

# The Helmsley 10k Multi Terrain Challenge at Helmsley on Sunday 17th April 2022

## Helmsley — FINAL RESULTS

Pos	Num	Name	Cat/Pos	Club	Time
1	81	Tom Charlton		Tyne Bridge Harriers	35:03
2	149	Laurence Griffin		York Knavesmire Harriers	37:03
3	157	Christopher Poulton	V40 1	York Acom	37:41
4	32	Charlie Race		North York Moors AC	38:39
5	131	Becky Penty	L35 1	York Knavesmire Harriers	38:55
6	130	Ben Greene		Altrincham And District Athlet	38:58
7	36	Craig Gath	V45 1	Easingwold Running Club	39:10
8	173	Greg Macdonald	V60 1	Unattached	39:14
9	196	Patrick Good		York Knavesmire Harriers	39:19
10	105	Julian Ollive	V40 2	Easingwold Running Club	39:48
11	35	Phil Smith		Pickering Running Club	39:53
12	17	Michael Richmond	V45 2	Pickering Running Club	41:00
13	20	Stephen Kirk	V40 3	Unattached	41:02
14	152	Robert Ward	V40 4	York Knavesmire Harriers	41:29
15	40	Matt Jones		Thirsk & Sowerby Harriers	41:38
16	195	Brendan Anglim	V50 1	Unattached	41:47
17	184	Edward Whittle	V40 5	Unattached	42:05
18	57	Edmund Roberts	V45 3	Knavesmire Harriers	42:48
19	70	Matthew Middleton		Scarborough AC	42:51
20	179	Stephen Tomaszewski	V60 2	Easingwold Running Club	43:06
21	197	Sam Browes		Unattached	43:08
22	14	Stephen Robson	V40 6	York Knavesmire Harriers	43:49
23	160	Joseph Simpson		Unattached	44:16
24	67	Cameron Whapples		Unattached	44:19
25	16	Kelly Gaughan	L 2	Pickering Running Club	44:25
26	139	Lewis Bournier		North East Project	44:33
27	172	Mark Harney	V55 1	York Triathlon Club	44:43
28	39	Joe Dodsworth		Easingwold Running Club	44:45
29	204	Tom Lamb	V40 7	Unattached	45:00
30	141	Nick Griffin	V55 2	York Knavesmire Harriers	45:04
31	42	Daniel Watson	V40 8	Unattached	45:05
32	201	Katy Stokes	L 3	Unattached	45:25
33	202	Lorenzo Pasquauni		Unattached	45:25
34	129	Jack Hagyard		Unattached	45:53
35	205	Mark Lawson	V40 9	Unattached	46:03
36	7	Robin Newby	V50 2	St Albans Striders	46:18
37	188	Rob Allison	V40 10	Redcar Running Club	46:46
38	186	Jez Hansell		Unattached	46:54
39	203	Will Kingstokes		Unattached	46:57
40	200	James Stokes		Unattached	46:57
41	27	Ethan O'Loughlin		Unattached	47:00
42	80	Simon Munnis	V45 4	Unattached	47:01
43	12	Pete Downes	V55 3	York Knavesmire Harriers	47:05
44	30	Ian Mortimer	V45 5	Unattached	47:10
45	62	Nichola McNally	L50 1	Penistone Foothpath Runners	47:14
46	58	Allan McFarlane	V50 3	Bridlington Road Runners	47:21
47	71	Elizabeth Evans	L 5	York Knavesmire Harriers	47:28
48	126	Richard Robinson	V45 6	Unattached	47:36
49	210	Liz Gilley	L40 1	York Acom	47:49
50	150	Freya Brewer	L45 1	Unattached	47:53
51	18	Richard Johnson	V50 4	Unattached	47:55
52	170	Sam Newton	V40 11	Unattached	48:05
53	193	Matt Dunn	V45 7	Pickering Running Club	48:11
54	191	Alisonn Crellin	L55 1	Driffield Striders	48:27
55	177	Mawerlisa	L50 2	Harrogate Harriers	48:37
56	145	Daniel Hill	V60 3	Unattached	48:39
57	59	Neil Mayfield	V50 5	Unattached	48:45
58	111	Suzanne Rickard	L50 3	Ripon Runners	48:49
59	74	Matt Johnstone		Unattached	49:06
60	8	Clare Davison	L55 2	Unattached	49:12
61	23	Paul Smith	V60 4	Unattached	49:30
62	49	Gary Davison	V55 4	Unattached	49:33
63	31	Robert Bailey		Scarborough AC	49:38
64	144	Scott Wray	V50 6	York Triathlon Club	49:49
65	169	Kevin Penny	V60 5	City Of Hull Ac	50:01
66	189	Harry Berger	V50 7	Easingwold Running Club	50:05
67	88	Tamana Tomlinson	L45 2	Unattached	50:13
68	123	Alister Robson	V50 8	Fetch Everyone RC	50:27
69	79	Samantha Lewsey	L35 2	Unattached	50:34
70	181	Jack McGarrity	U20 1	North York Moors AC	50:35
71	84	David Tervit	V50 9	Thirsk & Sowerby Harriers	50:36
72	63	Malcolm Denison	V60 6	Unattached	50:44
73	54	Thomas Hodson		Ripon Runners	50:51
74	208	LeeAnn Swires	L40 2	Ripley Running Club	50:51
75	122	Claire Holliday	L 15	Unattached	51:01
76	134	Ryan Jacobs		Unattached	51:07
77	48	Michaela Welham	L45 3	Loftus & Whitby AC	51:12
78	185	James Farrant	V40 12	Unattached	51:19
79	121	Matthew Browes		Unattached	51:24
80	194	Nealwilliam		Unattached	51:28
81	180	James Chambers	V40 13	York Knavesmire Harriers	51:29
82	132	Ben Lancaster	U17 1	Unattached	51:34
83	10	Andrew Harrop	V55 5	Knatesborough Striders	51:40
84	102	Karen Butcher	L40 3	Lonely Goat	51:49
85	138	Dave Baker		Thirsk & Sowerby Harriers	51:49
86	90	Richard Stokes	V60 7	Unattached	52:00
87	192	Andrew Boyes	V60 8	Driffield Striders	52:18
88	96	Hannah Strange	L 18	York Knavesmire Harriers	52:24
89	187	Mike Potter	V60 9	Scarborough AC	52:36
90	107	Stephen Paylor	V45 8	Unattached	52:49
91	106	Lynn Humpleby	L40 4	Unattached	52:51
92	209	Denise Clark	L55 3	Ackworth Road Runners	52:57
93	190	Terence McGuinness	V60 10	Driffield Striders	53:24
94	137	Martha McBarron	L65 1	Swaledale	53:32
95	156	Ann Chivers	L40 5	Roundhay Runners	53:39
96	112	Libby Rickard	L 23	Ripon Runners	53:43
97	91	David Padmore		Unattached	54:02
98	207	Jemima Edwards	L40 6	Running Mums Australia	54:03
99	9	Emma Harrop	L55 4	Knatesborough Striders	54:04
100	68	Alexandra Whapples	L50 4	Vocalink	54:07
101	199	Paula Hughes	L45 4	Rother Valley Swallows	54:21
102	108	Mark Edwards	V60 11	North York Moors AC	54:28
103	45	Angela Turnbull	L50 5	Unattached	54:48
104	206	Michael Hetherton		Pickering Running Club	54:52
105	52	Isla McClanachan	L20 1	Easingwold Running Club	54:53
106	114	Michael Williams	V55 6	Labc Runners	54:57
107	5	Steven Shepherd	V55 7	Unattached	55:14
108	92	Kirsty Naylor	L35 3	Thirsk & Sowerby Harriers	55:23
109	113	Debbie Pickford	L45 5	Knatesmire Harriers	55:29
110	89	Nick Tomlinson	V45 9	Unattached	55:36
111	133	Suzy Hodgson	L45 6	Pickering Running Club	55:39
112	174	Suzanne Smith	L45 7	Unattached	56:06
113	118	Rod Collier	V50 10	Unattached	56:26
114	76	Janet Sims	L65 2	Unattached	56:33
115	101	Andrew Hart		New Marske Harriers	56:38
116	125	Ellie Griffin	L 35	York Triathlon Club	56:40
117	1	Clare Moffatt	L45 8	York Acom	56:45
118	183	Alan McGarrity	V60 12	North York Moors AC	56:52
119	110	Robert Lillie	V70 1	Scarborough AC	56:57
120	104	Keith Wilson	V70 2	North York Moors AC	57:05
121	120	Thomas Brownson		Unattached	57:09
122	21	Michael Ratcliffe	V55 8	Unattached	57:12
123	178	Sam Harrison		Unattached	57:15
124	61	Isla Mayfield	L17 1	Unattached	57:16
125	212	Sophie Cullen	L45 9	Unattached	57:30
126	164	Max Railton		Unattached	57:33
127	26	Gary Roberts	V60 13	Easingwold Running Club	57:45
128	53	Heidi Baker	L40 7	Bridlington Road Runners	57:50
129	77	Emily Cox	L 40	Easingwold Running Club	57:55
130	175	Sue Slack	L60 1	Pickering Running Club	58:13
131	51	Sue Dick	L45 10	Loftus & Whitby AC	58:21
132	158	David Simpson	V65 1	Unattached	58:47
133	176	David Stephenson	V60 14	Pickering Running Club	58:51
134	162	Paul Haydon	V55 9	Fell Runners Association	59:00
135	44	Sally Lightfoot	L 43	Unattached	59:14
136	65	Claire Johnson	L40 8	Unattached	59:21
137	4	Angela Shepherd	L55 5	Tadcaster Harriers	59:22
138	83	Christopher Garton	V40 14	Unattached	59:27
139	127	Elizabeth Willoughby	L65 3	Unattached	59:43
140	147	Simon Pagan	V45 10	Unattached	59:46
141	34	Andrew Quaye	V55 10	Unattached	1:00:46
142	47	Rebecca Cacioppo	L45 11	Unattached	1:00:57
143	46	Rachael Kenny	L35 4	Unattached	1:00:57
144	154	Helen Beal	L55 6	Unattached	1:01:23
145	64	Richard Wheeler	V60 15	Unattached	1:01:31
146	95	Jayne Batt	L60 2	Unattached	1:01:42
147	11	Patricia Anderson	L65 4	Unattached	1:01:43
148	97	Fiona Alder	L65 5	Ripon Runners	1:01:55
149	182	Amanda McGarrity	L45 12	Unattached	1:01:59
150	151	Guy Brewer	V45 11	Unattached	1:02:14
151	146	G Farrus	L40 9	Unattached	1:02:25
152	198	Robert Leng		Unattached	1:02:25
153	41	Emma Jackson	L45 13	Loftus & Whitby AC	1:02:28
154	99	Stephen Newell	V55 11	Unattached	1:02:36
155	100	Jude Newell	L50 6	Bedale And Aiskew	1:02:36
156	135	Betty Ciebien	L40 10	Unattached	1:02:38
157	29	Louise Parkin	L 58	Pickering Running Club	1:02:46
158	13	Val Gaughan	L55 7	Unattached	1:03:05
159	75	Alan Sims	V65 2	Unattached	1:03:09
160	94	Helen Bowerman	L50 7	Unattached	1:03:16
161	86	Mandy Burton	L55 8	Loftus & Whitby AC	1:03:22
162	24	Elizabeth Littlewood	L35 5	Vocalink	1:03:35
163	19	Simon Quinnell	V45 12	Unattached	1:03:36
164	103	Malcolm Driffield	V45 13	Unattached	1:03:40
165	38	Karen Newton	L60 3	Easingwold Running Club	1:03:56
166	109	Joseph Brookes		Unattached	1:03:59
167	116	Nige Harrison	V50 11	Unattached	1:04:29
168	50	B Kinnane-Davison	L50 8	Unattached	1:04:43
169	98	Mike Punched	V60 16	Pickering Running Club	1:05:09
170	115	Rebecca Bruce	L45 14	Unattached	1:05:38
171	128	Bob Howe	V75 1	North York Moors AC	1:06:32
172	140	Barbara Griffin	L50 9	Goodgym Race Team	1:07:11
173	85	Jane Marshall	L50 10	York Acom	1:07:12
174	153	Catherine Ward	L40 11	Bedale And Aiskew	1:07:26
175	159	Jackie Simpson	L60 4	Unattached	1:07:49
176	69	David Whapples	V50 12	Vocalink	1:08:00
177	82	Keran Hodgson	L45 15	Stockton Striders	1:08:19
178	148	Mary Schofield	L50 11	Unattached	1:08:50
179	72	Barry Doyle	V60 17	Unattached	1:09:31
180	136	Laura Ehima	L35 6	Unattached	1:10:38

Results Service by G.J. Fecitt (SportSoft) Tel & Fax 01204 884887, Email: [graham@race-results.co.uk](mailto:graham@race-results.co.uk)

Internet: <http://www.race-results.co.uk> -- full results will be available for downloading tonight

181	119	Janice Cann	L55	9	Unattached	1:11:18
182	155	Helen Baxter	L40	12	Unattached	1:11:20
183	143	Kerri Muldowney	L45	16	Unattached	1:12:22
184	93	Lee Allen	V5013		Unattached	1:13:28
185	28	Elizabeth Myers	L60	5	Stockton Striders	1:14:15
186	73	Paul Duckett	V5014		Unattached	1:14:39
187	6	Bernadette Newby	L5012		St Albans Striders	1:15:22
188	211	Zinnia Coates	L	78	Unattached	1:16:01
189	78	Nigel Bradbury	V5015		Barnsley Harriers	1:16:01
190	161	Hayley Holmes	L5013		Unattached	1:17:00
191	2	Charlotte Dennison	L4013		Unattached	1:17:28
192	3	Kat Smith	L35	7	Pickering Running Club	1:17:36
193	117	James Reilly	V65	3	Unattached	1:17:57
194	163	Angela Wood	L5510		Fell Runners Association	1:18:22
195	167	Karen Wheatley	L4014		Unattached	1:18:48
196	171	Coralin Harrison	L75	1	Harrogate Harriers	1:19:21
197	15	Dot Carr	L75	2	Unattached	1:19:25

