

**Fryup Frazzler****Dave Parry/Lets Run Summer Series 2019****22-Sep-19****Race 10**

Pos.	No.	Name	Club	time	cat/pos/pts/total
1	373	Stephen McDougall	Middlesbrough and C	45.51	MO/1/50/50
2	22	Caroline Lambert	Ribble Valley	47.34	FO/1/50/296*
3	602	Ian McGrath	Durham FR	49.06	M45/1/50/294
4	543	Will Henman	Clayton le Moors	49.13	M40/1/50/50
5	547	Gary Bailey	Pudsey and Bramley	50.12	M40/2/48/48
6	607	Giles Hawkings	York Knavesmire	51.07	M45/2/48/185
7	362	Jamie Arkle	RAF	51.24	MO/2/48/192
8	374	Richard Purser	York Knavesmire	51.49	MO/3/46/46
9	705	Rob Williamson	Loftus and Whitby	51.58	M50/1/50/237
10	11	Rhona Marshall	Scarborough AC	52.12	FO/2/48/237
11	716	Stephen Pugh	Esk Valley Fell Club	52.28	M50/2/48/294*
12	515	Jeremy Pearson	Individual#	52.28	M40/3/46/133
13	715	Tim Hill	Esk Valley Fell Club	52.59	M50/3/46/140
14	909	Neil Ridsdale	Driffield	53.08	M60/1/50/298*
15	658	Simon Rycroft	Pickering RC	53.28	M45/3/46/46
16	316	Thomas Ratcliffe	York Knavesmire	53.39	MO/4/45/208
17	334	Stephen Roe	Billingham Marsh Hc	53.42	MO/5/44/238*
18	529	Danny Lim	Elvet Striders	54.43	M40/4/45/91*
19	917	Barry Atkinson	York Knavesmire	55.09	M60/2/48/292
20	365	Oli Reed	York Knavesmire	55.22	MO/6/43/118
21	613	Russ Grayson	Pickering RC	55.28	M45/4/45/177
22	626	David Bannister	York Acorn	55.36	M45/5/44/133*
23	641	Richard Veitch	Esk Valley Fell Club	55.44	M45/6/43/130
24	805	Nigel Briggs	NYMAC	55.55	M55/1/50/280*
25	713	Peter Riley	Middlesbrough and C	56.40	M50/4/45/222
26	907	Stephen Mummery	Individual#	56.50	M60/3/46/187
27	176	Karen Pickles	Pudsey and Bramley	57.15	F45/1/50/50
28	546	Andrew Minister	Hartlepool Burn Roa	57.29	M40/5/44/44
29	806	Graham Palmer	Loftus and Whitby	58.03	M55/2/48/224
30	541	Michael Peterson	East Hull Harriers	58.10	M40/6/43/86
31	608	John Williams	Esk Valley Fell Club	59.01	M45/7/42/247
32	544	Dale Hepples	Scarborough AC	59.10	M40/7/42/42
33	659	Darren Batey	Leeds and Bradford	59.26	M45/8/41/41
34	408	Michael Leadbetter	Goodgym Race Tear	59.35	MO/7/42/145
35	175	Beckie May	Scarborough AC	59.44	F45/2/48/48
36	640	Calvin Nicholson	Billingham Marsh Hc	60.04	M45/9/40/80
37	744	Richard Clark	Esk Valley Fell Club	60.34	M50/5/44/44
38	732	Gavin Coventry	Esk Valley Fell Club	60.35	M50/6/43/127*
39	722	Paul Havis	Individual#	60.37	M50/7/42/264
40	13	Cassie Read	York Knavesmire	60.41	FO/3/46/216
41	63	Nikki Carr Walls	Scarborough AC	61.48	FO/4/45/45
42	14	Egg Cameron	Goodgym Race Tear	62.30	FO/5/44/264*
43	254	Lorraine Hiles	Thirsk and Sowerby	63.05	F55/1/50/248*
44	43	Sophie Smith	Individual#	63.20	FO/6/43/85
45	600	Ian Oldham	Swaledale Runners	64.16	M45/10/39/130
46	317	Craig Haggart	Goodgym Race Tear	64.17	MO/8/41/133
47	369	Ben Powell	Goodgym Race Tear	64.39	MO/9/40/107
48	726	Michael Holtby	Individual#	65.06	M50/8/41/124
49	280	Jane Hamp	Scarborough AC	65.27	F60/1/50/100
50	932	Andrew Robertson	Scarborough AC	65.42	M60/4/45/45
51	39	Sarah Roe	Billingham Marsh Hc	66.07	FO/7/42/88
52	963	Stephen Hill	Individual#	66.24	M65/1/50/50

53	65	Rebecca Dent	Scarborough AC	66.25	FU23/1/50/50
54	746	David Gelderd	Runninghof	66.26	M50/9/40/40
55	819	David Robinson	NYMAC	66.29	M55/3/46/169
56	745	Chris Bourne	Scarborough AC	66.40	M50/10/39/39
57	209	Jane Hill	Individual#	66.45	F50/1/50/50
58	174	Fay Heathershaw	Scarborough AC	68.32	F45/3/46/46
59	279	Caroline Glover	Wharfedale Harriers	70.08	F60/2/48/146
60	837	Ray Foulkes	Redcar RC	71.02	M55/4/45/45
61	155	Bec Horner	Goodgym Race Tear	71.07	F45/4/45/134
62	410	Tim McKenzie	Goodgym Race Tear	71.36	MO/10/39/194
63	255	Hilary Coventry	Thirsk and Sowerby	72.09	F55/2/48/240*
64	173	Helen Rutter	Yorkshire Wolds Rur	72.19	F45/5/44/44
65	64	Claire Coopland	Scarborough AC	72.31	FO/8/41/41
66	976	Michael Hetheron	Pickering RC	72.43	M70/1/50/300
67	931	Graham Wilkinson	East Hull Harriers	73.54	M60/5/44/44
68	44	Lucy Knight	Goodgym Race Tear	74.08	FO/9/40/158
69	200	Helen Ashworth	Thirsk and Sowerby	74.26	F50/2/48/300
70	727	Ian Brown	Individual#	74.38	M50/11/38/117
71	287	Christine Robertson	Scarborough AC	74.54	F60/3/46/46
72	108	Hiede Coates	Scarborough AC	75.08	F40/1/50/96
73	975	Peter Northedge	Scarborough AC	75.09	M70/2/48/146
74	919	Bob Baker	Otley AC	75.31	M60/6/43/86
75	266	Jayne Graves	Scarborough AC	78.52	F55/3/46/46
76	812	Ian Robinson	Esk Valley Fell Club	80.20	M55/5/44/245*
77	66	Jenna Wheatman	Scarborough AC	80.38	FO/10/39/39
78	960	Ian Harmer	Esk Valley Fell Club	80.55	M65/2/48/94
79	256	Barbara Beveridge	Esk Valley Fell Club	81.05	F55/4/45/271
80	208	Sally Kingscott	Scarborough AC	81.25	F50/3/46/46
81	264	Melanie Padgham	Scarborough AC	82.10	F55/5/44/89
82	172	Sally Elwick	Scarborough AC	82.11	F45/6/43/43
83	122	Lisa Baker	Scarborough AC	82.12	F40/2/48/48
84	980	Ralph Broadley	Scarborough AC	82.15	M70/3/46/96
85	962	David Fox	Scarborough AC	82.17	M65/3/46/46
86	918	Donald Buffham	Otley AC	82.56	M60/7/42/81
87	905	Geoff Hine	Esk Valley Fell Club	83.11	M60/8/41/260
88	26	Lauren Martin	Individual#	83.14	FU23/2/48/238
89	171	Debbie Rycroft	Pickering RC	83.15	F45/7/42/42
90	637	Russ Kelly	Redcar RC	84.04	M45/11/38/111
91	961	Malcolm Sweetlove	Scarborough AC	84.11	M65/4/45/45
92	286	Gillian Gregg	Scarborough AC	84.26	F60/4/45/45
93	258	Ronni Kirkham	Redcar RC	87.18	F55/6/43/175
94	202	Louise Milne	Scarborough AC	92.20	F50/4/45/91
95	743	Martin Elwick	Scarborough AC	94.06	M50/12/37/37
96	201	Carina Pelucci	Scarborough AC	96.46	F50/5/44/138

(End)

Teams:	Club	Points	Positions	Team pts/total
<b>male:</b>	1 York Knavesmire 'A'	43	5,7,14,17	15/73
	2 Esk Valley Fell Club 'A'	69	9,11,21,28	14/113
	3 Goodgym Race Team 'A'	152	31,37,38,46	13/64
	4 Scarborough AC 'A'	163	29,40,44,50	12/44
	5 Esk Valley Fell Club 'B'	172	33,34,52,53	11/30
	6 Scarborough AC 'B'	228	54,55,59,60	10/10

<b>female:</b>	1	Scarborough AC 'A'	12	2,4,6	15/66
	2	Scarborough AC 'B'	36	10,12,14	14/25
	3	Goodgym Race Team 'A'	43	7,16,20	13/98
	4	Thirsk and Sowerby 'A'	46	8,17,21	12/105
	5	Scarborough AC 'C'	64	19,22,23	11/11
	6	Scarborough AC 'D'	76	24,25,27	10/10
	7	Scarborough AC 'E'	87	28,29,30	9/9
	8	Scarborough AC 'F'	104	33,35,36	8/8

\* = Bonus points not included

# = Non-counter (team)

#### Comments:

A super day for race organiser Dave Parke, marshalls and helpers, maybe a tad warm for runners. The Yorkshire Moors were a treat for runners, with plenty of alternative race distractions 96 still signed on the line and finished the 2019 edition of the Frazzler. The course has a bit of everything and is quintessential moorland running. at a shade over 8km and some 400 metres of climb, future championship potential surely.

From the off it was Stephen McDougall, Caroline Lambert and Ian Mc Grath who made the running. A steep tussocky grass first climb was followed by a technical descent, opportunity for the fleet of foot to gain time over less confident rivals. The first decent is followed quickly by a rocky tranverse climb of Crossley Side, a sheep trod then takes runners to a steep descent of the hill they have just climbed.

The final climb of the day is a stepped affair that takes runners up and through walkers plantation. In change to the 2018 event a grassy descent hiding cobbles for the unwary leads runners to the apparent serenity of the highway. The course designer had one more sting in there tail with a short sharp road climb and a lap of the start field. It was well done to Stephen McDougall - Middlebrough and Cleveland for the overall win, with Ian McGrath - Durham FR second and Will Henman of Clayton le Moors third. Second overall and women's race winner was Caroline Lambert of Ribble Valley, followed in by Rhona Marshall - Scarborough AC second (10th overall) and Karen Pickles Pudsey and Bramley third.

In the team competition, Scarborough AC women placed first followed in by their 'B' team while in the mens race York Knavesmire won out over Esk Valley Fell Club.

Thank you to Dave Parke and all the on the day helpers. Presentations were also made for the Winter Series 2018/19, well done to the winners. Next event and first counter in the Dave Parry Lets Run Winter Series 2019/20 is Saltergate Gallows on Sunday 6th October.

**Next Race :** Saltergate Gallows - Sunday 6th October