

## Club championship 2018: age-graded performances

Updated November 11<sup>th</sup> 2018 v2

**NB Runners are put into age categories according to their age on 1<sup>st</sup> January 2018. 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>**

**NB Score for ultra distances over 30 miles are doubled!**

**Once you have submitted more than 6 races, your 6 best times will be chosen.**

Male 40 -44

Name							Average
Stuart Clarkson	39.25 Wensleydale Wedge	36.33 Wensleydale Wander	30.45 Eden Valley Yomp	27.8 Swaledale marathon	30.7 Upper Wharfedale 3 Peaks	82.38 Ripon 35	41.15

Male 45 -49

Name							Average
Mark Sowerby	73.77 Brass Monkey half	61.92 London marathon	71.06 Melmerby 10K	70.43 Croft 10K	75.35 Park run	70.49 Scorton 10K	70.5
Martin Randall	65.8 Druridge Bay half	71.64 Sanddancer 10K	70.24 Hexham 10 mile	61.65 Kielder marathon	70.25 Raby Castle 10K	65.02 Keswick half marathon	67.43

Male 50 -54

Name							Average
Neil Bowmer	77.77 Catterick Park Run	75.31 Gata de Gorgos	75.44 Javea 10K	71.58 X Millas 10 mile	73 Lakes Mountain 27	75.49 Tour de Helvellyn	74.73

Male 55 -59

Name				Average %
Andrew Fletcher	77.63 Catterick 5K	74.52 Appleby 10K	75.00 Sutton Park 10K	75.72

Male 60 -64

Name													Average
Roger Brisley	61.29 Tees Barrage Park run	59.39 Thirsk 10	54.72 Great Peace Run	58.27 Jan Younger Mem 10K	50.15 MWL Skipton adjusted	55.07 MWL Ilkley	58.72 MWL Thirsk	59.1 Darlington 10K	48.92 GNR	38.56 Falls and castles	47.53 G'thorpe 13K	38.05 Hardmoors half	58.58

Female 35-39

Name							Average %
Emily Abbey	66.9 Ravenstonedale 10K	67.69 Lightwater Valley 10K	70.57 Darlington Park Run	57.01 Paras 10+	59.43 Rivington Trail half mara	72.72 Hexham 10K	65.72

Female 45-49

Name							Average %
Sheila Cantrell	53.24 Dalton Pk 10K	52.95 Park run	48.04 Half mara Spring canter	32.2 Swaledale marathon	52.64 Sunderland 10K	52.25 Bishop Monkton 10K	48.56

Female 50-54

Name							Average %
Ros Blackmore	70.57 Catterick Park Run	69.89 Gata de Gorgos	70.87 Javea 10K	69.24 X Millas 10 mile	70.1 Lakes Mountain 27	79.64 Tour de Helvellyn	71.66

Female 55 -59

Name												Average %
Vicky Howe	68.06 Lightwater 10K	50.19 Blubberhouses	89.74 Calderdale 41 m	66.82 White Peak marathon	47.09 Swaledale marathon	93.6 Durham Dales 30	88.08 Foot in 2 dales 50	46.5 Smugglers Trods	94.04 Red Rose 50	68.04 Richmond 10K	68.18 SLJ 10	83.62
Annelie Whitfield	69.91 Thirsk 10	76.94 Park run	44.39 Swaledale marathon	73.82 Darlington 10K	74.62 Scorton 10K	68.84 Tholthorpe 10K	66.71 GNR					71.81
Chris Sayer	63.48 Langdale 10K	63.6 Snake Lane 10	64.55 Thirsk 10	61.14 Skipton 5.1	55.09 Grewelthorpe 13K	61.39 Park run						61.54
Liz Sowter	69.39 Park run	51.6 Wensleydale Wander (short)	37.05 Swaledale marathon	63.29 Scorton 10K	57.42 Grewelthorpe 13K	63.5 SLJ 10						57.04

Female 60 -65

Name									Average %
Julia Spittle	66.76 Lightwater 10K	72.91 Hartlepool Marina 5	60.88 Ripon 10	66.92 Northallerton 10K	69.01 MWL Thirsk 5	62.7 Burn Valley half	68.39 Tholthorpe 10K	68.25 Scorton 10K	67.02

## Volunteering

Name	Events	Total
Sheila Cantrell	9 Park runs, Richmond 10K	10
Ros Blackmore	Northern Traverse , Pennine 39 , Lakeland 100 , Reeth Show, Falls and Castle , Richmond 10k , Ullswater Way, 1 Parkrun	8
Stuart Clarkson	3 Park Runs, Fellsman, James Herriott, Reeth Show, Falls and Castle, Richmond 10k	8
Jess Young	6 Park Runs, James Herriot	7
Julia Spittle	6 Park Runs, 1 Hardmoors	7
Neil Bowmer	Fellsman, Pennine 39 , Lakeland 100, Falls and Castle , Richmond 10k , Ullswater Way	6
Liz Sowter	4 Park Runs, Richmond 10K	5
Ian Oldham	Richmond 10K, Fells and Castle	2
Caroline Graham	Richmond 10K, Fells and Castle	2