




























# Hey Up Its Helmsley 2023

## Overall Results





Place	Bib	Name	Nat.	YoB	Gender	AG	Club	ChipTime	GunTime
Ultra									
1.	309	Ralphps, Nick			M			6:27:46	6:29:00
2.	306	Ward, Lucy			F			6:35:54	6:36:38
3.	301	Low, Andrew			M			6:50:02	6:51:15
4.	302	Lews, Catherine			F			7:00:24	7:01:07
Marathon									
1.	345	Ramsden, Rochelle			F			4:07:23	4:08:31
2.	346	Richards, Sam		1900	M			4:26:04	4:27:14
3.	332	Truscott, Carl			M			4:32:05	4:33:14
4.	336	Burckhard, Emma			F			4:41:06	4:42:14
5.	347	Denton, Sarah			F			4:50:30	4:51:38
6.	334	Bouderba, Dedrie			F			4:57:35	4:58:47
7.	331	Firth, Ben			M			5:02:08	5:03:16
8.	338	Wong, Hokfay			M			5:12:45	5:13:53
9.	341	Anderson, Kenny			M			5:43:12	5:44:21
10.	351	Whittaker, Richard			M			7:10:00	7:10:00
11.	666	Wharam, Hilary			F		100 Marathon	9:09:01	9:09:01
20 Miles									
1.	307	Hughes, Marlon			M			03:24:05	03:24:05
2.	375	James, Ben			M			03:30:05	03:30:51
3.	377	Harrison, Emma			F			03:35:43	03:36:28
4.	380	Green, Les			M			03:53:07	03:53:58
5.	385	Perkins, Ruth			F			04:29:05	04:29:51
Half Marathon									
1.	141	Adeney, John			M			01:41:50	01:42:35
2.	136	Crisp, Jack			M			01:43:37	01:44:26
3.	180	You, Alan			M			01:51:22	01:52:09
4.	137	Davies, Jack			M			01:51:34	01:52:19
5.	312	Foster, Suzanne			F			01:55:48	01:55:48
6.	169	Hardwick, Richard			M			02:03:32	02:04:31
7.	153	Waller, Matthew			M			02:06:16	02:07:05
8.	129	Robinson, Gareth			M			02:11:21	02:12:05
9.	101	Wood, Alex			M			02:15:31	02:16:28
10.	158	Allison, Neil			M			02:16:08	02:16:53
11.	378	Ellis, Justin			M			02:16:23	02:17:12
12.	154	Hill, Michael			M			02:16:25	02:17:10
13.	310	O'Mera, Oisin			M			02:19:30	02:19:30
14.	167	Borrett, Richard			M			02:21:28	02:22:12
15.	151	Randall, Martin			M			02:22:01	02:22:50
16.	178	Dykes, Vicky			F			02:22:02	02:22:51
17.	128	Brewer, Freya			F			02:26:16	02:27:06
18.	116	Jackson, Dan			M			02:27:16	02:28:04
19.	176	Thompson, Vanessa			F			02:29:15	02:30:06
20.	106	Mehr, Ashley			F			02:30:04	02:30:48
21.	112	McGibbon, Christy			F			02:32:08	02:33:00
22.	110	Potter, Charlie			M			02:32:09	02:32:55

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23.	121	Chadwick, Edward			M			02:35:27	02:36:18
24.	179	Sixsmith, Andy			M			02:35:41	02:36:29
25.	114	Levesley, Craig			M			02:37:22	02:38:37
26.	170	Breeze, Robert			M			02:38:48	02:39:34
27.	142	Hawley, John			M			02:38:53	02:39:45
28.	168	Webster, Richard			M			02:39:22	02:40:11
29.	139	Chadwick, Jessica			F			02:40:05	02:40:56
30.	140	Bradford, John			M			02:40:14	02:41:06
31.	152	Williams, Matt			M			02:41:01	02:41:45
32.	124	Lawson, Emily			F			02:42:52	02:43:43
33.	162	Storr, Paul			M			02:44:08	02:44:57
34.	171	Galley, Robert			M			02:44:52	02:45:43
35.	343	Lucie, Liz			F			02:46:35	02:46:35
36.	325	Morgan, Abbie			F			02:53:48	02:54:36
37.	130	Latham, Hollie			F			02:54:47	02:55:36
38.	115	Fothergill, Craig			M			02:56:39	02:57:27
39.	122	Lewis, Elizabeth			F			02:59:05	02:59:57
40.	135	Hardeman, Jack			M			03:01:42	03:02:27
41.	161	Bennett, Paul			M			03:02:14	03:03:01
42.	104	Bennett, Aneiliese			F			03:02:15	03:03:01
43.	156	Witty, Millicent			F			03:07:27	03:08:18
44.	131	Wheatley, Ian			M			03:10:20	03:11:05
45.	173	Green, Sarah			F			03:11:38	03:12:28
46.	107	Johnson, Barbara			F			03:11:39	03:12:28
47.	147	Prydderch, Kelly			F			03:11:53	03:12:42
48.	150	Brown, Lucy			F			03:13:34	03:14:24
49.	138	Draper, Jan			M			03:15:54	03:16:41
50.	108	Winder, Brian			M			03:18:46	03:19:37
51.	149	Fothergill, Linda			F			03:19:29	03:20:16
52.	133	Towers, Ian			M			03:42:28	03:43:19
DNF	164	Dixon, Philip			M				

### 10K

1.	247	Pickard, Sara			F			00:47:11	00:47:56
2.	232	Reeve, Kimberley			M			00:50:49	00:51:37
3.	229	Dodd, Katie			F			00:53:02	00:53:50
4.	262	Olipuant, Sarah			F			00:56:26	00:57:16
5.	221	Kelly, Jennifer			F			00:56:28	00:57:17
6.	210	Ogden, Daniel			M			00:56:36	00:57:24
7.	263	Olipuant, Paul			M			00:57:20	00:58:10
8.	251	Mudd, Simon			M			00:57:20	00:58:06
9.	264	Heslod, James			M			00:58:16	00:59:06
10.	214	Cross, Emily			F			00:58:17	00:59:06
11.	207	Cross, Chris			M			00:58:18	00:59:06
12.	265	Parker-Haim, Chris			M			01:00:07	01:00:53
13.	208	Cummings, Craig			M			01:00:11	01:00:59
14.	249	Nobbs, Scott			M			01:01:07	01:01:57
15.	212	Bonner, David			M			01:02:30	01:03:18
16.	243	Hodgin, Phoebe			F			01:02:30	01:03:19

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17.	253	Dent, Stephen			M			01:03:11	01:03:59
18.	218	Fearnley, Gemma			F			01:03:15	01:04:03
19.	266	Parker-Haim, Matthew			M			01:05:04	01:05:51
20.	238	Coulson, Nicola			F			01:06:22	01:07:14
21.	246	Jackson, Sam			M			01:07:32	01:08:23
22.	242	Ancliffe, Paul			M			01:08:23	01:09:10
23.	209	Ancliffe, Craig			M			01:08:24	01:09:11
24.	240	Wilson, Nigel			M			01:09:07	01:09:58
25.	224	Clarke, Joanne			F			01:09:11	01:09:57
26.	236	Gallimore, Mark			M			01:09:35	01:10:27
27.	231	Mintoft, Kimberley			F			01:10:37	01:11:24
28.	205	Loss, Caroline			F			01:10:47	01:11:38
29.	235	Burton, Mark			M			01:11:23	01:12:13
30.	200	Clark, Alexandra			F			01:12:21	01:13:12
31.	227	Brookes, Johanne			M			01:14:26	01:15:15
32.	230	Love, Kerrie			F			01:16:46	01:17:36
33.	383	Leach, Victoria			F			01:18:12	01:18:58
34.	248	Mason, Sarah			F			01:18:14	01:19:00
35.	228	Spittle, Johanne			M			01:18:17	01:19:03
36.	245	Bates, Richard			M			01:18:52	01:19:44
37.	215	Wilby, Emma			F			01:20:53	01:21:44
38.	226	Neary, Joe			M			01:21:43	01:22:34
39.	261	Brockless, Jane			F			01:21:44	01:22:34
40.	256	Irving, Steve			M			01:21:46	01:22:33
41.	225	Dent, Joanne			F			01:23:22	01:24:10
42.	257	Anderson, Nicola			F			01:23:46	01:24:34
43.	260	Ward, Sara			F			01:28:17	01:29:09
44.	259	Wiles, Andrei			M			01:28:19	01:29:11
45.	237	Hinchliffe, Melanie			F			01:33:26	01:34:17
46.	206	Davies, Chloe			F			01:35:29	01:36:20
47.	201	Cranfield, Andy			M			01:35:30	01:36:21
48.	204	Mchardy, Anne			F			01:49:06	01:50:00
49.	250	Mchardy, Scott			M			01:49:07	01:50:00
50.	223	BanksHowe, Jo			F			01:50:56	01:51:45

Number of records: 123