

## Club championship 2025 results August 18th 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 |                   |       | Current top 10 of runners who have completed 6 races |                   |       |
|----------------|-------------------|-------|------------------------------------------------------|-------------------|-------|
| 1              | Helen Burrell     | 85.68 | 1                                                    | Helen Burrell     | 85.68 |
| 2              | Martha McBarron   | 82.54 | 2                                                    | Martha McBarron   | 82.54 |
| 3              | Frances Dobbing   | 80.99 | 3                                                    | Mark Coyle        | 73.96 |
| 4              | Mark Coyle        | 73.96 | 4                                                    | Julia Spittle     | 73.85 |
| 5              | Julia Spittle     | 73.85 | 5                                                    | Liz Sowter        | 72.24 |
| 6              | Oonagh Bathgate   | 73.32 | 6                                                    | James Cunnachie   | 71.76 |
| 7              | Ben Hamilton      | 72.83 | 7                                                    | Jennifer Smithson | 71.36 |
| 8              | Trevor Bosomworth | 72.53 | 8                                                    | Emily Abbey       | 69.98 |
| 9              | Liz Sowter        | 72.24 | 9                                                    | Martin Randall    | 68.15 |
| 10             | James Cunnachie   | 71.76 | 10                                                   | Nigel Copland     | 65.32 |

Female senior

| Name                |                                   |                                  |                                |                             |                               |                         |                                |                   |                            |                         | Average % |
|---------------------|-----------------------------------|----------------------------------|--------------------------------|-----------------------------|-------------------------------|-------------------------|--------------------------------|-------------------|----------------------------|-------------------------|-----------|
| Hannah Featherstone | XC Summerhill<br>41.61            | XC Richmond<br>43.78             | Sedgefield<br>parkrun<br>45.88 | Fountains<br>10K<br>42.9    |                               |                         |                                |                   |                            |                         | 43.54     |
| Emma Metcalfe       | Swaledale<br>Marathon<br>35.28    |                                  |                                |                             |                               |                         |                                |                   |                            |                         | 35.28     |
| Freya Narayan       | Darlington 10K<br>65.14           | Scorton 10K<br>64.71             |                                |                             |                               |                         |                                |                   |                            |                         | 64.93     |
| Jodie Simpson       | Wensleydale<br>Wander 23<br>42.74 | Swaledale<br>Marathon<br>37.53   | Darlington<br>10K<br>46.58     |                             |                               |                         |                                |                   |                            |                         | 42.28     |
| Laura Sowerby       | Croft Circuit<br>10K<br>50.54     | Wensleydale<br>Wander 12<br>44.3 | DR20<br>37.38                  | Sunderland<br>half<br>50.73 | Northallerton<br>10K<br>53.64 | Forcett<br>10K<br>52.09 | Swaledale<br>Marathon<br>37.43 | Aske 10K<br>47.01 | Darlington<br>10K<br>51.96 | Scorton<br>10K<br>55.46 | 51.75     |

Female 35-39

| Name           |                                      |                                |                                |                               |                               |                            | Average % |
|----------------|--------------------------------------|--------------------------------|--------------------------------|-------------------------------|-------------------------------|----------------------------|-----------|
| Zabi Dashwood  | Charm bracelet<br>marathon<br>49.41  | Keswick Parkrun<br>61.3        | Ripon 10M<br>62.36             | Virtual run<br>6.41M<br>56.21 | Swaledale<br>Marathon<br>47.5 | Darlington<br>10K<br>63.63 | 56.74     |
| Jess Greenwood | Wensleydale<br>Wander 23<br>43.55    | Swaledale<br>Marathon<br>38.15 |                                |                               |                               |                            | 40.85     |
| Ruth Harker    | Northallerton 10K<br>40.72           |                                |                                |                               |                               |                            | 40.72     |
| Hazel Leah     | Wynyard Woodland<br>parkrun<br>60.83 | Swaledale<br>Marathon<br>42.94 | Sting Ultra<br>(33 M)<br>57.69 | Aske 10K<br>54.18             | Darlington<br>10K<br>61.08    |                            | 55.34     |
| Aimee Jones    | DR 20<br>48.39                       | Swaledale<br>Marathon<br>50.7  |                                |                               |                               |                            | 49.55     |

|                 |                             |                     |                    |                                |  |  |       |
|-----------------|-----------------------------|---------------------|--------------------|--------------------------------|--|--|-------|
| Katie Nicholson | Swaledale Marathon<br>47.61 | Scorton 10K<br>71.2 |                    |                                |  |  | 59.41 |
| Rachael Ridley  | Snake Lane 10M<br>66.15     | Thirsk 10M<br>68.05 | Spring 5K<br>69.52 | Kirkbymoorside<br>10K<br>67.57 |  |  | 67.82 |

#### Female 40-44

| Name                 |                                   |                                  |                                  |                                |                                   |                                         |                   | Average % |
|----------------------|-----------------------------------|----------------------------------|----------------------------------|--------------------------------|-----------------------------------|-----------------------------------------|-------------------|-----------|
| Emily Abbey          | Thirsk 10M<br>72.2                | Sewerby Parkrun<br>74.28         | Constable<br>Burton 10K<br>66.85 | Kirkby<br>Stephen 10K<br>67.94 | Northallerton<br>10K<br>71.5      | Forcett trail<br>10K<br>67.08           | Aske 10K<br>66.43 | 69.98     |
| Lisa Allen           | Wharfedale trail<br>half<br>51.13 | Constable Burton<br>10K<br>54.52 | Aske 10K<br>56.82                | James<br>Herriot 14K<br>56.16  | Whinlatter<br>trail half<br>50.86 | Lancaster<br>Riverside<br>half<br>56.15 |                   | 54.27     |
| Louise Black         | Swaledale<br>Marathon<br>49.11    |                                  |                                  |                                |                                   |                                         |                   | 49.11     |
| Lauren Devlin        | Darlington 10K<br>40.07           |                                  |                                  |                                |                                   |                                         |                   | 40.07     |
| Amy Kerr             | Swaledale<br>Marathon<br>51.18    | Scorton 10K<br>69.07             |                                  |                                |                                   |                                         |                   | 60.13     |
| Lynn Peacock         | Constable Burton<br>10K<br>52.65  | James Herriot 14K<br>49.35       |                                  |                                |                                   |                                         |                   | 51        |
| Hannah<br>Wallington | Swaledale<br>Marathon<br>40.88    |                                  |                                  |                                |                                   |                                         |                   | 40.88     |
| Ruth<br>Waterston    | Albert Park<br>parkrun<br>69.42   | DR 20<br>54.05                   | Wainstones<br>53.89              | DR30<br>61.5                   | Aske 10K<br>67.14                 |                                         |                   | 61.2      |
| Jess Young           | Swaledale<br>Marathon<br>64.28    |                                  |                                  |                                |                                   |                                         |                   | 64.28     |

## Female 45-50

| Name               |                                   |                                |                                | Average % |
|--------------------|-----------------------------------|--------------------------------|--------------------------------|-----------|
| Sarah Botting      | North Lincs Half<br>67.01         | Albert<br>Parkrun<br>71.5      | Hull 10K<br>68.69              | 69.07     |
| Victoria Dykes     | Wensleydale<br>Wander 23<br>60.18 |                                |                                | 60.18     |
| Sam Metcalfe       | Constable Burton<br>10K<br>44.26  | Forcett trail<br>5K<br>31.31   | Swaledale<br>Marathon<br>36.15 | 37.24     |
| Rebecca<br>Pickles | Constable Burton<br>10K<br>58.56  | Swaledale<br>Marathon<br>46.71 |                                | 52.64     |
| Abi Player         | Wensleydale<br>Wander 12<br>29.7  |                                |                                | 29.7      |
| Cath Short         | Constable Burton<br>10K<br>44.61  |                                |                                | 44.61     |
| Sally Simpson      | Wensleydale<br>Wander 12<br>30.4  |                                |                                | 30.4      |

## Female 50-54

| Name          |                                |                                |                                  |                            |                                   |  |  | Average % |
|---------------|--------------------------------|--------------------------------|----------------------------------|----------------------------|-----------------------------------|--|--|-----------|
| Nicki Buckett | Forcett trail 10K<br>52.1      | Swaledale<br>Marathon<br>50.33 |                                  |                            |                                   |  |  | 51.22     |
| Tracey Gill   | Williamson Park<br>10K<br>60.9 | Valentine's<br>10K<br>67.47    | Wensleydale<br>Wander 12<br>58.9 | Morecambe<br>Half<br>65.49 | Wharfedale<br>trail half<br>57.27 |  |  | 62.01     |

|                   |                                |                                   |                               |                        |                            |                        |                      |       |
|-------------------|--------------------------------|-----------------------------------|-------------------------------|------------------------|----------------------------|------------------------|----------------------|-------|
| Heather Hodgson   | Wharfedale trail half<br>60.82 | Lancaster Riverside half<br>62.93 |                               |                        |                            |                        |                      | 61.88 |
| Jennifer Smithson | Albert Park parkrun<br>72.24   | Thirsk 10M<br>70.31               | Constable Burton 10K<br>68.42 | Edinburgh half<br>67.8 | Forcett trail 10K<br>68.18 | Darlington 10K<br>72.2 | Scorton 10K<br>76.81 | 71.36 |
| Louise Walshaw    | Constable Burton 10K<br>54.33  | James Herriot 14K<br>52.77        |                               |                        |                            |                        |                      | 53.55 |

#### Female 55-59

| Name                 |                                |                             |                                    |                         |                            |  | Average % |
|----------------------|--------------------------------|-----------------------------|------------------------------------|-------------------------|----------------------------|--|-----------|
| Jane Bond            | Wensleydale Wander 12<br>31.91 | Darlington 10K<br>54.71     | Kirkby Fleetham trail 10K<br>54.35 | DR20<br>33.4            | Temple Newsam 10M<br>53.89 |  | 45.65     |
| Helen Lucas Gardiner | Wensleydale Wander 23<br>53.83 | Swaledale Marathon<br>43.61 |                                    |                         |                            |  | 48.72     |
| Tracy Hunter         | Swaledale Marathon<br>64.43    |                             |                                    |                         |                            |  | 64.43     |
| Sarah O'Connor       | Albert Park parkrun<br>62.72   | Sunderland 10K<br>61.37     | Swaledale Marathon<br>45.3         | Darlington 10K<br>60.15 |                            |  | 57.39     |
| Caroline Ovenstone   | DR20<br>35.52                  | Northallerton 10K<br>47.79  |                                    |                         |                            |  | 41.66     |
| Mel Scott            | Wensleydale Wander 12<br>55.02 | Swaledale Marathon<br>52.58 |                                    |                         |                            |  | 53.8      |

Female 60-64

| Name            |                                     |                               |                                   |                                 |                               |                             |                              |                   | Average % |
|-----------------|-------------------------------------|-------------------------------|-----------------------------------|---------------------------------|-------------------------------|-----------------------------|------------------------------|-------------------|-----------|
| Oonagh Bathgate | Wensleydale Wander 23<br>76.38      | Swaledale Marathon<br>70.25   |                                   |                                 |                               |                             |                              |                   | 73.32     |
| Sue Brown       | Wensleydale Wander 12<br>35.12      |                               |                                   |                                 |                               |                             |                              |                   | 35.12     |
| Helen Burrell   | Lawrenny Lampoon 13K trail<br>68.11 | Constable Burton 10K<br>84.03 | Wynyard Woodland parkrun<br>89.08 | Forcett trail 10K<br>90.67      | James Herriot 14K<br>87.53    | Scorton 10K<br>94.64        |                              |                   | 85.68     |
| Frances Dobbing | Scorton 10K<br>80.99                |                               |                                   |                                 |                               |                             |                              |                   | 80.99     |
| Helen Nicholson | Gwyrch X Country<br>72.44           | DR 20<br>57.52                | Wensleydale Wander 12<br>67.02    | Swaledale Marathon<br>62.83     | Scorton 10K<br>80.94          |                             |                              |                   | 68.15     |
| Delyth Rennie   | Swaledale Marathon<br>49.19         |                               |                                   |                                 |                               |                             |                              |                   | 49.19     |
| Liz Sowter      | Snake Lane 10M<br>74.3              | Dentdale 14.2<br>70.94        | Croft 20M<br>73.66                | Milton Keynes marathon<br>67.57 | Constable Burton 10K<br>66.08 | Kirkby Stephen 10K<br>70.22 | Crackpots trail run<br>70.71 | Aske 10K<br>73.59 | 72.24     |

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 | Forcett trail 10K<br>79.24 | Swinner Swagger<br>61.01 | Aske 10K<br>80.83 | James Herriot 14K<br>75.1 | 82.54     |

## Female 70-74

| Name          |                          |                                    |                     |                                    |                    |                            |                         | Average % |
|---------------|--------------------------|------------------------------------|---------------------|------------------------------------|--------------------|----------------------------|-------------------------|-----------|
| Julia Spittle | Jolly Holly Jog<br>71.95 | York Winter<br>Warmer 10k<br>71.86 | Thirsk 10M<br>71.41 | Northallerton<br>Park Run<br>69.96 | Ripon 10M<br>75.76 | Easingwold<br>10K<br>73.53 | Scorton<br>10K<br>78.61 | 73.85     |

## Male Senior

| Name            |                                   |                                   |                               |                                |                     |                     |                                 | Average % |
|-----------------|-----------------------------------|-----------------------------------|-------------------------------|--------------------------------|---------------------|---------------------|---------------------------------|-----------|
| Marcus Johnston | Wensleydale<br>Wander 23<br>50.83 | Crackpots<br>trail run<br>47.06   | Aske 10K<br>48.86             |                                |                     |                     |                                 | 48.92     |
| Joe Mawer       | Colchester half<br>59.26          | Wensleydale<br>Wander 23<br>58.05 | Forcett trail<br>10K<br>58.59 | Swaledale<br>Marathon<br>48.95 | Boxted 10K<br>60.95 | Bungay 10K<br>59.88 | Heritage<br>Coast half<br>63.26 | 60        |

## Male 35-39

| Name            |                                  |                                |  |  | Average % |
|-----------------|----------------------------------|--------------------------------|--|--|-----------|
| Stephen Allison | Aske 10K<br>64.94                |                                |  |  | 64.94     |
| Sam Johnson     | Swaledale<br>Marathon<br>52.83   |                                |  |  | 52.83     |
| Matt Perkins    | Constable Burton<br>10K<br>56.98 | Swaledale<br>Marathon<br>45.43 |  |  | 51.21     |

# Male 40 -44

| Name            |                                   |                                   |                                   |                             |                               |                         | Average % |
|-----------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------|-------------------------------|-------------------------|-----------|
| Nigel Copland   | Thirsk 10M<br>65.77               | Wensleydale<br>Wander 23<br>68.63 | Northallerton<br>10K<br>65.99     | Swaledale<br>Marathon<br>58 | James<br>Herriot 14K<br>62.28 | Scorton<br>10K<br>71.24 | 65.32     |
| Robert Dashwood | Brass Monkey<br>Half<br>57.15     | Zuiderpark<br>parkrun<br>62.57    | Wensleydale<br>Wander 23<br>46.73 | Scorton<br>10K<br>66.19     |                               |                         | 58.16     |
| Nick Green      | Swaledale<br>Marathon<br>54.79    | Scorton 10K<br>74.06              |                                   |                             |                               |                         | 64.43     |
| Gavin Hardisty  | Constable<br>Burton 10K<br>52.82  | Forcett trail<br>10K<br>54.13     | Aske 10K<br>53.26                 | Darlington<br>10K<br>58.13  |                               |                         | 54.59     |
| Tony Taylor     | Wensleydale<br>Wander 23<br>54.26 | Swaledale<br>Marathon<br>45.64    |                                   |                             |                               |                         | 49.95     |

# Male 45 -49

| Name                    |                                   |                                |  |  | Average % |
|-------------------------|-----------------------------------|--------------------------------|--|--|-----------|
| Stuart Clarkson         | Wensleydale<br>Wander 23<br>55.38 | Swaledale<br>Marathon<br>51.69 |  |  | 53.54     |
| Tim Grimwood            | Swaledale<br>Marathon<br>69.38    |                                |  |  | 69.38     |
| Ben Hamilton            | Swaledale<br>Marathon<br>72.83    |                                |  |  | 72.83     |
| Alan Lucas-<br>Gardiner | Wensleydale<br>Wander 23<br>35    |                                |  |  | 35        |

|            |                            |                                |                   |                            |       |
|------------|----------------------------|--------------------------------|-------------------|----------------------------|-------|
| Mark Smith | Northallerton 10K<br>53.04 | Swaledale<br>Marathon<br>38.53 | Aske 10K<br>54.47 | Darlington<br>10K<br>58.29 | 51.08 |
|------------|----------------------------|--------------------------------|-------------------|----------------------------|-------|

## Male 50 -54

| Name                 |                                   |                                         |                               |                                         |                         |                      |  | Average % |
|----------------------|-----------------------------------|-----------------------------------------|-------------------------------|-----------------------------------------|-------------------------|----------------------|--|-----------|
| Kev Bond             | Darlington parkrun<br>68.6        | Wensleydale<br>Wander 12<br>57.6        | Fremington<br>Frenzy<br>51.44 | Darlington<br>10K<br>67.38              |                         |                      |  | 61.26     |
| Trevor<br>Bosomworth | Swaledale Marathon<br>72.53       |                                         |                               |                                         |                         |                      |  | 72.53     |
| Jim Coldwell         | James Herriot 14K<br>57.87        |                                         |                               |                                         |                         |                      |  | 57.87     |
| James<br>Cunnachie   | Thirsk 10M<br>70.68               | Bramham<br>Park trail 10K<br>73.3       | Northallerton<br>10K<br>69.44 | Wynyard<br>Woodland<br>parkrun<br>71.25 | Darlington 10K<br>70.08 | Scorton 10K<br>75.81 |  | 71.76     |
| Shaun<br>Donnelly    | Swaledale<br>Marathon<br>43.64    |                                         |                               |                                         |                         |                      |  | 43.64     |
| Simon Hewitt         | Swaledale Marathon<br>54.03       | James<br>Herriot 14K<br>59.03           | Scorton 10K<br>54.46          |                                         |                         |                      |  | 55.84     |
| Rob Haw              | Wensleydale<br>Wander 12<br>52.31 |                                         |                               |                                         |                         |                      |  | 52.31     |
| Michael Hulley       | Wensleydale<br>Wander 23<br>61.43 |                                         |                               |                                         |                         |                      |  | 61.43     |
| Iain Kerr            | Swaledale Marathon<br>49.11       | Wynyard<br>Woodland<br>parkrun<br>70.79 | Scorton 10K<br>74.81          |                                         |                         |                      |  | 64.9      |

|                |                                  |                                |                                   |                                |               |                         |                         |       |
|----------------|----------------------------------|--------------------------------|-----------------------------------|--------------------------------|---------------|-------------------------|-------------------------|-------|
| Martin Randall | Druridge Bay Half<br>72.9        | Darlington<br>parkrun<br>71.61 | Wensleydale<br>Wander 23<br>58.78 | Swaledale<br>Marathon<br>58.18 | DR30<br>63.28 | Darlington 10K<br>69.83 | Scorton<br>10K<br>72.51 | 68.15 |
| Mark Sowerby   | Wensleydale<br>Wander 12<br>45.9 | Forcett trail<br>10K<br>65.51  | Darlington 10K<br>62.31           | Scorton<br>10K<br>71.46        |               |                         |                         | 61.3  |

#### Male 55 -59

| Name            |                                   |                               |                                | Average % |
|-----------------|-----------------------------------|-------------------------------|--------------------------------|-----------|
| Neil Bowmer     | Swaledale<br>Marathon<br>60.94    | Scorton 10K<br>77.25          |                                | 69.1      |
| Niall Cheyne    | Northallerton 10K<br>45.54        |                               |                                | 45.54     |
| William McLaren | Wensleydale<br>Wander 23<br>42.46 | Northallerton<br>10K<br>56.26 | Swaledale<br>Marathon<br>36.75 | 45.16     |

#### Male 60 - 64

| Name          |                                   |                                  |                                   |                               |                                         |                               |                             |                         | Average % |
|---------------|-----------------------------------|----------------------------------|-----------------------------------|-------------------------------|-----------------------------------------|-------------------------------|-----------------------------|-------------------------|-----------|
| John Cantrell | Wensleydale<br>Wander 23<br>71.25 | Swaledale<br>Marathon<br>54.78   |                                   |                               |                                         |                               |                             |                         | 63.02     |
| Mark Coyle    | Ravenstonedale<br>10K<br>65.1     | Constable<br>Burton 10K<br>69.01 | Kirkby<br>Stephen<br>10K<br>70.09 | Northallerton<br>10K<br>72.97 | Wynyard<br>Woodland<br>parkrun<br>75.37 | Forcett trail<br>10K<br>75.12 | Swinner<br>Swagger<br>58.28 | Scorton<br>10K<br>81.18 | 73.96     |
| Glenn Davies  | Northallerton 10K<br>65.71        | Great<br>North 10K<br>60.17      | Scorton<br>10K<br>66.76           |                               |                                         |                               |                             |                         | 64.21     |

|              |                                  |                                |                           |                |                      |  |  |  |       |
|--------------|----------------------------------|--------------------------------|---------------------------|----------------|----------------------|--|--|--|-------|
| Andy Gaines  | Northallerton 10K<br>67.9        |                                |                           |                |                      |  |  |  | 67.9  |
| Chris Muston | Wensleydale<br>Wander 23<br>56.7 | Swaledale<br>Marathon<br>48.11 | Thorpe<br>Perrow<br>63.25 | DR 30<br>51.05 | Scorton 10K<br>68.64 |  |  |  | 57.55 |

#### Male 65 - 69

| Name               |                         |                             |                                      |                               |                               |                              |  | Average % |
|--------------------|-------------------------|-----------------------------|--------------------------------------|-------------------------------|-------------------------------|------------------------------|--|-----------|
| Pete Devlin        | Darlington 10K<br>64.65 |                             |                                      |                               |                               |                              |  | 64.65     |
| Andrew<br>Fletcher | Dentdale 7.9<br>60.62   | Vale of<br>York 5M<br>64.08 | Wensleydal<br>e Wander<br>12<br>59.8 | Northallerton<br>10K<br>61.23 | James<br>Herriot 14K<br>57.06 | Fountains<br>Parkrun<br>66.6 |  | 61.57     |
| Tony Harrison      | Aske 5K<br>62.55        |                             |                                      |                               |                               |                              |  | 62.55     |

#### Male 70 -74

| Name          |                                   |                   |                         | Average % |
|---------------|-----------------------------------|-------------------|-------------------------|-----------|
| Roger Brisley | Northallerton<br>parkrun<br>57.82 | Aske 10K<br>54.97 | Scorton<br>10K<br>63.61 | 58.8      |