Club championship 2024 results November 25th

Runners are put into age categories according to their age on 1st 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.

The deadline for submitting results is November 25th.

Final top 10

1	Martha McBarron	78.09
2	Grace Gilpin	76.29
3	Annelie Whitfield	71.63
4	Sarah Botting	69.82
5	Jennifer Smithson	69.07
6	Isabel Mordue	68.88
7	Andrew Fletcher	68.01
8	Emily Abbey	67.7
9	Liz Sowter	66.86
10	Glenn Davies	66.18

Female senior

Name							Average %
Abby Ayre	September Saunter 35.81						35.81
Hannah Featherstone	Jolly Holly Jog 37.92	Lightwater Valley 10K 43.38					40.65
Kayleigh McCallum	GNR 52.2						52.2

Isabel Mordue	Croft 5K 70.37	Northallerton 10K 67.91	Newcastle 10K 70.35	Durham 10K 71.77	GNR 66.4	York 10M 66.48	68.88
Freya Naharan	Pitstop 10K 63.08	Darlington 10K 63.61	Redcar 10K 65.16	Richmond Castle 10K 62.14			63.5
Kati Nicholson	Scorton 10K 61.63						61.63
Jodie Simpson	Hamsterley 10K 41.69	Middlesbrough Half 47.72	September Saunter 35.69				41.7
Laura Sowerby	Darlington 10K 47.41	Scorton 10K 45.89					46.65

Female 35 - 39

Name								Average %
Rebecca Bagley	GNR 55.8							55.8
Samantha Carlisle	GNR 35.97							35.97
Zabi Dashwood	York parkrun 58.19	Brass Monkey Half 59.83	Middlesbrough Half 57.37	GNR 60.96	Kirkby Fleetham 10K 50.82	Loch Ness Marathon 51.66	Guy Fawkes 10M 56.96	57.5
Carissa Jackson	Hamsterley 10K 44.1	Lightwater Valley 10K 49.72	Crackpots trail run 41.5	Darlington trail 5K 53.37	Kirkby Fleetham 10K 44.3	Richmond Castle 10K 49.4	Bolton Abbey 10K 46.51	47.9
Jess Greenwood	James Herriot Trail Run 36.74							36.74
Ruth Harker	Constable Burton 10K 36.63	Darlington 10K 43.03	GNR 39.07					39.58

Name									Average %
Aimee Jones	Constable Burton 10K 56.84	Crackpots trail run 58.32	James Herriot Trail Run 54.41	Scorton 10K 62.91	Round Ripon Ultra 49.43	DR40 43.29	Predictor October 60.16		57.01
Hazel Leah	Darlington 10K 57.84								57.84
Rachael Ridley	Jolly Holly Jog 59.72	Brass Monkey Half 65.03	Hartlepool parkrun 69.72	Melmerby 10K 67.01	Darlington 10K 67	Middlesbrough 10K 64.67	Leeds Abbey Dash 68.34		66.14
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	Kirkby Stephen 10K 65.26	Darlington 10K 68.63	Virtual 5K 65	Middlesbrough 10K 71.9	Richmond Castle 10K 67.56	Derwentwater 10M 68.01	67.7
Louise Black	Northallerton 10K 61.18									61.18
Sarah Botting	Lightwater Valley 10K 67.54	Northallerton 10K 67.63	Darlington parkrun 71.6	New Marske 5M 69.9	Darlington 10K 67.84	Middlesbrough 10K 68.56	Humber Half 66.84	Leeds Abbey Dash 73.09	York 10M 68.93	69.82
Lauren Devlin	Darlington 10K 46.11	GNR 35.91								41.01
Victoria Dunn	James Herriot Trail Run 34.69									34.69

Name										Average %
Vicky Dykes	Manchester Marathon 57.54	GNR 62.63								60.09
Clare Hardisty	GNR 43.13									43.13
Abbie Hull	Constable Burton 10K 48.1									48.1
Zoe Mason	Darlington 10K 71.31									71.31
Amy Simeon	James Herriot Trail Run 38.81									38.31
Ruth Waterston	Richmond Castle 10K 65.76									65.76

Female 45 - 49

Name				Average %
Rebecca Pickles	GNR 58.23			58.23

Female 50-54

Name									Average %
Nicki Buckett	Jolly Holly Jog 50.71	Crackpots trail run 47.08							48.9
Tracey Gill	September Saunter 51.07								51.07

Name									Average %
Michelle Hicks	Constable Burton 5K 42.26								42.26
Heather Hodgson	Loftus Poultry Run 63.01	Croft half marathon 62.94	Wens. Wander (long) 48.43	Constable Burton 10K 59.37	Swaledale Marathon 45.94	Kirkby Fleetham 10K 54.21	James Herriot Trail Run 49.92	Penrith parkrun 67	59.4
Sarah O'Connor	Hamsterley 10K 49.19	Middlesbrough Half 52.86	Constable Burton 10K 48.28	Crackpots trail run 48.42	Darlington 10K 59.1	Albert Park Parkrun 60.02	Bolton Abbey 10K 52.83		53.74
Caroline Ovenstone	Scorton 10K 49.16	GNR 45.38							47.27
Helen Simpson	Jolly Holly Jog 54.89	Hamsterley 14M 50.6	Wens. Wander (short) 55.52	Northallerton 10K 65.01	Aske 10K 55.8	Swaledale Marathon 40.38	Richmond Castle 10K 59.85	Bolton Abbey 10M 51.8	57.15
Jennifer Smithson	Hamsterley 10K 60.35	Thirsk 10M 66.75	Constable Burton 10K 60.44	Northallerton 10K 70.54	Pitstop 10K 70.07	Darlington Parkrun 71.67	Richmond Castle 10K 67.3	York 10M 68.11	69.07
Donna Todd	Darlington 10K 65.46	GNR 62.12							63.79

Female 55-59

Name								Average %
Jane Bond	Harewood Trail 10K 44.16	Wens. Wander (short) 37	Constable Burton 10K 40.98	Coniston half 41.12	Wetherby 10K 52.88	Keswick parkrun 54.38	Mother Shipton 13.5 49.01	47.09
Frances Dobbing	Hamsterley 10K 61.97	Swaledale Marathon 39.77	Darlington 10K 77.28	September Saunter 51.65	Richmond Castle 10K 71.28	X Country Foxrush 67.88		61.64

Wendy Johnston	Hamsterley 10K 55.34							55.34
Mel May	Hamsterley 10K 53.71	Crackpots trail run 53.47	Darlington 10K 61.52	September Saunter 48.95				54.41
Carol Murray	Darlington parkrun 65.95	Darlington 10K 66.43	Middlesbrough 10K 67.09	Duathlon Alsdorf 10K 68.4	Hedgehog half 65.77	Bramham duathlon 10K 62.92		66.09
Delyth Rennie	Constable Burton 10K 57.92							57.92
Karen Wyndham Webb	James Herriot Trail Run 43.46							43.46

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	Manchester Marathon 72.3	Harrogate 10K 71.45	Redcar half 80.73	York Marathon 74.22	76.29
Helen Nicholson	Hamsterley 14M 58.65	Ripon Triathlon 10K 68.1	James Herriot Trail Run 61.14	Scorton 10K 71.77	Richmond Castle 10K 67.72	Northallerton parkrun 67.26	65.77
Liz Sowter	Dentdale 7.9 74.13	Constable Burton 10K 60.13	Crackpots trail run 65.34	Aske 10K 62.29	Virtual 7.2M 66.36	Darlington parkrun 72.93	66.86
Claire Stewart	Hamsterley 14M 59.62	September Saunter 62.16					60.89

Annelie Whitfield	Darlington parkrun 80.31	Thirsk 10M 78.1	Derwentwater 10M 66.67	Bolton Abbey 10M 60.13	Tadcaster 10M 75.12	MoRun York 10K 69.45	71.63

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	James Herriot Trail Run 69.35	Virtual 11.19 M 74.32	Stanhope 10M 76.48	Forcett Hall 10K 73.87	Raby Castle 15M 71.18	Virtual 10.44M 79.14	78.09

Female 70 - 74

Name								Average %
Julia Spittle	Heaton Park Half 65.49	Jolly Holly Jog 61.06	Forcett Park 10K 60.95	Crag Rats 5M 67.44	Northallerton Parkrun 67.83	7-mile virtual run 66.12	Mother Shipton 13.5M 65.89	65.64

Male Senior

Name							Average %
Marcus Johnston	Hamsterley 10K 42.75						42.75
Joe Mawer	Plymouth half 60.82	GNR 62.44	Burgess Park parkrun 62.47	Edinburgh marathon 53.56	Humber Bridge half 60.21	Clacton 10K 61.39	60.15

Male 35-39

Name							Average %
Nigel Copland	Hamsterley 14M 51.14	Thirsk 10M 63.74	Melmerby 10K 65.75	Northallerton 10K 64.85	September Saunter 55.78	Tholthorpe 10K 66.18	61.24

Male 40 -44

Name								Average %
Robert Dashwood	Middlesbrough Half 54.26	London Marathon 52.57	Hartlepool Parkrun 61.06	Darlington 10K 59.71	Kirkby Fleetham Trail 10K 46.3	Scorton 10K 57.99	GNR 56.68	57.05
Gavin Hardisty	Middlesbrough Half 51.81	Thirsk 10M 53.67	Constable Burton 10K 49.06	Northallerton 10K 58.58	James Herriot Trail Run 43.29	GNR 53.68		51.68
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	Wetherby 10K 63.37	Bolton Abbey 10K 58.56			62.26
Stuart Clarkson	Jolly Holly Jog 44.51	Hamsterley 14M 47.32	GNR 54.05	September Saunter 49.16					48.71

Simon Hewitt	Hamsterley 14M 50.77	James Herriot Trail Run 49.84							50.31
Chris Player	Middlesbrough Half 57.47	Lightwater Valley 10K 62.47	Melmerby 10K 60.57	Constable Burton 10K 50.73	Northallerton 10K 60.22	Scorton 10K 59.16	GNR 57.17	September Saunter 46.29	59.51
Stephen Ramsay	Jolly Holly Jog 61.17								61.17

Male 50 -54

Name									Average %
Jim Coldwell	James Herriot Trail Run 49.51	Darlington 10K 52.88							51.2
James Cunnachie	James Herriot Trail Run 55.07	Darlington 10K 69.19	Darlington Parkrun 71.54	GNR 65.29	Virtual 6.4M 58.83	Tommy 10K 66.75	Bolton Abbey 10K 62.87		65.75
Rob Haw	September Saunter 49.42								49.42
Iain Kerr	Darlington 10K 69.18	GNR 65.12							67.15
Martin Randall	Ravenstonedale 10K 69.1	Hamsterley 14M 59.76	Haweswater Half 67.42	Manchester Marathon 56.8	Melmerby 10K 69.28	GNR 60.77	September Saunter 57.07	Hamsterley 10M 61.59	64.65
Mark Sowerby	Hamsterley 14M 51.19	Darlington 10K 70.79	Scorton 10K 68.76						63.58

Male 55 -59

Name							Average %
Neil Bowmer	September Saunter 59.21						59.21
Mark Coyle	Constable Burton 10K 59.31	Kirkby Fleetham 10K 64.78	Aske 10K 58.19	6.55M run 60.3	3.26M run 68.97	9.01M run 59.33	61.81
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	James Herriot Trail Run 54.87	September Saunter 56.95	DR40 (42K) 42.26	Ripon Ultra 44.74	Fountains Parkrun 67.75	Bolton Abbey half 55.6	60.53
Glenn Davies	Melmerby 10K 65.46	Constable Burton 10K 57.45	Newcastle 10K 67.74	Grange parkrun 71.62	Darlington 10K 69.09	Scorton 10K 65.74			66.18
Pete Devlin	Middlesbrough 10K 65.62								65.62
Chris Muston	Constable Burton 10K 52.85	James Herriot Trail Run 53.1	September Saunter 45.92						50.62

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	Darlington 10K 71.19	Fountains parkrun 70.39	Vale of York 10K 70.06	Snape 10K 66.85	Bolton Abbey 10K 61.34	68.01