

The Helmsley 10k Challenge at Helmsley on Sunday 5th April 2015

Helmsley 10k — FINAL RESULTS

Pos	Num	Name	Cat/Pos	Club	Time
1	305	Shaun O'Grady		New Marske Harriers	35:26
2	259	Andy Whitworth	V45 1	Meltham AC	36:37
3	187	Peter Baker		City Of Hull	36:51
4	317	Maurice CaltonSeal	U17 1	York City AC	38:05
5	328	Shaun Lawson		Easingwold Running Club	38:12
6	227	Dan McKeown		London Heathside	38:20
7	129	Stuart Smith	V40 1	Pocklington Runners	38:47
8	313	Harry Holmes		York Knavesmire Harriers	39:17
9	49	Jazz Edeson	V50 1	Driffeld Striders	39:27
10	182	Julian Norton	V40 2	Thirsk & Sowerby Harriers	39:31
11	218	Mark Higham	V40 3	Doncaster & Stainforth AC	39:34
12	319	Paul Stockburn	V55 1	Harrogate Harriers	39:43
13	266	Nick Norris		Bedale And Aiskew Runners	39:44
14	116	Darren Hendley	V40 4	York Knavesmire Harriers	39:47
15	76	Jack Pennell		Unattached	39:55
16	296	Karen Pickles	L40 1	Pudsey Pacers RC	40:31
17	286	Daniel Jevons		Halifax Harriers & AC	40:48
18	188	Danny Chan	V40 5	York Knavesmire Harriers	40:52
19	20	Ewan Cochrane		York Knavesmire Harriers	40:55
20	348	Shane Johnson	V40 6	Unattached	40:56
21	120	Andy Race	V40 7	North York Moors AC	41:02
22	246	Ben Warrack	V40 8	Unattached	41:23
23	72	Robert Ward		Unattached	41:44
24	192	Sharon Bulman	L40 2	New Marske Harriers	41:45
25	33	Pete Downes	V50 2	York Knavesmire Harriers	41:50
26	60	Stephen Boynton	V55 2	British Library AC	42:03
27	105	David Brown	V45 2	Unattached	42:14
28	5	Rob Lickley	V40 9	Thirsk & Sowerby Harriers	42:17
29	251	James Holdsworth		Unattached	42:21
30	336	Tom Weston	V4010	Unattached	42:27
31	339	Bryan Miller		Thirsk & Sowerby Harriers	42:31
32	247	Mark Waters		Unattached	42:35
33	307	Alan Smitheman	V4011	Loftus & Whitby	42:45
34	117	Adrian Hall		Unattached	42:46
35	170	Ian Nicholls	V50 3	Unattached	42:51
36	70	Nick Griffin	V45 3	Unattached	42:56
37	4	David Paley	V4012	New Marske Harriers	43:02
38	332	Paul Mayhew		Unattached	43:15
39	213	John Zarb	V50 4	Unattached	43:23
40	175	Neil Strange	V50 5	Unattached	43:33
41	7	Paul Smith	V55 3	Pickering Running Club	43:36
42	316	Gary Calton	V45 4	York Acorn Running Club	43:36
43	114	Andrew Vernon		Quakers Running Club	43:50
44	239	Jonathan Hart		Unattached	43:52
45	308	Andrew Tomlinson		York Knavesmire Harriers	44:15
46	211	Neil Haines		Unattached	44:29
47	323	Jake Harrison	U17 2	Ampleford	44:31
48	299	Julian Wardman	V45 5	New Marske Harriers	44:33
49	271	Andy Everard		Richmond & Zetland Harriers	44:36
50	321	Mike Pollard	V50 6	Cherwell R & J	44:44
51	119	Steve Green	V4013	York Knavesmire Harriers	44:48
52	265	Cassie Holmes	L 3	York Knavesmire Harriers	44:55
53	300	Aldis Rancans	V4014	Unattached	44:59
54	310	Paul Atkinson	V45 6	Thirsk & Sowerby Harriers	45:07
55	315	Timothy Boynton	U20 1	York Acorn Running Club	45:11
56	46	Sarah Attwood	L 4	York Knavesmire Harriers	45:17
57	198	Patrick Wardle		Scarborough Athletic Club	45:19
58	229	Lauren Eadon	L50 1	Unattached	45:22
59	245	Andrew Hart		New Marske Harriers	45:28
60	2	Ian Mortimer	V4015	Unattached	45:29
61	144	Victoria Godliman	L40 3	Unattached	45:30
62	110	Philip Teece	V55 4	Stockton Striders	45:38
63	168	James Machin		Unattached	45:41
64	138	Sam Browes		Unattached	45:47
65	273	Debbie Pickford	L40 4	Unattached	45:48
66	136	Bill Sigsworth	V60 1	Unattached	45:50
67	125	Adam Campbell		Unattached	46:01
68	1	Robin Hicks	V50 7	York Knavesmire Harriers	46:21
69	314	Steve Riley	V45 7	York Triathlon Club	46:21
70	347	Ted Wainwright	U17 3	Unattached	46:43
71	104	Michael Hetherton	V65 1	Pickering Running Club	46:56
72	157	Darren Ansbro		Billingham Marsh House	46:56
73	41	Andrew Ingram		Unattached	47:00
74	292	Dominic Rayner	V45 8	Unattached	47:02
75	174	Perran Hutton		Unattached	47:04
76	216	Philip Harris	V50 8	Unattached	47:11
77	37	Paul Oliphant		Unattached	47:19
78	124	Cecilia Greasley	L55 1	Unattached	47:21
79	38	Sarah Oliphant	L 9	Unattached	47:26
80	155	David Kirk	V60 2	Harlepool Burn Road Harriers	47:34
81	184	Molly Stirling	L35 1	Unattached	47:41
82	132	Rod Collier	V4016	Unattached	47:52
83	278	Stuart Dowson		Unattached	47:53
84	89	Paul Manning	V45 9	Nidd Valley Runners	47:55
85	330	David Darton		York Knavesmire Harriers	47:59
86	240	Rodger Martin	V4510	Unattached	48:05
87	165	Neil Gilbertson	V4017	York Triathlon Club	48:12
88	309	Paul Bowman	V50 9	City Of Hull	48:15
89	228	Roger Bilsby	V55 5	York Knavesmire Harriers	48:16
90	166	Abigail Hearmon	U20 1	Sedgefield Harriers	48:18
91	344	Charlotte Wilton	L35 2	Thirsk & Sowerby Harriers	48:21
92	81	Peter Bradley		Unattached	48:26
93	77	Chris George		Unattached	48:30
94	24	Vicky Green	L35 3	York Knavesmire Harriers	48:31
95	78	Andrew Naylor		Unattached	48:33
96	109	Robin Newby	V4511	Unattached	48:36
97	270	Suzanne Young	L55 2	Unattached	48:41
98	17	Alan Purvis	V4512	Unattached	48:44
99	302	Mark Fletcher	V4018	Richmond & Zetland Harriers	48:54
100	195	Stewart Hart		New Marske Harriers	48:56
101	209	Richard Appleton	V4019	Ripon Runners	49:02
102	291	Lee Edwards		Unattached	49:06
103	221	Simon Arm-Riding		Unattached	49:08
104	153	Richard Maccowan		Unattached	49:21
105	48	Mark May	V5010	Scarborough Athletic Club	49:40
106	202	Paul Jackson	V5011	Unattached	49:43
107	290	Laura Halton	L 15	Unattached	49:44
108	10	David Waite	V5012	Stainland Lions	49:48
109	11	Diane Waite	L50 2	Stainland Lions	49:50
110	147	Ian Mulrooney	V5013	Unattached	50:00
111	94	Jayne White	L40 5	Esk Valley Fell Club	50:02
112	277	Angela Baker	L35 4	Unattached	50:04
113	320	Christian Anderson		Unattached	50:05
114	95	Jonathan Davies	V4513	Unattached	50:08
115	257	Philip Jackson	V65 2	Ranelagh Harriers	50:09
116	219	Gary Roberts	V55 6	Unattached	50:12
117	324	Marie Murtagh	L 19	Unattached	50:13
118	53	Paul Hodgkin		York Knavesmire Harriers	50:19
119	59	Gill Boynton	L55 3	British Library AC	50:22
120	99	Lisa Briggs	L 21	Darford Road Runners	50:28
121	42	Nikki Ingram	L 22	Unattached	50:31
122	106	Andy Hudson	V5014	Unattached	50:43
123	36	Richard Harrison	V4514	City Of Hull	50:48
124	254	Michael Lloyd	V55 7	Crook AC	50:52
125	232	George Sims		Unattached	51:03
126	284	Anne Hartley	L50 3	Easingwold Running Club	51:05
127	150	Craig Lightfoot	V5015	Billingham Marsh House	51:06
128	258	Peter Richardson	V5016	Thirsk & Sowerby Harriers	51:11
129	208	Jason Williamson	V4020	Unattached	51:13
130	69	April Corbett	L45 1	North York Moors AC	51:14
131	224	David Foster	V55 8	Bridlington Road Runners	51:16
132	281	Nigel Thomas	V5017	Meltham AC	51:32
133	306	Neil Mayfield	V4021	Unattached	51:45
134	282	Ruth Thomas	L50 4	Meltham AC	51:52
135	337	Richard Smith		Team CF	52:02
136	92	Peter Quinn	V4515	Northern Veterans AC	52:04
137	329	Colin Lea	V4516	York Knavesmire Harriers	52:09
138	191	Claire Schofield	L40 6	Unattached	52:12
139	22	Liz Matthews	L50 5	York Knavesmire Harriers	52:14
140	312	Angus Turner	V4517	Unattached	52:27
141	276	Melissa Huntsman	L35 5	Pickering Running Club	52:29
142	235	Peter Lyth	V55 9	York Knavesmire Harriers	52:32
143	256	Neil Douthwaite	V4022	Crook AC	52:44
144	301	Stephen Raisbeck	V60 3	Unattached	52:45
145	26	Stuart Atkinson	V4518	Bridlington Road Runners	52:47
146	181	Ellie May	L35 6	Halifax Harriers & AC	52:50
147	68	Anthony Corbett	V4519	York Knavesmire Harriers	52:51
148	75	Gareth Pennell	V5510	Unattached	52:55
149	217	Rachael Procter	L 30	Swaledale Road Runners	52:56
150	100	Georgia Wilkinson	L 31	Easingwold Running Club	52:59
151	96	James McCormack		Bedale And Aiskew Runners	52:59
152	176	Stephen Daniel	V4023	Easingwold Running Club	53:01
153	39	Maureen Medlar	L60 1	York Knavesmire Harriers	53:05
154	178	Andy Craven	V4520	Unattached	53:13
155	342	Jon Rowe		Unattached	53:16
156	101	Richard Laycock	V4521	Unattached	53:17
157	169	Kirsty Naylor	L 33	Unattached	53:22
158	346	Claire Gillan	L 34	Thirsk & Sowerby Harriers	53:23
159	130	Simon Cotterill	V4522	Unattached	53:24
160	327	Samuel Newton	U20 2	Unattached	53:27
161	349	Chris Davison	V4523	Unattached	53:27
162	220	Claire Weighell	L45 2	Unattached	53:48
163	230	Jane Cowley	L50 6	Easingwold Running Club	53:50
164	180	Gerald Orchard	V5511	York Acorn Running Club	53:52
165	115	Sarah Watson	L 37	Quakers Running Club	53:53
166	56	Kelly Gaughan	L 38	Unattached	54:02
167	326	Jon Harris-Douglass	V4524	Easingwold Running Club	54:05
168	223	Paul Appleton	V5018	Quakers Running Club	54:11
169	274	Heather King	L 39	Unattached	54:24
170	172	Michael Williams	V5019	Ryedale	54:28
171	43	Claire Johnson	L35 7	York Triathlon Club	54:31
172	23	Victoria Phillip	L 41	Unattached	54:32
173	325	Ollie Pimlott		Unattached	54:33
174	352	Jonathan Colley	V4024	Unattached	54:34

175	79 Fiona Bradshaw	L40 7	Unattached	54:38	243	145 Nicola Lees	L40 16	Unattached	59:48
176	242 James Readman		Unattached	54:47	244	31 Nicola Wise	L55 6	Pickering Running Club	59:53
177	167 Christine Hearmon	L50 7	Sedgefield Harriers	54:56	245	64 Gary Palmer	V4530	Unattached	1:00:02
178	85 Paul Haydon	V4525	Fell Runners Association	55:01	246	244 Michelle Withers	L45 15	Richmond & Zetland Harriers	1:00:06
179	55 Jenny Baker	L40 8	Unattached	55:05	247	289 Faye Barker	L 89	Unattached	1:00:12
180	135 Fiona McDonough	L40 9	Unattached	55:08	248	204 Corinne Dexter	L 90	Unattached	1:00:12
181	57 Valerie Gaughan	L45 3	Quakers Running Club	55:11	249	206 Robert Pickles		Unattached	1:00:24
182	287 Nicola Frost	L40 10	Unattached	55:12	250	203 Wendy Brough	L45 16	Unattached	1:00:25
183	66 Barry Pickering	V70 1	Selby Striders	55:13	251	14 Annabelle James	L35 15	Stockton Striders	1:00:35
184	16 John Brischuk		Unattached	55:14	252	233 Mike Punchard	V5514	Pickering Running Club	1:00:36
185	238 Daniel Holden-Jones		Unattached	55:30	253	140 Mick Edwards	V4027	Unattached	1:00:38
186	264 Judith Gray	L40 11	Billingham Marsh House	55:33	254	62 John Smith	V65 5	Unattached	1:00:58
187	151 Megan Lightfoot	L 49	Billingham Marsh House	55:38	255	340 Ian Wardle		Unattached	1:00:59
188	322 John McBurnie		Easingwold Running Club	55:46	256	199 Elaine Burgess	L45 17	Unattached	1:01:04
189	88 Steven King	V5020	Unattached	55:51	257	126 Catherine Laven	L 94	Unattached	1:01:19
190	193 Ken Dart	V65 3	Easingwold Running Club	55:56	258	127 John Readman		Unattached	1:01:20
191	35 Carl Watson		Unattached	56:00	259	255 Joe Lloyd	U20 3	Unattached	1:01:21
192	173 Tom Denney	V70 2	Pickering Running Club	56:08	260	123 David Sowray	V5021	Unattached	1:01:22
193	260 Sharon Whitworth	L45 4	Meltham AC	56:09	261	194 Sarah Machin	L 95	Unattached	1:01:27
194	283 Craig Robinson		Billingham Marsh House	56:12	262	183 Jo Charlton	L 96	Unattached	1:02:08
195	237 Alison Holden-Jones	L35 8	Unattached	56:12	263	121 Neal Matthews	V4531	Unattached	1:02:23
196	285 Allison Rolfe	L45 5	Esk Valley Fell Club	56:14	264	338 Jennifer Long	L35 16	Unattached	1:02:26
197	212 Michael Kohl	V5512	Unattached	56:16	265	98 Jane Baxter	L45 18	Unattached	1:02:31
198	185 Garry Moss	V4526	York Knavesmire Harriers	56:21	266	44 Pam Anderson	L55 7	York Knavesmire Harriers	1:02:40
199	40 Sonja Gerber	L40 12	Unattached	56:26	267	268 Karen Moody	L50 14	Unattached	1:02:41
200	146 Daisy Lund	L35 9	Unattached	56:29	268	159 Mary Schofield	L45 19	Unattached	1:02:42
201	343 Faith Coy	L40 13	Thirsk & Sowerby Harriers	56:31	269	137 Linda Sigsworth	L60 2	Unattached	1:02:43
202	197 Phillippa Chapman	L 56	Unattached	56:34	270	141 Charlie Lightfoot		Unattached	1:02:44
203	102 Clare Moffatt	L40 14	York Knavesmire Harriers	56:41	271	142 Sally Mendoza	L 103	Unattached	1:02:45
204	29 Lizzy Wise	L 58	Unattached	56:43	272	294 Diane Hall	L55 8	New Marske Harriers	1:02:50
205	318 Jane Marshall	L45 6	York Acorn Running Club	56:45	273	34 Michael Collins	V60 6	York Knavesmire Harriers	1:03:09
206	341 Jessica Rowe	L35 10	Unattached	56:48	274	241 Janet Sims	L60 3	Unattached	1:03:16
207	27 Mark Loft	V4527	Bridlington Road Runners	56:52	275	331 Evie Woolveridge	L35 17	Unattached	1:03:22
208	148 Martin Smith	V4528	Unattached	56:58	276	207 Helen Tyreman	L50 15	New Marske Harriers	1:03:28
209	335 Alice Weston	L35 11	Unattached	57:04	277	293 Graham Hall		New Marske Harriers	1:03:28
210	253 Mark Talpade		Unattached	57:12	278	297 Graham Middleton	V65 6	Unattached	1:03:36
211	6 Jon Zigmund	V60 4	Nyp Tri	57:14	279	226 Sarah Beckett	L 108	Unattached	1:03:47
212	28 Andrea Parker	L45 7	Bridlington Road Runners	57:18	280	225 Jon Beckett	V60 7	Unattached	1:03:47
213	67 Ralph Moss	V65 4	Unattached	57:22	281	143 Jo Powell	L45 20	Unattached	1:04:05
214	249 Jessica Holdsworth	L 63	Unattached	57:28	282	210 David Bytheway	V4028	Unattached	1:04:06
215	304 Dave Goodfellow	V4025	Unattached	57:32	283	103 Sheila Preston	L45 21	Bridlington Road Runners	1:04:08
216	8 Ian Wilson	V4026	Ackworth Road Runners	57:38	284	303 Hamzah Ali		Swiftfees	1:04:14
217	171 Pamela Haigh	L50 8	Unattached	57:39	285	108 Bernadette Newby	L45 22	Unattached	1:04:38
218	345 Helen Barrett	L50 9	Esk Valley Fell Club	57:41	286	248 Clare Saggars	L35 18	Unattached	1:04:40
219	97 Tracey Phillips	L35 12	Unattached	57:43	287	74 Lucy Saggars	L40 17	Unattached	1:04:41
220	54 Karen Newton	L50 10	Easingwold Running Club	57:44	288	80 Lucy Davies	L40 18	Unattached	1:04:42
221	32 Philippa Hutton	L55 4	Easingwold Running Club	57:52	289	236 Samantha Lyth	L45 23	York Knavesmire Harriers	1:05:24
222	13 Mandy Holah	L45 8	Bridlington Road Runners	57:53	290	152 Rosanne Lightfoot	L50 16	Billingham Marsh House	1:05:44
223	179 Julie Bushell	L45 9	York Acorn Running Club	58:00	291	186 Linda Moss	L50 17	York Knavesmire Harriers	1:06:24
224	234 Jillie Townend	L55 5	Harrogate Harriers	58:01	292	252 Anne Holdsworth	L45 24	Unattached	1:07:05
225	12 Louise Campbell	L45 10	Esk Valley Fell Club	58:15	293	133 Robert McEvoy	V60 8	Unattached	1:07:06
226	21 Sharon Powell	L45 11	Stockton Striders	58:23	294	350 Ben McDonald		Unattached	1:07:07
227	122 Mark Scothon		Unattached	58:32	295	351 Marisa Hollowood	L45 25	Unattached	1:07:08
228	222 Jeanette Appleton	L50 11	Quakers Running Club	58:39	296	30 Dean Wise	V60 9	Pickering Running Club	1:07:42
229	288 Emma Punchard	L 75	Unattached	58:45	297	45 Richard Anderson	V55 15	York Knavesmire Harriers	1:07:52
230	196 Lisa Jones	L 76	Unattached	58:53	298	243 Nicola Watson	L 120	Unattached	1:08:14
231	334 Helen Farrell	L45 12	Little Baddow RC	58:55	299	261 Amanda Gothard	L40 19	Unattached	1:08:17
232	311 Janet Gibson	L50 12	York Acorn Running Club	59:00	300	275 Katie Dickson	L 122	Unattached	1:08:32
233	158 Julia Mayne	L35 13	Billingham Marsh House	59:03	301	201 Helen Graham	L35 19	Unattached	1:08:41
234	272 Helen Leach	L45 13	York Knavesmire Harriers	59:05	302	93 Tracey Quinn	L45 26	Northern Veterans AC	1:08:45
235	231 Alan Sims	V60 5	Unattached	59:15	303	139 Catherine Palmer	L45 27	Bridlington Road Runners	1:08:50
236	263 Liz Baker	L40 15	Unattached	59:22	304	298 Lily Quinn	L17 1	Unattached	1:09:30
237	52 Jane Maloney	L50 13	Easingwold Running Club	59:24	305	250 William Holdsworth	V5022	Unattached	1:09:35
238	163 Ann Long	L65 1	East Hull Harriers	59:27	306	134 Richardson	L60 4	Middlesbrough & Cleveland	1:09:45
239	164 John Long	V55 13	East Hull Harriers	59:27	307	50 Ian Codling	V70 3	Thirsk & Sowerby Harriers	1:14:40
240	333 Susan Thomas	L45 14	Unattached	59:32	308	113 Victoria Lockey	L 128	Scarborough Athletic Club	1:17:30
241	65 Wil Wilson	V4529	York Knavesmire Harriers	59:33	309	131 Richard Henry		Unattached	1:17:31
242	205 Ashley Pickles	L35 14	Unattached	59:38	310	51 Marian Codling	L70 1	Thirsk & Sowerby Harriers	1:24:30