

Road championship 2026 - results January 12th

Runners are put into age categories according to their age on 1st 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