

**Captain Cooks****01-Jan-20****Dave Parry/Lets Run Winter Series 2019-20****Race 6**

v4

Pos.	No.	Name	Club	time	cat/pos/pts/best
1	353	Harry Holmes	Matlock AC	30.37	MO/1/50/150
2	1247	Archie Lowe	Middlesbrough AC	30.50	MJ/1/50/50
3	1032	Gregory Jayasuriya	Midd and Cleveland I	30.57	MO/2/48/48
4	1271	Kieran Walker	Middlesbrough AC	32.12	MU23/1/50/50
5	325	Lee Kemp	Totley AC	32.21	MO/3/46/146
6	368	Stephen McDougall	Midd and Cleveland I	32.59	MO/4/45/91
7	1246	Ben Palmer	Middlesbrough AC	33.13	MU23/2/48/48
8	384	Georgie Hebdon	Elvet Striders	33.23	MO/5/44/89
9	1003	Thomas Aspin	New Marske Harriers	33.48	MU23/3/46/46
10	381	Tom Levi	Thirsk and Sowerby	33.52	MO/6/43/86
11	1040	Harvey Lord	Black Combe Runne	33.57	MO/7/42/42
12	367	James Oldfield	Sedgefield Harriers	34.21	MO/8/41/85
13	1305	Paul Williams	Esk Valley Fell Club	34.36	M40/1/50/50
14	375	Sam Garratt	New Marske Harriers	34.43	MU23/4/45/93
15	335	Joe Leadley	Loftus and Whitby	34.44	MO/9/40/129
16	1041	Andrew Love	Billingham Marsh Ho	34.56	MO/10/39/39
17	1100	Graeme Watt	Elvet Striders	35.05	M40/2/48/48
18	376	Paul Darroch	TS Harriers	35.06	MO/11/38/79
19	1077	Brian Davis	Ryedale Tri Team	35.07	M40/3/46/46
20	1042	James Lowe	Dark Peak FR	35.08	MO/12/37/37
21	1223	Thomas Lowe	Individual#	35.10	MO/13/36/36
22	623	Ian Mcgrath	Durham FR	35.20	M45/1/50/198
23	1285	Paul McLean	NYMAC	35.33	M40/4/45/45
24	1045	Simon Mills	Dark Peak FR	35.39	MO/14/35/35
25	339	Chris Vanderhoven	Esk Valley Fell Club	35.43	MO/15/34/119*
26	1065	Jamie Wilkinson	Midd and Cleveland I	36.00	MO/16/33/33
27	1228	Ben Forster	South Shields Harrie	36.02	MO/17/32/32
28	1081	Jonathan Heaney	North Shields Poly	36.06	M40/5/44/44
29	1062	Calum Wadsworth	Dark Peak FR	36.07	MO/18/31/31
30	1024	James Fishburn	Billingham Marsh Ho	36.13	MO/19/30/30
31	1059	Harry Thorpe	Bournville Harriers	36.15	MO/20/29/29
32	1120	Michael Littlewood	Elvet Striders	36.16	M45/2/48/48
33	1302	Will Reed-Wright	Orion Harriers	36.21	MO/21/28/28
34	1310	Simon Greenwell	Esk Valley Fell Club	36.24	M45/3/46/46
35	1227	Charles Stead	Northumberland FR	36.41	M45/4/45/45
36	1086	Andrew Lake	Esk Valley Fell Club	36.42	M40/6/43/43
37	308	Stefan McLoughlin	NYMAC	37.01	MO/22/27/189
38	1049	Tom Pollard	Fulham RC	37.02	MO/23/26/26
39	532	Richard Buckle	East Hull Harriers & /	37.13	M40/7/42/131
40	1036	Barrie Kirtley	Elvet Striders	37.14	MO/24/25/25
41	1004	Ewan Barlow	Elvet Striders	37.20	MU23/5/44/44
42	610	Darren Fishwick	Chorley	37.21	M45/5/44/92
43	1264	Craig Omerod	Loftus and Whitby	37.31	MO/25/24/24
44	1099	Mark Warner	Elvet Striders	37.36	M40/8/41/41
45	1085	Graham Lake	Otley AC	37.40	M40/9/40/40
46	1219	Christopher John Lines	Sedgefield Harriers	37.43	M45/6/43/43
47	1121	Lindsay McEwan	Elvet Striders	37.48	M45/7/42/42
48	1294	Jim Rogers	City Of Hull AC	37.49	M55/1/50/50
49	1084	Simon Johnson	Tyne And Wear Fire	37.50	M40/10/39/39
50	615	Giles Hawking	Knavesmire Harriers	37.51	M45/8/41/218
51	379	Stephen Roe	Billingham Marsh Ho	37.57	MO/26/23/49
52	1165	Julian Wardman	New Marske Harriers	37.58	M50/1/50/50
53	1235	Peter Boyes	Individual#	38.04	MO/27/22/22
54	332	Aaron Keys	Midd and Cleveland I	38.07	MO/28/21/63
55	1369	Georgia Campbell	Jarrow and Hebburn	38.08	FO/1/50/50

56	1398	Sally Fawcett	Dark Peak FR	38.16	FO/2/48/48
57	613	Chris Jefferies	Billingham Marsh Ho	38.26	M45/9/40/174
58	507	Andrew Beane	Individual#	38.32	M40/11/38/171*
59	316	Richard Tarrega	Knavesmire Harriers	38.39	MO/29/20/161
60	1256	Nick Simmons	NYMAC	38.40	M40/12/37/37
61	1158	Allan Renwick	Elvet Striders	38.43	M50/2/48/48
62	1225	Paul Gribbon	Individual#	38.51	MO/30/19/19
63	545	Gordon Warmasley	Knavesmire Harriers	39.01	M40/13/36/76
64	1384	Hollie Elliott	Midd and Cleveland I	39.07	FU23/1/50/50
65	605	David Bannister	York Acorn	39.09	M45/10/39/249
66	505	Paul Cook	Durham FR	39.12	M40/14/35/211
67	1164	Paul Thwaites	NYMAC	39.18	M50/3/46/46
68	635	Brendan Anglim	CLOK	39.21	M45/11/38/121
69	1284	Chris Balderson	Bowland Fell Runner	39.22	M55/2/48/48
70	1033	Rhys Jenkins	Individual#	39.25	MO/31/18/18
71	1074	Rob Clarke	Individual#	39.30	M40/15/34/34
72	812	Stephan Tomaszewski	Thirsk and Sowerby	39.33	M55/3/46/94
73	354	Daniel Bateson	Scarborough AC	39.33	MO/32/17/91
74	802	Joe Blackett	Dark Peak FR	39.35	M55/4/45/187
75	302	Oli Read	Knavesmire Harriers	39.36	MO/33/16/126
76	49	Alice Rigby	New Marske Harriers	39.37	FU23/2/48/98
77	816	Paul Peacock	Individual#	39.40	M55/5/44/85
78	512	Ken Wood	Thirsk and Sowerby	39.45	M40/16/33/118
79	1162	Chris Suggitt	Individual#	39.47	M50/4/45/45
80	1007	Jordan Hull	Border Harriers	39.47	MU23/6/43/43
81	903	Neil Ridsdale	Driffield	39.48	M60/1/50/298
82	1089	David Mulholland	Billingham Marsh Ho	40.00	M40/17/32/32
83	1060	Roger Tomlin	Individual#	40.01	MO/34/15/15
84	1087	Duncan Marlow	Askern District RC	40.02	M40/18/31/31
85	1132	John Williams2	Eden Runners	40.02	M45/12/37/37
86	311	Juan Corbacho Anton	Elvet Striders	40.06	MO/35/14/55
87	929	Karl Edwards	Hartlepool Burn Roac	40.07	M60/2/48/94
88	1152	Anthony Oliver	Hartlepool Burn Roac	40.16	M50/5/44/44
89	1008	John Anderson	Hartlepool Burn Roac	40.17	MO/36/13/13
90	319	Robert Bailey	Scarborough AC	40.19	MO/37/12/112
91	602	Russ Grayson	Pickering Running Cl	40.21	M45/13/36/217
92	1287	Tom Foster	Individual#	40.33	MO/38/11/11
93	1277	David Fox	South London Harrie	40.34	M45/14/35/35
94	1141	Ian Downham	Kippax Harriers	40.37	M50/6/43/43
95	1289	Jeremy French	Individual#	40.37	M45/15/34/34
96	1147	Vaughan Hemy	North Shields Poly	40.39	M50/7/42/42
97	1265	Matthew Brown	Individual#	40.42	MO/39/10/10
98	1128	Nick Smith	NYMAC	40.43	M45/16/33/33
99	509	Michael Petersen	East Hull Harriers & /	40.45	M40/19/30/103
100	1142	Paul Ellis	Bedale And Aiskew	40.51	M50/8/41/41
101	365	Philip Peggs	Loftus and Whitby	41.00	MO/40/9/39
102	1080	David Gibson	Esk Valley Fell Club	41.04	M40/20/29/29
103	1262	Joshua Kidd	Individual#	41.05	MO/41/8/8
104	1386	Jade Hutchinson	Darlington Harriers	41.08	FU23/3/46/46
105	543	Mike Quinn	Esk Valley Fell Club	41.09	M40/21/28/69*
106	1031	Ben Imeson	Ripon Runners	41.17	MO/42/7/7
107	480	Laura Havis	Middlesbrough AC	41.19	FU23/4/45/93
108	1090	Robin Parsons	Elvet Striders	41.19	M40/22/27/27
109	1463	Nina Mason	Elvet Striders	41.20	F45/1/50/50
110	1105	Michael Barlow	Elvet Striders	41.23	M45/17/32/32
111	1015	Ian Bilton	Hartlepool Burn Roac	41.24	MO/43/6/6
112	1282	Connor Larkin	Individual#	41.27	MO/44/5/5
113	1075	Ben Cole	Individual#	41.29	M40/23/26/26
114	1293	Ian Baxtor	Blyth Running Club	41.32	M50/9/40/40

115	1170	Gary Dack	Billingham Marsh Ho	41.39	M55/6/43/43
116	544	Jonathan Proctor	Individual#	41.43	M40/24/25/64
117	502	Boyd Brad	Pickering Running Cl	41.45	M40/25/24/111
118	517	Ben Imeson	Ripon Runners	41.45	M40/26/23/63
119	612	Calvin Nicholson	Billingham Marsh Ho	41.53	M45/18/31/183
120	112	Shelli Gordon	NYMAC	41.54	F40/1/50/150
121	14	Nikki Carr Walls	Scarborough AC	42.01	FO/3/46/90
122	1053	Andy Smith	Knavesmire Harriers	42.04	MO/45/4/4
123	1198	Jim Paxman	Dark Peak FR	42.11	M60/3/46/46
124	622	Ed Brown	Individual#	42.15	M45/19/30/143
125	643	Steven Small	Midd and Cleveland I	42.21	M45/20/29/64
126	644	Paul Wilkin	Midd and Cleveland I	42.21	M45/21/28/61
127	1315	Simon Knapp	Individual#	42.23	MO/46/3/3
128	1113	Ian Haigh	Southwell RC	42.27	M45/22/27/27
129	606	Alan Simpson	Thirsk and Sowerby	42.36	M45/23/26/140
130	525	Mark Robinson	Knavesmire Harriers	42.36	M40/27/22/57
131	508	Dale Hepples	Scarborough AC	42.37	M40/28/21/169
132	1230	Nick Andralojc	Harrogate Harriers &	42.37	M55/7/42/42
133	732	Dan Rhodes	Durham FR	42.40	M50/10/39/82
134	1322	David Hughes	NYMAC	42.51	M55/8/41/41
135	1019	Darren Clements	NYMAC	43.02	MO/47/2/2
136	1150	Mark Mccrea	Individual#	43.07	M50/11/38/38
137	745	Stuart Allan	Helm Hill	43.08	M50/12/37/81
138	1072	Simon Chandler	Wetherby Runners	43.08	M40/29/20/20
139	1361	Victoria Tremlin	Harrogate Harriers &	43.12	FO/4/45/45
140	741	James Lee	NYP Triathlon	43.23	M50/13/36/74
141	1182	Graham Palmer	Loftus and Whitby	43.23	M55/9/40/40
142	19	Kim Cavill	Pickering Running Cl	43.24	FO/5/44/171*
143	1144	Peter Greenan	Individual#	43.25	M50/14/35/35
144	1206	Steve Wathall	Black Combe Runne	43.28	M60/4/45/45
145	1023	Andrew Davies	Billingham Marsh Ho	43.28	MO/48/1/1
146	1097	Neil Wallbank	Individual#	43.29	M40/30/19/19
147	1177	Ian Latimer	NYMAC	43.33	M55/10/39/39
148	955	Robert Burn	Thirsk and Sowerby	43.39	M65/1/50/98
149	1088	Lee Morgan	NYMAC	43.40	M40/31/18/18
150	48	Sarah Roe	Billingham Marsh Ho	43.52	FO/6/43/87
151	932	Dave Wallace	Hartlepool Burn Roac	43.55	M60/5/44/87
152	31	Rachael Harper	Pickering Running Cl	43.56	FO/7/42/121
153	210	Kath Aspin	New Marske Harriers	43.58	F50/1/50/98
154	1260	Stuart Littlefair	Individual#	44.00	MO/49/1/1
155	1186	Robert Thirkell	Elvet Striders	44.01	M55/11/38/38
156	1303	Jamie Taylor	Individual#	44.08	M40/32/17/17
157	1046	Michael Moloney	Individual#	44.09	MO/50/1/1
158	1328	Ian Hodgson	NYMAC	44.09	M55/12/37/37
159	104	Jessica McMullan	Roundhay Runners	44.10	F40/2/48/242
160	652	Paul Levett	NYMAC	44.11	M45/24/25/56
161	1286	David Kent	New Marske Harriers	44.12	MO/51/1/1
162	1226	Chris Degazon	AJAC	44.12	M45/25/24/24
163	27	Kelly Gaughan	Pickering Running Cl	44.13	FO/8/41/122
164	1281	Clive Buck	Mansfield Harriers	44.14	M40/33/16/16
165	1317	Chris Williams	Individual#	44.17	M40/34/15/15
166	1021	Chris Crooks	Individual#	44.27	MO/52/1/1
167	1133	John Williams	Esk Valley Fell Club	44.27	M45/26/23/23
168	735	Paul Havis	Individual#	44.30	M50/15/34/69
169	1175	Anthony Harnett	NYMAC	44.33	M55/13/36/36
170	1440	Jenny Wilkie	NYMAC	44.36	F40/3/46/46
171	1327	Andy Core	Individual#	44.37	MO/53/1/1
172	1249	Randolph Haggerty	Kirkstall Harriers	44.37	M50/16/33/33
173	1326	Alan Hold	Individual#	44.49	M40/35/14/14

174	11	Esther Harrison	Thirsk and Sowerby	44.52	FO/9/40/128
175	1438	Louise Warner	Elvet Striders	44.53	F40/4/45/45
176	317	Andrew Foster	Durham City Harriers	44.57	MO/54/1/34
177	1232	Blaine Huntington	Sedgefield Harriers	45.11	MO/55/1/1
178	1242	Wai Cheung	Individual#	45.13	M50/17/32/32
179	1106	Mark Brown	NYMAC	45.15	M45/27/22/22
180	719	Andy Chapman Gibbs	Knavesmire Harriers	45.20	M50/18/31/135
181	1119	Robert Lewis	Individual#	45.21	M45/28/21/21
182	3	Cassie Read	Knavesmire Harriers	45.24	FO/10/39/172
183	711	Mark Evans	Midd and Cleveland I	45.33	M50/19/30/135
184	1267	Peter Gunn	Individual#	45.35	M45/29/20/20
185	1169	David Culpan	Stainland Lions	45.39	M55/14/35/35
186	1266	Phil James	Saltwell Harriers	45.40	M60/6/43/43
187	303	Tony Taylor	Swaledale Runners	45.40	MO/56/1/95
188	1161	Angus Sanderson	NYMAC	45.40	M50/20/29/29
189	1393	Hannah Bradley	Cumberland Fell Rur	45.42	FO/11/38/38
190	1243	Wilfred Bell	Howgill Harriers	45.43	M65/2/48/48
191	1205	Trevor Symonds	Northern Fells Runni	45.44	M60/7/42/42
192	283	Sue Haslam	Scarborough AC	45.48	F65/1/50/198
193	1005	Jack Fisher	Thirsk and Sowerby	45.52	MU23/7/42/42
194	1191	Paul Burchell	Long Eaton RC	45.52	M60/8/41/41
195	1224	Marc Mason	NYMAC	45.56	M60/9/40/40
196	259	Lorraine Hiles	Thirsk and Sowerby	45.57	F55/1/50/98
197	1176	Robert Hawkins	Individual#	46.03	M55/15/34/34
198	1145	David Greensmith	Redcar RC	46.10	M50/21/28/28
199	364	Daniel Short	Midd and Cleveland I	46.10	MO/57/1/25
200	1280	Stephen Lewin	Individual#	46.12	MO/58/1/1
201	908	Andrew Johnson	Knavesmire Harriers	46.13	M60/10/39/212
202	1204	Jon Sharples	Clayton Le Moors Ha	46.14	M60/11/38/38
203	1070	Scott Brown	Ripon Runners	46.16	M40/36/13/13
204	1154	Tim Palfreman	Harrogate Harriers &	46.23	M50/22/27/27
205	539	Paul Richardson	Saltwell Harriers	46.30	M40/37/12/49
206	1348	Sharrow Smith	Individual#	46.35	F45/2/48/48
207	1300	Paul William Green	Individual#	46.37	MO/59/1/1
208	1138	Andy Butcher	Thirsk and Sowerby	46.38	M50/23/26/26
209	815	Mark Davies	Thirsk and Sowerby	46.40	M55/16/33/163
210	1168	Paul Bowman	Richmond & Zetland	46.42	M55/17/32/32
211	1279	Shaun Kelly	Individual#	46.42	MO/60/1/1
212	1455	Helen Heaney	North Shields Poly	46.44	F45/3/46/46
213	1345	Susie Power	Headington Road Ru	46.47	FO/12/37/37
214	1429	Anneke Imeson	Ripon Runners	46.49	F40/5/44/44
215	1320	Alan Richardson	Individual#	46.51	M60/12/37/37
216	1222	Nic Weschenfelder	Individual#	46.56	MO/61/1/1
217	1301	Philip Meadows	Individual#	47.02	M55/18/31/31
218	1313	Gareth Phillips	Individual#	47.03	MO/62/1/1
219	1180	Graham O'Hara	Darlington Harriers	47.07	M55/19/30/30
220	1103	Neil Archibald	Individual#	47.19	M45/30/19/19
221	1434	Gemma Pearson	Cleveland Triathlon	47.20	F40/6/43/43
222	1245	John Dodd	Individual#	47.30	M45/31/18/18
223	1350	Allison Weston	Ilkley Harriers	47.31	FO/13/36/36
224	1028	Joe Harker	Individual#	47.36	MO/63/1/1
225	930	Stuart Ferguson	Durham FR	47.49	M60/13/36/77
226	1299	Martin Hedgley	Individual#	47.49	M55/20/29/29
227	1188	Julian Warren	Northern Navigators	47.52	M55/21/28/28
228	1373	Gael Watson	Individual#	47.53	F50/2/48/48
229	6	Louise Venables	Knavesmire Harriers	47.54	FO/14/35/204
230	1459	Victoria Howard	Individual#	47.56	F45/4/45/45
231	1009	Richard Anstey	Individual#	47.57	MO/64/1/1
232	1321	Michael Jonley	Individual#	48.02	M55/22/27/27

233	1309	Barney Green	Individual#	48.04	M40/38/11/11
234	1278	Barry Young	North Shields Poly	48.07	M55/23/26/26
235	42	Stephanie Solomon	Wirksworth Running	48.07	FO/15/34/76
236	1066	Nathan Young	Individual#	48.07	MO/65/1/1
237	1349	Clare Green	Individual#	48.08	F40/7/42/42
238	1318	Alex Lewis	Southwell RC	48.09	M55/24/25/25
239	1240	Oliver Banfield Jones	Individual#	48.13	MO/66/1/1
240	1014	Brian Bennett	Individual#	48.16	MO/67/1/1
241	607	Steven Littlewood	Scarborough AC	48.18	M45/32/17/95
242	1073	Paul Chapman	Thirsk and Sowerby	48.19	M40/39/10/10
243	161	Diane Jobson	NYMAC	48.20	F45/5/44/238
244	1304	Mike Harvey	North Shields Poly	48.22	M40/40/9/9
245	1184	Andrew Rogerson	Individual#	48.33	M55/25/24/24
246	1236	David Gibson2	Houghton Harriers	48.35	M50/24/25/25
247	1276	Paul Greenman	Individual#	48.44	M45/33/16/16
248	1275	Lee Woolams	TS Harriers	48.49	M40/41/8/8
249	1064	David Wase	Individual#	48.52	MO/68/1/1
250	1234	Michael Fahey	Individual#	49.00	M55/26/23/23
251	825	Ray Foulkes	Redcar RC	49.09	M55/27/22/106
252	1203	James Robson	NYMAC	49.13	M60/14/35/35
253	281	Caroline Glover	Wharfedale Harriers	49.15	F60/1/50/200
254	831	Paul Birch	Individual#	49.18	M55/28/21/58
255	481	Saskia Chapman Gibbs	Knavesmire Harriers	49.19	FU23/5/44/89
256	975	Michael Hetheron	Pickering Running Cl	49.25	M70/1/50/242
257	1314	Colin Knapp	Individual#	49.27	M55/29/20/20
258	609	David Tervit	Thirsk and Sowerby	49.33	M45/34/15/93
259	1446	Lisa Carter	Radcliffe AC	49.35	F45/6/43/43
260	1017	Justin Bramall	Hartlepool Burn Roac	49.36	MO/69/1/1
261	156	Fay Hethershaw	Scarborough AC	49.37	F45/7/42/225
262	1270	Christopher Thompson	Redcar RC	49.40	M50/25/24/24
263	107	Lynn Humpleby	Pickering Running Cl	49.43	F40/8/41/173
264	1382	Rebecca Aspin	New Marske Harriers	49.45	FU23/6/43/43
265	1157	Simon Rek	Quakers RC	49.46	M50/26/23/23
266	5	Francesca Jeffery	Thirsk and Sowerby	49.47	FO/16/33/112
267	1323	Phil Imeson	Individual#	49.48	M55/30/19/19
268	1439	Michaela Welham	Loftus and Whitby	49.57	F40/9/40/40
269	1307	Geoffrey Usher	Individual#	49.58	M65/3/46/46
270	1257	Rob Jones	NYMAC	49.59	M45/35/14/14
271	1241	Andy Monk	FRA	49.59	M60/15/34/34
272	1231	Andrew Martin	Individual#	50.01	MO/70/1/1
273	912	Shaun Roberts	Elvet Striders	50.11	M60/16/33/109
274	1392	Emma Boocock	Individual#	50.13	FO/17/32/32
275	1448	Kelly Clapton	Loftus and Whitby	50.14	F45/8/41/41
276	1330	Mark Fields	Individual#	50.18	MO/71/1/1
277	1364	Helen Simmons	NYMAC	50.19	F40/10/39/39
278	55	Zoey Birch	Individual#	50.22	FO/18/31/73
279	1058	Adam Theakston	Dewsbury Road Runi	50.24	MO/72/1/1
280	1	Rebecca Dent	Scarborough AC	50.24	FU23/7/42/286
281	1316	Stephen Graham	Individual#	50.26	M45/36/13/13
282	928	Stephen Haley	Individual#	50.27	M60/17/32/73
283	12	Kirsty Naylor	Thirsk and Sowerby	50.34	FO/19/30/67
284	1390	Clare Baker	CLOK	50.39	FO/20/29/29
285	1489	Val Clarke	Darlington Harriers	50.41	F60/2/48/48
286	1244	Ian Waugh	Individual#	50.43	M55/31/18/18
287	1010	Callum Askew	Elvet Striders	50.46	MO/73/1/1
288	1181	Matthew Page	Knavesmire Harriers	50.51	M55/32/17/17
289	1207	Christopher Wright	NYMAC	51.03	M60/18/31/31
290	158	Petra Chapman Gibbs	Knavesmire Harriers	51.09	F45/9/40/164
291	1250	Tom Haggerty	Individual#	51.12	MU23/8/41/41

292	1365	Kim Lancaster	South Shields Harrier	51.12	FO/21/28/28
293	824	Paul Doxford	South Shields Harrier	51.14	M55/33/16/105
294	634	Lee Hetherington	South Shields Harrier	51.21	M45/37/12/42
295	1239	David Edwards	Hartlepool Burn Roac	51.22	M60/19/30/30
296	1347	Laura Cockrane	Individual#	51.26	FO/22/27/27
297	1422	Susan Dick	Loftus and Whitby	51.32	F40/11/38/38
298	1312	Emlym Davies	Headington Road Ru	51.37	MO/74/1/1
299	1254	Andrew Tunnacliffe	Individual#	51.38	MO/75/1/1
300	1210	Mick McGurk	New Marske Harriers	51.38	M65/4/45/45
301	1163	Malcolm Sygrove	Elvet Striders	51.39	M50/27/22/22
302	7	Ruth Katirani	Pickering Running Cl	51.45	FO/23/26/111
303	1108	Martyn Coy	Thirsk and Sowerby	51.51	M45/38/11/11
304	1479	Janet Stainsby	Midd and Cleveland I	52.02	F50/3/46/46
305	1096	Andrew Swinbank	Sedgefield Harriers	52.02	M40/42/7/7
306	1063	Christopher Walton	Sedgefield Harriers	52.03	MO/76/1/1
307	1375	Daisy Hill	Individual#	52.14	FU23/8/41/41
308	904	David Robinson	NYMAC	52.18	M60/20/29/149
309	1237	Eddie Fearnside	Individual#	52.20	M50/28/21/21
310	1362	Flynn Middlemas	Individual#	52.27	FO/24/25/25
311	151	Julie Towse	Scarborough AC	52.29	F45/10/39/133
312	1134	Mark Wood	Individual#	52.31	M45/39/10/10
313	262	Julie McNicholas	NYMAC	52.37	F55/2/48/93
314	1472	Jennifer Harnden	Individual#	52.38	F50/4/45/45
315	53	Georgina McDonald	NYMAC	52.39	FO/25/24/64
316	1430	Sharon Kaiser	New Marske Harriers	52.40	F40/12/37/37
317	50	Tabitha McNicholas	NYMAC	52.48	FU23/9/40/84
318	1497	Wendy Dodds	Dallam Running Clut	52.49	F65/2/48/48
319	1174	Kevin Grogan	Individual#	52.50	M55/34/15/15
320	1352	Natasha Newson	North Shields Poly	52.51	FO/26/23/23
321	600	Neil Embleton	Esk Valley Fell Club	52.54	M45/40/9/116
322	288	Jan Young	Elvet Striders	52.59	F65/3/46/92
323	176	Lorna Webb	Individual#	52.59	F45/11/38/73
324	1055	Adam Strickland	Hartlepool Burn Roac	53.01	MO/77/1/1
325	1358	Emma Wilson	Individual#	53.01	FO/27/22/22
326	1357	Melanie Bradley	Individual#	53.01	FO/28/21/21
327	1468	Victoria Wright	NYMAC	53.03	F45/12/37/37
328	18	Jenny Storrie	Pickering Running Cl	53.16	FO/29/20/123
329	1476	Jan Rogerson	Individual#	53.18	F50/5/44/44
330	1238	David Robinson2	NYMAC	53.19	M50/29/20/20
331	207	Carolyn Rigby	CLOK	53.19	F50/6/43/89
332	731	Richard Rigby	CLOK	53.22	M50/30/19/49
333	1002	Sam Heaney	Individual#	53.26	MJ/2/48/48
334	101	Heidi Coates	Scarborough AC	53.28	F40/13/36/132
335	1153	Paul Outhwaite	Individual#	53.39	M50/31/18/18
336	1116	Darren Imeson	Individual#	53.40	M45/41/8/8
337	1297	Neil Enskat	NYMAC	53.41	M50/32/17/17
338	1378	Erin Anglim	Hardley Runners	53.41	FJ/1/50/50
339	1220	Simon Hill	Individual#	53.43	M45/42/7/7
340	1140	Mal Dickinson	Individual#	53.43	M50/33/16/16
341	808	Dan Simmons	Harrogate Harriers	53.50	M55/35/14/55
342	1474	Camilla Lauren-Maatta	Elvet Striders	53.55	F50/7/42/42
343	1329	Tony Slack	Individual#	53.56	M50/34/15/15
344	1363	Lesley Elizabeth Houfe	Individual#	53.57	F50/8/41/41
345	1078	Michael Dowson	Individual#	53.58	M40/43/6/6
346	1486	Julie Bake	Hartlepool Burn Roac	54.12	F60/3/46/46
347	172	Angela Ackerley	NYMAC	54.20	F45/13/36/70
348	1211	Eddie Meehan	NYMAC	54.25	M65/5/44/44
349	1123	Peter Murray	York Acorn	54.27	M45/43/6/6
350	1354	Helen Hunt	Individual#	54.30	F40/14/35/35

351	157	Nicky Mason	Individual#	54.31	F45/14/35/78
352	105	Sarah Bibby	Redcar RC	54.32	F40/15/34/77
353	961	Malcolm Peggs	Loftus and Whitby	54.45	M65/6/43/88*
354	1111	Duncan Fothergill	Thirsk and Sowerby	54.46	M45/44/5/5*
355	1464	Penny Outhwaite	Individual#	54.49	F45/15/34/34
356	1443	Stephanie Barlow	Elvet Striders	54.49	F45/16/33/33
357	710	Julian Pinkney	Darlington Harriers	54.50	M50/35/14/42
358	1000	Ronnie Sherwood	New Marske Harriers	54.50	M80/1/50/100
359	1274	David Tate	NYMAC	54.54	MO/78/1/1
360	738	Neil Proctor	Individual#	55.22	M50/36/13/44
361	1397	Maggie Faucher	Individual#	55.22	FO/30/19/19
362	1037	James Kuht	Individual#	55.23	MO/79/1/1
363	814	Sid Bollands	Esk Valley Fell Club	55.30	M55/36/13/48*
364	264	Pam Birch	Triscience	55.30	F55/3/46/90
365	1406	Joanne Love	Billingham Marsh Ho	55.31	FO/31/18/18
366	1189	Ashley Woolhouse	Individual#	55.33	M55/37/12/12
367	118	Annemarie Wilson	NYMAC	55.39	F40/16/33/73
368	962	Martin White	New Marske Harriers	55.45	M65/7/42/88
369	804	Ian Robinson	Esk Valley Fell Club	55.50	M55/38/11/161*
370	1178	Tim Matthews	Elvet Striders	56.03	M55/39/10/10
371	1214	Bob Howe	NYMAC	56.04	M70/2/48/48
372	1258	Allen Brian	New Marske Harriers	56.13	M75/1/50/50
373	122	Louise Ellison	Redcar RC	56.19	F40/17/32/74
374	113	Clare Mawrey	Pickering Running Cl	56.24	F40/18/31/73
375	1043	Emil Maatta	Elvet Striders	56.26	MO/80/1/1
376	1391	Fran Blackett	Durham FR	56.39	FO/32/17/17
377	1251	Paddy O'Neill	Individual#	56.40	M55/40/9/9
378	1403	Holly James-Maddocks	Knavesmire Harriers	56.41	FO/33/16/16
379	334	Christopher Gregory	Knavesmire Harriers	56.41	MO/81/1/55
380	1253	Martin Habron	Individual#	56.59	MO/82/1/1
381	1480	Lesley Strickland	Hartlepool Burn Roac	57.13	F50/9/40/40
382	1298	Richard Hill	Individual#	57.15	M40/44/5/5
383	1450	Faith Coy	Thirsk and Sowerby	57.29	F45/17/32/32
384	1433	Carol Palin	Loftus and Whitby	57.30	F40/19/30/30
385	1381	Ruby Palin	Individual#	57.34	FJ/2/48/48
386	1473	Gillian Havis	Individual#	57.41	F50/10/39/39
387	178	Emma Beaumont	New Marske Harriers	57.49	F45/18/31/63
388	1370	Angela Gribbon	Individual#	57.54	FO/34/15/15
389	1351	Clare Winspear	Individual#	57.59	F55/4/45/45
390	1423	Charlotte Dowson	Individual#	58.00	F40/20/29/29
391	1494	Anne Robson	NYMAC	58.37	F60/4/45/45
392	616	James Stephenson	Thirsk and Sowerby	58.42	M45/45/4/36
393	1491	Catherine Johnson	Individual#	58.44	F60/5/44/44
394	1427	Philippa Hambley	Loftus and Whitby	58.45	F40/21/28/28
395	1115	Joe Hickson	Individual#	59.03	M45/46/3/3
396	938	Tony Docherty	Individual#	59.03	M60/21/28/61
397	1325	Anthony Puckrin	Individual#	59.04	MO/83/1/1
398	1233	Philip Coleman	NYMAC	59.05	M55/41/8/8
399	1471	Jacqueline Franks	Individual#	59.06	F50/11/38/38
400	1353	Charlotte Roberts	Individual#	59.16	F60/6/43/43
401	1481	Beverley Eastwood	Individual#	59.21	F55/5/44/44
402	1372	Sally Tierney	Individual#	59.37	F50/12/37/37
403	1018	Chris Buck	Individual#	59.46	MO/84/1/1
404	923	Mike Punchard	Pickering Running Cl	60.00	M60/22/27/97
405	1454	Kirstie Handley	Individual#	60.26	F45/19/30/30
406	1394	Clare Brown	Individual#	60.34	FO/35/14/14
407	1400	Kim Groves	Individual#	60.40	FO/36/13/13
408	920	Geoff Hine	Esk Valley Fell Club	61.01	M60/23/26/94*
409	1221	Nigel Watson	Individual#	61.05	M60/24/25/25

410	1292	Terry Brown	North Shields Poly	61.09	M45/47/2/2
411	1109	Vaughn Davies	Individual#	61.22	M45/48/1/1
412	1371	Mary Mason	NYMAC	61.54	F55/6/43/43
413	277	Sally Brown	Pickering Running Cl	61.55	F60/7/42/133*
414	1452	Rachel Dowle	Buxton & District AC	61.55	F45/20/29/29
415	1484	Sue Jeff	Buxton & District AC	62.07	F55/7/42/42
416	1470	Alison Butcher	Thirsk and Sowerby	62.25	F50/13/36/36
417	1359	Andrea Richardson	Ripon Runners	62.25	F45/21/28/28
418	1166	Kevin Webster	Individual#	62.30	M50/37/12/12
419	1125	Chris Norris	Individual#	62.50	M45/49/1/1
420	1396	Karen Dilworth	Lets Run Ladies	62.53	FO/37/12/12
421	175	Angela Gibson	North Shields Poly	62.57	F45/22/27/57
422	645	Colin Brown	North Shields Poly	63.17	M45/50/1/24
423	1360	Tina Hanson	Individual#	63.25	F45/23/26/26
424	257	Christine Hemingway	City Of Hull	63.31	F55/8/41/84
425	1324	Mark Thacker	Individual#	63.37	M50/38/11/11
426	1478	Asma Shaffi	NYMAC	63.38	F50/14/35/35
427	1451	Geraldine Crawford	NYMAC	63.40	F45/24/25/25
428	1344	Emma Shaw	Individual#	63.53	F45/25/24/24
429	1269	Mark Hannon	Individual#	64.08	M50/39/10/10
430	1493	Catherine Lumb	Easingwold RC	64.28	F60/8/41/41
431	109	Heidi Baker	Bridlington	64.46	F40/22/27/69
432	1389	Charlie Anderson	Individual#	64.57	FO/38/11/11
433	201	Sally Kingscott	Scarborough AC	64.58	F50/15/34/123
434	1215	Colin Scollay	New Marske Harriers	65.01	M70/3/46/46
435	1374	Holly Hill	Individual#	65.42	F45/26/23/23
436	159	Rohan Hill	Esk Valley Fell Club	66.09	F45/27/22/170
437	1255	Nigel Coates	Individual#	70.38	M70/4/45/45
438	1496	Christine Burn	Thirsk and Sowerby	71.47	F65/4/45/45*
439	1421	Claire Cook	Individual#	71.55	F40/23/26/26
440	1001	Graham Robinson	Pickering Running C	72.37	M60/25/24/24*
441	1288	Paul Cameron	Individual#	72.37	M40/45/4/4
442	1290	Phil Owen	FRA	72.58	M50/40/9/9
443	1500	Hilary Turner	Ludlow Runners	73.16	F70/1/50/50
444	1458	Bev Honeyman	Individual#	73.22	F45/28/21/21
445	1341	Nicola Lees	Lonely Goat	73.39	F45/29/20/20
446	1445	Jayne Bowers	Individual#	75.10	F45/30/19/19
447	1160	David Ritson	Ripon Runners	75.10	M50/41/8/8
448	1477	Ruth Rushworth	Individual#	75.29	F50/16/33/33
449	1296	David Shipman	Elvet Striders	76.08	M60/26/23/23

(End)

Teams:	Club	Points	Positions	Team pts/total
<b>male:</b>	1 Midd and Cleveland Harr	89	3,6,26,54	15/28
	2 Elvet Striders 'A'	97	8,17,32,40	14/14
	3 Esk Valley Fell Club 'A'	108	13,25,34,36	13/55
	4 Dark Peak FR 'A'	144	20,24,29,71	12/12
	5 Billingham Marsh House	152	16,30,51,55	11/23
	6 NYMAC 'A'	182	23,37,58,64	10/41
	7 Elvet Striders 'B'	191	41,44,47,59	9/9
	8 New Marske Harriers 'A'	221	9,14,52,146	8/8
	9 Knavesmire Harriers 'A'	240	50,57,61,72	7/72
	10 Thirsk and Sowerby 'A'	273	10,69,74,120	6/16
	11 Loftus and Whitby 'A'	286	15,43,97,131	5/5
	12 Hartlepool Burn Road 'A'	356	83,84,85,104	4/4
	13 Durham FR 'A'	405	22,63,124,196	3/18
	14 Elvet Striders 'C'	428	82,102,103,141	2/2
	15 Billingham Marsh House	432	78,108,112,134	1/1



16	Sedgefield Harriers 'A'	464	12,46,158,248	1/1
17	NYMAC 'B'	481	94,125,126,136	1/1
18	Scarborough AC 'A'	485	70,86,122,207	1/70
19	North Shields Poly 'A'	531	28,92,202,209	1/1
20	Midd and Cleveland Harr	572	116,117,163,176	1/1
21	Knavesmire Harriers 'B'	573	113,121,161,178	1/27
22	NYMAC 'C'	580	138,144,145,153	1/1
23	Esk Valley Fell Club 'B'	603	98,100,151,254	1/1
24	Thirsk and Sowerby 'B'	677	137,171,184,185	1/6
25	Ripon Runners 'A'	701	101,111,180,309	1/12
26	Pickering Running Club '	710	87,110,219,294	1/65
27	NYMAC 'D'	718	160,168,173,217	1/1
28	Hartlepool Burn Road 'B'	858	139,222,242,255	1/1
29	Thirsk and Sowerby 'C'	946	208,221,247,270	1/3
30	NYMAC 'E'	971	227,238,250,256	1/1
31	Elvet Striders 'D'	992	230,236,246,280	1/1
32	New Marske Harriers 'B'	1077	245,272,278,282	1/1
33	NYMAC 'F'	1082	261,267,273,281	1/1

<b>female:</b>	1	Pickering Running Club	40	11,13,16	15/72
	2	New Marske Harriers 'A'	59	4,14,41	14/24
	3	NYMAC 'A'	60	8,17,35	13/49
	4	Scarborough AC 'A'	70	9,22,39	12/83
	5	Thirsk and Sowerby 'A'	83	18,23,42	11/35
	6	Knavesmire Harriers 'A'	88	20,31,37	10/72
	7	Elvet Striders 'A'	94	7,19,68	9/13
	8	Loftus and Whitby 'A'	143	43,45,55	8/16
	9	Pickering Running Club	169	40,56,73	7/29
	10	NYMAC 'B'	170	46,61,63	6/13
	11	Scarborough AC 'B'	184	48,60,76	5/57
	12	Darlington Harriers 'A'	196	5,51,(140)	4/11
	13	Midd and Cleveland Harr	200	3,57,(140)	3/3
	14	North Shields Poly 'A'	213	25,67,121	2/2
	15	NYMAC 'C'	218	65,72,81	1/1
	16	Thirsk and Sowerby 'B'	263	49,96,118	1/1
	17	CLOK 'A'	265	50,75,(140)	1/1
	18	Knavesmire Harriers 'B'	286	52,94,(140)	1/12
	19	Ripon Runners 'A'	286	27,119,(140)	1/1
	20	Elvet Striders 'B'	304	78,86,(140)	1/1
	21	New Marske Harriers 'B'	304	64,100,(140)	1/1
	22	NYMAC 'D'	308	90,104,114	1/1
	23	Redcar RC 'A'	315	84,91,(140)	1/8
	24	Hartlepool Burn Road 'A'	315	80,95,(140)	1/1
	25	Loftus and Whitby 'B'	343	97,106,(140)	1/1
	26	Pickering Running Club	347	92,115,(140)	1/12
	27	Buxton & District AC 'A'	373	116,117,(140)	1/1
	28	NYMAC 'E'	389	124,125,(140)	1/1

\* = Bonus points not included

# = Non-counter (team)

#### Correctons:

4th Jan 2020 posn 304 corrected

6th Jan Winter Series points added

**Comments:**

New Years Day and Great Ayton welcomed the fell running community for the 37th running of the Captain Cooks Races. Well done to the 449 senior finishers and the 56 juniors to complete their events. Safe to say thats a record turnout.

Thank you to all the helpers on the day and in advance of the event and the Royal Oak for hosting registration.

The Captain Cooks Fell Race held for 37th time has been run on every occasion by runner number one Graham Robinson of Pickering Running Club, a terrific achievement. This year marks the 50th anniversary of our governing body the Fell Running Association, it was formed on the 4th April 1970, this is the date of the first FRA meeting though also coincides with the Gisborough Three Tops Fell Race, first counter in English Fell Race Championships which we are hosting.

The Captain Cooks Race had the honour of being the first counter in the FRA's 50@50 series, a year long celebration of 50 fell races starting on New Years Day and finishing with the Auld Land Syne on New Years Eve.

Thanks to [www.lets-run.co.uk](http://www.lets-run.co.uk) for providing our bespoke race numbers.

And thanks to the Parry family, Kathryne, Olivia, Andrew and Anthony for their continuing support and help at fell races, we remember Dave Parry in the name of our winter and summer fell race series, his legacy of North Yorkshire Moors Fell Races and the great and diverse running achievements of its competitors past, present, young and old.

The tale of the tape was a hard fought victory for Harry Holmes of Matlock AC just holding off Archie Lowe of Middlesbrough AC and Greg Jayasuriya Middlesbrough and Cleveland Harriers. First male veteran was Paul Williams of Esk Valley Fell Club.

In the womens race it was Georgia Campbell of Jarrow and Hebburn with Sally Fawcett Dark Peak Fell Runners second and Holly Elliott Middlesbrough and Cleveland Harriers third. The veteran award was won by Nina Mason of Elvet Striders.

In the team competition it was Middlesbrough and Cleveland Harriers in the mens race and Pickering Running Club's women.

Clive Thornton  
Esk Valley Fell Club

**Next Race :** Comondale Beacon

05-Jan-20