

## Cock Howe and Beyond

### N.Runner/NEHRA Summer Series 2011

12-Jul-11  
Race 7

Pos.	No.	Name	Club	time	cat/pos/pts/total
1	274	Carl Bell	Howgill Harriers	39.05	MO/1/50/50
2	516	Paul Butler	Loftus & Whitby	40.38	M45/1/50/250
3	210	Cameron Taylor	Esk Valley Fell	42.00	MJ/1/50/300
4	217	Andrew Minister	Durham Fell R	42.12	MO/2/48/176
5	251	Chris Jeffries	North York Moors	42.41	MO/3/46/142
6	227	Simon Greenwell	Esk Valley Fell	42.54	MO/4/45/182
7	256	Louis Goffe	N'land Fell R.	43.08	MO/5/44/132
8	627	Ken Maynard	S'land Strollers	43.48	M50/1/50/196
9	521	Anthony Harnett	North York Moors	44.17	M45/2/48/144
10	207	Steve Hardy	Loftus & Whitby	44.51	MO/6/43/259
11	233	Ian McGrath	Durham Fell R	44.52	MO/7/42/130
12	511	Brian Saysell	North York Moors	45.45	M45/3/46/187
13	517	Nick Wadd	Quakers	46.06	M45/4/45/91
14	242	Gareth Wilson	North York Moors	46.44	MO/8/41/207
15	515	Mark David	Nidd Valley AC	46.45	M45/5/44/81
16	801	David Kirk	H'Pool Burn Rd	47.15	M60/1/50/300
17	618	Chris Ellis	Loftus & Whitby	47.16	M50/2/48/278
18	276	Paul Wilson	S'land Strollers	47.26	MO/9/40/40
19	219	Thomas Jones	Redcar RC	47.51	MO/10/39/239
20	431	David Aspin	New Marske H.	48.23	M40/1/50/50
21	508	Derek Parrington	Swaledale RR	49.14	M45/6/43/217
22	66	Alison Raw	Bingley H & AC	49.51	F45/1/50/50
23	218	Rob Allinson	Redcar RC	50.11	MO/11/38/223
24	632	Steve Libby	FRA#	50.19	M50/3/46/91
25	635	Andrew Knox	Quakers	50.25	M50/4/45/45
26	622	Stuart Backhouse	Esk Valley Fell	50.34	M50/5/44/87
27	416	Richard Lindsay	Esk Valley Fell	50.48	M40/2/48/90
28	609	Mick Clarke	Loftus & Whitby	50.49	M50/6/43/217
29	433	Tim Lowes	Esk Valley Fell	51.17	M40/3/46/46
30	524	Nicholas Cousins	Pickering RC	52.02	M45/7/42/175
31	602	Julian Barwick	North York Moors	52.18	M50/7/42/252
32	430	Paul Levett	North York Moors	52.19	M40/4/45/45
33	604	Andrew Johnson	Esk Valley Fell	52.21	M50/8/41/209
34	67	Kath Aspin	New Marske H.	52.37	F40/1/50/50
35	532	Michael Keavney	Ind	53.10	M45/8/41/41
36	262	Christopher Green	Esk Valley Fell	53.24	MO/12/37/71
37	40	Julia Jackson	Loftus & Whitby	53.35	F40/2/48/93
38	701	Trevor Symonds	FRA#	54.32	M55/1/50/189
39	428	David Heath	Individual#	54.34	M40/5/44/90
40	525	Steve Minns	Shildon & DAC.	54.36	M45/9/40/83
41	211	Dave Gibson	Esk Valley Fell	54.45	MO/13/36/160
42	429	Petyer Murray	York Acorn	54.46	M40/6/43/43
43	882	Mike Hetherton	Pickering RC	56.38	M65/1/50/300
44	707	Stuart Hardcastle	Quakers	56.48	M55/2/48/138
45	266	Nicki Walters	Esk Valley Fell	56.52	MO/14/35/60
46	68	Louise Outterson	S'land Strollers	57.21	F40/3/46/46
47	600	Chris Wright	North York Moors	58.05	M50/9/40/160
48	48	Pam Costello	Redcar RC	58.48	F55/1/50/146
49	514	Paul Haydon	FRA#	59.14	M45/10/39/249
50	700	Peter Pozman	Wetherby R.	59.36	M55/3/46/267
51	221	Andrew Lambe	Quakers	59.40	MO/15/34/60
52	706	Mick McGurk	New Marske H.	60.30	M55/4/45/226
53	49	Clare Davison	Loftus & Whitby	60.55	F45/2/48/194
54	887	Phil Miles	New Marske H.	61.10	M70/1/50/50
55	885	Barry Moody	North York Moors	62.28	M65/2/48/189

56	504	Martin Hunt	Esk Valley Fell	63.31	M45/11/38/186
57	432	Nick O'Grady	New Marske H.	63.41	M40/7/42/42
58	715	Richard Payne	Quakers	63.50	M55/5/44/44
59	806	Dave Parke	Scarborough AC	64.26	M60/2/48/183
60	610	Ian Robinson	Esk Valley Fell	64.59	M50/10/39/226
61	34	Susan Curtis	Quakers	92.12	F45/3/46/88

(End)

Teams:	Club	pts	overall posns
<b>male:</b>	1 North York Moors 'A'	40	5,9,12,14
	2 Loftus & Whitby 'A'	56	2,10,17,28
	3 Esk Valley Fell 'A'	60	3,6,26,27
	4 Quakers 'A'	124	13,25,44,51
	5 Esk Valley Fell 'B'	132	29,33,36,41
	6 North York Moors 'B'	153	31,32,47,55
	7 New Marske H. 'A'	166	20,52,54,57

**female:** n/a

#### Comments:

Paul Butler charged off at the start opening a gap of about 75 metres on the first half of the opening climb. At this point Carl Bell was in second on his own about 50 metres ahead of a chasing group which included Cameron Taylor the leading junior in about eighth at this point. From this point Carl and Cameron were able to eat into Paul's lead. By the half way stage Carl had overhauled Paul with Cameron still chasing but coming up into third, with a group of runners including Simon Greenwell, Andrew Minister and Chris Jeffries. By the finish Carl had opened a good lead to break the course record with Paul and Cameron coming into 2nd and 3rd. Ken Maynard had an outstanding run as the leading 'Vet. 50' finishing in 8th, as did Dave Kirk 'Vet 60' finishing 15th.

North York Moors though led by Chris went on to win the team from Loftus and Esk Valley In the women's event Alison Raw turned out for the first time this season to record an excellent run finishing ahead of Kath Aspin, Julia Jackson and Louise Outterson. Alison set off steadily but gradually cranked it up through the race to finish comfortably ahead of her rivals. The Aspins had a really good night with Kath 2nd Woman and Dave surprising himself by winning the first Vet 40 prize.

Look out for the new Duathlon in the Spring (Bike and Run.) Hope to see you at Gribdale in a couple of weeks. Thanks to Andy Parry and Richard Lindsay for marking and clearing the course respectively....  
Best wishes Dave

Next Race : Gribdale Gallop

26-Jul-11