

## Club championship 2025 results February 17th 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 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	84.19
2	Martin Randall	72.9
3	Sarah Botting	70.8
4	Ruth Waterston	69.42
5	Kev Bond	68.6
6	Mark Coyle	65.1
7	Tracey Gill	64.19
8	Rob Dashwood	57.15

### Female 40-44

Name		Average %
Ruth Waterston	Albert Park Parkrun 69.42	69.42

Female 45-50

Name		Average %
Sarah Botting	Market Rasen Parkrun 70.8	70.8

Female 50-54

Name			Average %
Tracey Gill	Williamson Park 10K 60.9	Valentine's 10K 67.47	64.19

Female 65-69

Name				Average %
Martha McBarron	Ravenstonedale 10K 84.18	Brass Monkey Half 84.92	Albert Park parkrun 83.46	84.19

Male 40 -44

Name		Average %
Robert Dashwood	Brass Monkey Half 57.15	57.15

Male 50 -54

Name		Average %
Kev Bond	Darlington parkrun 68.6	68.6
Martin Randall	Druridge Bay Half 72.9	72.9

Male 60 -64

Name		Average %
Mark Coyle	Ravenstonedale 10K 65.1	65.1