

Club championship 2023 results November 21st

Runners are put into age categories according to their age on 1st January 2023. 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 are 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 (new for 2023) off-road.**

Top 10 who have completed the championship

1	Helen Burrell	85.38
2	Martha McBarron	79.56
3	Liz Sowter	78.64
4	Jess Young	77.25
5	Andrew Fletcher	74.3
6	Neil Bowmer	72.56
7	Glenn Davies	70.8
8	Mark Sowerby	70.21
9	Helen Nicholson	69.24
10	Sarah Botting	67.6

Female senior

Name									Average %
Abby Ayre	Hamsterley 10K 46.69	Muddy Boots 10K 50.82	Wensleydale Wander long 33.01	Croft 10K 52.69	Darlington 10K 52.57				47.15
Rebecca Bagley	Hamsterley 10K 52.11	Kiplin 10K 63.76	Scorton 10K 56.64	GNR 55.11					56.9
Zabi Dashwood	Haweswater half 51.33	London Landmarks half 54.15	East Harlsey 10K 57.32	Croft 10K 61.59	Darlington 10K 60.26	GNR 51.49	Darlington parkrun 59.51	Guy Fawkes 10M 55.09	57.99

Clare Hardisty	Scorton 10K 43.44	Middlesbrough 10K 44.04								43.74
Abbie Hull	Ravenstonedale 10K 68.51	Hamsterley 14 54.22								61.37
Emma Kernan	Sand Dancer 10K 45.77									45.77
Amy Kerr	Hamsterley 10K 56.17	Wensleydale Wander short 48.11	Croft 10K 63.6	Scorton 10K 62.5	GNR 55.43	Darlington Parkrun 61.38				57.87
Zoe Mason	Tholthorpe 10K 71.89									71.89

Female 45 -49

Name								Average %
Lorna Garrity	Wensleydale Wander short 48.57							48.57
Sam Metcalfe	Lightwater Valley 10K 45.59	Wensleydale Wander short 42.98	Sand Dancer 10K 50.58	Kiplin 10K 51.09	Swaledale Marathon 26.68	Fremington Frenzy 40.31		42.86
Rebecca Pickles	Wensleydale Wander short 49.97	Darlington 10K 63.41	GNR 53.79					55.72
Anne Singleton	Wensleydale Wander long 27.58							27.58
Jennifer Smithson	GNR 61.18	Darlington 10K 68.85	Fountains parkrun 66.42	Castle 10K 64.13	Solo 10K 61.5	Solo 10.76M 62.68	Solo 11.06M 64.31	64.64

Female 50-54

Name								Average %
Nicki Buckett	Ravenstonedale 10K 54.24	Hamsterley 10K 45.5	Haweswater half 53.51	Swainby Sweep 16 46.92	Kiplin 10K 52.76			50.59
Heather Hodgson	Wensleydale Wander long 49.18	Maryport park run 66.23	Loftus Poultry Run 61.25	Nine Standards Rigg 49.1	Castle 10K recce 48.7	Club run 7.16M 46.52	Semerwater and Roman Rd 47.01	53.58
Mel May	Hamsterley 10K 51.39							51.39
Sarah O'Connor	Hamsterley 10K 47.99	Wensleydale Wander short 43.26	Darlington Parkrun 61.25	Croft 10K 59.04	Darlington 10K 58.96	Scorton 10K 50.93		53.57
Caroline Ovenstone	Sand Dancer 10K 50.59	Scorton 10K 48.25						49.42
Donna Todd	Wensleydale Wander short 50.63	Croft 10K 68.4	Darlington 10K 66.48	Scorton 10K 64.63	GNR 57.22	Parkrun 66.0		62.23

Female 55-59

Name							Average %
Ros Blackmore	Wensleydale Wander long 55.11	Kiplin 10K 68.92	Volta a peu Xeraco 7K 60.51	September Saunter 57.26	Darlington park run 73.83	Lockton Limping 54.37	61.67
Jane Bond	Scorton 10K 44.92	Middlesbrough 10K 52.8					48.86

Gaynor Brownfield	Wensleydale Wander short 40.26						40.26
Helen Burrell	Fountains Park run 89.75	James Herriot Trail 14K 77.2	Darlington 10K 92.54	Scorton 10K 90.04	Solo Saunter 72.72	Tadcaster 10M 90	85.38
Frances Dobbing	Wensleydale Wander short 52.47	Darlington 10K 73.48	Wetherby 10K 70.44	Raby 5M 68.76	Castle 10K 68.86		66.8
Angela Muston	Sand Dancer 10K 52.52	East Harlsey 10K 54.19	Alonissos 10K (multi terrain) 48.18	Lordstones Trail 5K 46.53	Treadmill 5.22K 51.75	Virtual 7.47K 43.83	49.5
Claire Stewart	Hamsterley 14 58.37						58.37

Female 60-64

Name										Average %
Sue Brown	Hamsterley 10K 51.76	Kiplin 10K 59.68								55.72
Grace Gilpin	Lincolnshire half 82.9	Manchester Marathon 77.2	Croft 10K 79.77	Darlington 10K 78.91						79.7
Helen Nicholson	Jolly Holly 10K 65.24	Northern X Country League 5.94 miles 62.81	Humberside XC 5.78M 68.79	PSUK XC 4.54M 69.9	Swainby Sweep 16 60.86	East Harlsey 10K 71.65	Triathlon 7.12M 68.65	Scorton 10K 68.97	Northallerton parkrun 67.47	69.24
Liz Sowter	Ravenstonedale 10K 75.31	Hamsterley 14 59.31	Snake Lane 10 mile 81.6	Haweswater half 77.78	South Park 20 77.56	Crackpots Trail Run 67.89	Croft 10K 80.72	Sessay Swift 6K 78.84		78.64

Female 65-69

Name								Average %
Martha McBarron	Hamsterley 14 64.7	Wensleydale Wander long 56.83	Sunderland Half 81.7	Derry Parkrun 80.05	Croft 10K 84.18	York 10M 86.26	Solo 10M 80.48	79.56
Julia Spittle	Jolly Holly 10K 66.27	Hamsterley 14 52.67	Wensleydale Wander short 56.7	Swainby Sweep 16 50.26	Castle 10K 67.8			58.74

Male senior

Name							Average %
Nigel Copland	Thirsk 10 59.65	Wensleydale Wander long 44.46	Melmerby 10K 62.68	Northallerton 10K 63.51	Darlington 10K 63.18	Tholthorpe 10K 63.16	59.44
Michael Devereux-Cole	Hamsterley 14 60.84						60.84
Joe Mawer	GNR 59.05	York 10M 61.77	Royal Parks half 58.3				59.7
Josh Westwood	Muddy Boots 10K 65.44	3 Peaks 44.54					54.99
Keith Wigley	Scorton 10K 72.7	Kielder Trail 10M 71.56	High Cup Nick Fell 60.72	DR30 58.14	Acklam XC 72.9	Fox Rush XC 69.27	67.55
Gary Young	GNR 51.76						51.76

Male 40 -44

Name											Average %
Rob Dashwood	Hamsterley 10K 46.05	Wensleydale Wander short 45.72	East Harlsey 10K 56.18	Croft 10K 58.47	Darlington 10K 61.62	Durham Trail 10M 47.4	South Shields Parkrun 55.68	GNR 47.26	Castle 10K 55.46	Guy Fawkes 10M 50.52	56.32
Steve Devlin	Hamsterley 14 64.7	Kiplin 10K 72.52									68.61
Stephen Ramsay	Swainby Sweep 16 38.46	Kiplin 10K 67.16									52.81
Mark Smith	Wensleydale Wander long 31.35	Scorton 10K 52.57									41.96

Male 45 -49

Name									Average %
Kev Bond	Kiplin 10K 65.7	Keswick Parkrun 69.25	Scorton 10K 61.56	Middlesbrough 10K 66.43					65.74
Stu Clarkson	Hamsterley 14 45.19	Wensleydale Wander long 45.41	GNR 50.58						47.06
James Cunnachie	Thirsk 10 61.77	Swainby Sweep 7 52.21	Northallerton 10K 65.41	Kiplin 10K 66.43	Darlington Parkrun 65.38	Croft 10K 66.06	Darlington 10K 67.26	Vale of York Half 59.79	65.39
Simon Hewitt	Hamsterley 14 47.42	Wensleydale Wander short 23.52	Scorton 10K 51.75						40.9

Iain Kerr	Hamsterley 10K 60.11	Wensleydale Wander long 48.18	Parkrun 69.03	Scorton 10K 67.48	GNR 52.39	Castle 10K 65.21				60.4
Christian Player	Wensleydale Wander short 24.69	Kiplin 10K 58.68	Darlington 10K 59.51	GNR 52.98						48.97

Male 50 -54

Name										Average %
Niall Cheyne	Hamsterley 14 37.38									37.38
Jim Coldwell	Wensleydale Wander long 44.95	High Cup Nick 45.99	Blakey Blitz 43.09	Gisborough Moors 47.22	Viking Chase 39.82	DR 20 44.02	Fell relay 7K 32.9			44.18
Rob Haw	GNR 55.76									55.76
Martin Randall	Derwent Reservoir 10 64.07	GNR 58.79	Druridge Bay half 67.68	Raby Castle 10K 66.97	Durham Dales Trail 56.45	DR20 55.61	Blanchland Show Half 53.9	Raby Trail 10M 64.38	Kielder Marathon 63.65	64.26
Mark Sowerby	Wensleydale Wander short 58.67	Kiplin 10K 68.92	Darlington 10K 70.96	Scorton 10K 68.34	Middlesbrough 10K 72.45	Penrith Parkrun 71.86	Bampton to Carlisle 10M 68.74			70.21

Male 55 -59

Name									Average %
Neil Bowmer	Wensleydale Wander long 58.57	Melmerby 10K 76.5	Kiplin 10K 74.67	Croft 10K 75.29	Scorton 10K 70.79	Fountains Park Run 77.18	Volta a peu Xeraco 15K 74.91	September Saunter 59.6	72.56
John Cantrell		Southport 10K 60.73	Wensleydale Wander short 52.51	Croft 10K 66.9	Fountains Parkrun 69.83	September Saunter 53.41			60.68
Neil Hopkins	Wensleydale Wander short 45.61								45.61
William McLaren	Hamsterley 14 47.43								47.43
Chris Muston	Ravenstonedale 10K 59.18	Hamsterley 10K 53.78	Sand Dancer 10K 62.36	Lordstones 5K Trail 55.34	East Harlsey 10K 63.44	Croft 10K 65.58	Scorton 10K 59.96		60.98
Derek Parrington	Wensleydale Wander long 58.47								58.47

Male 60 - 64

Name										Average %
Peter Butler	Ravenstonedale 10K 71.71	Hamsterley 14 59.24	Northallerton 10K 74.48							68.48
Glenn Davies	Hamsterley 10K 61.87	Vale of York 10 66.57	Grassington Trail 5M 59.16	Northallerton 10K 72.69	Kiplin 10K 72.56	Croft 10K 71.8	Harrogate Sprint Tri 73.68	GNR 56.32	Snape 10K 67.55	70.8

Pete Devlin	Middlesbrough 10K 67.07									
Andrew Fletcher	Hamsterley 10K 61.15	Fountains Abbey Parkrun 72.13	Dymchurch 10K 77.33	Thirsk 10 73.25	Vale of York 10M 74.62	Melmerby 10K 72.42	Northallerton 10K 74.02	Darlington 10K 73.78	Vale of York half 72.79	74.3
John Harrison	Derwent Reservoir 5 56.04	Haweswater half 54.39	Darlington 10K 57.81							56.08
Tony Harrison	Darlington Parkrun 1.1.23 71.04	Hamsterley 10K 65.13	Derwent Reservoir 5 67.49	Lightwater Valley 10K 67.29	Swainby Sweep 7 61.67	Kiplin 10K 70.72				67.22

Male 65 - 69

Name							Average %
Roger Brisley	Hardmoors half (15M) 27.02	Hamsterley 14 39.14	Northallerton Parkrun 57.74	Swainby Sweep 16 40.95	Hardmoors Wainstones 28M 31.75	Solo 10.78M recce run 28.22	37.47