

**Commondale Clart****09-Jan-22****Dave Parry/Lets Run Winter Series 2021-22****Race 5**

Pos.	No.	Name	Club	time	cat/pos/pts/best
1	346	Nicholas Barber	Helm Hill Runners	37.20	MO/1/50/50
2	302	Steve Donaldson	Esk Valley Fell Club	37.49	MO/2/48/238
3	343	Joe Leadley	Loftus and Whitby	38.54	MO/3/46/46
4	312	Thomas Naisby	Esk Valley Fell Club	39.35	MO/4/45/136
5	314	Glynn Ellwood	York Knavesmire Ha	39.44	MO/5/44/44
6	507	Stephen Tilford	Wakefield District Hc	40.05	M40/1/50/146
7	502	Tim Grimwood	Swaledale Runners	40.43	M40/2/48/196
8	345	Lewis Duckworth	Leeds City AC	41.04	MO/6/43/43
9	304	Paul Lawton	Scarborough AC	41.15	MO/7/42/218
10	501	Chris Vanderhoven	Esk Valley Fell Club	41.20	M40/3/46/138
11	528	Roger Sillito	Northumberland Fell	41.37	M40/4/45/45
12	26	Catherine Williamson	Loftus and Whitby	41.43	FO/1/50/100
13	300	Stefan McLoughlin	NYMAC	42.06	MO/8/41/128
14	316	Phil Smith	Pickering Running C	42.12	MO/9/40/158
15	603	Stephen Hardy	Loftus and Whitby	42.18	M45/1/50/146
16	706	Glynn Hewitt	Scarborough AC	42.47	M50/1/50/189
17	602	Jeremy Pearson	Individual#	42.49	M45/2/48/89
18	828	Jim Rogers	City of Hull AC	42.58	M55/1/50/50
19	525	Daniel Smith	Individual#	43.03	M40/5/44/44
20	705	Stephen Pugh	Esk Valley Fell Club	43.06	M50/2/48/242
21	616	Simon Rycroft	Pickering Running C	43.12	M45/3/46/141
22	6	Rose Mather	York Knavesmire Ha	43.15	FO/2/48/146
23	819	Alan Whelan	Scarborough AC	43.39	M55/2/48/148
24	802	Kevin McLoughlin	NYMAC	43.41	M55/3/46/188
25	308	Richard Purser	York Acorn	43.43	MO/10/39/166
26	340	Mike Jefferies	NE Peak	43.47	MO/11/38/38
27	801	Rob Williamson	Loftus and Whitby	43.54	M55/4/45/143
28	118	Kay Neesam	New Marske Harriers	43.55	F50/1/50/50
29	701	Justin Waring	Loftus and Whitby	44.04	M50/3/46/131
30	606	Giles Hawking	York Knavesmire Ha	44.31	M45/4/45/140
31	707	Matt Machouki	Scarborough AC	44.38	M50/4/45/141
32	347	Rorie McIntosh	Esk Valley Fell Club	44.41	MO/12/37/37
33	724	Brendan Anglim	Hardley Harriers	44.42	M50/5/44/135
34	303	Oli Read	York Knavesmire Ha	44.43	MO/13/36/193
35	510	Paul Cook	Durham Fell Runner:	44.49	M40/6/43/174
36	912	Neil Ridsdale	Esk Valley Fell Club	45.36	M60/1/50/198
37	105	Rhona Marshall	Scarborough AC	45.38	F40/1/50/200
38	342	Stephen Roe	Billingham Marsh Hc	46.17	MO/14/35/35
39	630	Nick Smith	NYMAC	47.11	M45/5/44/88
40	614	Ian Oldham	Swaledale Runners	47.15	M45/6/43/171*
41	341	Jack Close	Individual#	47.25	MO/15/34/34
42	338	Adam Ward	Individual#	47.29	MO/16/33/71
43	827	Chris Eggett	Northumberland Fell	47.30	M55/5/44/44
44	318	Sean McEwan	Scarborough AC	47.37	MO/17/32/69
45	33	Hannah Barber	Cumberland Fell Rur	47.38	FO/3/46/46
46	803	Joe Blackett	Dark Peak Fell Runn	47.48	M55/6/43/228
47	615	Andrew Gamble	Individual#	48.02	M45/7/42/121
48	348	Martyn Farnsworth	Durham Fell Runner:	48.26	MO/18/31/31
49	628	Russ Grayson	Pickering Running C	48.36	M45/8/41/118*
50	908	Nigel Briggs	NYMAC	48.37	M60/2/48/182
51	349	Walter Sands	Individual#	49.03	MO/19/30/30
52	826	Louis Hume	Individual#	49.18	M55/7/42/42
53	344	Chris Crookes	Individual#	49.38	MO/20/29/29
54	633	Matthew Dunn	Pickering Running C	49.54	M45/9/40/40
55	307	Graham Gill	York Knavesmire Ha	50.16	MO/21/28/144

56	127	Ros Kelsey	Durham Fell Runner:	50.22	F40/2/48/48
57	309	Robert Bailey	Scarborough AC	50.34	MO/22/27/139
58	527	Mark Harrison	Individual#	50.37	M40/7/42/42
59	717	Richard Johnson	Pickering Running C	50.48	M50/6/43/123
60	523	Ken Wood	Thirsk and Sowerby	50.55	M40/8/41/41
61	732	Dave Foster	Individual#	51.13	M50/7/42/42
62	350	Harry Goodson	Individual#	51.19	MO/23/26/26
63	339	John Monk	Individual#	51.25	MO/24/25/25
64	39	Meghan McCarthy	Durham Fell Runner:	51.31	FO/4/45/45
65	37	Hannah Hardy	Individual#	51.39	FO/5/44/44
66	817	Marc Davies	Thirsk and Sowerby	52.00	M55/8/41/122
67	34	Ursula Moore	York Knavesmire Ha	52.39	FO/6/43/43
68	911	Andrew Robertson	Scarborough AC	53.11	M60/3/46/133*
69	999	Neil Scruton	Scarborough AC	53.17	M70/1/50/150
70	5	Cassie Read	York Knavesmire Ha	53.24	FO/7/42/88
71	119	Jo Armistead	Esk Valley Fell Club	53.39	F40/3/46/89
72	1	Rebecca Dent	Scarborough AC	53.54	FU23/1/50/250
73	733	David Swift-Rollinson	Erewash Valley Runi	54.04	M50/8/41/41
74	282	Oonagh Bathgate	Swaledale Runners	54.05	F60/1/50/50
75	32	Sarah Roe	Billingham Marsh Hc	54.16	FO/8/41/41
76	275	Janet Cordingley	Individual#	54.20	F60/2/48/198
77	524	Michael Moloney	Esk Valley Fell Club	54.30	M40/9/40/40
78	4	Rebecca Barnett	Swaledale Runners	54.33	FO/9/40/172
79	11	Melanie Ellwood	York Knavesmire Ha	54.41	FO/10/39/75
80	627	John Dodd	Individual#	55.35	M45/10/39/75
81	526	Ste Robson	York Knavesmire Ha	55.38	M40/10/39/39
82	719	Chris Bourne	Scarborough AC	56.00	M50/9/40/148
83	805	David Field	Scarborough AC	56.15	M55/9/40/210
84	283	Karen Farmer Scott	Pickering Running C	56.45	F65/1/50/50
85	277	Caroline Glover	Wharfedale Harriers	56.53	F60/3/46/192*
86	114	Caroline Graham	Swaledale Runners	56.55	F40/4/45/173
87	158	Stephanie Lishman	Individual#	57.09	F45/1/50/50
88	954	Paul Lyons	NYMAC	57.14	M65/1/50/50
89	620	Stephen Paylor	Individual#	57.16	M45/11/38/74
90	106	Lynn Humpleby	Pickering Running C	57.25	F40/5/44/130
91	913	Chris Buckley	Individual#	57.50	M60/4/45/126
92	734	Lee Shephard	Individual#	58.02	M50/10/39/39
93	800	David Anderson	East Hull Harriers	58.15	M55/10/39/197
94	821	Ian Farrer	Esk Valley Fell Club	58.34	M55/11/38/79
95	975	John Price	Individual#	58.51	M70/2/48/196
96	126	Frances Blackett	Durham Fell Runner:	59.24	F40/6/43/43
97	257	Claire Stewart	Swaledale Runners	60.30	F55/1/50/98
98	621	Duncan Fothergill	Thirsk and Sowerby	60.47	M45/12/37/37
99	900	David Robinson	NYMAC	61.13	M60/5/44/213
100	251	Hilary Coventry	Thirsk and Sowerby	61.38	F55/2/48/98
101	200	Helen Ashworth	Thirsk and Sowerby	61.48	F50/2/48/96
102	825	Dougie Nisbet	Durham Fell Runner:	61.54	M55/12/37/37
103	252	Julie Clayton	Scarborough AC	62.48	F55/3/46/240
104	36	Rachel Bostock	Selby Striders	63.29	FO/11/38/38
105	35	Cassandra Fennell	Selby Striders	63.30	FO/12/37/37
106	202	Debbie Rycroft	Pickering Running C	63.35	F50/3/46/140*
107	950	Graham Wilkinson	East Hull Harriers	63.44	M65/2/48/248
108	157	Petra Chapman Gibbs	York Knavesmire Ha	63.49	F45/2/48/48
109	951	Martin White	New Marske Harriers:	64.16	M65/3/46/142
110	918	Nick Coombes	Scarborough AC	64.32	M60/6/43/84
111	735	Peter Riley	Middlesbrough and C	64.36	M50/11/38/38
112	38	Sarah Jarman	Individual#	64.39	FO/13/36/36
113	208	Charlotte Louise Rich	Individual#	64.54	F50/4/45/45
114	281	Christine Robertson	Scarborough AC	66.41	F60/4/45/45
115	631	Barry John Cooper	Individual#	67.07	M45/13/36/77

116	904	Ian Robinson	Esk Valley Fell Club	67.41	M60/7/42/125
117	920	Malcolm Hewitson	Quakers AC	67.59	M60/8/41/41
118	156	Alice Hayter	Pickering Running C	68.18	F45/3/46/46
119	1000	Ronnie Sherwood	New Marske Harriers	70.20	M80/1/50/100
120	919	Martin Organ	Individual#	70.50	M60/9/40/40
121	953	Donald Buffham	Otley AC	71.39	M65/4/45/91
122	255	Gail Barnard	Scarborough AC	72.57	F55/4/45/90
123	276	Sue Haslam	Scarborough AC	74.08	F65/2/48/198
124	250	Sally Kingscott	Scarborough AC	75.19	F55/5/44/136
125	207	Lisa Ellwood	York Knavesmire Ha	75.27	F50/5/44/44
126	990	Michael Hetheron	Pickering Running C	77.06	M75/1/50/150
127	952	Graham Robinson	Pickering Running C	84.19	M65/5/44/137

(End)

Teams:	Club	Points	Positions	Team pts/total
<b>male:</b>	1 Esk Valley Fell Club 'A'	35	2,4,10,19	15/74
	2 Loftus and Whitby 'A'	68	3,14,25,26	14/27
	3 Scarborough AC 'A'	73	9,15,21,28	13/67
	4 York Knavesmire Harrier	113	5,27,31,50	12/63
	5 NYMAC 'A'	114	12,22,35,45	11/49
	6 Pickering Running Club	126	13,20,44,49	10/49
	7 Esk Valley Fell Club 'B'	196	29,33,62,72	9/50
	8 Scarborough AC 'B'	210	40,51,59,60	8/31
<b>female:</b>	1 York Knavesmire Harrier	21	2,9,10	15/60
	2 Durham Fell Runners 'A'	36	6,7,23	14/14
	3 Scarborough AC 'A'	43	4,12,27	13/69
	4 Swaledale Runners 'A'	49	13,16,20	12/47
	5 Pickering Running Club	70	18,22,30	11/65
	6 York Knavesmire Harrier	87	17,31,39	10/22
	7 Thirsk and Sowerby Har	91	25,26,(40)	9/31
	8 Selby Striders 'A'	97	28,29,(40)	8/8
	9 Scarborough AC 'B'	107	34,36,37	7/48

\* = Bonus points not included

# = Non-counter (team)

**Comments:**

After two precautionary race cancellations over the festive period due to Covid, 127 competitors returned to fell racing on the North Yorkshire Moors at the Commondale Clart. Course marking by race organiser David Bannister was completed on Saturday in windy and wet conditions, in complete contrast Sunday dawned with clear skies, sunshine and a slight chill westerly breeze. The freezing overnight temperatures meant the water-logged parts of the course (so most of it) were turned into a skating rink or the deeper puddles an icy bath for fell feet. In the race, competitors took it steady on the outward leg in the worst of the icy conditions. The Clart race route is notable for its first mile which takes in the majority the ascent this saw the race field break up into clusters. Nicholas Barber of Helm Hill back to racing after a two year hiatus led out with Steve Donaldson of Esk Valley Nick's descending speed allowed him to eek out a lead over the thawing southern slopes which he took to the finish.

Cath Williamson Loftus and Whitby led out for the women followed by Rose Mather York Knavesmire, a returning Kay Neesam New Marske and Rhona Marshall of Scarborough AC. In the tale of tape it was Nick from Steve with Joe Leadley Loftus Whitby completing the podium. First male veteran was Steven Tilford of Wakefield, Esk Valley Fell Club took the mens team with Tom Naisby (4th) Chris Vanderhoven (10th) and Stephen Pugh (20th). In womens race Cath led home from Rose with Kay 3rd and first veteran,. York Knavesmire's women were winners again with Ursula Moore and Cassie Read. Thanks to Team GoodGym for volunteer support and the Bannister family for refreshments at the finish.

**Next Race :**    Maybeck 3 Crosses

20-Feb-22