Club championship 2024 results March 22nd 2024

Runners are put into age categories according to their age on 1st January 2024. 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 or (since 2023) off-road.

Current top 10

1	Helen Burrell	83.89
2	Grace Gilpin	79.51
3	Annelie Whitfield	78.1
4	Martha McBarron	76.5
5	Liz Sowter	74.13
6	Isabel Mordue	70.37
7	Emily Abbey	68.88
8	Sarah Botting	67.54
9	Kevin Bond	67.49
10	Martin Randall	65.43

Female senior

Name			Average %
Hannah Featherstone	Jolly Holly Jog 37.92	Lightwater Valley 10K 43.38	40.65
Isabel Mordue	Croft 5K 70.37		70.37
Jodie Simpson	Hamsterley 10K 41.69	Middlesbrough Half 47.72	44.7

Female 35 - 39

Name				Average %
Zabi Dashwood	York parkrun 58.19	Brass Monkey Half 59.83	Middlesbrough Half 57.37	58.46
Carissa Jackson	Hamsterley 10K 44.1	Lightwater Valley 10K 49.72		46.91
Rachael Ridley	Jolly Holly Jog 59.72	Brass Monkey Half 65.03	Hartlepool parkrun 69.72	64.82
Jess Young	Hamsterley 14M 62.07			62.07

Female 40-44

Name				Average %
Emily Abbey	Lightwater Valley 10K 68.88			68.88
Sarah Botting	Lightwater Valley 10K 67.54			67.54

Female 50-54

Name				Average %
Nicki Buckett	Jolly Holly Jog 50.71			50.71
Heather Hodgson	Loftus Poultry Run 63.01	N Y Water Park Parkrun 65.28	Croft half marathon 62.94	63.74
Sarah O'Connor	Hamsterley 10K 49.19	Middlesbrough Half 52.86		51.02
Helen Simpson	Jolly Holly Jog 54.89	Hamsterley 14M 50.6		52.75
Jennifer Smithson	Hamsterley 10K 60.35	Thirsk 10M 66.75		63.55

Female 55-59

Name			Average %
Jane Bond	Harewood Trail 10K 44.16	Keswick parkrun 51.38	47.77
Frances Dobbing	Hamsterley 10K 61.97		61.97
Wendy Johnston	Hamsterley 10K 55.34		55.34
Mel May	Hamsterley 10K 53.71		53.71

Female 60-64

Name			Average %
Helen Burrell	Jolly Holly Jog 83.89		83.89
Grace Gilpin	Brass Monkey Half 77.09	North Lincs Half 81.93	79.51
Helen Nicholson	Hamsterley 14M 58.65		58.65
Liz Sowter	Dentdale 7.9 74.13		74.13
Claire Stewart	Hamsterley 14M 59.62		59.62

Annelie Whitfield	Thirsk 10M 78.1		78.1

Female 65-69

Name				Average %
Martha McBarron	Hamsterley 14M 64.79	Fountains parkrun 80.75	Thirsk 10M 83.95	76.5

Male Senior

Name		Average %
Nigel Copland	Thirsk 10M 63.74	63.74
Marcus Johnston	Hamsterley 10K 42.75	42.75

Male 35-39

Name		Average %
Nigel Copland	Hamsterley 14M 51.14	51.14

Male 40 -44

Name			Average %
Robert Dashwood	Darlington parkrun 58.52	Middlesbrough Half 54.26	56.39
Gavin Hardisty	Middlesbrough Half 51.81	Thirsk 10M 53.67	52.74
Mark Smith	Middlesbrough Half 55.13		55.13

Male 45 -49

Name			Average %
Kevin Bond	Darlington parkrun 67.49		67.49
Stuart Clarkson	Jolly Holly Jog 44.51	Hamsterley 14M 47.32	45.82
Simon Hewitt	Hamsterley 14M 50.77		50.77
Chris Player	Middlesbrough Half 57.47	Lightwater Valley 10K 62.47	59.97

Stephen Ramsay	Jolly Holly Jog 61.17		61.17

Male 50 -54

Name				Average %
Martin Randall	Ravenstonedale 10K 69.1	Hamsterley 14M 59.76	Haweswater Half 67.42	65.43
Mark Sowerby	Hamsterley 14M 51.19			51.19

Male 55 -59

Name		Average %
Will McClaren	Hamsterley 14M	44.01

Male 60 -64

Name		Average %
John Cantrell	Jolly Holly Jog 61.5	61.5

Male 65 -69

Name		Average %
Peter Butler	Hamsterley 10K 63.61	63.61