

Fryup Frazzler**Dave Parry/Lets Run Winter Series 2021-22****19-Sep-21****Race 1**

Pos.	No.	Name	Club	time	cat/pos/pts
1	503	Daniel Bateson	Scarborough AC	43.22	M40/1/50
2	305	Darren Smith	Pickering Road Club	44.37	MO/1/50
3	302	Steve Donaldson	Esk Valley Fell Club	44.51	MO/2/48
4	502	Tim Grimwood	Swaledale Runners	46.30	M40/2/48
5	304	Paul Lawton	Scarborough AC	46.56	MO/3/46
6	706	Glynn Hewitt	Scarborough AC	49.01	M50/1/50
7	801	Rob Williamson	Loftus and Whitby	49.16	M55/1/50
8	501	Chris Vanderhoven	Esk Valley Fell Club	49.38	M40/3/46
9	105	Rhona Marshall	Scarborough AC	49.51	F40/1/50
10	707	Matt Machouki	Scarborough AC	50.10	M50/2/48
11	606	Giles Hawking	York Knavesmire Ha	50.20	M45/1/50
12	603	Stephen Hardy	Loftus and Whitby	50.22	M45/2/48
13	300	Stefan McLoughlin	NYMAC	50.28	MO/4/45
14	802	Kevin McLoughlin	NYMAC	50.36	M55/2/48
15	705	Stephen Pugh	Esk Valley Fell Club	51.13	M50/3/46
16	702	Tim Hill	Esk Valley Fell Club	51.48	M50/4/45
17	601	Ian McGrath	Durham Fell Runner:	52.06	M45/3/46
18	803	Joe Blackett	Dark Peak Fell Runn	52.14	M55/3/46
19	308	Richard Purser	York Acorn	52.36	MO/5/44
20	303	Oli Read	York Knavesmire Ha	52.59	MO/6/43
21	709	David Bannister	York Acorn	53.02	M50/5/44
22	701	Justin Waring	Loftus and Whitby	53.32	M50/6/43
23	708	Julian Wardman	Esk Valley Fell Club	53.59	M50/7/42
24	103	Shellie Gordon	NYMAC	54.46	F40/2/48
25	306	Ryan Daniel Sheader	Individual#	54.59	MO/7/42
26	905	Barry Atkinson	York Knavesmire Ha	55.10	M60/1/50
27	604	Chris Jefferies	Billingham Marsh Hc	55.19	M45/4/45
28	605	Thomas Herbert	Loftus and Whitby	55.26	M45/5/44
29	607	Andrew Minister	Hartlepool Burn Roa	55.39	M45/6/43
30	150	Katy Rawnsley	Scarborough AC	56.43	F45/1/50
31	703	Dan Rhodes	Durham Fell Runner:	56.47	M50/8/41
32	505	Robert Allinson	Redcar Running Clu	57.29	M40/4/45
33	901	Gary Bastow	Ripon Road Runners	57.45	M60/2/48
34	804	Douglas Howarth	NYMAC	57.50	M55/4/45
35	2	Georgia Campbell	Jarrow and Hepburn	57.57	FO/1/50
36	710	Paul Mead	Individual#	58.08	M50/9/40
37	309	Robert Bailey	Scarborough AC	58.17	MO/8/41
38	600	Calvin Nicholson	Billingham Marsh Hc	58.45	M45/7/42
39	301	Matthew Brown	Individual#	58.54	MO/9/40
40	807	Michael Keavney	Swaledale Runners	58.58	M55/5/44
41	999	Neil Scruton	Scarborough AC	59.29	M70/1/50
42	504	Christopher Gregory	York Knavesmire Ha	59.47	M40/5/44
43	275	Janet Cordingley	Individual#	60.00	F60/1/50
44	500	Danny Lim	Esk Valley Fell Club	60.27	M40/6/43
45	704	Andy Blades	Individual#	60.53	M50/10/39
46	276	Sue Haslam	Scarborough AC	61.07	F65/1/50
47	700	Gavin Coventry	Thirsk and Sowerby	61.40	M50/11/38
48	104	Kim Cavill	Pickering Road Club	62.23	F40/3/46
49	602	Jeremy Pearson	Individual#	62.32	M45/8/41
50	4	Rebecca Barnett	Individual#	63.44	FO/2/48
51	506	Crawford Gamble	Individual#	65.12	M40/7/42
52	805	David Field	Scarborough AC	65.26	M55/6/43
53	902	Mark Edwards	NYMAC	65.50	M60/3/46
54	5	Cassie Read	York Knavesmire Ha	65.53	FO/3/46
55	806	Nicholas Cousins	Pickering Road Club	66.03	M55/7/42

56	975	John Price	Individual#	66.06	M70/2/48
57	808	Gary Forrester	East Hull Harriers	66.24	M55/8/41
58	152	Lorraine Hewitt	Scarborough AC	66.32	F45/2/48
59	201	Bec Horner	GoodGym Race Tea	66.50	F50/1/50
60	900	David Robinson	NYMAC	67.26	M60/4/45
61	711	Gary Talbot	Esk Valley Fell Club	67.30	M50/12/37
62	307	Graham Gill	York Knavesmire Ha	67.37	MO/10/39
63	251	Hilary Coventry	Thirsk and Sowerby	68.23	F55/1/50
64	950	Graham Wilkinson	East Hull Harriers	69.03	M65/1/50
65	809	Ray Foulkes	Redcar Running Clu	69.07	M55/9/40
66	106	Lynn Humpleby	Pickering Road Club	70.16	F40/4/45
67	1	Rebecca Dent	Scarborough AC	70.35	FU23/1/50
68	200	Helen Ashworth	Thirsk and Sowerby	71.03	F50/2/48
69	252	Julie Clayton	Scarborough AC	71.18	F55/2/48
70	800	David Anderson	East Hull Harriers	74.41	M55/10/39
71	102	Jenny Storrie	Pickering Road Club	75.47	F40/5/44
72	151	Nicky Mason	Individual#	76.00	F45/3/46
73	951	Martin White	New Marske Harriers	77.27	M65/2/48
74	904	Ian Robinson	Esk Valley Fell Club	78.56	M60/5/44
75	903	Mike Punchard	Redcar Running Clu	79.07	M60/6/43
76	1000	Ronnie Sherwood	New Marske Harriers	79.22	M80/1/50
77	100	Hiede Coates	Scarborough AC	80.35	F40/6/43
78	3	Flynn Middlemas	Individual#	81.19	FO/4/45
79	250	Sally Kingscott	Scarborough AC	87.03	F55/3/46
80	101	Hiede Baker	Bridlington Road Ru	DNF	F40/7/42

(End)

Teams:	Club	Points	Positions	Team pts
male:	1 Scarborough AC 'A'	21	1,5,6,9	15
	2 Esk Valley Fell Club 'A'	40	3,8,14,15	14
	3 Loftus and Whitby 'A'	65	7,11,21,26	13
	4 York Knavesmire Harrier	91	10,19,24,38	12
	5 NYMAC 'A'	101	12,13,31,45	11
	6 Esk Valley Fell Club 'B'	167	22,39,50,56	10
female:	1 Scarborough AC 'A'	10	1,3,6	15
	2 Pickering Road Club 'A'	37	7,13,17	14
	3 Scarborough AC 'B'	40	10,14,16	13
	4 Thirsk and Sowerby Har	50	12,15,(23)	12
	5 Scarborough AC 'C'	63	19,21,(23)	11

* = Bonus points not included

= Non-counter (team)

Comments:

In the beautiful setting of Fryupdale, Fell racing returned to the North Yorkshire Moors courtesy of hosts Yorkshire Cycle Hub, fell race organisers Scarborough AC and number sponsor www.lets-run.co.uk

It was a shade over 18 months ago that the last fell race Bilsdale was held and slightly longer for the last Dave Parry/Lets Run Winter Fell Race Series 2019/2020. So Fryup Frazzler a tough 5.4 mile 1400' climb A category short fell race, three climbs, three descents and a mix of all types of terrain that the North Yorkshire moors can throw at a runner. Fair to say it's difficult to replicate the intensity of fell racing in training, so there was an awakening for many, though smiling faces at finishing a fell race.

It was terrific to see the familiar, not so familiar faces and the new to fell racing. Tale of the tape it was Scarborough AC well to the fore claiming the womens overall and first V40 Rhona Marshal and with team mates Katy Rawnsley and Sue Haslam the women's team competition. In the men's race Dan Bateson also of Scarborough was first overall, first V40 and along with Paul Lawton and Glynn Hewitt claimed the team race. Dan also claimed a course record of 43 minutes 22 seconds taking over two minutes off the previous mark.

In the women's race Shelli Gordon NYMAC V40 second with Katy Rawnsley Scarborough first V45 third. Georgia Campbell Jarrow and Hepburn in fourth was first senior.

In the men's competition Darren Smith Pickering claimed second after a race long battle with Steve Donaldson of Esk Valley Fell Club who placed third.

Tim Grimwood Swaledale Runners was fourth and second V40

Turnout was 80 runners with 79 finishers a nice number for race organisers to manage.

Remember keep your race numbers they are valid for the whole winter series so see you next time on 24 October at Lockton Limping, or Saltergate on 14 November or even Eskdale Eureka on 5 December. Entry will be online at Lockton as we have to manage numbers so keep an eye out it will be open soon on the Esk Valley Fell Club website.

Clive Thornton
Esk Valley Fell Club

Next Race : Lockton Limping

24-Oct-21