

Club championship 2025 results June 25th 2025

Runners are put into age categories according to their age on 1st 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	Helen Burrell	82.97
2	Martha McBarron	81.63
3	Oonagh Bathgate	73.32
4	Ben Hamilton	72.83
5	Trevor Bosomworth	72.53
6	Julia Spittle	72.19
7	Liz Sowter	71.34
8	Mark Coyle	71.28
9	James Cunnachie	71.17
10	Emily Abbey	69.98

Female senior

Name								Average %
Hannah Featherstone	XC Summerhill 41.61	XC Richmond 43.78	Sedgefield parkrun 45.88	Fountains 10K 42.9				43.54
Emma Metcalfe	Swaledale Marathon 35.28							35.28
Jodie Simpson	Wensleydale Wander 23 42.74	Swaledale Marathon 37.53						40.14
Laura Sowerby	Croft Circuit 10K 50.54	Wensleydale Wander 12 44.3	DR20 37.38	Sunderland half 50.73	Northallerton 10K 53.64	Forcett trail 10K 52.09	Swaledale Marathon 37.43	48.12

Female 35-39

Name						Average %
Zabi Dashwood	Charm bracelet marathon 49.41	Keswick Parkrun 61.3	Ripon 10M 62.36	Virtual run 6.41M 56.21	Swaledale Marathon 47.5	55.36
Jess Greenwood	Wensleydale Wander 23 43.55	Swaledale Marathon 38.15				40.85
Ruth Harker	Northallerton 10K 40.72					40.72
Hazel Leah	Wynyard Woodland parkrun 60.83	Swaledale Marathon 42.94				51.89
Aimee Jones	DR 20 48.39	Swaledale Marathon 50.7				49.55
Katie Nicholson	Swaledale Marathon 47.61					47.61

Rachael Ridley	Snake Lane 10M 66.15	Thirsk 10M 68.05	Spring 5K 69.52			67.91
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Female 40-44

Name							Average %
Emily Abbey	Thirsk 10M 72.2	Sewerby Parkrun 74.28	Constable Burton 10K 66.85	Kirkby Stephen 10K 67.94	Northallerton 10K 71.5	Forcett trail 10K 67.08	69.98
Lisa Allen	Wharfedale trail half 51.13						51.13
Louise Black	Swaledale Marathon 49.11						49.11
Amy Kerr	Swaledale Marathon 51.18						51.18
Lynn Peacock	Constable Burton 10K 52.65						52.65
Hannah Wallington	Swaledale Marathon 40.88						40.88
Ruth Waterston	Albert Park parkrun 69.42	DR 20 54.05	Wainstones 53.89				59.12
Jess Young	Swaledale Marathon 64.28						64.28

Female 45-50

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

Female 50-54

Name						Average %
Nicki Buckett	Forcett trail 10K 52.1	Swaledale Marathon 50.33				51.22

Tracey Gill	Williamson Park 10K 60.9	Valentine's 10K 67.47	Wensleydale Wander 12 58.9	Morecambe Half 65.49	Wharfedale trail half 57.27	62.01
Heather Hodgson	Wharfedale trail half 60.82					60.82
Jennifer Smithson	Albert Park parkrun 72.24	Thirsk 10M 70.31	Constable Burton 10K 68.42	Edinburgh half 67.8	Forcett trail 10K 68.18	69.39
Louise Walshaw	Constable Burton 10K 54.33					54.33

Female 55-59

Name				Average %
Jane Bond	Wensleydale Wander 12 31.91			31.91
Helen Lucas Gardiner	Wensleydale Wander 23 53.83	Swaledale Marathon 43.61		48.72
Tracy Hunter	Swaledale Marathon 64.43			64.43
Sarah O'Connor	Albert Park parkrun 62.72	Sunderland 10K 61.37	Swaledale Marathon 45.3	56.46
Caroline Ovenstone	DR20 35.52	Northallerton 10K 47.79		41.66
Mel Scott	Wensleydale Wander 12 55.02		Swaledale Marathon	55.02

Female 60-64

Name								Average %
Oonagh Bathgate	Wensleydale Wander 23 76.38	Swaledale Marathon 70.25						73.32
Sue Brown	Wensleydale Wander 12 35.12							35.12
Helen Burrell	Lawrenny Lampoon 13K trail 68.11	Constable Burton 10K 84.03	Wynyrd Woodland parkrun 89.08	Forcett trail 10K 90.67				82.97
Liz Sowter	Snake Lane 10M 74.3	Dentdale 14.2 70.94	Croft 20M 73.66	Milton Keynes marathon 67.57	Constable Burton 10K 66.08	Kirkby Stephen 10K 70.22	Crackpots trail run 70.71	71.34
Helen Nicholson	Gwyrch X Country 72.44	DR 20 57.52	Wensleydale Wander 12 67.02	Swaledale Marathon 62.83				64.95
Delyth Rennie	Swaledale Marathon 49.19							49.19

Female 65-69

Name							Average %
Martha McBarron	Ravenstonedale 10K 84.18	Brass Monkey Half 84.92	Albert Park parkrun 83.46	Haweswater half 82.59	Wensleydale Wander 23 75.4	Forcett trail 10K 79.24	81.63

Female 70-74

Name						Average %
Julia Spittle	Jolly Holly Jog 71.95	York Winter Warmer 10k 71.86	Thirsk 10M 71.41	Northallerton Park Run 69.96	Ripon 10M 75.76	72.19

Male Senior

Name					Average %
Marcus Johnston	Wensleydale Wander 23 50.83	Crackpots trail run 47.06			48.95
Joe Mawer	Colchester half 59.26	Wensleydale Wander 23 58.05	Forcett trail 10K 58.59	Swaledale Marathon 48.95	56.21

Male 35-39

Name					Average %
Sam Johnson	Swaledale Marathon 52.83				52.83
Matt Perkins	Constable Burton 10K 56.98	Swaledale Marathon 45.43			51.21

Male 40 -44

Name					Average %
Nigel Copland	Thirsk 10M 65.77	Wensleydale Wander 23 68.63	Northallerton 10K 65.99	Swaledale Marathon 58	64.6
Robert Dashwood	Brass Monkey Half 57.15	Zuiderpark parkrun 62.57	Wensleydale Wander 23 46.73		55.48
Nick Green	Swaledale Marathon 54.79				54.79
Gavin Hardisty	Constable Burton 10K 52.82	Forcett trail 10K 54.13			53.48
Tony Taylor	Wensleydale Wander 23 54.26	Swaledale Marathon 45.64			49.95

Male 45 -49

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

Mark Smith	Northallerton 10K 53.04	Swaledale Marathon 38.53	53.04
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Male 50 -54

Name						Average %
Kev Bond	Darlington parkrun 68.6	Wensleydale Wander 12 57.6	Fremington Frenzy 51.44			59.21
Trevor Bosomworth	Swaledale Marathon 72.53					72.53
James Cunnachie	Thirsk 10M 70.68	Bramham Park trail 10K 73.3	Northallerton 10K 69.44	Wynyard Woodland parkrun 71.25		71.17
Shaun Donnelly	Swaledale Marathon 43.64					43.64
Simon Hewitt	Swaledale Marathon 54.03					54.03
Rob Haw	Wensleydale Wander 12 52.31					52.31
Michael Hulley	Wensleydale Wander 23 61.43					61.43
Iain Kerr	Swaledale Marathon 49.11					49.11
Martin Randall	Druridge Bay Half 72.9	Darlington parkrun 71.61	Wensleydale Wander 23 58.78	Swaledale Marathon 58.18		65.37
Mark Sowerby	Wensleydale Wander 12 45.9	Forcett trail 10K 65.51				55.71

Male 55 -59

Name				Average %
Neil Bowmer	Swaledale Marathon 60.94			60.94
Niall Cheyne	Northallerton 10K 45.54			45.54
William McLaren	Wensleydale Wander 23 42.46	Northallerton 10K 56.26	Swaledale Marathon 36.75	45.16

Male 60 -64

Name							Average %
John Cantrell	Wensleydale Wander 23 71.25	Swaledale Marathon 54.78					63.02
Mark Coyle	Ravenstonedale 10K 65.1	Constable Burton 10K 69.01	Kirkby Stephen 10K 70.09	Northallerton 10K 72.97	Wynyard Woodland parkrun 75.37	Forcett trail 10K 75.12	71.28
Glenn Davies	Northallerton 10K 65.71						65.71
Andy Gaines	Northallerton 10K 67.9						67.9
Chris Muston	Wensleydale Wander 23 56.7	Forcett trail 5K 55.01	Swaledale Marathon 48.11				53.27

Male 65 -69

Name						Average %
Andrew Fletcher	Hastings parkrun 66.4	Dentdale 7.9 60.62	Vale of York 5M 64.08	Wensleydale Wander 12 59.8	Northallerton 10K 61.23	62.43