

Club championship 2025 results March 21st 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 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	83.79
2	Liz Sowter	72.97
3	Helen Nicholson	72.44
4	Martin Randall	72.26
5	Emily Abbey	72.2
6	Julia Spittle	71.74
7	Jennifer Smithson	71.28
8	James Cunnachie	70.68
9	Ruth Waterston	69.42
10	Sarah Botting	68.91

Female senior

Name			Average %
Hannah Featherstone	Albert Park parkrun 45.13	XC Summerhill 41.61	43.37

Female 35-39

Name			Average %
Zabi Dashwood	Albert Park parkrun 60.88		60.88
Rachael Ridley	Snake Lane 10M 66.15	Thirsk 10M 68.05	67.1

Female 40-44

Name		Average %
Emily Abbey	Thirsk 10M 72.2	72.2
Ruth Waterston	Albert Park parkrun 69.42	69.42

Female 45-50

Name			Average %
Sarah Botting	Market Rasen Parkrun 70.8	North Lincs Half 67.01	68.91

Female 50-54

Name			Average %
Tracey Gill	Williamson Park 10K 60.9	Valentine's 10K 67.47	64.19
Jennifer Smithson	Albert Park parkrun 72.24	Thirsk 10M 70.31	71.28

Female 55-59

Name		Average %
Sarah O'Connor	Albert Park parkrun 62.72	62.72

Female 60-64

Name				Average %
Liz Sowter	Snake Lane 10M 74.3	Dentdale 14.2 70.94	Croft 20M 73.66	72.97
Helen Nicholson	Gwyrch X Country 72.44			72.44

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	83.79

Female 70-74

Name				Average %
Julia Spittle	Jolly Holly Jog 71.95	York Winter Warmer 10k 71.86	Thirsk 10M 71.41	71.74

Male Senior

Name			Average %
Joe Mawer	Colchester half 59.26		59.26

Male 40 -44

Name			Average %
Nigel Copland	Thirsk 10M 65.77		65.77
Robert Dashwood	Brass Monkey Half 57.15	Zuiderpark parkrun 62.57	59.86

Male 50 -54

Name			Average %
Kev Bond	Darlington parkrun 68.6		68.6
James Cunnachie	Thirsk 10M 70.68		70.68
Martin Randall	Druridge Bay Half 72.9	Darlington parkrun 71.61	72.26

Male 60 -64

Name		Average %
Mark Coyle	Ravenstonedale 10K 65.1	65.1

Male 65 -69

Name			Average %
Andrew Fletcher	Hastings parkrun 66.4	Dentdale 7.9 60.62	63.51