

## Race Results week ending 21st July 2019:

### Skipton parkrun

A total of 190 runners took part.

1	1	Julian HOOD	Skipton AC	00:17:48
7	7	Tom CLARKE	Skipton AC	00:20:19
13	13	Michael MCINNES	Skipton AC	00:21:46
18	18	Philip DEAN	Skipton AC	00:22:16
20	20	Roger HUMPHREYS	Skipton AC	00:22:54
21	1	<i>Catherine GIBBONS</i>	<i>Ilkley Harriers AC</i>	<i>00:23:05</i>
23	2	Ann-Marie BULCOCK	Skipton AC	00:23:24
38	34	Aziz KARSLI	Skipton AC	00:24:33
40	5	Hilary SEWARD	Skipton AC	00:24:47
47	9	Rachel GAUNT	Skipton AC	00:25:48
57	47	Peter WOOD	Skipton AC	00:26:41
100	23	Sarah MILLINGTON	Skipton AC	00:29:37

### Pendle parkrun

A total of 96 runners took part.

1	1	<i>Shaun HEYS</i>	<i>Trawden AC</i>	<i>00:19:23</i>
10	1	<i>Isabel HOLT</i>	<i>Trawden AC</i>	<i>00:22:56</i>
40	33	Antony RADLEY	Skipton AC	00:28:33
47	11	Kathryn RADLEY	Skipton AC	00:29:30
51		James Robertson	Skipton AC	00:30:10

### Golden Acre Relay

Pos	Team Name	Club	Leg 1	Leg 2	Leg 3	Category	Time
1	<i>Roundhay Runners Men's</i>	<i>Roundhay Runners</i>	<i>14:15</i>	<i>14:10</i>	<i>14:48</i>	<i>Men's Open</i>	<i>43:13</i>
7	Skipton Lads	Skipton AC	16:06	16:16	15:42	Men's Open	48:04
82	Golden Girls	Skipton AC	19:12	21:51	21:33	Ladies Open	1:02:35
83	Amigos	Skipton AC	21:58	19:49	20:51	Men's Open	1:02:37
90	Skipton's Vivacious Vets!	Skipton AC	20:24	21:49	21:50	Ladies Vets	1:04:02
94	Skipton Ac 4	Skipton AC	22:27	22:17	20:43	Ladies Open	1:05:27
120	Skipton Mixed	Skipton AC	26:09	23:04	22:37	Mixed	1:11:48

### HDSRL Handicap

Pos	Net pos	Name	Club	Cat	Cat pos	Net time	Gross time	Start time
1	104	<i>Danny Wilson</i>	<i>Dragons Running Club</i>	<i>MV45</i>	<i>1</i>	<i>0:46:03</i>	<i>1:05:03</i>	<i>07:45:33 pm</i>
45	116	David Gorman	Skipton AC	MV55	4	0:47:00	1:10:00	07:49:33 pm
140	19	Julian Hood	Skipton AC	MV40	17	0:37:31	1:11:39	08:00:41 pm
164	147	Hazel Ives	Skipton AC	FV60	2	0:49:00	1:11:58	07:49:31 pm
205	219	Kathryn Radley	Skipton AC	FV50	7	0:53:37	1:12:38	07:45:34 pm
226	134	Rachel Gaunt	Skipton AC	FV50	9	0:48:11	1:13:12	07:51:33 pm
231	171	Sue Marshall	Skipton AC	FV55	12	0:50:22	1:13:21	07:49:33 pm
270	222	Antony Radley	Skipton AC	MV50	24	0:53:49	1:14:55	07:47:39 pm

### Wasburn Valley Junior Relay

1	<i>Bingley 1</i>	<i>Theo Clay (B14) 07:41</i>	<i>Logan Walker (B11) 08:10</i>	<i>William Johnson (B9) 09:01</i>	<i>Rebecca Flaherty (G13) 08:01</i>	<b>32:53</b>
7	Skipton	Rowan Box (B11) 09:05	Rita Box (G9) 09:58	Seth Box (B8) 09:51	Jessica Fox (G11) 10:03	<b>38:57</b> (1 <sup>st</sup> in category)

**Ingleton Gala Fell Race - Ingleborough Mountain Race**

1	<i>Hector Haines</i>	Man	48:02	<i>Hunters Bogtrotters 1st Man</i>
25	Andrew Cairns	Man	58:15	Skipton AC
35	<i>Linda Hardaker</i>	LV40	1:00:06	<i>Keighley &amp; Craven AC 1st Lady/1st LV40</i>

**Pendle Running Festival 5k**

Gender	Pos	Time	Surname	Forename	Sex	Cat	Club	Overall position
	1	21:09	<i>Durris</i>	<i>Frazer</i>	M	M40	<i>Trawden AC</i>	1
	1	21:57	<i>Waiting</i>	<i>Joss</i>	F	U16	<i>Trawden AC</i>	2
	5	29:02	Lacey	Emma	F	F50	Skipton AC	10

**Pendle Running Festival Trail Race**

Gender	Pos	Time	Surname	Forename	Sex	Cat	Club	Overall position
	1	34:23	<i>Holmes</i>	<i>Christian</i>	M	M45	<i>Wharfedale</i>	1
	1	40:39	<i>Pilling</i>	<i>Paula</i>	F	F40	<i>Burnden Road Runners</i>	18
	9	47:00	Seward	Hilary	F	F50	Skipton AC	48
	54	54:14	Wood	Peter	M	M60	Skipton AC	77

**2019 International Snowdon Race**

Name	Gender	Pos	Cat	Pos	Club	Summit	Gun Time	Overall	Chip Time	Chip Pos
<i>Andy Douglas</i>	Male	1	ELITE-M	1		00:40:42	01:04:04	1	01:04:04	1
<i>Sarah McCormack</i>	Female	1	ELITE-F	1		00:48:18	01:14:49	29	01:14:49	29
Tim Chadwick	Male	76	MOPEN	31		00:55:36	01:25:16	84	01:25:16	84
Gavin Smith	Male	90	MOPEN	40	SKIPTON AC	00:57:21	01:27:44	100	01:27:44	101

**Cracoe Fell Race**

1	<i>Simon Bailey</i>	Man	20:34	<i>Mercia 1st Man</i>
13	<i>Rachel Pilling</i>	Lady	27:33	<i>Pudsey &amp; Bramley 1st Lady</i>
49	Sue Marshall	LV50	34:04	Skipton AC