

# The Helmsley 10k Multi Terrain Challenge at Helmsley on Monday 4th April 2010

## Helmsley — FINAL RESULTS

Pos	Name	Cat/Pos	Club	Time	Pos	Name	Club	Time	
1	Andy Hilton		York Acorn	36:06	71	Daryl Maffey	Scarborough Athletic Club	47:57	
2	Gary Cowards	V40 1	Billingham Marsh Hse H & Ac	36:26	72	Pam Costello	L55 1 Redcar Running Club	48:02	
3	Andrew Race		North York Moors Ac	38:09	73	Cameron Turner	V40 11 Easingwold Running Club	48:07	
4	Cameron Choules	V40 2	Thirsk & Sowerby Harriers	38:22	74	Malcolm Hodgson	V40 12 Unattached	48:13	
5	Paul Stevenson	V45 1	Pudsey Bratley	38:32	75	Christopher Kitchen	Unattached	48:15	
6	Becky Penty	L	1 York Acorn	38:48	76	Barry O'Brien	V40 13 Unattached	48:19	
7	William Smith	U17 1	Wharfedale Harriers	39:22	77	Stephen Wingate	V55 4 Unattached	48:29	
8	Richard Skilbeck		Headington Road Runners	39:35	78	Mark Edwards	V50 5 North York Moors Ac	48:38	
9	Kim Brown		Unattached	40:04	79	Colin Lea	V40 14 Knavesmire Harriers	48:42	
10	Stephan Tomaszewski	V50 1	Thirsk & Sowerby Harriers	40:42	80	Andrew Brant	V45 7 Beverley Ac	48:45	
11	Shaun Lawson		Unattached	40:46	81	Tom Gillon	V50 6 Scarborough Athletic Club	48:49	
12	Mark Waive		Springfield Striders	40:47	82	Mark Mulvenna	V45 8 Unattached	48:51	
13	Vaughan Crawford		Unattached	41:03	83	Andrew Southern	V40 15 Unattached	49:03	
14	Andrew Johnson	V40 3	Beverley Ac	41:08	84	David Jones	V45 5 Unattached	49:03	
15	Aaron Stevenson		Unattached	41:12	85	Sue Simpson	L45 1 Harrogate Harriers & Athletic	49:07	
16	Simon Rycroft		Pocklington	41:15	86	Emily Thornton	L	7 Easingwold Running Club	49:15
17	Chris Judge		Unattached	41:20	87	David Beeson	V40 16 Unattached	49:17	
18	Kevin Lally	V40 4	Easingwold Running Club	41:23	88	John Long	V50 7 Unattached	49:19	
19	John Peel		Unattached	41:27	89	Clare Davison	L40 2 Pickering Running Club	49:24	
20	Anthony Jefford		Unattached	41:39	90	Peter Shaw	V60 2 Unattached	49:28	
21	Keziah Paxton	L17 1	Thirsk & Sowerby Harriers	41:41	91	Richard Allan	V45 9 Unattached	49:31	
22	Rob Burn	V55 1	Thirsk & Sowerby Harriers	41:51	92	Tess Roebuck	L45 2 Pickering Running Club	49:42	
23	Mervin Burn	V45 2	Thirsk & Sowerby Harriers	41:58	93	Michael Brown	V45 10 Unattached	49:44	
24	Rich Mortiboys		Unattached	42:25	94	Jon Zigmund	V55 6 Vegetarian Cycling AC	49:45	
25	Graham Harrison		Pickering Running Club	42:35	95	Alex Wardle	L40 3 Woodford Green With Essex L	49:47	
26	Miles Rickelton		Unattached	42:39	96	Richard Brown	V45 11 Unattached	49:48	
27	Paul Smith	V50 2	Unattached	42:55	97	Steve Garlick	V45 12 Vocalink Running Club	49:50	
28	Michael Waddle		Unattached	43:07	98	Alan Purvis	V40 17 Unattached	49:52	
29	D Stockwell		Unattached	43:08	99	Malc Jackson	V40 18 Unattached	50:07	
30	Benedict Warrack		Unattached	43:13	100	S Motson	V45 13 Unattached	50:10	
31	Martin Smith		Knavesmire Harriers	43:26	101	Jamie Taylor	Unattached	50:12	
32	James McGann		Easingwold Running Club	43:37	102	(No. 400)	Unattached	50:13	
33	Duncan Roy	JM 1	Unattached	43:56	103	Rod Collier	Unattached	50:25	
34	Gary Wilks		Ripon Runners	44:12	104	Mark Dennison	V45 14 Unattached	50:33	
35	Michael Hetherton	V60 1	Pickering Running Club	44:23	105	Mark Wragg	Knavesmire Harriers	50:38	
36	Catherine Howlett	L40 1	Unattached	44:26	106	Simon Nichol	Unattached	50:53	
37	Alex Dobson		Nypac	44:35	107	David Dunn	Unattached	50:55	
38	Paul Kinghorn		Unattached	44:41	108	Sharon Gayter	L45 3 North York Moors Ac	51:00	
39	Mike Boddy	V40 5	Unattached	44:46	109	Gary Young	Unattached	51:03	
40	Adrienne Hopkins	L35 1	Headington Road Runners	44:52	110	Christopher Green	Unattached	51:14	
41	Neil Holdsworth	V50 3	Knavesmire Harriers	45:02	111	Karl Gerhardsen	V50 8 Easingwold Running Club	51:23	
42	Philip Emms		Rothwell & Dist Harriers	45:10	112	Shaun Logan	V55 7 Unattached	51:28	
43	Andrew Lambe		Quakers Running Club	45:11	113	Lynne Shepley	L50 1 Stone Master Marathoners	51:37	
44	Fred Collin	V40 6	Unattached	45:13	114	Christian Ardissone	Unattached	51:55	
45	William Smith		Unattached	45:14	115	Julian Harrison	Unattached	52:01	
46	Peter Winter	V45 3	Pickering Running Club	45:17	116	Ian Barnes	V75 1 Darlington H & Ac	52:03	
47	Bryan Dooley		Unattached	45:21	117	Anneke Imeson	L	13 Ripon Runners	52:04
48	John Coats	V45 4	Northern Veterans Ac	45:30	118	???	???	52:15	
49	Edd Banks		Unattached	45:33	119	Angela Garrity	L	14 Scarborough Athletic Club	52:24
50	Matt Rylatt	V45 5	York Acorn	45:38	120	George Smith	V60 3 Unattached	52:25	
51	Jon Dixon	V45 6	Easingwold Running Club	45:41	121	Abbie Hull	L	15 Quakers Running Club	52:31
52	Al Hurst		Unattached	45:50	122	Mark Cotton	V50 9 Unattached	52:34	
53	Chris Toner		Unattached	46:06	123	Claire Anderson	L35 2 Pickering Running Club	52:49	
54	Keith Hawkins	V40 7	Ripley Running Club	46:10	124	Sue Louth	L40 4 Scarborough Athletic Club	52:53	
55	David Darton	V50 4	Knavesmire Harriers	46:16	125	Jeff Blackford	V45 15 Unattached	52:56	
56	Hubie Conway		Unattached	46:27	126	Michael Dooley	V45 16 Unattached	53:05	
57	Daniel Watson		Unattached	46:33	127	Vicki Howe	L45 4 Unattached	53:07	
58	Jonathan Dooley		Unattached	46:33	128	Judith Seaton	L50 2 Thirsk & Sowerby Harriers	53:09	
59	Andrew Kyle		Unattached	46:37	129	Luke Richardson	Unattached	53:15	
60	Paul Goodwin		Unattached	46:43	130	Craig Bridgewood	Unattached	53:19	
61	Graham Robinson	V55 2	Loftus Ac	46:57	131	Jane Butler	V45 17 Unattached	53:22	
62	Simon Matson		Unattached	47:07	132	John Hunter	V60 4 Swaledale Road Runners	53:23	
63	Paul McMillan	V40 8	Selby Striders	47:11	133	Maureen Medlar	L55 2 Knavesmire Harriers	53:30	
64	Jonathan Davey		Scarborough Athletic Club	47:19	134	Richard Gott	V55 8 Knavesmire Harriers	53:40	
65	Paul Lewis		York Acorn	47:33	135	Paul Goacher	V45 18 Thirsk & Sowerby Harriers	53:44	
66	Lee Thexton	V40 9	Unattached	47:34	136	Deborah Brant	L40 5 Beverley Ac	53:48	
67	Christopher Garten		Unattached	47:37	137	Gary Orchard	V50 10 York Acorn	53:49	
68	Adam Campbell		Unattached	47:49	138	Patrick Parks	V60 5 Redcar Running Club	53:50	
69	Robert Lillie	V55 3	Esh Valley Fell	47:50	139	Victoria Fawcett	L40 6 Billingham Marsh Hse H & Ac	53:50	
70	Ian Farrer	V40 10	Pickering Running Club	47:51	140	Tim Blackburn	Unattached	53:51	

141	K Blake	L45	5	Unattached	53:53	194	Stuart Anderson	V70	1	Wakefield District H & Ac	59:24
142	Christopher Flintham	V45	19	Maltby Running Club	53:57	195	Caroline Hodgson	L40	14	Pickering Running Club	59:34
143	Barrie Evans	V60	6	Elvet Striders	53:57	196	Nigel Burchell	V45	20	Unattached	59:57
144	Mick Pemberton	V55	9	Knavesmire Harriers	54:00	197	Martin Garton			Unattached	1:00:03
145	Garry Moss	V40	19	Knavesmire Harriers	54:03	198	Craig Nattress			Unattached	1:00:59
146	Bridget Houlston	L	24	Unattached	54:24	199	Gerard Frost	V55	12	Unattached	1:01:02
147	Chris Brunton			Unattached	54:27	200	Amy Brunton	L35	6	Womens Running Network	1:01:19
148	Jayne Farrer	L40	7	Pickering Running Club	54:31	201	Nicola Wise	L50	6	Pickering Running Club	1:01:44
149	Rob Stockdale			Unattached	54:34	202	Richard Easby	V55	13	Thirsk & Sowerby Harriers	1:01:45
150	Angela Collins	L45	6	Beverley Ac	54:39	203	Heather Tuffs	L	55	City Of York AC	1:01:55
151	Owen Pettiford	V40	20	Unattached	54:42	204	Jayne Chappell	L50	7	Uknetrunner	1:02:44
152	Deborah Hassell	L40	8	NYP Tri	54:47	205	Martin Walker	V40	24	Uknetrunner	1:02:44
153	Daniel Crane			Unattached	54:54	206	Alison Smith	L45	11	Unattached	1:02:51
154	James Robson	V50	11	Unattached	54:57	207	Linda Moss	L45	12	Knavesmire Harriers	1:03:08
155	Sam DeLaHaye	L	28	Unattached	55:04	208	Warren Tempertonball	V40	25	Unattached	1:04:00
156	Frank Shepley	V50	12	Stone Master Marathoners	55:07	209	Chris Chatten			Unattached	1:04:57
157	Louise Milne	L40	9	Scarborough Athletic Club	55:13	210	Heather Clay	L	59	Unattached	1:05:00
158	Matt Hutchinson	V40	21	Unattached	55:27	211	Ross Gooding			Unattached	1:05:06
159	Neil Mayfield			Unattached	55:35	212	Denise Lowden	L50	8	Unattached	1:05:53
160	Tom Denney	V65	1	Unattached	55:36	213	W Motson	V70	2	Unattached	1:06:55
161	Nicola Atkinson	L40	10	Unattached	55:38	214	Victoria Lockey	L	61	Scarborough Athletic Club	1:07:03
162	Anthony Corbett	V40	22	Quakers Running Club	55:41	215	Richard Medford	V45	21	Unattached	1:07:31
163	Liz Matthews	L45	7	Knavesmire Harriers	55:48	216	Elaine Burgess	L40	15	Unattached	1:07:37
164	Julie Bushell	L40	11	York Acorn	55:49	217	Jane Thompson	L	63	Knavesmire Harriers	1:07:37
165	Alfred Lindsay	V65	2	Easingwold Running Club	55:54	218	Emma Walgate	L	64	Unattached	1:08:09
166	Barry Sinar	V65	3	Ackworth Road Runners	56:06	219	Glyn Roberts	V65	4	Unattached	1:08:22
167	Patricia Brobyn	L60	1	Unattached	56:32	220	Mandy Silk	L45	13	Unattached	1:08:48
168	Andrew Basford			Unattached	56:35	221	Mary Schofield	L40	16	Unattached	1:08:49
169	Jean Gillespie	L55	3	Elvet Striders	56:47	222	Ian Schofield	V45	22	Unattached	1:08:50
170	Paul Garrity	V55	10	Scarborough Athletic Club	56:58	223	Sara Ellis	L45	14	Easingwold Running Club	1:09:00
171	Denise Walker	L45	8	Unattached	57:12	224	Lynden Tiplady	L50	9	Unattached	1:09:00
172	Lindsey Asher	L35	3	Unattached	57:14	225	Andrew Danby	V50	14	Unattached	1:09:31
173	Chris Appleton	V50	13	Unattached	57:18	226	Paul Adams	V60	7	Knavesmire Harriers	1:09:42
174	Lucy Dolling	L	37	Unattached	57:25	227	John Tiplady	V50	15	Unattached	1:09:48
175	Catherine Watson	L40	12	Unattached	57:30	228	Chris Flintoft			Unattached	1:09:55
176	Janet Gibson	L45	9	Unattached	57:42	229	Susan Adams	L55	5	Knavesmire Harriers	1:10:11
177	Jessica Brown	L	40	Swaledale Road Runners	57:44	230	David Walgate	V55	14	Unattached	1:10:15
178	Louise Mayfield	L35	4	Unattached	57:49	231	Karen Elstob	L45	15	Unattached	1:10:19
179	Anne Robson	L50	3	Billingham Marsh Hse H & Ac	58:02	232	David Curtis	V70	3	Unattached	1:10:41
180	Jo Fambely	L50	4	Thirsk & Sowerby Harriers	58:03	233	Jenny Davis	L50	10	Unattached	1:10:54
181	Dave Robson	V55	11	Elvet Striders	58:04	234	Dean Wise	V55	15	Pickering Running Club	1:11:09
182	Philippa Hare	L50	5	Pickering Running Club	58:06	235	Bridie Holowkiewicz	L	72	Unattached	1:11:39
183	Debbie Gibson	L45	10	Nidd Valley Road Runners	58:07	236	Partick Audas	V60	8	Withemsea Harriers	1:11:41
184	Richard Danby	JM	2	Unattached	58:08	237	Anne Rae	L35	7	Unattached	1:11:55
185	Lourina Malan	L	46	Unattached	58:10	238	Jennifer Dennison	L45	16	Unattached	1:13:27
186	Jon Richards			Unattached	58:13	239	Cox Diana Baylay	L	75	Unattached	1:14:42
187	Neal Matthews	V40	23	Unattached	58:29	240	Victoria Ventress	L35	8	Unattached	1:15:26
188	Margaret Wingate	L55	4	Unattached	58:40	241	Andrew Davis	V45	23	Unattached	1:15:30
189	Jean McHugh	L	48	New Marske Harriers Club	58:43	242	Tammy Liddell	L35	9	Unattached	1:16:45
190	Karen Snderon	L40	13	Unattached	58:57	243	Louise King	L45	17	Unattached	1:19:53
191	Samantha Smith	L	50	Unattached	59:13	244	Nicole Hollingsworth	L45	18	Unattached	1:19:53
192	Mark Parris			Unattached	59:14	245	Eric Smith	V60	9	Redcar Running Club	1:21:37
193	Lucy Saggars	L35	5	Unattached	59:18	246	Helen Teasdale	L35	10	Unattached	1:22:49