

Road championship 2026 - results May 24th

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 10

1	Martha McBarron	84.41
2	Tim Grimwood	74.92
3	Rachael Ridley	72.54
4	Mark Coyle	72.43
5	Emily Abbey	71.81
6	Sarah Botting	71.34
7	Thomas Kenny	70.89
8	Liz Sowter	68.94
9	Jennifer Smithson	67.06
10	Julia Spittle	65.46

Female senior

Name		Average %
Laura Sowerby	Northallerton 10K 50.28	50.28

Female 35-39

Name					Average %
Zabi Dashwood	Brass Monkey half 62.16				62.16
Rachael Ridley	Leeds Abbey Dash 74.08	Northallerton parkrun 72.93	Newcastle 10K 72.8	Snake Lane 10M 70.36	72.54
Emma Smith	Haweswater half 54.26	Northallerton 10K 57.34			55.8

Female 40-44

Name			Average %
Emily Abbey	Crikey it's Christmas 10K 71.81		71.81
Hazel Leah	Brass Monkey half 54.3	Leeds half 52.83	54.3

Female 45-49

Name			Average %
Louise Black	Thirsk 10M 58.22		58.22
Sarah Botting	Croft 10K 70.62	Market Rasen parkrun 72.05	71.34
Lynn Peacock	Thirsk 10M 59.95		59.95

Female 50-54

Name			Average %
Jennifer Smithson	Ripon 10M 65.06	Northallerton 10K 69.06	67.06

Female 55-59

Name							Average %
Jane Bond	Leeds Abbey Dash 57.45	Booze Run 40.12	Temple Newsam 10M 43.05				46.87
Carol Murray	Northallerton parkrun 66.67	Solo 12M 61.27	Solo 12M 62.62	Solo 10K 67.92	Solo 12M 63.91	Thirsk 10M 68.8	65.19
Sarah O'Connor	Northallerton 10K 59.37						59.37

Female 65-69

Name							Average %
Martha McBarron	Sunderland half 84.41						84.41
Liz Sowter	London Marathon 68.94						68.94

Female 70-74

Name			Average %
Julia Spittle	Jolly Holly Jog 66.71	Harewood House 13.5 64.21	65.46

Male senior

Name				Average %
Joe Mawer	Brass Monkey half 65.7	Middlesbrough half 62.24	Darlington parkrun 65.19	64.38

Male 40 -44

Name		Average %
Gavin Hardisty	Thirsk 10M 56.43	56.43

Male 45 -49

Name		Average %
Tim Grimwood	Brass Monkey half 74.92	74.92
Thomas Kenny	Thirsk 10M 70.89	70.89

Male 50 -54

Name			Average %
Kev Bond	Leeds Abbey Dash 68.24	Temple Newsam 10M 54.94	61.59

Male 60 -64

Name					Average %
Mark Coyle	Deepdale Dash 5M 65.4	Thirsk 10M 72.7	Wynyard Woodland Parkrun 76.36	Sunderland 10K 75.26	72.43
Pete Devlin	Northallerton 10K 59.91				59.91

Chris Muston	Ravenstonedale 10K 61.2				61.2
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