

## Club championship 2019 age-graded performances

Updated August 13<sup>th</sup> 2019

**NB Runners are put into age categories according to their age on 1<sup>st</sup> January 2019. 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.**

Female 40-44

Name							Average %
Jean Bradley	60.28 Parkrun	60.08 Thirsk 10m	62.45 Dishforth 10K	59.08 Manchester 10K	53.27 Liverpool half mara	47.51 Duncombe Park 20	57.11

Female 45-49

Name						Average %
Sheila Cantrell	55.72 Parkrun Catterick	56.59 Thirsk 10 m	56.43 Manchester 10K	53.08 Liverpool half	47.33 Duncombe Park 20	53.83

Female 55 -59

Name					Average %
Vicky Howe	110.08 (55.04 x 2) Woldsman 50	55.01 Wensleydale Wander (long)	97.06 (48.53 x 2) Hadrian Hundred		87.38
Liz Sowter	68.02 Snake Lane 10m	70.3 Thirsk 10m	70.31 Parkrun		69.54
Chris Sayer	66.29 Thirsk 10m	56.27 Wensleydale Wander (short)	65.92 Northallerton 10K	63.78 Parkrun	63.07

Female 60 -65

Name						Average %
Julia Spittle	72.08 Thirsk 10m	75.07 Dishforth 10K				73.58
Martha McBarron	46.43 High Cup Nick	50.76 Guisborough Moors	73.88 Parkrun	77.18 Sunderland half	75.08 Cookridge 10k	64.66

Male 60 -65

Name							Average %
Andrew Fletcher	73.6 Raby 10K	74.52 Northallerton 10K	77.33 Newton Aycliffe 10K	75.13 Eccup 10m	75.94 Parkrun Catterick	78.93 Darlington 10K	75.91