Road championship 2026 - results January 20th

Runners are put into age categories according to their age on 1st January 2026. 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

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. Full details of this championship are on the club website under 'competitions'.

Current top 10

1	Tim Grimwood	74.92
2	Rachael Ridley	73.27
3	Emily Abbey	71.81
4	Sarah Botting	71.34
5	Joe Mawer	65.7
6	Julia Spittle	65.46
7	Mark Coyle	65.4
8	Carol Murray	63.97
9	Zabi Dashwood	62.16
10	Kev Bond	61.59

Female 35-39

Name				Average %
Zabi Dashwood	Brass Monkey half 62.16			62.16
Rachael Ridley	Leeds Abbey Dash 74.08	Northallerton parkrun 72.93	Newcastle 10K 72.8	73.27

Female 40-44

Name		Average %
Emily Abbey	Crikey it's Christmas 10K 71.81	71.81
Hazel Leah	Brass Monkey half 54.3	54.3

Female 45-49

Name			Average %
Sarah Botting	Croft 10K 70.62	Market Rasen parkrun 72.05	71.34

Female 55-59

Name				Average %
Jane Bond	Leeds Abbey Dash 57.45	Booze Run 40.12	Temple Newsam 10M 43.05	46.87
Carol Murray	Northallerton parkrun 66.67	Solo 12 miles 61.27		63.97

Female 70-74

Name			Average %
Julia Spittle	Jolly Holly Jog 66.71	Harewood House 13.5 64.21	65.46

Male senior

Name		Average %
Joe Mawer	Brass Monkey half 65.7	65.7

Male 45 -49

Name		Average %
Tim Grimwood	Brass Monkey half 74.92	74.92

Male 50 -54

Name			Average %
Kev Bond	Leeds Abbey Dash 68.24	Temple Newsam 10M 54.94	61.59

Male 60 -64

Name		Average %
Mark Coyle	Deepdale Dash 5M 65.4	65.4
Chris Muston	Ravenstonedale 10K 61.2	61.2