

Club championship 2019 age-graded performances

Updated November 6th 2019 – Final results

NB Runners are put into age categories according to their age on 1st January 2019. Percentages for each race are calculated according to the age of each runner on race day, using the WMA Road age-grading calculator 2015: <http://www.howardgrubb.co.uk/athletics/wmaroad15.html>

NB Score for ultra distances over 30 miles are doubled!

Once you have submitted more than 6 races, your 6 best times will be chosen.

Current top ten

1	Vicky Howe	89.47
2	Andrew Fletcher	76.36
3	Annelie Whitfield	74.37
4	Julia Spittle	72.68
5	Liz Sowter	70.24
6	Jess Young	70.11
7	Martha McBarron	69.87
8	Ros Blackmore	69.68
9	Martin Randall	69.17
10	Neil Bowmer	67.05

Female senior

Name									Average %
Jess Young	67.15 Thirsk 10	68.99 Dishforth 10K	67.14 Sunderland Half	69.8 Melmerby 10k	70.66 Newton Aycliffe 10k	66.36 Humber Half	73.6 Park run Peterborough	70.43 York 10	70.11

Female 40-44

Name									Average %
Jean Bradley	60.28 Parkrun	60.08 Thirsk 10m	62.45 Dishforth 10K	59.08 Manchester 10K	53.27 Liverpool half mara	47.51 Duncombe Park 20	56.02 GNR	50.41 Berlin Marathon	58.53

Female 45-49

Name							Average %
Sheila Cantrell	55.72 Parkrun Catterick	56.59 Thirsk 10 m	56.43 Manchester 10K	53.08 Liverpool half	47.33 Duncombe Park 20	50.84 GNR	53.33

Female 50-54

Name							Average %
Ros Blackmore	73.51 Roscon de Reyes 5k	69.43 Xeraco 15km	69.97 Xabia 10km	65.27 Villajoyosa 8km	54.29 Blubberhouses 25m	85.58 (42.79 x 2) Saltmarsh Ultra 52m	69.68

Female 55 -59

Name									Average %
Vicky Howe	110.08 (55.04 x 2) Woldsman 50	55.01 Wensleydale Wander (long)	97.06 (48.53 x 2) Hadrian Hundred	66.15 Parkrun	47.16 Smugglers Trod	71.3 Tholthorpe 10K	94.36 (47.18 x 2) Bullock Smithy 58	97.88 (48.94 x 2) Round Ripon Ultra	89.47
Liz Sowter	68.02 Snake Lane 10m	70.3 Thirsk 10m	69.5 Scorton 10K	71.58 Vale of York half	69.67 Snape 10K	72.35 Parkrun			70.24
Chris Sayer	66.29 Thirsk 10m	56.27 Wensleydale Wander (short)	65.92 Northallerton 10K	63.78 Parkrun					63.07
Annelie Whitfield	82.99 Parkrun	72.03 Darlington 10K	73.69 Scorton 10K	76.16 Middlesboro' 10K	68.09 Vale of York half	73.25 Redcar half			74.37
Helen Nicholson	61.53 Haweswater half	58.85 Swainby Sweep 16	45.35 Swaledale Marathon	71.59 Scorton Feast 10K	58.51 Falls and Castle 18	65.87 Richmond Castle 10k	68.47 March Park Run		64.14

Female 60 -65

Name									Average %
Julia Spittle	72.08 Thirsk 10m	75.07 Dishforth 10K	68.45 Helmsley 10K	67.54 Ripon 10m	64.75 St Titus Trot 20	73.14 Escrick 10K	75.62 Sessay Swift 6K	71.74 Vale of York half	72.68
Martha McBarron	46.43 High Cup Nick	50.76 Guisborough Moors	73.88 Parkrun	77.18 Sunderland half	75.08 Cookridge 10k	71.95 Kilburn Feast	58.59 Osmotherley Fell Race	62.55 Run Fit Coast and Country Half	69.87

Male 40 -44

Name							Average %
Stuart Clarkson	40.41 Wensleydale Wedge	42.09 Wensleydale Wander (long)	27.26 Eden Valley Half Yomp	43.6 GNR	82.1 (2 x 41.05) Round Ripon Ultra	26.16 Ullswater 24	43.6

Male 45 -49

Name								Average %
Martin Randall	68.91 Haweswater half	68.4 Druridge Bay half	67.44 Big Northumberland half	70.74 Wynard trail 10K	70.55 Melmerby 10K	69 Hexham 10m		69.17
Ian Kerr	60.47 Wensleydale Wander	63.6 Edinburgh half	70.82 Catterick parkrun	68.74 Darlington 10K	66.77 Scorton 10K	63.05 GNR	66.14 Beckbusters 10K	66.52

Male 50 -54

Name							Average %
Neil Bowmer	72.78 Xeraco 15km	76.45 Xabia 10km	53.25 Wander 23m	76.7 Park Run	47.68 Swaledale marathon	75.46 (37.73 x 2) Saltmarsh Ultra 52m	67.05

Male 60 - 65

Name										Average %
Andrew Fletcher	73.6 Raby 10K	74.52 Northallerton 10K	77.33 Newton Aycliffe 10K	75.13 Eccup 10m	75.94 Parkrun Catterick	78.93 Darlington 10K	73.25 Gilbersdyke 10m	76.00 Tholthorpe 10K	77.53 Parkrun Fountains Abbey	76.36

Male 65 - 69

Name													Average %
Roger Brisley	59.45 Thirsk 10	54.12 Ripon 10	51.69 Jolly Holly	60.73 Melmerby 10K	60.52 Darlington 10k	47.97 James Herriot Trail	44.91 Swainby Sweep	32.8 Swaledale Marathon	61.92 Sessay Swift	50.15 Falls and Castles	57.77 GNR	61.7 Parkrun Tees Barrage	60.35

Volunteering

Name	Events	Total
Sheila Cantrell	30 Park runs, Richmond 10K	31
Annelie Whitfield	15 Park runs, Richmond 10k	16
Julia Spittle	4 Park runs, 1 Hardmoors, James Herriot Trail Run, Castle 10K	7
Stuart Clarkson	3 Park Runs, Falls & Castle, Richmond 10k, Swainby Sweep	6
Ros Blackmore	Swainby Sweep, Fellsman, Pennine 39, Falls and Castle, Richmond Castle, 1 Park Run	6
Liz Sowter	3 Park runs, James Herriot Trail Run, Falls and Castle, Richmond Castle 10K	6
Neil Bowmer	Swainby Sweep, Pennine 39, Falls and Castle, Richmond Castle	4