# Club championship 2024 results October 20th 2024

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.

**Current top 10**

| | | |
|---|---|---|
| 1 | Helen Burrell | 83.89 |
| 2 | Annelie Whitfield | 78.1 |
| 3 | Grace Gilpin | 75.26 |
| 4 | Martha McBarron | 73.45 |
| 5 | Zoe Mason | 71.31 |
| 6 | Sarah Botting | 69.79 |
| 7 | Jennifer Smithson | 69.07 |
| 8 | Isabel Mordue | 68.88 |
| 9 | Iain Kerr | 67.15 |
| 10 | Liz Sowter | 66.5 |

**Current top 10 of runners who have completed at least 3 runs**

| | | |
|---|---|---|
| 1 | Grace Gilpin | 75.26 |
| 2 | Martha McBarron | 73.45 |
| 3 | Sarah Botting | 69.79 |
| 4 | Jennifer Smithson | 69.07 |
| 5 | Isabel Mordue | 68.88 |
| 6 | Andrew Fletcher | 67.53 |
| 7 | Liz Sowter | 66.5 |
| 8 | Emily Abbey | 66.25 |
| 9 | Glenn Davies | 66.18 |
| 10 | Carol Murray | 66.09 |

**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 | 56.47 |
| 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 | 47.1 |
| 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 | | 56.38 |
| 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 | 65.53 |
| 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 | | 66.25 |
| 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 | Darlington 10K 67.84 | Middlesbrough 10K 68.56 | Humber Half 66.84 | Leeds Abbey Dash 73.09 | York 10M 68.93 | 69.79 |
| Lauren Devlin | Darlington 10K 46.11 | GNR 35.91 | | | | | | | | 41.01 |
| Victoria Dunn | James Herriot Trail Run 34.69 | | | | | | | | | 34.69 |
| 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 |
| 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 | | | | 52.98 |
| 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 | | | 56.9 |
| 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 | 45.09 |
| Frances Dobbing | Hamsterley 10K 61.97 | Swaledale Marathon 39.77 | Darlington 10K 77.28 | September Saunter 51.65 | Richmond Castle 10K 71.28 | | 60.39 |
| 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 | Crackpots trail run 62.33 | Redcar half 80.73 | York Marathon 74.22 | 75.26 |
| 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 | 65.48 |
| 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 | September Saunter 62.16 | | | | 60.89 |
| Annelie Whitfield | Thirsk 10M 78.1 | | | | | 78.1 |

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 | 73.45 |

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 66.86 | 64.36 |

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 | | | | 63 |
| 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 | | | | 63.98 |
| 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 | 63.9 |
| 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 | 54.47 |
| 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 | 67.53 |