb out of Commondale is steep, a mixture of road and trail and onto the usually boggy top which today was a mix of snow ice and mud. The first mile is the slowest in this race, no good for those who set off too fast, then a bridleway until the stones of the Pilgrim Path. I was expecting this to be treacherous ice, but a soft covering of snow made this part faster than expected. Down to the bog before reaching Hob On The Hill and the lovely Neil Ridsdale as marshal. He earned his cider today, running back and chasing down runners took the wrong route.

From Hob On The Hill it is a long muddy climb to the top of a hill before a quick descent on a good path, the place to overtake, over a slippery bridge and then narrow sheep trails down the hill to the beck. Plenty of little paths here and there on the hillside so experience and good route choice help here.

There was a marshal at the beck, the normally wet crossing was an icy hazard. Runners avoided the bridge and opted to leap across the stream at various points before making their way through the tree plantation and onto a decent track to finish on the fast downhill road section.

In the tale of tape it was Thomas Pilley (M40) Pickering RC who crossed the line first, followed by fellow Pickering athlete Jason Cavill (M45). Then came the rush of younger male runners; Kian Stead in third followed by Tom Naisby of Esk Valley Fell, Stefan McLoughlin of NYMAC and Paul Lawton of Scarborough AC. Having the first two runners to finish meant Pickering easily won the team prize when Dave Smith and Nick Outram crossed the line.

In the female race, Kelly Richmond (FSEN) Pickering finished first with a solid lead. Second was Kirsty Struthers (FSEN) NYMAC, followed by Kyah Hall (FSEN) Loftus & Whitby and Laura Havis (FU23) of Middlesbrough AC. The veterans took over then with fifth place going to Karen Farmer Scott (F60) Pickering, closely followed by Michaela Welham (F45) Loftus and Whitby and Steph Lishman (F50) Esk Valley Fell.

Pickering also took the female team prize comprising of Kelly Richmond, Karen Farmer Scott and Lynn Humpleby.

A very big thank you goes to the volunteers who helped on the day. Many came from The Lily Foundation for research into Mitochondrial disease and they will receive the proceeds. Next local fell race is Cod Beck Canter on Sunday 2nd February 2025, the eighth counter in the Dave Parry Lets Run Winter Fell Race Series 2024/25. Registration in Ingleby Arncliffe Village Hall.

Dave Bannister
York Acorn Running Club

Next Race : Cod Beck Canter

02-Feb-25