

## Club championship 2025 results April 23rd 2025

Runners are put into age categories according to their age on 1<sup>st</sup> January 2025. 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>

This year we are bumping up the scores for off-road runs:

Off-road parkrun or other 5K– add 5%.

Off-road run up to 15.9 miles – add 10%.

Off-road run 16 to 29.9 miles – add 25%

Off-road run 30+ miles = add 50%

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  | Martha McBarron   | 82.11 |
| 2  | Helen Burrell     | 78.31 |
| 3  | Oonagh Bathgate   | 76.38 |
| 4  | Liz Sowter        | 72.97 |
| 5  | Emily Abbey       | 72.2  |
| 6  | James Cunnachie   | 71.39 |
| 7  | Julia Spittle     | 71.3  |
| 8  | Jennifer Smithson | 71.28 |
| 9  | John Cantrell     | 71.25 |
| 10 | Sarah Botting     | 68.91 |

### Female senior

| Name                |                                |                               | Average % |
|---------------------|--------------------------------|-------------------------------|-----------|
| Hannah Featherstone | Albert Park parkrun<br>45.13   | XC Summerhill<br>41.61        | 43.37     |
| Jodie Simpson       | Wensleydale Wander 23<br>42.74 |                               | 42.74     |
| Laura Sowerby       | Croft Circuit 10K<br>50.54     | Wensleydale Wander 12<br>44.3 | 47.42     |

### Female 35-39

| Name |  |  | Average % |
|------|--|--|-----------|
|      |  |  |           |

|                |                                      |                                     |        |
|----------------|--------------------------------------|-------------------------------------|--------|
| Zabi Dashwood  | Albert Park parkrun<br>60.88         | Charm bracelet<br>marathon<br>49.41 | 55.145 |
| Jess Greenwood | Wensleydale<br>Wander 23<br>43.55    |                                     | 43.55  |
| Hazel Leah     | Wynyard Woodland<br>parkrun<br>60.83 |                                     | 60.83  |
| Aimee Jones    | DR 20<br>48.39                       |                                     | 48.39  |
| Rachael Ridley | Snake Lane 10M<br>66.15              | Thirsk 10M<br>68.05                 | 67.1   |

#### Female 40-44

| Name           |                              |                | Average % |
|----------------|------------------------------|----------------|-----------|
| Emily Abbey    | Thirsk 10M<br>72.2           |                | 72.2      |
| Ruth Waterston | Albert Park parkrun<br>69.42 | DR 20<br>54.05 | 61.74     |

#### Female 45-50

| Name           |                                   |                              | Average % |
|----------------|-----------------------------------|------------------------------|-----------|
| Sarah Botting  | Market Rasen<br>Parkrun<br>70.8   | North<br>Lincs Half<br>67.01 | 68.91     |
| Victoria Dykes | Wensleydale<br>Wander 23<br>60.18 |                              | 60.18     |
| Abi Player     | Wensleydale<br>Wander 12<br>29.7  |                              | 29.7      |
| Sally Simpson  | Wensleydale<br>Wander 12<br>30.4  |                              | 30.4      |

#### Female 50-54

| Name              |                                 |                             |                                  | Average % |
|-------------------|---------------------------------|-----------------------------|----------------------------------|-----------|
| Tracey Gill       | Williamson Park<br>10K<br>60.9  | Valentine's<br>10K<br>67.47 | Wensleydale<br>Wander 12<br>58.9 | 62.42     |
| Jennifer Smithson | Albert Park<br>parkrun<br>72.24 | Thirsk 10M<br>70.31         |                                  | 71.28     |

Female 55-59

| Name                 |                                | Average % |
|----------------------|--------------------------------|-----------|
| Jane Bond            | Wensleydale Wander 12<br>31.91 | 31.91     |
| Helen Lucas Gardiner | Wensleydale Wander 23<br>53.83 | 53.83     |
| Sarah O'Connor       | Albert Park parkrun<br>62.72   | 62.72     |
| Mel Scott            | Wensleydale Wander 12<br>55.02 | 55.02     |

Female 60-64

| Name            |                                |                                     |                                | Average % |
|-----------------|--------------------------------|-------------------------------------|--------------------------------|-----------|
| Oonagh Bathgate | Wensleydale Wander 23<br>76.38 |                                     |                                | 76.38     |
| Sue Brown       | Wensleydale Wander 12<br>35.12 |                                     |                                | 35.12     |
| Helen Burrell   | Northallerton parkrun<br>87.56 | Lawrenny Lampoon 13K trail<br>69.05 |                                | 78.31     |
| Liz Sowter      | Snake Lane 10M<br>74.3         | Dentdale 14.2<br>70.94              | Croft 20M<br>73.66             | 72.97     |
| Helen Nicholson | Gwyrch X Country<br>72.44      | DR 20<br>57.52                      | Wensleydale Wander 12<br>67.02 | 65.66     |

Female 65-69

| Name            |                             |                            |                              |                          |                               | Average % |
|-----------------|-----------------------------|----------------------------|------------------------------|--------------------------|-------------------------------|-----------|
| Martha McBarron | Ravenstonedale 10K<br>84.18 | Brass Monkey Half<br>84.92 | Albert Park parkrun<br>83.46 | Haweswater half<br>82.59 | Wensleydale Wander 23<br>75.4 | 82.11     |

Female 70-74

| Name          |                          |                        |                     |                        | Average % |
|---------------|--------------------------|------------------------|---------------------|------------------------|-----------|
| Julia Spittle | Jolly Holly Jog<br>71.95 | York Winter Warmer 10k | Thirsk 10M<br>71.41 | Northallerton Park Run | 71.3      |

|  |  |       |  |       |  |
|--|--|-------|--|-------|--|
|  |  | 71.86 |  | 69.96 |  |
|--|--|-------|--|-------|--|

### Male Senior

| Name            |                                |                                | Average % |
|-----------------|--------------------------------|--------------------------------|-----------|
| Marcus Johnston | Wensleydale Wander 23<br>50.83 |                                | 50.83     |
| Joe Mawer       | Colchester half<br>59.26       | Wensleydale Wander 23<br>58.05 | 58.66     |

### Male 40 -44

| Name            |                                |                                |                                | Average % |
|-----------------|--------------------------------|--------------------------------|--------------------------------|-----------|
| Nigel Copland   | Thirsk 10M<br>65.77            | Wensleydale Wander 23<br>68.63 |                                | 67.2      |
| Robert Dashwood | Brass Monkey Half<br>57.15     | Zuiderpark parkrun<br>62.57    | Wensleydale Wander 23<br>46.73 | 55.48     |
| Tony Taylor     | Wensleydale Wander 23<br>54.26 |                                |                                | 54.26     |

### Male 45 -49

| Name                |                                |  | Average % |
|---------------------|--------------------------------|--|-----------|
| Stuart Clarkson     | Wensleydale Wander 23<br>55.38 |  | 55.38     |
| Alan Lucas-Gardiner | Wensleydale Wander 23<br>35    |  | 35        |

### Male 50 -54

| Name            |                                |                               |                                | Average % |
|-----------------|--------------------------------|-------------------------------|--------------------------------|-----------|
| Kev Bond        | Darlington parkrun<br>68.6     | Wensleydale Wander 12<br>57.6 |                                | 63.1      |
| James Cunnachie | Thirsk 10M<br>70.68            | Albert Park Parkrun<br>70.18  | Bramham Park trail 10K<br>73.3 | 71.39     |
| Rob Haw         | Wensleydale Wander 12<br>52.31 |                               |                                | 52.31     |
| Michael Hulley  | Wensleydale Wander 23          |                               |                                | 61.43     |

|                |                                  |                                |                                   |       |
|----------------|----------------------------------|--------------------------------|-----------------------------------|-------|
|                | 61.43                            |                                |                                   |       |
| Martin Randall | Druridge Bay Half<br>72.9        | Darlington<br>parkrun<br>71.61 | Wensleydale<br>Wander 23<br>58.78 | 67.76 |
| Mark Sowerby   | Wensleydale<br>Wander 12<br>45.9 |                                |                                   | 45.9  |

Male 55 -59

| Name            |                                   |  | Average % |
|-----------------|-----------------------------------|--|-----------|
| William McLaren | Wensleydale<br>Wander 23<br>42.46 |  | 42.46     |

Male 60 -64

| Name          |                                   |                                     | Average % |
|---------------|-----------------------------------|-------------------------------------|-----------|
| John Cantrell | Wensleydale<br>Wander 23<br>71.25 |                                     | 71.25     |
| Mark Coyle    | Ravenstonedale<br>10K<br>65.1     | Thorpe<br>Perrow<br>parkrun<br>72.2 | 68.65     |
| Chris Muston  | Wensleydale<br>Wander 23<br>56.7  |                                     | 56.7      |

Male 65 -69

| Name            |                          |                          |                             |                                  | Average % |
|-----------------|--------------------------|--------------------------|-----------------------------|----------------------------------|-----------|
| Andrew Fletcher | Hastings parkrun<br>66.4 | Dentdale<br>7.9<br>60.62 | Vale of<br>York 5M<br>64.08 | Wensleydale<br>Wander 12<br>59.8 | 62.73     |