

## Club championship 2024 results July 20th 2024

Runners are put into age categories according to their age on 1<sup>st</sup> January 2024. 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>

Once you have submitted more than 6 races, your 6 best times will be chosen. **These will be shown in red.** Remember that you can only include one race of 5K or less. At least 2 runs must be 10 miles or more **or (since 2023) off-road.**

### Current top 10

1	Helen Burrell	83.89
2	Annelie Whitfield	78.1
3	Martha McBarron	74.27
4	Grace Gilpin	73.78
5	Isabel Mordue	70.1
6	Sarah Botting	68.87
7	Liz Sowter	66.5
8	Jennifer Smithson	66.23
9	Rachael Ridley	65.37
10	Martin Randall	64.47

### Female senior

Name					Average %
Hannah Featherstone	Jolly Holly Jog 37.92	Lightwater Valley 10K 43.38			40.65
Isabel Mordue	Croft 5K 70.37	Northallerton 10K 67.91	Newcastle 10K 70.35	Durham City 10K	70.1
Freya Naharan	Pitstop 10K 63.08				63.08
Jodie Simpson	Hamsterley 10K 41.69	Middlesbrough Half 47.72			44.7

Female 35 - 39

Name					Average %
Zabi Dashwood	York parkrun 58.19	Brass Monkey Half 59.83	Middlesbrough Half 57.37		58.46
Carissa Jackson	Hamsterley 10K 44.1	Lightwater Valley 10K 49.72	Crackpots trail run 41.5		45.1
Ruth Harker	Constable Burton 10K 36.63				36.63
Aimee Jones	Constable Burton 10K 56.84	Crackpots trail run 58.32			57.58
Rachael Ridley	Jolly Holly Jog 59.72	Brass Monkey Half 65.03	Hartlepool parkrun 69.72	Melmerby 10K 67.01	65.37
Jess Young	Hamsterley 14M 62.07				62.07

Female 40-44

Name					Average %
Emily Abbey	Lightwater Valley 10K 68.88	Constable Burton 10K 59.31	Crackpots trail run 61.23		63.14
Louise Black	Northallerton 10K 61.18				61.18
Sarah Botting	Lightwater Valley 10K 67.54	Northallerton 10K 67.63	Albert Park Parkrun 71.44	New Marske 5M 69.9	69.13

Vicky Dykes	Manchester Marathon 57.54				57.54
Abbie Hull	Constable Burton 10K 48.1				48.1

Female 50-54

Name								Average %
Nicki Buckett	Jolly Holly Jog 50.71	Crackpots trail run 47.08						48.9
Michelle Hicks	Constable Burton 5K 42.26							42.26
Heather Hodgson	Loftus Poultry Run 63.01	N Y Water Park Parkrun 65.28	Croft half marathon 62.94	Wens. Wander (long) 48.43	Constable Burton 10K 59.37	Swaledale Marathon 40.6	Kirkby Fleetham 10K 54.21	58.87
Sarah O'Connor	Hamsterley 10K 49.19	Middlesbrough Half 52.86	Constable Burton 10K 48.28	Crackpots trail run 48.42				49.69
Helen Simpson	Jolly Holly Jog 54.89	Hamsterley 14M 50.6	Wens. Wander (short) 55.52	Northallerton 10K 65.01				56.5
Jennifer Smithson	Hamsterley 10K 60.35	Thirsk 10M 66.75	Darlington Parkrun 69.2	Constable Burton 10K 60.44	Northallerton 10K 70.54	Pitstop 10K 70.07		66.23

Female 55-59

Name						Average %
Jane Bond	Harewood Trail 10K 44.16	Wens. Wander (short) 37	Keswick parkrun 53.59	Constable Burton 10K 40.98	Coniston half 41.12	43.37
Frances Dobbing	Hamsterley 10K 61.97	Swaledale Marathon 39.77				50.87
Wendy Johnston	Hamsterley 10K 55.34					55.34
Mel May	Hamsterley 10K 53.71	Crackpots trail run 53.47				53.59
Delyth Rennie	Constable Burton 10K 57.92					57.92

Female 60-64

Name				Average %
Helen Burrell	Jolly Holly Jog 83.89			83.89
Grace Gilpin	Brass Monkey Half 77.09	North Lincs Half 81.93	Crackpots trail run 62.33	73.78
Helen Nicholson	Hamsterley 14M 58.65	Ripon Triathlon 10K 68.1		63.38
Liz Sowter	Dentdale 7.9 74.13	Constable Burton 10K 60.13	Crackpots trail run 65.34	66.5
Claire Stewart	Hamsterley 14M 59.62			59.62

Annelie Whitfield	Thirsk 10M 78.1			78.1
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Female 65-69

Name						Average %
Martha McBarron	Hamsterley 14M 64.79	Fountains parkrun 80.75	Thirsk 10M 83.95	Hamsterley Forest 10K 72.95	Constable Burton 10K 68.93	74.27

Male Senior

Name		Average %
Marcus Johnston	Hamsterley 10K 42.75	42.75
Joe Mawer	Plymouth half 60.82	60.82

Male 35-39

Name					Average %
Nigel Copland	Hamsterley 14M 51.14	Thirsk 10M 63.74	Melmerby 10K 65.75	Northallerton 10K 64.85	61.37

Male 40 -44

Name					Average %
Robert Dashwood	Middlesbrough Half 54.26	London Marathon 52.57	Hartlepool Parkrun 61.06		55.96
Gavin Hardisty	Middlesbrough Half 51.81	Thirsk 10M 53.67	Constable Burton 10K 49.06	Northallerton 10K 58.58	53.28
Mark Smith	Middlesbrough Half 55.13	London Marathon 50.94			53.04

Male 45 -49

Name						Average %
Kevin Bond	Wens. Wander (short) 56.77	Keswick parkrun 70.02	Constable Burton 10K 59.31	Kirkbride 10K 65.54		62.91
Stuart Clarkson	Jolly Holly Jog 44.51	Hamsterley 14M 47.32				45.82
Simon Hewitt	Hamsterley 14M 50.77					50.77
Chris Player	Middlesbrough Half 57.47	Lightwater Valley 10K 62.47	Melmerby 10K 60.57	Constable Burton 10K 50.73	Northallerton 10K 60.22	58.29
Stephen Ramsay	Jolly Holly Jog 61.17					61.17

Male 50 -54

Name						Average %
Martin Randall	Ravenstonedale 10K 69.1	Hamsterley 14M 59.76	Haweswater Half 67.42	Manchester Marathon 56.8	Melmerby 10K 69.28	64.47
Mark Sowerby	Hamsterley 14M 51.19					51.19

Male 55 -59

Name				Average %
Mark Coyle	Constable Burton 10K 59.31	Kirkby Fleetham 10K 64.78	Aske 10K 58.19	60.76
Will McClaren	Hamsterley 14M 44.01	Constable Burton 10K 46.68		45.35

Male 60 -64

Name				Average %
John Cantrell	Jolly Holly Jog 61.5	Southport 10K 66.49		64
Glenn Davies	Melmerby 10K 65.46	Constable Burton 10K 57.45	Newcastle 10K 67.74	63.55
Chris Muston	Constable Burton 10K 52.85			52.85

Male 65 -69

Name					Average %
Peter Butler	Hamsterley 10K 63.61				63.61
Andrew Fletcher	Northallerton 10K 68.2	Crackpots trail run 57.71	Kirkby Fleetham Trail 10K 58.49	Harrogate 10K 64.07	62.12