

**Captain Cooks**

v2

**01-Jan-19****Race 6**

Pos.	No.	Name	Club	time	cat/pos
1	302	Harry Holmes	Pudsey and Bramley	29.28	MO/1
2	390	Lee Kemp	Totley AC	31.03	MO/2
3	300	Rory Stead	Aberdeen AC	31.57	MO/3
4	317	Tom Levi	Thirsk and Sowerby	33.13	MO/4
5	1281	Samuel Garratt	New Marske Harriers	33.40	MU23
6	1194	Ben Palmer	Middlesbrough Manc	33.55	MU23
7	1152	Paul Williams	Esk Valley Fell Club	34.03	M40/1
8	374	Jack Hustwitt	NYMAC	34.19	MO/5
9	372	Stephen McDougall	Middlesbrough and C	34.20	MU23
10	310	Chris Vanderhoven	Esk Valley Fell Club	34.33	MO/6
11	1298	Alasdair Tatham	NYMAC	34.46	M45/1
12	1267	Jack Foxall	Dark Peak FR	34.48	M40/2
13	515	Jonathan Skidmore	NYMAC	35.02	M40/3
14	1283	Nick Woolley	Knowle and Dorridge	35.10	MO/7
15	1005	Nik Terrega	York Knavesmire	35.30	FO/1
16	316	Tom Ratcliffe	York Knavesmire	35.31	MO/8
17	1288	Stephen Roe	Billingham Marsh Hc	35.48	MO/9
18	1132	Andy Green	Tynedale Harriers	35.48	M50/1
19	1250	Peter Boyes	Individual#	35.53	MO/10
20	1044	Mark Wade	Aycliffe RC	35.58	MO/11
21	641	Ian McGrath	DFR	36.00	M45/2
22	331	Aaron Keys	Middlesbrough and C	36.05	MO/12
23	728	Tony Oliver	Hartlepool Burn Roa	36.05	M50/2
24	726	Kevin McLoughlin	NYMAC	36.05	M50/3
25	722	Bryan Saysell	NYMAC	36.08	M50/4
26	1219	Michael Littlewood	Elvet Striders	36.15	M40/4
27	1299	Christopher John Lines	Sedgefield Harriers	36.20	M45/3
28	1226	Richard Waterson	Cleveland MC	36.32	M40/5
29	1249	Daniel Smith	Individual#	36.32	MO/13
30	703	Tim Hill	Esk Valley Fell Club	36.36	M50/5
31	1242	Ben Senior	Loftus and Whitby	36.43	M40/6
32	320	Mark Bown	Esk Valley Fell Club	36.47	MO/14
33	385	Simon Collins	York Knavesmire	36.50	MO/15
34	714	Jim Rogers	City of Hull	36.58	M50/6
35	1204	Jim Thompson	Saltwell Harriers	37.01	M50/7
36	1223	Graham Lewis-Dale	North Shields Poly	37.03	MO/16
37	1173	Ian Blakemore	Sedgefield Harriers	37.12	M40/7
38	631	Brendan Anglim	CLOK	37.18	M45/4
39	1069	Sharon Bulman	New Marske Harriers	37.21	F45/1
40	336	Callum Sewell	York Knavesmire	37.23	MO/17
41	1176	Paul Thwaites	NYMAC	37.27	M50/8
42	1196	Darren Wood	Loftus and Whitby	37.33	MO/18
43	1212	Simon Ashwell	Esk Valley Fell Club	37.34	M40/8
44	1166	Andrew Beane	Individual#	37.35	M40/9
45	809	Barry Atkinson	York Knavesmire	37.39	M55/1
46	322	Lewis Meadows	Individual#	37.40	MO/19
47	321	Richard Tarrega	York Knavesmire	37.41	MO/20
48	1157	Paul Darroch	NYMAC	37.45	MO/21
49	1221	Trevor Bossomworth	Ripon Runners	37.47	M45/5
50	1218	Jonathan Hart	Individual#	37.48	MO/22
51	349	Jon Parker	NYMAC	37.52	MO/23
52	1134	Matthew Farsin	Individual#	37.58	MO/24

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53	1264	Allan Renwick	Elvet Striders	38.06	M50/9
54	1050	Morag Stead	Morpeth Harriers	38.06	F45/2
55	610	Julian Wardman	New Marske Harriers	38.08	M45/6
56	725	Vaughan Hemy	North Shields Poly	38.09	M50/10
57	41	Fiona Brannan	Elvet Striders	38.10	FO/2
58	612	Chris Jefferies	Billingham Marsh Hc	38.10	M45/7
59	513	Ed Snow	York Acorn	38.15	M40/10
60	1256	Shaun Oshea	NYMAC	38.23	M40/11
61	1244	Michael Barlow	Elvet Striders	38.25	M45/8
62	606	David Bannister	York Acorn	38.25	M45/9
63	519	Nick Simmons	NYMAC	38.26	M40/12
64	1163	Craig Gath	Easingwold	38.26	M40/13
65	822	David Hughes	NYMAC	38.34	M55/2
66	818	Anthony Harnett	NYMAC	38.35	M55/3
67	1236	Simon Johnson	Tyne and Wear FR	38.36	M40/14
68	640	David McKenna	Darlington Harriers	38.49	M45/10
69	42	Eli Barnbrook	New Marske Harriers	38.51	FU23
70	603	Simon Rycroft	Pickering RC	39.00	M45/11
71	1282	Stephen Tamaszewski	Thirsk and Sowerby	39.03	M55/4
72	1160	Harvey Leah-Smith	Otley AC	39.08	MU23
73	369	Danny Lim	Middlesbrough and C	39.14	MO/25
74	1240	Gary Dack	Billingham Marsh Hc	39.16	M55/5
75	1273	Juan Anton	Elvet Striders	39.17	MO/26
76	1241	Paul Gribbon	Individual#	39.20	MO/27
77	1233	Ian Bilton	Hartlepool Burn Roa	39.28	MO/28
78	1268	Paul Crabtree	Keighley and Craver	39.29	M50/11
79	1080	Shelli Gordon	NYMAC	39.30	F40/1
80	909	Neil Ridsdale	Driffield	39.31	M60/1
81	1285	Philip Richardson	York Knavesmire	39.46	MO/29
82	1053	Gemma Bradley	Saltwell Harriers	39.47	F40/2
83	1270	Stephen Guest	Billingham Marsh Hc	39.47	M40/15
84	381	Oscar Anglim	CLOK	39.50	MU23
85	1154	Graham Stephenson	Saltwell Harriers	39.52	MO/30
86	527	Chris Williams	Hartlepool Burn Roa	39.52	M40/16
87	1137	Rory Henderson	York Knavesmire	39.55	MO/31
88	1139	Kevin Kendal	Individual#	39.57	MO/32
89	1133	Joe Green	Tynedale Harriers	40.09	MU23
90	386	John Donaldson	Individual#	40.16	MO/33
91	521	Mike Quinn	Esk Valley Fell Club	40.22	M40/17
92	1263	Martin Vasey	Middlesbrough and C	40.38	M40/18
93	1165	Peter Muir	Cleveland Tri Club	40.53	MO/34
94	1227	Lee Morgan	NYMAC	40.57	M40/19
95	1142	Paul Walker	Ripon Runners	41.03	M50/12
96	38	Hannah Bradley	CFR	41.05	FO/3
97	1127	Leon van de Water	Individual#	41.09	M45/12
98	1088	Lindy Stockdale	GACC	41.15	FO/4
99	1129	Leeon Poole	Individual#	41.23	MO/35
100	1060	Emma Williams	Individual#	41.24	FO/5
101	16	Rachel Harper	Pickering RC	41.25	FO/6
102	9	Marie Mutagh	Easingwold	41.26	FO/7
103	644	Mark Smith	North Shields Poly	41.38	M45/13
104	1041	Olivia Mulligan	Thirsk and Sowerby	41.45	FO/8
105	1258	Simon Chandler	Wetherby Runners	41.49	MO/36
106	1215	Michael Scott	Billingham Marsh Hc	41.54	MU23
107	1049	Alice Rigby	New Marske Harriers	41.54	FU23
108	517	Martin Clements	Individual#	42.06	M40/20
109	1124	Jamie Poole	Individual#	42.08	MO/37

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110	1255	Jason Larkin	Individual#	42.17	M45/14
111	1254	Connor Larkin	Individual#	42.18	MO/38
112	205	Kath Aspin	New Marske Harriers	42.22	F50/1
113	1220	Chris Foster	Loftus and Whitby	42.22	M45/15
114	1068	Emma Lavelle-Wood	Fellandale	42.23	F40/3
115	1232	Graham Palmer	Loftus and Whitby	42.23	M55/6
116	926	Peter Mullarkey	Saltwell Harriers	42.23	M60/2
117	821	Nigel Briggs	NYMAC	42.24	M55/7
118	1202	Nick Andralojc	Harrogate	42.24	M55/8
119	717	James Lee	NYPT	42.25	M50/13
120	1187	Ian Latimer	NYMAC	42.31	M55/9
121	1231	Ian Nicholls	Scarborough AC	42.32	M50/14
122	925	Michael Bennett	Elvet Striders	42.35	M60/3
123	652	Steven Small	Middlesbrough and C	42.36	M45/16
124	324	Oli Read	York Knavesmire	42.37	MO/39
125	1128	Ayam Vink	Individual#	42.38	M45/17
126	364	Blaine Huntington	Sedgefield Harriers	42.41	MO/40
127	1079	Sharron Smith	Otley AC	43.02	F45/3
128	1211	James Ellison	Individual#	43.05	MO/41
129	1008	Jessica Woolley	Knowle and Dorridge	43.11	FO/9
130	1182	David Gibson	Esk Valley Fell Club	43.16	M40/21
131	1183	Mike Womack	Lymm Runners	43.18	M40/22
132	1214	Mark Scott	Billingham Marsh Hc	43.34	M45/18
133	22	Cassie Read	York Knavesmire	43.47	FO/10
134	1260	Dean Law	NYMAC	43.50	M40/23
135	1265	Simon Dobson	Elvet Striders	43.51	M45/19
136	1237	David Gibson2	Elvet Striders	43.54	M50/15
137	1216	Wai Chung	Individual#	43.55	M50/16
138	1007	Sarah Roe	Billingham Marsh Hc	43.56	FO/11
139	1174	Paul Wilkin	Middlesbrough and C	43.57	M45/20
140	1184	Andrew Mochrie	Esk Valley Fell Club	44.00	MO/42
141	1017	Jenny Wilkie	NYMAC	44.02	F40/4
142	1155	Paul Richardson	Saltwell Harriers	44.05	M40/24
143	168	Nina Mason	Elvet Striders	44.06	F45/4
144	807	Julian Barwick	NYMAC	44.09	M55/10
145	523	Peter Gunn	Individual#	44.11	M40/25
146	1035	Louise Warner	Elvet Striders	44.12	F40/5
147	275	Sue Haslam	Scarborough AC	44.12	F60/1
148	636	Alan Simpson	Thirsk and Sowerby	44.18	M45/21
149	1172	Steve Libby	HATRIC	44.20	M55/11
150	1175	Shaun Dodd	Blyth RC	44.24	M45/22
151	1296	Lee Wren	Aycliffe RC	44.40	M45/23
152	1292	Trevor Symonds	Northern Fells RC	44.43	M60/4
153	1156	James Flintoff	Individual#	44.47	MO/43
154	1167	Philip Meadows	Individual#	44.48	M55/12
155	1294	Paul Levett	NYMAC	44.50	M45/24
156	808	Michael Wilson	Pickering RC	44.53	M55/13
157	1279	Marc Mason	NYMAC	44.56	M60/5
158	1065	Ruth Davies	Individual#	45.07	F45/5
159	1243	Martin Shackleton	NYMAC	45.12	M50/17
160	647	Andy Chapman Gibbs	York Knavesmire	45.15	M45/25
161	1067	Claire Green	Individual#	45.17	F40/6
162	46	Lucia Minto	Quakers	45.18	FO/12
163	166	Diane Jobson	NYMAC	45.19	F45/6
164	250	Caroline Glover	Wharfedale Harriers	45.19	F55/1
165	1121	David Whitfield	Individual#	45.24	MO/44
166	1207	Marc Davies	Thirsk and Sowerby	45.36	M55/14

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167	1033	Theresa Oldroyd	Harrogate	45.43	F50/2
168	734	Darren Gibson	Individual#	45.49	M50/18
169	1181	Barney Green	Individual#	45.49	M40/26
170	1151	Simon Greenwell	Esk Valley Fell Club	45.50	M45/26
171	1148	John Williams	Esk Valley Fell Club	45.50	M50/19
172	1229	Mike Robbios	Billingham Marsh Hc	45.57	M40/27
173	367	Bruno Gonzalez	Individual#	45.58	MO/45
174	1275	Andy Loble	Individual#	46.01	MO/46
175	1191	Barry Dunne	NYMAC	46.03	M55/15
176	1078	Lucy Clough	NYMAC	46.05	F40/7
177	1131	Suny Playfork	Individual#	46.05	MO/47
178	736	Simon Rek	Quakers	46.07	M50/20
179	1158	Kevin Willis	Individual#	46.08	M50/21
180	1170	Thomas Jones	Individual#	46.10	M40/28
181	1199	Andrew Martin	Individual#	46.13	MO/48
182	1272	Mark Tallon	Darlington Harriers	46.17	MO/49
183	1144	Stephen Carter	Individual#	46.19	M50/22
184	1030	Esther Harrison	Thirsk and Sowerby	46.21	FO/13
185	1150	David Peel	Individual#	46.23	MO/50
186	1040	Emma Allison	Individual#	46.29	FO/14
187	918	Dave Wallace	Hartlepool Burn Roa	46.32	M60/6
188	1149	Martin Hedgley	Individual#	46.32	M50/23
189	1086	Helen Heaney	North Shields Poly	46.33	F40/8
190	977	Michael Hetherton	Pickering RC	46.41	M70/1
191	1042	Jenny Simpson	North Shields Poly	46.42	FO/15
192	1291	Dave Edwards	Hartlepool Burn Roa	46.59	M60/7
193	7	Rebecca Dent	Scarborough AC	47.01	FU23
194	950	Rob Burn	Thirsk and Sowerby	47.01	M65/1
195	1055	Rachel Watson	Belle Vue	47.04	F40/9
196	1145	Gary Beard	Loftus and Whitby	47.05	M55/16
197	1146	Alan Richardson	Individual#	47.08	M60/8
198	1238	Kevin Tyerman	Individual#	47.18	M40/29
199	1032	Suzanne Lewis-Dale	North Shields Poly	47.20	FO/16
200	1293	Andrew Rogerson	Individual#	47.22	M55/17
201	1178	Gareth Phillips	Gateshead Harriers	47.25	M40/30
202	1209	Tony Morrell	Individual#	47.30	M55/18
203	956	Eddie Meehan	NYMAC	47.33	M65/2
204	1259	Shaun Kelly	Individual#	47.34	MO/51
205	5	Rebecca Aspin	New Marske Harriers	47.49	FU23
206	735	Ray Foukles	Redcar RC	47.55	M50/24
207	1136	Barry Young	North Shields Poly	48.04	M55/19
208	1162	Steve Grange	Ripon Runners	48.07	M55/20
209	1076	Vicki Spring	Low Fell RC	48.10	F40/10
210	1195	Ian Simmons	Harrogate	48.14	M55/21
211	917	Christopher Wright	NYMAC	48.16	M60/9
212	1141	Colin Knapp	Individual#	48.17	M55/22
213	1186	Tim Adams	NYP Tri	48.20	M50/25
214	1021	Susan Leight	Individual#	48.35	F45/7
215	729	Paul Haydon	FRA	48.42	M50/26
216	1193	Rob Sanders	Black Combe Runne	48.47	M65/3
217	639	David Wotton	Claremont	48.48	M45/27
218	1171	Graham Currie	NYMAC	48.51	M60/10
219	1274	Chris Watson	Redcar RC	49.04	MO/52
220	14	Kirsty Naylor	Thirsk and Sowerby	49.06	FO/17
221	1208	Martin Coy	Thirsk and Sowerby	49.11	M45/28
222	1091	Sarah Martin	Esk Valley Fell Club	49.13	FU23
223	1179	Ralph Broadley	Scarborough AC	49.15	M70/2

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224	811	Malcolm Hewitson	Quakers	49.19	M55/23
225	1092	Gael Watson	Individual#	49.43	F50/3
226	1020	Stephanie Barlow	Elvet Striders	49.49	F45/8
227	1147	Michael Sonley	Individual#	49.49	M55/24
228	1222	Michael Shakesheff	Individual#	49.50	M40/31
229	1269	Michael Cooper	Thirsk and Sowerby	49.51	M40/32
230	727	David Peter Robinson	NYMAC	49.56	M50/27
231	1138	Phil James	Saltwell Harriers	50.01	M55/25
232	1043	Sue Dick	Loftus and Whitby	50.08	F40/11
233	1027	Sarah Tomlinson	Darlington Harriers	50.16	F40/12
234	30	Sarah Guy	Darlington Harriers	50.21	FO/18
235	1059	Laura Cochrane	Individual#	50.33	FO/19
236	1188	Sam Cavanagh	Individual#	50.35	MO/53
237	804	David Stephenson	Pickering RC	50.36	M55/26
238	280	Jan Young	Elvet Striders	50.44	F65/1
239	1123	Philip Imeson	Individual#	50.44	M55/27
240	900	Malcolm Peggs	Loftus and Whitby	50.46	M60/11
241	1001	Jane Suddaby	Individual#	50.48	F55/2
242	1048	Carolyn Rigby	CLOK	50.50	F50/4
243	1261	John Arnold	Individual#	50.50	M65/4
244	1262	Andrew Fowell	Individual#	50.52	M60/12
245	1161	Stephen Tawse	Swift Tees	50.53	M55/28
246	1280	David Guy-Johnson	North Shields Poly	51.07	M60/13
247	258	Sue Slack	Pickering RC	51.08	F55/3
248	1089	Victoria Wright	NYMAC	51.10	F45/9
249	1168	Eddie Fearnside	Individual#	51.33	M50/28
250	1073	Lesley Houfe	Individual#	51.38	F50/5
251	1295	Tim Mattlea	Elvet Striders	51.41	M55/29
252	1077	Lois Muir	Cleveland Tri Club	51.42	FO/20
253	1058	Camilla Maatta	Elvet Striders	51.49	F50/6
254	1235	Jonathan Jamison	North Shields Poly	51.55	M45/29
255	169	Petra Chapman Gibbs	York Knavesmire	52.00	F45/10
256	955	Mick Garratt	Esk Valley Fell Club	52.00	M65/5
257	1046	Hanne Bown	Esk Valley Fell Club	52.09	FO/21
258	1130	David Ternit	Thirsk and Sowerby	52.15	M40/33
259	719	Neil Enskat	NYMAC	52.18	M50/29
260	1180	Neil Archbald	Individual#	52.21	M40/34
261	1284	Michael Armstrong	Sunderland Strollers	52.24	M55/30
262	1122	Darren Imeson	Individual#	52.25	M45/30
263	108	Anne Marie Wilson	NYMAC	52.29	F40/13
264	1198	Richard Tait	Ambleside	52.32	M65/6
265	1056	Karen Goodyear	Ambleside	52.41	F60/2
266	1090	Amanda Allman	Individual#	52.44	F40/14
267	1126	George Banbury	Individual#	52.45	M45/31
268	1004	Jan Rogerson	Individual#	52.47	F50/7
269	1000	Ronnie Sherwood	New Marske Harriers	52.49	M75/1
270	1074	Jill Libby	Thirsk and Sowerby	52.52	F60/3
271	1016	Vanora McCullagh	Keighley and Craver	52.52	F45/11
272	204	Barbara Beveridge	Esk Valley Fell Club	52.53	F50/8
273	1159	Jim Richards	York Knavesmire	52.55	M50/30
274	1075	Rachel Jones	Individual#	52.55	FO/22
275	1061	Lucy Armstrong	Darlington Tri Club	52.55	F40/15
276	1289	Duncan Fothergill	Thirsk and Sowerby	53.01	M40/35
277	1277	Russ Kelly	Redcar RC	53.03	M45/32
278	279	Anne Robson	NYMAC	53.07	F60/4
279	1087	Lois Lincoln	Saltwell Harriers	53.21	FO/23
280	1257	Steve Binks	Keighley and Craver	53.26	M45/33

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281	1045	Katharine Woodhead	Harrogate	53.48	FO/24
282	1297	Michael Dagson	Individual#	53.50	M40/36
283	1081	Rachel Nunn	Orchard Eagles	53.53	F45/12
284	916	Martin White	New Marske Harriers	54.05	M60/14
285	1062	Rebecca Talbot	Elvet Striders	54.10	F40/16
286	1036	Emma Joyce Kitson	Individual#	54.13	FO/25
287	1037	Melanie Bradley	Individual#	54.21	FO/26
288	1013	Jeannie Wilde	Redcar RC	54.39	F45/13
289	1228	Bob Howe	NYMAC	54.48	M70/3
290	1031	Lorna Webb	Individual#	54.48	F45/14
291	806	Ian Robinson	Esk Valley Fell Club	54.50	M55/31
292	1072	Lisa Rutter	Redcar RC	55.02	F40/17
293	901	Graham Robinson	Pickering RC	55.17	M60/15
294	150	Faith Coy	Thirsk and Sowerby	55.20	F45/15
295	1169	Iain Moore	Individual#	55.21	M40/37
296	1189	Emil Maatta	Elvet Striders	55.24	MO/54
297	1064	Sally Anne Lardner	Easingwold	55.35	F60/5
298	1083	Amy Gill	Individual#	55.41	FO/27
299	1153	John Gill	Individual#	55.50	MO/55
300	173	Emma Beaumont	New Marske Harriers	55.51	F45/16
301	110	Louise Ellison	Redcar RC	55.52	F40/18
302	1164	William Lea	CLOK	55.53	MU23
303	908	Donald Buffham	Otley AC	56.02	M60/16
304	1011	Sally Tierney	Individual#	56.06	F45/17
305	1248	Stephen Ellis	Elvet Striders	56.07	M65/7
306	1038	Rosie Gatenby	Thirsk and Sowerby	56.15	FO/28
307	1190	Brian Allen	New Marske Harriers	56.43	M75/2
308	1192	David Shipman	Elvet Striders	56.48	M60/17
309	1276	Philip Coveman	NYMAC	56.51	M50/31
310	206	Sally Kingscott	Scarborough AC	56.56	F50/9
311	1014	Andrea Richardson	Ripon Runners	57.02	F45/18
312	1015	Caren Crabtree	Keighley and Craver	57.14	F40/19
313	1203	Michael Watson	Redcar RC	57.29	M55/32
314	263	Helen Mullarkey	Saltwell Harriers	57.29	F55/4
315	1010	Mary Mason	NYMAC	57.40	F55/5
316	1143	Paddy O'Neill	Individual#	58.24	M55/33
317	1177	Peter Phillips	Loftus and Whitby	58.25	M70/4
318	1252	Douglas Welsh	NYMAC	58.34	M70/5
319	826	Philip S Cawood	NYMAC	58.35	M55/34
320	1025	Saskia Chapman Gibbs	York Knavesmire	58.53	FU23
321	911	Michael Punchard	Pickering RC	58.57	M60/18
322	1023	Glynis Johnson	Individual#	58.57	F55/6
323	1026	Angela Gribbon	Individual#	59.15	FO/29
324	1140	Chris Morris	Individual#	59.24	M45/34
325	1278	Martin Harbron	Individual#	59.27	M45/35
326	1019	Gemma Richardson	NYMAC	59.31	FO/30
327	158	Rohan Hill	Esk Valley Fell Club	59.58	F45/19
328	1247	Nigel Coates	Individual#	60.01	M70/6
329	1286	Geoffrey Hine	Esk Valley Fell Club	60.07	M60/19
330	1234	Richard Clarke	FRA	60.34	M75/3
331	277	Sally Brown	Pickering RC	60.41	F60/6
332	1135	Nigel Watson	Individual#	60.43	M55/35
333	1253	Mark Thacker	Individual#	60.48	M50/32
334	1012	Ronni Kirkham	Redcar RC	61.15	F55/7
335	1054	Elsbeth Alexander	Redcar RC	61.35	F45/20
336	1287	Colin Scollay	New Marske Harriers	61.43	M65/8
337	1009	Catherine Lumb	Easingwold	61.53	F55/8

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338	1085	Clare Williams	Esk Valley Fell Club	62.09	F50/10
339	1217	Raymond Dang	Eaglescliffe RC	62.12	M55/36
340	1018	Christine Burn	Thirsk and Sowerby	62.16	F60/7
341	1201	Patrick Dunlop	Individual#	62.24	MO/56
342	1039	Faye Robinson	Individual#	63.07	FU23
343	1082	Karen Dillworth	Lets Run Ladies	63.09	F40/20
344	1225	Adrian Northey	Individual#	64.54	M55/37
345	1051	Fiona Smith	Individual#	64.58	F45/21
346	1084	Nicola Lees	Individual#	65.02	F45/22
347	1071	Hilary Turner	Pickering RC	66.54	F70/1
348	1251	Ben Rheinberg	Individual#	DNF	
349	1300	Paul Bentley	NYMAC	DNF	
350	1022	Kerri-Ann Hudson	Individual#	DNF	

(End)

Teams:	Club	Points	Positions	Team pts/total
<b>male:</b>	1 NYMAC 'A'	55	8,11,13,23	15/51
	2 Esk Valley Fell Club 'A'	77	7,10,29,31	14/83
	3 York Knavesmire 'A'	128	15,32,38,43	13/56
	4 NYMAC 'B'	158	24,39,46,49	12/27
	5 Middlesbrough and Clev	183	9,21,68,85	11/25
	6 Elvet Striders 'A'	203	25,51,57,70	10/10
	7 Billingham Marsh House	215	16,54,69,76	9/9
	8 NYMAC 'C'	238	56,59,61,62	8/18
	9 Loftus and Whitby 'A'	267	30,40,98,99	7/7
	10 York Knavesmire 'B'	308	45,75,80,108	6/29
	11 Hartlepool Burn Road 'A'	327	22,72,79,154	5/15
	12 Thirsk and Sowerby 'A'	331	4,66,124,137	4/25
	13 Saltwell Harriers 'A'	333	34,78,100,121	3/3
	14 North Shields Poly 'A'	347	35,53,91,168	2/15
	15 Esk Valley Fell Club 'B'	357	41,84,112,120	1/25
	16 NYMAC 'D'	407	87,101,104,115	1/1
	17 New Marske Harriers 'A'	475	5,52,206,212	1/1
	18 NYMAC 'E'	520	122,131,133,134	1/1
	19 Elvet Striders 'B'	535	106,116,117,196	1/1
	20 Pickering RC 'A'	541	65,132,156,188	1/55
	21 NYMAC 'F'	658	145,165,171,177	1/1
	22 Esk Valley Fell Club 'C'	693	140,141,198,214	1/1
	23 Thirsk and Sowerby 'B'	720	158,179,184,199	1/1
	24 Redcar RC 'A'	779	167,178,209,225	1/1
	25 NYMAC 'G'	822	185,200,213,224	1/1
<b>female:</b>	1 New Marske Harriers 'A'	21	2,5,14	15/54
	2 Elvet Striders 'A'	49	4,22,23	14/27
	3 NYMAC 'A'	55	6,21,28	13/39
	4 York Knavesmire 'A'	78	1,19,58	12/62
	5 Thirsk and Sowerby 'A'	87	13,32,42	11/34
	6 North Shields Poly 'A'	107	34,35,38	10/10
	7 New Marske Harriers 'B'	136	15,39,82	9/9
	8 NYMAC 'B'	145	31,54,60	8/17
	9 Scarborough AC 'A'	146	24,36,86	7/80
	10 Elvet Striders 'B'	152	45,50,57	6/6

11	Pickering RC 'A'	160	11,53,96	5/57
12	Saltwell Harriers 'A'	166	7,70,89	4/8
13	Esk Valley Fell Club 'A'	168	43,59,66	3/35
14	Easingwold 'A'	191	12,80,99	2/2
15	Darlington Harriers 'A'	202	47,48,(107)	1/1
16	Harrogate 'A'	208	30,71,(107)	1/1
17	Thirsk and Sowerby 'B'	228	64,79,85	1/8
18	Redcar RC 'A'	237	76,78,83	1/1
19	NYMAC 'C'	253	69,90,94	1/1
20	Keighley and Craven 'A'	260	65,88,(107)	1/1
21	Redcar RC 'B'	302	97,98,(107)	1/1
22	Esk Valley Fell Club 'B'	302	95,100,(107)	1/1

\* = Bonus points not included

# = Non-counter (team)

### Comments:

The mild dry conditions over the festive period meant the traditionally sticky Captain Cooks Fell Race course was drying out nicely for race day. Come the day the sun shone, the breeze was light so perfect conditions, all that was required were some competitors. New Years Day is now a double up day for parkruns, a new take on this is the parkrun/Captain Cooks Race double. Just shy of 400 runners signed up, 350 seniors and 48 juniors, a record we think.

The race field celebrated Graham Robinson (Pickering AC) achievement of having competed in all 36 versions of the Captain Cooks Race and marked his 1000th running event, Graham added he'd run all distances from 100m to marathon, except the 1500m which he would do later this year, so well done.

Sterling work was done by the Parry family as they managed registration and number recording at the finish, thanks to Graham and Diane Hall timekeepers, also the course markers and race marshals with out whom the event just would not happen.

Prizes are limited as all proceeds from the race, this year £1780 are donated to local charities and good causes, one early donation was for a defibrillator at the soon to start Brotton parkrun. So thank you runners.

Back to race matters, Lloyd Biddell Mercia Fell Runners overall winner of the previous two events was sidelined through injury, so there was to be a new name on the trophy, Lloyd did appear at registration to return the trophy, thank you. Nik Terrega York Knavesmire current women's champion made her first Winter Series outing hoping to make it a triple win.

The first kilometre is on tarmac leading to a fast start, the climbing then starts gradually at first, by two kilometres the split point of the Seniors and the u15/u17 competitors is was junior Archie Lowe, Mandale running side by side with senior Harry Holmes Pudsey and Bramley, Archie was a great pacer commented Harry post-race. In a repeat of Guisborough Woods a few days earlier it was Lee Kemp Trolley AC leading the chasers with Under 23 Rory Stead Aberdeen AC, different class commented Lee post-race.

The third kilometre takes in the main climb of the race to Captain Cooks Monument, a brutishly steep ascent of slippery clay and steps. Harry gradually increased his lead. In the ladies race it was Nik Terrega who led out with Sharon Bulman, New Marske



## Captain Cooks

Harriers in pursuit with Morag Stead, Morpeth Harriers.

Once at the Monument, its not all downhill there is a smaller sting in the tail climb that can undo many a good race for the unwary. Harry continued his terrific race to claim the fastest time for the Captain Cooks event of 29.28, this beats Robin Bergstrand's 1991 record time of 29.36, though the current course stops shorter at the Lodge to avoid a road crossing to the previous finish on High Green where Robin claimed his 29.36 course record. So well done Harry your name is in the record books and back on the trophy. In the vets race it was Esk Valley Fell Club's Paul Williams who claimed the victory. Nik Terrega eased to victory in the women's race with Sharon Bulman claiming the vets prize. Archie Lowe went onto win the 4km race and Florence Wharton Thirsk and Sowerby in the junior ladies.

In the teams it was New Marske Harriers women from Elvet Striders and NYMAC men leading home Esk Valley Fell Club.

Next race Comondale Clart - 6th January and Heartbeat Hobble - 3rd February.

Clive Thornton  
Esk Valley Fell Club

**Next Race :** Comondale Clart

06-Jan-19