

## Road championship 2026 - results January 12th

Runners are put into age categories according to their age on 1<sup>st</sup> 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 5

1	Emily Abbey	71.81
2	Sarah Botting	71.34
3	Mark Coyle	65.4
4	Carol Murray	63.97
5	Chris Muston	61.2

### Female 40-44

Name		Average %
Emily Abbey	Crikey it's Christmas 10K 71.81	71.81

### Female 45-49

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

### Female 55-59

Name			Average %
Carol Murray	Northallerton parkrun 66.67	Solo 12 miles 61.27	63.97

### Male 60 -64

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