

Club championship 2024 results September 28th 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	73.78
4	Martha McBarron	73.45
5	Zoe Mason	71.31
6	Isabel Mordue	69.36
7	Iain Kerr	67.15
8	Liz Sowter	66.5
9	Carol Murray	66.43
10	Sarah Botting	66.37

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

1	Grace Gilpin	73.78
2	Martha McBarron	73.45
3	Isabel Mordue	69.36
4	Andrew Fletcher	67.53
5	Liz Sowter	66.5
6	Sarah Botting	66.37
7	Jennifer Smithson	66.23
8	Glenn Davies	66.18
9	Emily Abbey	65.87
10	Rachael Ridley	65.53

Female senior

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

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	69.36
Freya Naharan	Pitstop 10K 63.08	Darlington 10K 63.61	Redcar 10K 65.16			63.95
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	57.43
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	46.6
Jess Greenwood	James Herriot Trail Run 36.74					36.74
Ruth Harker	Constable Burton 10K	Darlington 10K 43.03	GNR 39.07			39.58

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 45.94	Kirkby Fleetham 10K 54.21	James Herriot Trail Run 49.92	59.12
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			53.7
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
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	Keswick parkrun 53.59	Constable Burton 10K 40.98	Coniston half 41.12	Wetherby 10K 52.88	44.96
Frances Dobbing	Hamsterley 10K 61.97	Swaledale Marathon 39.77	Darlington 10K 77.28	September Saunter 51.65			57.67
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 10K 66.43	Middlesbrough 10K 67.09					66.76
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		73.78
Helen Nicholson	Hamsterley 14M 58.65	Ripon Triathlon 10K 68.1	James Herriot Trail Run 61.14	Scorton 10K 71.77	64.92
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	63.74

Male Senior

Name			Average %
Marcus Johnston	Hamsterley 10K 42.75		42.75
Joe Mawer	Plymouth half 60.82	GNR 62.44	61.63

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	60.25

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				65.27
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	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	James Herriot Trail Run 54.87	September Saunter 56.95			59.95
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