

Castleton Show**14-Sep-19****Dave Parry/Lets Run Summer Series 2019****Race 9**

Pos.	No.	Name	Club	time	cat/pos/pts/best
1	441	Yohanne Eyob	Individual#	34.53	MO/1/50/50
2	305	Ben Bergstrand	Middlesbrough AC	35.06	MU23/1/50/200
3	537	Paul Brown	New Marske Harriers	35.08	M40/1/50/50
4	538	Alan Ford	Barnsley Harriers	36.12	M40/2/48/48
5	619	Paul Whitaker	York Acorn	36.42	M45/1/50/300
6	442	Jon Pinder	York Knavesmire	38.22	MO/2/48/48
7	443	Chris Dale	Redcar RC	39.01	MO/3/46/46
8	646	Adam Mead	Redcar RC	39.15	M45/2/48/48
9	647	Paul Dalton	Quakers	39.22	M45/3/46/46
10	444	Paul Darroch	NYMAC	39.56	MO/4/45/45
11	445	Richard Atkins	NYMAC	39.57	MO/5/44/44
12	316	Thomas Ratcliffe	York Knavesmire	40.18	MO/6/43/163
13	364	Mitchell Scott	Goodgym Race Tear	40.44	MO/7/42/109
14	11	Rhona Marshall	Scarborough AC	40.52	FO/1/50/189
15	715	Tim Hill	Esk Valley Fell Club	40.57	M50/1/50/94
16	648	Craig Stokes	NYMAC	41.29	M45/4/45/45
17	705	Rob Williamson	Loftus and Whitby	41.34	M50/2/48/187
18	411	Tom Wynn	Individual#	42.10	MO/8/41/256
19	642	Peter Massey	Goodgym Race Tear	42.12	M45/5/44/137
20	502	Paul Cook	Durham FR	42.27	M40/3/46/280
21	539	Mark Temple	Individual#	42.40	M40/4/45/45
22	641	Richard Veitch	Esk Valley Fell Club	42.52	M45/6/43/87
23	917	Barry Atkinson	York Knavesmire	43.03	M60/1/50/244
24	800	Joe Blackett	Dark Peak FR	43.04	M55/1/50/300
25	814	David Hughes	NYMAC	43.06	M55/2/48/292
26	446	Andrew Fowles	Roundhay Runners	43.11	MO/9/40/40
27	650	Richard Campbell	Aycliffe RC	43.20	M45/7/42/42
28	540	Anthony Brennan	Chester Triathlon Cl	43.27	M40/5/44/44
29	54	Bethany Bergstrand	Middlesbrough AC	43.31	FU23/1/50/50
30	447	Nico Seling	Individual#	44.05	MO/10/39/39
31	834	Andy Talbot	Aycliffe RC	44.15	M55/3/46/46
32	802	Anthony Harnett	NYMAC	44.35	M55/4/45/287
33	541	Michael Peterson	East Hull Harriers	44.56	M40/6/43/43
34	448	Michael Gibson	North Shields Poly	45.27	MO/11/38/38
35	45	Emily Collins	Goodgym Race Tear	45.40	FO/2/48/143
36	806	Graham Palmer	Loftus and Whitby	46.10	M55/5/44/176
37	651	Mark Behrens	NYMAC	46.14	M45/8/41/41
38	652	Lee Wren	Aycliffe RC	46.30	M45/9/40/40
39	56	Emma Pratchett	Goodgym Race Tear	47.11	FO/3/46/46
40	16	Kirsty Struthers	NYMAC	47.18	FO/4/45/183
41	653	Alan Ayres	Individual#	47.27	M45/10/39/39
42	21	Laura Havis	Middlesbrough AC	47.47	FU23/2/48/296
43	722	Paul Havis	Individual#	47.49	M50/3/46/261
44	608	John Williams	Esk Valley Fell Club	48.23	M45/11/38/243
45	206	Kath Aspin	New Marske Harriers	48.30	F50/1/50/50
46	449	Martyn Knox	Aycliffe RC	48.40	MO/12/37/37
47	14	Egg Cameron	Goodgym Race Tear	48.45	FO/5/44/220*
48	116	Susan Cranswick	Aycliffe RC	48.55	F40/1/50/50
49	654	Nick Bower	Individual#	49.10	M45/12/37/37
50	450	Joseph Johnson	Esk Valley Fell Club	49.17	MO/13/36/36
51	57	Shelley Hughes	York Knavesmire	49.47	FO/6/43/43
52	451	Mark Bainbridge	Aycliffe RC	50.06	MO/14/35/35

53	262	Ruth Rutt	Scarborough AC	50.50	F55/1/50/50
54	151	Diane Jobson	NYMAC	51.20	F45/1/50/296
55	655	Chris Wright2	Coalfields Trathlon C	51.37	M45/13/36/36
56	980	Ralph Broadley	Scarborough AC	52.17	M70/1/50/50
57	369	Ben Powell	Goodgym Race Tear	52.19	MO/15/34/67
58	168	Sara Morrow	Selby Striders	52.29	F45/2/48/48
59	58	Heather Morgan	Aycliffe RC	52.33	FO/7/42/42
60	59	Katherine Hill	Chapel Allerton Runi	52.56	FO/8/41/41
61	169	Catherine Shutt	NYMAC	53.52	F45/3/46/46
62	263	Trish Kay	Aycliffe RC	54.30	F55/2/48/48
63	253	Sharon Gayter	NYMAC	54.34	F55/3/46/192
64	952	Robert Lillie	Scarborough AC	54.49	M65/1/50/148*
65	117	Kelly Ford	Barnsley Harriers	54.53	F40/2/48/48
66	656	Andrew Lumley	Aycliffe RC	55.03	M45/14/35/35
67	60	Emma Foxley	NYMAC	55.19	FO/9/40/40
68	410	Tim McKenzie	Goodgym Race Tear	55.40	MO/16/33/155
69	119	Susan Dick	Loftus and Whitby	55.47	F40/3/46/46
70	61	Nikki Meakin	Redcar RC	55.56	FO/10/39/39
71	835	Jimmy O'Brien	Loftus and Whitby	56.08	M55/6/43/43
72	120	Carol Palin	Loftus and Whitby	57.02	F40/4/45/45
73	264	Melanie Padgham	Scarborough AC	57.23	F55/4/45/45
74	956	Eddie Meehan	NYMAC	57.58	M65/2/48/98
75	252	Clare Winspear	Individual#	58.48	F55/5/44/269
76	44	Lucy Knight	Goodgym Race Tear	59.39	FO/11/38/118
77	452	John Richardson	Aycliffe RC	59.45	MO/17/32/32
78	981	Robert Howard	Loftus and Whitby	59.58	M70/2/48/48
79	121	Michelle Dixon	Aycliffe RC	60.51	F40/5/44/44
80	55	Sarah Dixon	Aycliffe RC	60.51	FO/12/37/37
81	812	Ian Robinson	Esk Valley Fell Club	61.18	M55/7/42/238*
82	170	Alison Brennan	Chester Triathlon Cl	61.30	F45/4/45/45
83	960	Ian Harmer	Esk Valley Fell Club	61.51	M65/3/46/46
84	809	William Gayter	NYMAC	61.53	M55/8/41/121
85	836	Brian Rutt	Scarborough AC	62.05	M55/9/40/40
86	275	Anne Robson	NYMAC	62.55	F60/1/50/146*
87	207	Beverley Phillippo	Aycliffe RC	65.09	F50/2/48/48
88	905	Geoff Hine	Esk Valley Fell Club	66.09	M60/2/48/260
89	542	Ewan Saum	Individual#	66.48	M40/7/42/42
90	657	Ian Baronowski	Aycliffe RC	67.01	M45/15/34/34
91	953	David Parke	Scarborough AC	67.39	M65/4/45/141*
92	284	Jane Burnside	Aycliffe RC	67.54	F65/1/50/50
93	982	Barry Moody	NYMAC	68.39	M70/3/46/46
94	265	Tracey Pickering	Aycliffe RC	70.08	F55/6/43/43
95	62	Sam Baronowski	Aycliffe RC	88.34	FO/13/36/36
96	285	Jan McLuckie	Aycliffe RC	88.34	F65/2/48/48

(End)

Teams:	Club	Points	Positions	Team pts/total
male:	1 NYMAC 'A'	60	10,11,15,24	15/107
	2 Esk Valley Fell Club 'A'	114	14,21,38,41	14/99
	3 Goodgym Race Team 'A'	124	13,18,45,48	13/51
	4 Aycliffe RC 'A'	129	26,29,35,39	12/12
	5 Loftus and Whitby 'A'	150	16,33,49,52	11/25
	6 NYMAC 'B'	169	30,34,50,55	10/61
	7 Aycliffe RC 'B'	199	42,47,51,59	9/9
	8 Scarborough AC 'A'	206	44,46,56,60	8/32

female:	1	Goodgym Race Team 'A'	15	3,4,8	15/85
	2	NYMAC 'A'	33	5,12,16	14/87
	3	Scarborough AC 'A'	36	1,11,24	13/51
	4	Aycliffe RC 'A'	40	9,14,17	12/12
	5	Middlesbrough AC 'A'	44	2,6,(36)	11/11
	6	NYMAC 'B'	68	18,20,30	10/36
	7	Loftus and Whitby 'A'	80	21,23,(36)	9/23
	8	Aycliffe RC 'B'	86	27,28,31	8/8
	9	Aycliffe RC 'C'	99	32,33,34	7/7

* = Bonus points not included

= Non-counter (team)

Comments:

Thank you all for turning out and supporting not only the eighteenth Castleton Show Run (approx 10km) with a record entry, but also the Castleton Show - almost a perfect day for running!

Great runs by Yohanne Eyob in the mens race and by Rhona Marshall in the ladies race. And there were great battles for 2nd and 3rd in both the mens and in the ladies races. Well done to all prizewinners!

Congratulations to the team from North York Moors AC in taking the mens team prize in a very close contest with York Knavesmire. The ladies from GoodGym Race Team took the ladies team prize, and North York Moors

AC would have won the 2nd ladies team prize (ie another box of beer) if I'd bought one!

Many apologies to Barry Moody and Rob Howard (M70's) for missing them from my prize matrix.

Also, many thanks to Aycliffe Running Club for organising a club outing to our race - I believe they adjourned to the Lion Inn on Blakey for post-race recovery!

I hope that you all enjoyed your runs on this undulating course - and your afternoon at the Show - please pass the word around, and bring along a friend next year!!

All being well I will organise the run again next year, which will be on Show Day, second Saturday in September 2020 (which I make to be the 12th).

Finally, many thanks to Graham Hall (with Diane) for acting as race official and to the marshals for their help - my wife Di as 'sweeper', Ellie Wright and Sam Benson (cattlegrid and water point), Tim Grimwood and Stephen Roe (at the crossroads), Sid Bolland (Westerdale junction and collecting road signs), Neil Ridsdale (above Hob Hole), Nigel Briggs (registration plus cattlegrids at 2k and 8k), Dave Moor (road junctions at 2k and 8k), Egg Cameron (registration) and Livia Wright (water at the end).

An honourable mention too for Medics UK Ltd, without whom the run couldn't take place.

Chris Wright (Organiser)

Next Race : Fryup Frazzler

22-Sep-19