**Race Results week ending 9th July 2017:**

Well done everyone for all your achievements this week, from relay teams, to the final HDSRL race to another Club Champs. race and loads more to keep me busy!

**Tilgate parkrun**

A total of 491 runners took part.

*1 1 James WESTLAKE Crawley AC 00:15:48*

*7 1 Summer WOODHEAD Guernsey Island AAC 00:19:02*

18 15 Ben DAVIES Skipton AC 00:21:04

**Skipton parkrun**

A total of 146 runners took part.

*1 1 Sebastian SEGGER-STAVELEY Settle Harriers 00:17:50*

5 5 Michael MCINNES Skipton AC 00:19:46

*11 1 Jennifer RICH Steel City Striders RC 00:21:29*

30 8 Rachel GAUNT Skipton AC 00:23:26

41 33 Antony RADLEY Skipton AC 00:24:59

60 12 Martha RADLEY Skipton AC 00:26:24

64 14 Emma LACEY Skipton AC 00:26:52

77 58 Joel DALBY Skipton AC 00:27:59

95 31 Sarah MILLINGTON Skipton AC 00:30:22

**Horsforth Fellandale Danefield Relay**

Position/Team Leg 1 Runner Leg 2 Runner Leg 3 Runner Total time

*1 Ripon Mafia Spike Ambery-Smith 19:45 Reece Dalton 00:18:34 Ben Pease 18:44 00:57:03*

12 Skipton AC Mens A Tim Chadwick 00:19:42 Gavin Smith 00:21:45 Patrick Wardle 22:07 01:03:34

*35 Saltaire Striders Jen Willingham 00:24:48 Bernie Bowden 00:24:21 Rachel Boyd 21:46 01:10:55*

37 Skipton AC Mens B Michael McInnes 00:22:51 Ben Davis 00:23:02 David Stubley 25:42 01:11:35

55 Skipton AC Female A Mel Ives 00: 24:29 Anne-Marie Bullcock 25:33 Karen Chown 25:44 01:15:46

75 Skipton AC Juniors Charles Booth 00:23:25 Jasmine Gaunt 00:28:04 Francesca Speak 29:16 01:20:45

80 Skipton AC Female B Rachel Gaunt 00:27:14 Hazel Ives 00:27:46 Sue Marshall 26:15 01:21:15

81 Skipton AC Mixed B Antony Radley 00:28:06 Martha Radley 00:27:36 Jeremy Lamb 25:50 01:21:32

118 Skipton AC Mixed A Mike Teale 00:30:54 Sarah Jayne Millington 35:32 Jan Smith 00:30:56 01:37:22

**CANAL CANTER SUMMER EXTRAVAGANZA**

Position (Inc 5k & 10k) Name Club Race Time

*46 Walter Somerville Half Marathon 01:21:35*

*51 Gemma Callaghan Half Marathon 01:42:53*

58 Brian Denney Skipton Ac Half Marathon 01:51:56

**ADDINGHAM GALA Fell Race**

Overall Position Time Name Club Summit Time Summit Position

*1 37.29 Tom Adams Ilkley Harriers 22.05 1*

*17 50.36 Jo Buckley Calder Valley 30.08 17*

20 51.12 Nick Oddy Skipton AC 31.14 25

32 53.42 Michael McInnes Skipton AC 33.02 33

**HDSRL Otley Handicap**

Position Name Club Gross time Net time

*1 Karen Lennox Ripon Runners 01:04:16 01:00:16*

*4 Martin Luxton Swaledale Runners 01:05:10 43:09:00*

12 Emma Yiu Skipton AC 01:06:26 51:56:0016 Martha Radley Skipton AC 01:06:37 45:07:0086 Joel Dalby Skipton AC 01:08:05 39:06:00

87 John Harrison Skipton AC 01:08:06 39:37:00

88 Jan Smith Skipton AC 01:08:06 47:36:00

98 Antony Radley Skipton AC 01:08:14 43:43:00

106 Mark Desgranges Skipton AC 01:08:16 42:47:00

111 David Gorman Skipton AC 01:08:18 41:48:00114 Emma Lacey Skipton AC 01:08:19 47:48:00

116 Melanie Ives Skipton AC 01:08:21 39:52:00

125 Russell Burgess Skipton AC 01:08:28 42:58:00127 Rachel Gaunt Skipton AC 01:08:28 40:29:00177 Michael Mcinnes Skipton AC 01:08:56 35:27:00187 Hazel Ives Skipton AC 01:09:00 43:30:00212 Tim Chadwick Skipton AC 01:09:20 32:22:00237 Angela Dowbiggin Skipton AC 01:09:45 47:16:00

**Burn Valley Half Marathon**

*1 Andrew Dobby Harrogate Harriers & AC 1:20:31.0 HHaa*

*33 Hayley Nancolas Valley Striders AC 1:41:21.6*

84 David Gorman Skipton AC 1:53:43.8

**Leeds 10k**

*1 John Hobbs Valley Striders AC 32:23 73 Susan Lewis Roundhay Runners 38:52* 461 Jenny Wade Skipton AC 45:21 840 Darren Lambert Skipton AC 48:12 2584 Richard Medford Skipton AC 56:55

**Bentham Beagles 10k**

Results not yet published online (although they were available on the day) but Skipton AC did very well – particularly

the ladies!

**Derwent Epic Lakes Swim 1Mile**

*Luke Jackson COCKERMOUTH SWIMMING CLUB 0:19:59*

*Abbey Turnbull 0:20:25*

Paul Norman SKIPTON AC 0:43:38