

Club championship 2021 age-graded performances to November 25th 2021

NB Runners are put into age categories according to their age on 1st January 2021. 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. Remember that you can only include one race of 5K or less and at least 2 runs must be 10 miles or more.

Current top ten (red = 6 races completed)

1	Annelie Whitfield	79.58
2	Grace Gilpin	77.16
3	Martha McBarron	76.06
4	Andrew Fletcher	73.8
5	Liz Sowter	72.78
6	Jess Young	72.21
7	Julia Spittle	67.07
8	Iain Kerr	64.89
9	Ros Blackmore	65.29
10	Helen Nicholson	62.19

Female senior

Name									Average %
Kati Nicholson	65.6 Virtual 3.16 miles	58.81 Virtual 4.2 miles	57.02 Virtual 5.54 miles	58.13 Virtual 4.03 miles	53.98 Virtual 16.51 miles	53.61 London Marathon			56.31

Female 35-39

Name									Average %
Emily Abbey	66.51 Castle 10K	65.39 Buggy 5K	60.72 Hamsterley 10K	56.5 Grewelthorpe trail run	66.05 Virtual 10 mile				63.03
Jess Young	77.15 Virtual 5K	67.3 Virtual 10K	71.88 NEP half marathon	71.46 South Park 20 mile	73.27 York Marathon				72.21

Female 40-44

Name									Average %

Female 45-49

Name									Average %
Heather Hodgson	42.02 Virtual 10M	57.71 Virtual 10M Teesdale	56.57 James Herriot Trail Run	43.45 WW fell race	48.93 Wensleydale Wander	53.49 Virtual 5K on long grass	59.29 Moonrunner 10K		53.24

Female 50-54

Name											Average %
Ros Blackmore	71.68 Virtual 5K	66.9 Virtual 10K	72.95 Bridgwater half marathon	72.35 Fountains Parkrun	58.6 Saturn Running Durham	40.42 Lancashire Marathon +	54.02 Round Ripon Ultra	64.27 Town Moor Marathon	56.12 Lockton Limping	56.66 Saltergate Gallows	65.29

Female 55 -59

Name								Average %
Helen Nicholson	58.78 Swainby Sweep (half marathon+)	58.91 White Horse 16.5	62.09 20 miles	69.91 Virtual 5K	68.06 5 mile X coutry	53.61 Round Ripon Ultra	55.38 Wensleydale Wander	62.19
Annelie Whitfield	77.38 Darlo 10K	74.21 Redcar half marathon	78.9 York 10 mile	82.63 Parkrun	83.53 Middlesbro' 10K	80.84 Tadcaster 10 mile		79.58

Female 60 -65

Name									Average %
Grace Gilpin	78.64 Fleetham Cup 5K	79.08 Darlo 10K	79.1 NEP half marathon	74.68 York Marathon	74.29 Hamsterley Trail 10M				77.16
Martha McBarron		69.78 Virtual 10K	75.34 10K	78.04 Virtual 5K	77.11 Virtual 10 mile	77.84 Virtual 10K	78.24 Virtual half marathon		76.06
Liz Sowter	64.92 Daffodil Dash half +	76.98 NEP half marathon	70.53 Stanhope 10 mile	74.05 South Park 20	71.45 Virtual 5K	64.98 Grewelthorpe Trail Run	65.82 Langdale Marathon	77.87 Tadcaster 10	72.78

Female 65 -69

Name									Average %
Julia Spittle	65.04 Virtual 10M	60.55 Swainby Sweep (half marathon +)	69.57 5K	70.99 Virtual 5.04 miles	74.42 Sessay Swift 6K	61.66 Virtual 13.25 miles	60.76 Langdale Marathon		67.07

Male senior

Name							Average %
John Bishton	58.35 Virtual half marathon						58.35

Male 40 -44

Name							Average %

Male 45 -49

Name									Average %
Ian Kerr	63.53 Virtual 10M	56.01 Virtual 10M	57.73 Virtual 10M	68.55 Virtual 5K	60.33 Virtual 10M	61.08 Herriot run	68.91 GNR	66.96 Virtual 10K	64.89

Male 50 -54

Name							Average %
Neil Bowmer	51.61 Saturn Running Durham	35.58 Lancashireman marathon +	63.5 Grewelthorpe Trail Run	42.19 Yorkshire 3 Peaks	75.27 Fountains Parkrun	55.27 Lockton Limping	53.9

Male 55 -59

Name							Average %
Chris Muston	52.58 Virtual 10M						52.58
John Cantrell	40.84 Settle Saunter	52.6 Herriot Trail	40.62 Ripon Ultra	39.22 Wensleydale Wander	60.11 Richmond 10K	58.76 GNR	48.69

Male 60 - 65

Name								Average %
Andrew Fletcher	71.66 EOY 10 M	75.43 Fleetham Cup 10K	75.83 Darlo 10K	74.41 Fountains Abbey Parkrun	75.69 Tholthorpe 10K	72.11 Northiam 10K	69.83 Locomotion 10M	73.57

Male 65 - 69

Name									Average %
Roger Brisley	54.5 Virtual 10M	68.43 Virtual Melmerby 10K	67.13 GNR	66.34 Sessay Swift	45.89 London Marathon	50.53 Hardmoors 16.5	53.79 Swainby Sweep		60.12

Volunteering

Name	Events	Total
John Cantrell	Junior Park Run	7
Neil Bowmer and Ros Blackmore	Swainby Sweep, Lakeland 100, Richmond 10K	3