
















Runners & Riders Results - 4th February 2024




4.9M 890ft

Pos	No.	Name	Category	Cyclist/Runner	Club	Time
1	289	Tom Bell	Man	Cyclist 🚲	Nidderdale Fell and Trail	31:26
2	209	Henry Webb	Man	Runner	Dark Peak FR	32:51
3	288	Craig Shearer	Man	Runner	Barlick FR	33:54
4	180	Nigel Daggett	MV60	E-Cyclist 🚲	Old Man E Bikers	34:06
5	241	Harry Kingston	Man	Runner	North Leeds FR	34:09
6	345	Calum James	Man	Runner	Keighley & Craven AC	34:34
7	356	Matthew Fretwell	Man	Runner	Settle Harriers	34:40
8	206	Morgan Donnelly	MV50	Cyclist 🚲	Kendal Cycle Club	35:08
9	271	Sam Watson	Man	Cyclist 🚲	Hope Factory Racing	35:10
10	353	Will Barton	Man	Runner	Ambleside AC	35:20
11	304	Stefan Maczna	MV50	Cyclist 🚲	Shibden CC	35:44
12	211	Ollie Maynard	Man	Cyclist 🚲	St Ives CC	35:52
13	232	Andrew Cairns	Man	Runner	Wharfedale Harriers	36:09
14	250	Mitchell Boocock	Man	Runner	Pudsey & Bramley AC	36:16
15	305	Giles Dumont	MV50	Cyclist 🚲	Chevin Cycles	36:17
16	248	Lachlan Wills	Man	Runner	Wharfedale Harriers	36:28
17	210	Brendan Rose	Man	Runner	Unattached	36:44
18	328	Christian Holmes	MV50	Runner	Wharfedale Harriers	36:56
19	212	Sarah McCormack	Lady	Runner	Ambleside AC	37:15
20	196	Christopher Ward	MV40	Cyclist 🚲	Shibden CC	37:25
21	340	Jethro Whitfield	MV40	Runner	Barlick FR	37:40
22	272	Richard Frostega	MV40	Runner	Harrogate Harriers & AC	37:57
23	282	Danny Drake	Man	Runner	Wharfedale Harriers	37:58
24	238	David Poole	MV40	Runner	Barlick FR	38:08
25	274	Ben Hallworth	MV40	Cyclist 🚲	Ilkley Cycling Club	38:19
26	226	Frank Morgan	Man	Runner	Settle Harriers	38:24
27	220	David Middlemas	MV50	Runner	North Leeds FR	38:27
28	280	Jonny Goldsborough	Man	Runner	Nidderdale Fell and Trail	38:33
29	273	Jonathan Coney	Man	Runner	North Leeds FR	38:41
30	237	Ted Leahy	MV45	Runner	Nidderdale Fell and Trail	38:48
31	315	Charley Robson	Man	Runner	Pateley Mud Runners	38:58
32	316	Tom Kilmurray	Man	Runner	Knaresborough Striders	38:59
33	303	James Barsby	Man	Runner	Mearley Runners	39:33
34	314	Craig Jarratt	Man	Runner	Nidderdale Fell and Trail	39:37
35	246	Allen Bush	MV45	Runner	Unattached	39:37
36	312	David Pease	MV45	Runner	Barlick FR	40:03
37	254	Philip Woodall	Man	Runner	Harrogate Harriers & AC	40:18
38	306	Ed Poulter	MV40	Runner	Unattached	40:38
39	263	James Warburton	Man	Cyclist 🚲	Unattached	40:38
40	191	Stephen Smithies	MV50	Runner	Calder Valley FR	40:45
41	259	Richard Askew	Man	Runner	Unattached	40:52
42	230	Graham Pilling	MV40	Runner	Pudsey & Bramley AC	40:59
43	286	Joshua Day	Man	Runner	North Leeds FR	41:13
44	373	Alan Walsh	Man	Runner	Upper Wharfedale Runners	41:21

Pos	No.	Name	Category	Cyclist/Runner	Club	Time
45	296	Darren Townend	MV50	Runner	Nidd Valley	41:23
46	363	Adam McDonnell	Man	Runner	Unattached	41:33
47	231	Rachel Pilling	LV40	Runner	Pudsey & Bramley AC	41:42
48	269	Paul Heeley	MV45	Runner	Fellandale	41:48
49	334	Jason Hemsley	MV50	Runner	Wharfedale Harriers	41:54
50	369	Adam Leach	MV40	Cyclist 	Sun Dried Gopher	42:07
51	374	Gareth Jacques	MV50	Runner	Unattached	42:10
52	214	Luke Appleyard	MV40	Runner	Wharfedale Harriers	42:15
53	297	Martin Lofthouse	MV50	Runner	Nidd Valley	42:30
54	201	Michael Toman	MV50	Runner	Rossendale Harriers	42:47
55	366	Brian Hainsworth	MV45	Runner	Nidd Valley	42:49
56	352	Hannah Thomas	Lady	Runner	Keighley & Craven AC	43:01
57	368	Mark Sekree	MV40	Runner	Unattached	43:22
58	199	Ralph Baines	MV50	Runner	Clayton-le-Moors	43:28
59	346	Matthew Argyle	Man	Runner	Unattached	43:43
60	300	Andy Iddon	Man	Runner	Nidd Valley	43:56
61	322	Howard Blackburn	MV45	Runner	Unattached	44:03
62	218	George Whittlestone	Man	Runner	Ilkley Harriers	44:11
63	281	Charlotte Chambers	Lady	Runner	Keighley & Craven AC	44:16
64	195	Fox Gledson	MV40	Runner	Unattached	44:24
65	291	Steve Ellmore	MV50	Runner	Knaresborough Striders	44:28
66	313	Tom Suttill	Man	Runner	Unattached	44:30
67	253	Colin Moses	MV50	Cyclist 	TN7i5	44:33
68	292	Kiri Wood	Lady	Runner	Wharfedale Harriers	44:36
69	182	Simon Starano	MV45	Runner	Harrogate Harriers & AC	44:41
70	251	Steven Boocock	MV50	Runner	Bramley Breezers	44:45
71	343	Alex Crawshaw	Man	Cyclist 	Cycle Sport Pendle	44:47
72	179	Andrew Smith	MV60	Cyclist 	Barlick FR	44:48
73	290	Nick Flower	Man	Runner	North Leeds FR	44:49
74	338	John Jackson	Man	Runner	Ilkley Harriers	44:57
75	333	Layla Hirst	Lady	Runner	Calder Valley FR	45:02
76	207	Campbell Donnelly	Man	Cyclist 	Unattached	45:05
77	354	Alastair Bower	Man	Runner	Unattached	45:12
78	348	Mark Pearson	MV50	Runner	Unattached	45:16
79	175	Lucy Needham	Lady	Runner	Wharfedale Harriers	45:19
80	344	Rebecca Crawshaw	LV40	Runner	Bowland FR	45:21
81	234	Matthew Wilcock	MV50	Runner	Trawden AC	45:31
82	200	Lisa Parker	LV45	Runner	Rossendale Harriers	45:36
83	278	Amy Sheppard	LV40	Runner	Nidd Valley	45:38
84	219	Mark Jordan	MV60	Runner	Harrogate Harriers & AC	45:39
85	347	Henry Varney	MV50	Runner	Unattached	45:39
86	198	Andy Holden	MV50	Runner	Achile Ratti	45:55
87	247	Gail Dillon	LV45	Cyclist 	Shibden CC	45:56
88	337	James Gaffney	Man	Runner	Mearley Runners	46:03
89	349	Tom Batty	Man	Runner	Unattached	46:27
90	228	Luke Solomon	Man	Runner	Otley AC	46:31
91	227	Gilly Wright	Lady	Runner	Otley AC	46:42
92	225	Jon Bardgett	MV60	Cyclist 	Cyclocrossrider.com	47:02

Pos	No.	Name	Category	Cyclist/Runner	Club	Time
93	262	Gary Wilkinson	MV50	Runner	Harrogate Harriers & AC	47:02
94	268	Joe Curran	MV60	Runner	Accrington Road Runners	47:18
95	189	Donna Cartwright	LV45	Runner	Radcliffe AC	47:23
96	176	Ash Walker	MV40	Runner	Unattached	47:29
97	178	Lucy Mallinson	LV40	Runner	Wharfedale Harriers	47:35
98	249	Richard Brewster	MV50	Cyclist 	Here Come The Belgians	47:39
99	302	Peter Llewellyn	MV50	Runner	Mearley Runners	47:59
100	266	David Kenneford	MV50	Runner	Accrington Road Runners	48:15
101	350	Simon Denny	Man	Runner	Bentham Beagles	48:27
102	245	Victoria Braham	LV50	Runner	Nidderdale Fell and Trail	48:28
103	361	Ciaran Clarke	Man	Runner	Otley AC	48:30
104	294	Rory Gambles-King	Man	Runner	Unattached	48:32
105	233	Benji Grundy	Man	Runner	Wharfedale Harriers	48:42
106	276	Jonathan Winstanley	MV50	Cyclist 	Unattached	48:43
107	190	Mark Cartwright	MV50	Cyclist 	Bury Clarion	48:48
108	181	Theresa Oldroyd	LV50	Runner	Nidd Valley	48:51
109	321	Jenni Cowley	LV45	Runner	Wharfedale Harriers	49:12
110	256	Martin Bland	MV60	Runner	Accrington Road Runners	49:24
111	336	Tony Shepherd	MV50	Runner	Wharfedale Harriers	49:25
112	351	Nick Crebbin	MV50	Runner	Nidd Valley	49:51
113	317	Alison Eagle	LV60	Runner	Upper Wharfedale Runners	50:00
114	335	John Thompson	MV60	Runner	Wharfedale Harriers	50:12
115	375	Stephen Parry	MV60	Runner	Upper Wharfedale Runners	50:15
116	341	Lizzie Taylor	Lady	Runner	Harrogate Harriers & AC	50:19
117	365	James Cook	MV50	Runner	Nidd Valley	50:27
118	319	Michael Harrison	MV40	Runner	Unattached	50:32
119	224	Nicola Davies	LV60	Cyclist 	Borrowdale	50:35
120	204	Sam Mason	Man	Runner	Unattached	50:57
121	255	Keith Brewster	MV60	Runner	Valley Striders	51:03
122	260	David Askew	MV60	Runner	Harrogate Harriers & AC	51:05
123	342	Neil Davies	MV40	Runner	Unattached	51:10
124	236	Matthew Brookes	MV45	Runner	Nidderdale Fell and Trail	51:11
125	197	Lynn Whittaker	LV60	Runner	Wharfedale Harriers	51:12
126	192	Caroline Harding	LV50	Runner	Pudsey & Bramley AC	51:23
127	205	John Orrell	MV50	Runner	Hoghton Flyers	51:28
128	217	Gilly Petrucci	LV50	Runner	Unattached	51:33
129	244	Ben Richards	Man	Runner	Unattached	51:34
130	364	Phil Ventress	MV50	Runner	Nidd Valley	51:43
131	193	Mark Nutter	MV60	Runner	Clayton-le-Moors	51:47
132	270	Sean Brennan	MV50	Runner	Knaresborough Striders	52:03
133	331	Phil Nixon	MV45	Runner	Unattached	52:09
134	293	Sarah King	LV60	Runner	Upper Wharfedale Runners	52:14
135	239	Sarah Glover	LV45	Runner	Fellandale	52:44
136	372	Bob Blair	MV45	Runner	Unattached	52:55
137	329	Finley Wilkinson	Man	Cyclist 	Unattached	53:31
138	183	Laura Francis	Lady	Runner	Nidd Valley	53:38
139	185	Adam Mason	MV40	Runner	Unattached	53:46
140	202	Peter Dugdale	MV60	Runner	Clayton-le-Moors	54:09

Pos	No.	Name	Category	Cyclist/Runner	Club	Time
141	299	Hazel Ives	LV60	Runner	Skipton AC	54:27
142	208	Russell Geraghty	MV50	Runner	Nidd Valley	54:28
143	267	Katherine Gregson	LV45	Runner	Accrington Road Runners	54:37
144	326	Mark David	MV60	Runner	Nidd Valley	54:46
145	339	Michal Griffin	MV50	Runner	Unattached	54:53
146	186	Nigel Weaver	MV60	Cyclist 	Clayton-le-Moors	55:05
147	287	Colin Best	MV60	Runner	Otley AC	55:15
148	216	Sharon Hudson	LV50	Runner	Skipton AC	56:05
149	252	Dave Roberts	MV70	Runner	Unattached	56:11
150	371	Chris Brunold	LV50	Runner	Otley AC	57:01
151	325	David Senneck	MV60	Runner	Unattached	57:13
152	323	Yasmin Gant	Lady	Runner	Unattached	57:26
153	177	Jonathan Gibson	MV60	Runner	Fell Runners Association	58:08
154	221	Siobhan Tywang	LV45	Runner	Unattached	59:02
155	332	Phil Robinson	MV60	Runner	Nidd Valley	59:12
156	355	Laura Goodrick	Lady	Runner	Unattached	59:30
157	370	Sophie English	Lady	Runner	Saltaire Striders	59:32
158	327	Becky Holmes	LV45	Runner	Wharfedale Harriers	59:53
159	358	Hannah Kempson	Lady	Runner	Nidd Valley	59:58
160	360	Jessica Preday	Lady	Runner	Unattached	1:00:01
161	362	Lauren Bell	Lady	Runner	Unattached	1:00:08
162	242	Phil Clayton	MV50	Runner	Fell Runners Association	1:00:20
163	279	Dave Prince	MV50	Runner	Nidd Valley	1:00:25
164	367	Dan Simmons	MV60	Runner	Wetherby Runners	1:01:02
165	284	Ceit Konoplits	Lady	Runner	Otley AC	1:01:10
166	285	Laura Hind	LV45	Runner	Otley AC	1:01:48
167	283	Caron Ralph	LV50	Runner	Otley AC	1:01:57
168	261	Fiona Grimer	LV40	Runner	Unattached	1:02:03
169	194	Bev Isherwood	LV40	Runner	Unattached	1:02:05
170	330	Debbie Gibson	LV60	Runner	Nidd Valley	1:02:11
171	215	Gill Myers	LV60	Cyclist 	Wharfedale Harriers	1:02:31
172	235	Andrew Johnson	MV40	Runner	Unattached	1:02:52
173	298	Angela Dowbiggin	LV50	Runner	Skipton AC	1:03:07
174	318	Jan Smith	LV50	Runner	Upper Wharfedale Runners	1:03:10
175	320	Dan Mitchard-Harrison	Man	Cyclist 	Unattached	1:03:18
176	275	Jonathan Procter	MV45	Cyclist 	Unattached	1:03:44
177	240	Carl Prendergast	MV70	Runner	Fellandale	1:05:09
178	203	Donald Buffham	MV60	Cyclist 	Otley AC	1:05:15
179	308	Henry Coates	Man	Cyclist 	Unattached	1:05:44
180	359	Victoria Holland	Lady	Runner	Marsden Racers	1:06:19
181	357	Kit Smith	Man	Cyclist 	Unattached	1:07:29
182	187	Geoff Thompson	MV60	Runner	Wharfedale Harriers	1:07:52
183	307	Sarah Bracher	LV40	Runner	Nidd Valley	1:08:15
184	258	Olga Wiggins	LV40	Runner	Preston Harriers	1:08:57
185	222	Daniel Swann	Man	Runner	Unattached	1:10:11
186	277	Sarah Chalmers	LV60	Runner	Nidd Valley	1:10:57
187	295	Ian Hartman	MV70	Runner	Baildon Runners	1:11:39
188	324	Lizzie Ahmad	LV60	Runner	Nidd Valley	1:13:56

Pos	No.	Name	Category	Cyclist/Runner	Club	Time
189	309	Martha Coates	LV40	Runner	Unattached	1:15:21
190	310	David Coates	MV45	Runner	Unattached	1:15:22
191	223	Philip Cowling	MV40	Cyclist 	Unattached	1:15:32
192	301	Bob Payne	MV80	Runner	Otley AC	1:16:19
193	213	Hilary Farren	LV60	Runner	Rosendale Harriers	1:20:41
194	311	George Coates	Man	Cyclist 	Unattached	1:21:35
195	243	Victoria Benn	LV50	Cyclist 	Unattached	1:24:35
196	229	Robert Hirst	MV70	Runner	Clayton-le-Moors	1:28:30
197	188	Phil Martin	MV80	Runner	Bowland FR	1:29:25
198	257	Antonio Cardinale	MV70	Runner	Otley AC	1:32:23
199	265	Vincent Banks	Man	Runner	ACC	1:35:30
200	264	Helen Peyton	Lady	Runner	Tropicana	1:35:30