

Club championship 2025 - final results

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 parkrun or other 5K– add 5%.

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.**

Top 10 of runners who have completed 6 races

1	Helen Burrell	89.21
2	Martha McBarron	82.54
3	Mark Coyle	74.26
4	Julia Spittle	74.02
5	Liz Sowter	73.07
6	Jennifer Smithson	72.46
7	Helen Nicholson	71.79
8	James Cunnachie	71.76
9	Martin Randall	70.85
10	Emily Abbey	70.1

Female senior

Name													Average %
Hannah Featherstone	XC Summerhill 41.61	XC Richmond 43.78	Sedgefield parkrun 45.88	Fountains 10K 42.9									43.54
Emma Metcalfe	Swaledale Marathon 35.28												35.28
Isabel Mordue	GNR 66.52	Castle 10K 65.97											66.25
Freya Narayan	Darlington 10K 65.14	Scorton 10K 64.71											64.93
Jodie Simpson	Wensleydale Wander 23 42.74	Swaledale Marathon 37.53	Darlington 10K 46.58										42.28
Laura Sowerby	Croft Circuit 10K 50.54	Wensleydale Wander 12 44.3	DR20 37.38	Sunderland half 50.73	Northallerton 10K 53.64	Forcett 10K 52.09	Swaledale Marathon 37.43	Aske 10K 47.01	Darlington 10K 51.96	Scorton 10K 55.46	Vale of York half 49.25	Norwich parkrun 56.54	52.15

Female 35-39

Name										Average %
Zabi Dashwood	Charm bracelet marathon 49.41	Keswick Parkrun 61.3	Ripon 10M 62.36	Virtual run 6.41M 56.21	Swaledale Marathon 47.5	Darlington 10K 63.63	GNR 59.06	Castle 10K 59.32		60.31
Jess Greenwood	Wensleydale Wander 23 43.55	Swaledale Marathon 38.15								40.85
Ruth Harker	Northallerton 10K 40.72	GNR 38.41								39.57
Hazel Leah	Wynyard Woodland parkrun 60.83	Swaledale Marathon 42.94	Sting Ultra (33 M) 57.69	Aske 10K 54.18	Darlington 10K 61.08					55.34

Aimee Jones	DR 20 48.39	Swaledale Marathon 50.7							49.55
Katie Nicholson	Swaledale Marathon 47.61	Scorton 10K 71.2							59.41
Rachael Ridley	Snake Lane 10M 66.15	Thirsk 10M 68.05	Kirkbymoore side 10K 67.57	Middlesbrough 10K 68.8	Vale of York half 66.03	Albert parkrun 71.71			68.05

Female 40-44

Name									Average %
Emily Abbey	Thirsk 10M 72.2	Sewerby Parkrun 74.28	Constable Burton 10K 66.85	Kirkby Stephen 10K 67.94	Northallerton 10K 71.5	Forcett trail 10K 67.08	Aske 10K 66.43	Castle 10K 67.6	70.1
Lisa Allen	Wharfedale trail half 51.13	Constable Burton 10K 54.52	Aske 10K 56.82	James Herriot 14K 56.16	Whinlatter trail half 50.86	Lancaster Riverside half 56.15	Ultra Tour de Yorkshire 50K 54.51	Pen- Y Ghent 50K 55.65	55.64
Louise Black	Swaledale Marathon 49.11								49.11
Lauren Devlin	Darlington 10K 40.07								40.07
Victoria Dunn	Castle 10K 48.83								48.83
Amy Kerr	Swaledale Marathon 51.18	Scorton 10K 69.07	GNR 59.84						60.03
Lynn Peacock	Croft 10K 52.52	Constable Burton 10K 52.65	James Herriot 14K 49.35	GNR 55.13	Redcar half 59.21	York 10M 58.3			54.53
Hannah Wallington	Swaledale Marathon 40.88								40.88

Ruth Waterston	Albert Park parkrun 69.42	DR 20 54.05	Wainstones 53.89	DR30 61.5	Aske 10K 67.14	GNR 66.02			62
Jennifer Wilkinson	Castle 10K 48.91								48.91
Jess Young	Swaledale Marathon 64.28								64.28

Female 45-50

Name								Average %
Sarah Botting	North Lincs Half 67.01	Albert Parkrun 71.5	Hull 10K 68.69	Middlesbrough 10K 67.68	Redcar half 67.66	Castle 10K 67.31	York 10M 68.82	68.61
Victoria Dykes	Wensleydale Wander 23 60.18	GNR 61.85						61.02
Sam Metcalfe	Constable Burton 10K 44.26	Forcett trail 5K 31.31	Swaledale Marathon 36.15					37.24
Rebecca Pickles	Constable Burton 10K 58.56	Swaledale Marathon 46.71						52.64
Abi Player	Wensleydale Wander 12 29.7							29.7
Cath Short	Constable Burton 10K 44.61							44.61
Sally Simpson	Wensleydale Wander 12 30.4							30.4

Female 50-54

Name											Average %
Nicki Buckett	Forcett trail 10K 52.1	Swaledale Marathon 50.33	Castle 10K 52.56								51.66
Tracey Gill	Williamson Park 10K 60.9	Valentine's 10K 67.47	Wensleydale Wander 12 58.9	Morecambe Half 65.49	Wharfedale trail half 57.27	Riverside 10M 63.28	Malton 10K 72.74	Lancaster half 67.75			66.27
Heather Hodgson	Wharfedale trail half 60.82	Lancaster Riverside half 62.93									61.88
Jennifer Smithson	Albert Park parkrun 72.24	Thirsk 10M 70.31	Constable Burton 10K 68.42	Edinburgh half 67.8	Forcett trail 10K 68.18	Darlington 10K 72.2	Scorton 10K 76.81	Vale of York half 66	Castle 10K 69.28	Dramathon trail 12.6 73.91	72.46
Louise Walshaw	Constable Burton 10K 54.33	James Herriot 14K 52.77									53.55

Female 55-59

Name									Average %
Jane Bond	Wensleydale Wander 12 31.91	Darlington 10K 54.71	Kirkby Fleetham trail 10K 54.35	DR20 33.4	Temple Newsam 10M 53.89	Raby Castle 10M 53.35	Keswick parkrun 57.52		51.2
Helen Lucas Gardiner	Wensleydale Wander 23 53.83	Swaledale Marathon 43.61							48.72
Tracy Hunter	Swaledale Marathon 64.43								64.43
Sarah O'Connor	Albert Park parkrun 62.72	Sunderland 10K 61.37	Swaledale Marathon 45.3	Darlington 10K 60.15	Fountains 10K 62.32	York 10M 60.22	September Saunter 48.32	Sunderland 10K November 63.01	61.63

Caroline Ovenstone	DR20 35.52	Northallerton 10K 47.79							41.66
Mel Scott	Wensleydale Wander 12 55.02	Swaledale Marathon 52.58	Castle 10K 63.29						56.96

Female 60-64

Name											Average %
Oonagh Bathgate	Wensleydale Wander 23 76.38	Swaledale Marathon 70.25									73.32
Sue Brown	Wensleydale Wander 12 35.12										35.12
Helen Burrell	Constable Burton 10K 84.03	Forcett trail 10K 90.67	James Herriot 14K 87.53	Scorton 10K 94.64	Vale of York half 87.56	Semerwater Stomp 69.87	Wensleydale Saunter 82.35	Fountains parkrun 90.84			89.21
Frances Dobbing	Scorton 10K 80.99	Castle 10K 71.39									76.19
Helen Nicholson	Gwyrch X Country 72.44	DR 20 57.52	Wensleydale Wander 12 67.02	Swaledale Marathon 62.83	Scorton 10K 80.94	Acklam X Country 74.18	Cumbria XC Dalemain 73.34				71.79
Delyth Rennie	Swaledale Marathon 49.19										49.19
Liz Sowter	Snake Lane 10M 74.3	Dentdale 14.2 70.94	Croft 20M 73.66	Milton Keynes marathon 67.57	Constable Burton 10K 66.08	Kirkby Stephen 10K 70.22	Crackpots trail run 70.71	Aske 10K 73.59	Acklam X C 71.8	Castle 10K 74.11	73.07

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	Wensleydale Wander 23 75.4	Forcett trail 10K 79.24	Swinner Swagger 61.01	Aske 10K 80.83	James Herriot 14K 75.1	82.54

Female 70-74

Name									Average %
Julia Spittle	Jolly Holly Jog 71.95	York Winter Warmer 10k 71.86	Thirsk 10M 71.41	Ripon 10M 75.76	Easingwold 10K 73.53	Scorton 10K 78.61	Northallerton Park Run 72.38	Grewelthorpe trail run 69.48	74.02

Male Senior

Name										Average %
Marcus Johnston	Wensleydale Wander 23 50.83	Crackpots trail run 47.06	Aske 10K 48.86							48.92
Joe Mawer	Colchester half 59.26	Wensleydale Wander 23 58.05	Forcett trail 10K 58.59	Swaledale Marathon 48.95	Boxted 10K 60.95	Bungay 10K 59.88	Heritage Coast half 63.26	Millhouses parkrun 65.3	Castle 10K 58.74	61.23

Male 35-39

Name					Average %
Stephen Allison	Aske 10K 64.94				64.94
Sam Johnson	Swaledale Marathon 52.83				52.83
Matt Perkins	Constable Burton 10K 56.98	Swaledale Marathon 45.43			51.21

Male 40 -44

Name								Average %
Nigel Copland	Thirsk 10M 65.77	Wensleydale Wander 23 68.63	Northallerton 10K 65.99	Swaledale Marathon 58	James Herriot 14K 62.28	Scorton 10K 71.24	Castle 10K 61.69	65.93
Robert Dashwood	Brass Monkey Half 57.15	Zuiderpark parkrun 62.57	Wensleydale Wander 23 46.73	Scorton 10K 66.19	Middlesbrough 10K 61.49	GNR 56.88		58.5
Nick Green	Swaledale Marathon 54.79	Scorton 10K 74.06						64.43
Gavin Hardisty	Constable Burton 10K 52.82	Forcett trail 10K 54.13	Aske 10K 53.26	Darlington 10K 58.13	GNR 53.24	Castle 10K 55.66		54.54
Tony Taylor	Wensleydale Wander 23 54.26	Swaledale Marathon 45.64						49.95

Male 45 -49

Name										Average %
Stuart Clarkson	Wensleydale Wander 23 55.38	Swaledale Marathon 51.69	GNR 54.62	Ripon ultra 67.08	W Witton fell race 41	Issac Tea Trail 58.41	Wharfedale 3 peaks 47.88	Durham Dales Challenge 56.09	Fellsman 45.74	57.21
Tim Grimwood	Swaledale Marathon 69.38									69.38
Ben Hamilton	Swaledale Marathon 72.83									72.83
Alan Lucas- Gardiner	Wensleydale Wander 23 35									35
Mark Smith	Northallerton 10K 53.04	Swaledale Marathon 38.53	Aske 10K 54.47	Darlington 10K 58.29						51.08

Male 50 -54

Name												Average %
Kev Bond	Darlington parkrun 68.6	Wensleydale Wander 12 57.6	Fremington Frenzy 51.44	Darlington 10K 67.38								61.26
Trevor Bosomworth	Swaledale Marathon 72.53											72.53
Jim Coldwell	James Herriot 14K 57.87	Castle 10K 57.3										57.59
James Cunnachie	Thirsk 10M 70.68	Bramham Park trail 10K 73.3	Northallerton 10K 69.44	Wynyard Woodland parkrun 71.25	Darlington 10K 70.08	Scorton 10K 75.81	Vale of York half 68.73					71.76
Shaun Donnelly	Swaledale Marathon 43.64											43.64
Simon Hewitt	Swaledale Marathon 54.03	James Herriot 14K 59.03	Scorton 10K 54.46									55.84
Rob Haw	Wensleydale Wander 12 52.31											52.31
Michael Hulley	Wensleydale Wander 23 61.43											61.43
Iain Kerr	Swaledale Marathon 49.11	Wynyard Woodland parkrun 70.79	Scorton 10K 74.81	GNR 64.44								64.79
Martin Randall	Druridge Bay Half 72.9	Darlington parkrun 71.61	Wensleydale Wander 23 58.78	Swaledale Marathon 58.18	DR30 63.28	Darlington 10K 69.83	Scorton 10K 72.51	GNR 60.05	Wolds Ultra 55K 65.63	DR40 54.81	Kielder marathon 72.59	70.85
Mark Sowerby	Wensleydale Wander 12 45.9	Forcett trail 10K 65.51	Darlington 10K 62.31	Scorton 10K 71.46	Vale of York 10K 68.49							62.73

Male 55 -59

Name								Average %
Robert Allinson	Castle 10K 49.69							49.69
Neil Bowmer	Swaledale Marathon 60.94	Scorton 10K 77.25						69.1
Niall Cheyne	Northallerton 10K 45.54							45.54
Billy McLaren	Wensleydale Wander 23 42.46	Northallerton 10K 56.26	Swaledale Marathon 36.75	Castle 10K 48.96	Canteran Yomp 47.96	Predictor 56.77	Virtual 10K 52.08	50.75

Male 60 - 64

Name									Average %
John Cantrell	Wensleydale Wander 23 71.25	Swaledale Marathon 54.78	September Saunter 58.4	Clumber Park trail parkrun 68.83	Ripon ultra 63.62				63.38
Mark Coyle	Ravenstonedale 10K 65.1	Constable Burton 10K 69.01	Kirkby Stephen 10K 70.09	Northallerton 10K 72.97	Forcett trail 10K 75.12	Swinner Swagger 58.28	Scorton 10K 81.18	Fountains parkrun 77.16	74.26
Glenn Davies	Northallerton 10K 65.71	Great North 10K 60.17	Scorton 10K 66.76	Raby Castle 5M 64.48	Darlington parkrun (Jan) 67.64	Great Scottish 10K 61.69			64.4
Andy Gaines	Northallerton 10K 67.9								67.9
Chris Muston	Wensleydale Wander 23 56.7	Swaledale Marathon 48.11	DR 30 51.05	Scorton 10K 68.64	Skopelos virtual park run 64.93	York marathon 53.06			57.08

Male 65 - 69

Name									Average %
Pete Devlin	Darlington 10K 64.65								64.65
Andrew Fletcher	Dentdale 7.9 60.62	Vale of York 5M 64.08	Wensleydale Wander 12 59.8	Northallerton 10K 61.23	James Herriot 14K 57.06	Fountains Parkrun 66.6	Vale of York 10K 67.1	Bolton Abbey 10K 66.08	64.29
Tony Harrison	Aske 5K 62.55								62.55

Male 70 -74

Name							Average %
Roger Brisley	Aske 10K 54.97	Scorton 10K 63.61	Virtual 5.05M trail 48.97	Virtual 7.31M trail 44.37	Virtual 4.04 trail 43.95	Northallerton parkrun 61.69	52.93