

Road championship 2026 - results September 28th

DEADLINE MONDAY NOV. 23rd

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	83.26
2	Mark Coyle	75.39
3	Jess Young	75.11
4	Tim Grimwood	72.75
5=	Emily Abbey	71.81
5=	Helen Burrell	71.81
7	Rachael Ridley	71.64
8	Sarah Botting	71.34
9	Mark Sowerby	70.78
10	Liz Sowter	69.53

Female senior

Name			Average %
Phoebe Haw	GNR 51.02		51.02
Isabel Mordue	Darlington 10K 63.84	GNR 58.56	61.2
Jodie Simpson	Darlington 10K 45.9		45.9
Emma Smith	GNR 55.25		55.25
Laura Sowerby	Northallerton 10K 50.28	Darlington 10K 51.33	50.81
Katie Wilson	GNR 34.57		34.57

Female 35-39

Name						Average %
Zabi Dashwood	Brass Monkey half 62.16	Chester parkrun 61.68	GNR 56.42	Sutton Park 10K 59.86		60.03
Rachael Ridley	Leeds Abbey Dash 74.08	Northallerton parkrun 72.93	Newcastle 10K 72.8	Snake Lane 10M 70.36	Vale of York Half 68.03	71.64

Emma Smith	Haweswater half 54.26	Northallerton 10K 57.34	GNR			55.8
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Female 40-44

Name				Average %
Emily Abbey	Crikey it's Christmas 10K 71.81			71.81
Lisa Allen	Darlington 10K 58.33	GNR 56.56		57.45
Ruth Harker	GNR 38.55			38.55
Hazel Leah	Brass Monkey half 54.3	Leeds half 52.83	Darlington 10K 62.8	56.63
Jess Young	GNR 75.92	Redcar half 74.29		75.11

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
Victoria Dykes	GNR 64.29		
Abbie Hull	Darlington 10K 54.89		54.89
Lynn Peacock	Thirsk 10M 59.95		59.95

Female 50-54

Name						Average %
Tracey Gill	Penrith Parkrun 67.88	Scorton 10K 64.54				66.21
Sally Simpson	Darlington 10K 49.06					49.06
Jennifer Smithson	Ripon 10M 65.06	Northallerton 10K 69.06	Elgin parkrun 72.54	Darlington 10K 70.83	Aske 10K 62.47	67.99

Female 55-59

Name								Average %
Jane Bond	Leeds Abbey Dash 57.45	Booze Run 40.12	Temple Newsam 10M 43.05	Ullswater Way 20M 30.42	Kirkby Fleetham trail 10K 46.96	Keswick parkrun		45.83
Nicki Buckett	Rising Sun trail 10K 55.03							55.03
Carol Murray	Northallerton parkrun 66.83	Solo 12M 61.27	Solo 12M 62.62	Solo 10K 67.92	Solo 12M 63.91	Thirsk 10M 68.8	European duathlon 10K 71.02	66.85
Sarah O'Connor	Northallerton 10K 59.37	Rising Sun trail 10K 59.58						59.48

Female 60-64

Name							Average %
Helen Burrell	St Davids marathon 67.56	DR20 64.19	Wensleydale Wander 72.5	Swaledale marathon 63.48	Haverfordwest park run 87.04	Pumsaint half marathon 76.08	71.81

Female 65-69

Name							Average %
Martha McBarron	Sunderland half 84.41	Manchester half 83.26	Bedale 10K 85.89	Stanhope 10M 76.81	Middlesbrough 10K 84.99	Snape 10K 84.18	83.26
Liz Sowter	London Marathon 68.94	Crackpots trail 7M 68.14	Virtual 4.85M 71.51				69.53

Female 70-74

Name				Average %
Julia Spittle	Jolly Holly Jog 66.71	Harewood House 13.5 64.21	Tholthorpe 10K 77.11	69.34

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 %
Rob Dashwood	GNR 53.92		53.92
Gavin Hardisty	Thirsk 10M 56.43	GNR 49.98	53.205

Male 45 -49

Name				Average %
Stu Clarkson	GNR 45.63			45.63
Tim Grimwood	Brass Monkey half 74.92	Edinburgh Marathon 67.1	Wynyrd parkrun 76.22	72.75
Christian Player	Middlesbrough 10K 60.83			60.83

Male 50 -54

Name							Average %
Kev Bond	Leeds Abbey Dash 68.24	Temple Newsam 10M 54.94	Wynyrd parkrun 68.52	Kirkby Fleetham trail 10K 59.88	Virtual 8.01 M 57.31	Keswick half 59.1	61.33
Rob Haw	GNR 51.68						51.68
Iain Kerr	GNR 62.74						62.74
Mark Sowerby	Darlington 10K 70.78	Middlesbrough 10K 70.78					70.78

Male 55 -59

Name						Average %
Billy McLaren	Booze run 48.02	Wensleydale Wander 41.75	Swaledale Marathon 35.34	Durham Dales Ultra 35.96	Castle to Castle 100M 37.8	39.77
Martin Randall	GNR 59.49					59.49

Male 60 -64

Name								Average %
Mark Coyle	Deepdale Dash 5M 65.4	Thirsk 10M 72.7	Wynyard Woodland Parkrun 80.03	Sunderland 10K 75.26	Marske 5M 80.14	Newcastle Quayside 10K 79.16	Paras 10M 65.05	75.39
Chris Muston	Ravenstonedale 10K 61.2							61.2

Male 65 -69

Name						Average %
Peter Devlin	Northallerton 10K 59.91	Darlington 10K 61.96				61.96
Andrew Fletcher	Easingwold 10K 66.86	Fountains Abbey parkrun 66.71	Virtual 10M 63.1	Bedale 10K 66.6	Wetherby 10K 63.44	65.34

Male 70 -74

Name							Average %
Roger Brisley	Newcastle 10K 59.33	Middlesbrough 10K 61.39	Virtual 16.49K 46.15	Virtual Jolly Holly 52.69	Virtual 17.81K 46.86	Virtual 3.65M 55.61	53.67