

Female 50-54

Name									Average %
Ros Blackmore	71.68 Virtual 5K	66.9 Virtual 10K	72.95 Bridgwater half marathon	72.35 Fountains Parkrun					70.97

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				62.42
Annelie Whitfield	77.38 Darlo 10K							77.38

Female 60 -65

Name								Average %
Grace Gilpin	78.64 Fleetham Cup 5K	79.08 Darlo 10K	79.1 NEP half marathon					78.94
Martha McBarron		69.78 Virtual 10K	75.34 10K	78.04 Virtual 5K				74.39
Liz Sowter	64.92 Daffodil Dash (half marathon+)	76.98 NEP half marathon	70.53 Stanhope 10 mile	74.05 South Park 20	71.45 Virtual 5K			71.59

Female 65 -69

Name								Average %
Julia Spittle	65.04 Virtual 10M	60.55 Swainby Sweep (half marathon +)	69.57 5K					65.05

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		63.36

Male 50 -54

Name							Average %

Male 55 -59

Name							Average %
Chris Muston	52.58 Virtual 10M						52.58

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					61.48

