

**Castle Howard 10k, 6k and 1k Trail Races  
and  
Hardmoors Trail Marathon, Rosedale  
Sunday 16 June 2013  
Report by Lewis Holloway of Beverley AC**

Two trail races attracted Beverley athletes to head north to Castle Howard and Rosedale in search of competition this weekend.

**Castle Howard 10k, 6k and 1k Trail Races**

Thirteen Beverley runners competed in the 10k event, a hard two-lap course including some tough hills. The men came first overall in the team event. They were led by Aubrey Morrell, who was 8<sup>th</sup> overall in 38:25, while Junior member Harry Powell, ran impressively well to finish second for Beverley, and first Male Junior overall, in 40:26. The other two members of the winning men's team were Mark Dawson, who recorded 41:42 and Mark Dalton, who finished in 42:35. Other Beverley Junior runners also ran well. Ethan Dalton, Conor Spilsbury and Curtis Arnott were, respectively, second, third and fourth Male Juniors. Beverley's female Juniors also performed well, with Nicole Dawson finishing as first Female Junior in 50:53, and Elizabeth Evans coming in as second Female Junior in 56:43.



**Beverley runners at Castle Howard**

A total of 406 runners finished the race. The winner was unattached Mike Jefferies (unattached) who recorded a time of 36:28. The first female runner home was Emma Yates (Knavesmire Harriers) in 40:54.

As well as making impressive contributions in the 10k race, members of the Beverley Junior squad also did well in the 6k and 1k races. Taylor Arnott was first, and Jonathan Dennison second, in the 1k run. Seven Beverley Juniors competed in the 6k race, where there were 67 finishers. Edward Prew took 7<sup>th</sup> place and was first in his age group, in 25:26, while the first Beverley girl was Kelly Dawson who was 21<sup>st</sup> overall, and second in her age group, in 27:35.



**Beverley Juniors at Castle Howard**

The winner of the 6k race was Sam Russell (unattached), recording a time of 23:06, and the first female athlete was Nicola Grenier (City of York) who finished in 25:16.

### **Beverley AC finishing times, Castle Howard 10k**

Aubrey Morrell 38:25; Harry Powell 40:26; Mark Dawson 41:42; Mark Dalton 42:35; Ethan Dalton 44:32; Conor Spilsbury 45:07; Curtis Arnott 47:14; Nicole Dawson 50:53; Kelvin Arnott 52:30; Neil Sergeant 55:35; Michael Evans 56:42; Elizabeth Evans 56:43; Rebecca Kilby 58:57

### **Beverley AC finishing times, Castle Howard 6k**

Edward Prew 25:26; Oliver Douglas 26:02; Morgan Dennis 26:41; Kelly Dawson 27:35; Eleanor Boyd 29:43; Dayna Arnott 30:19; Francesca Brittain 33:15.

#### Hardmoors Trail Marathon, Rosedale, North York Moors

While their clubmates raced at Castle Howard, a small group took part in one of the weekend's Hardmoors 26.2 Trail Marathon Series races. The Series comprises 5 challenging trail marathons, half-marathons and 10k's based in various different locations around the North York Moors.

John and Vicky Boardley raced the 10k, with John winning the V60 category. Jayne Dale and Mandy Ritchie completed the half-marathon, which was actually over 14 miles long. Dale, who was the 4<sup>th</sup> female runner home and won the FV50 category, commented that 'the race was extremely hard, hilly over the moors and it was sometimes difficult to keep your footing, and it was very hot'. Ian Boardley took on the challenge of the full marathon. At the time of writing full results and individual times have not yet been published on the race website.