

5km handicap July 2024 results

It's perhaps unsurprising that July couldn't quite match the high standards of the June round but it was still pretty damn good with seven people beating their age grading. Returning from a slight injury niggle and returning to first place, was Chris Clark. Chris wasn't quite back to his best but in second place his missus was. Helen Clark was the only person to achieve a PB this month, her second PB in two months. Carys Samuel equalled her best round of the year for third and in fourth Rob Gillham had his second highest age grading ever. Also achieving her second highest ever age grading at Darlington was Carmelita Coco in fifth, while Jo Meynell could only manage her third best age grading ever so had to settle for sixth. In seventh place, Tracey Fleming had her best ever age grading twice this month, with the exact same score two weeks running.

No-one else beat their age grading baseline but several were oh, so close. The best of them was Darren Alderson, who I have to say doesn't often feature in these reports, so it was great to see him mixing it with the best of them. Less of a surprise in ninth was Emily Beaumont, on a week off from pounding England's countryside a fraction close to sea level. In tenth there was Lisa Bowerbank (of course there was, she must be the competition's all-time most consistent competitor). Also this month I am going to extend the adulation down to fifteenth place, through Dawn Richardson, Ian Burgess, Marc Ellis and Carmel Colebrooke, in eleventh to fourteenth respectively, because they had pretty impressive baseline age gradings to start with, down to Dave Thompson in fifteenth, who had his highest age grading for three years.

Also a big shout out this month to Julie Bell and Stuart Masterman, who ran round together (even though it might have cost Stuart a point or two) for what was both of their 400th parkrun. They join the very select group of only eight Quakers to hit 400 parkruns, but heading that group by some margin is Stephen Moore who this month achieved his 600th parkrun (I'm sure it was only last year when he got to 500).

This month seems quite notable for the lack of movement in the overall standings. Carys and Carmelita retain their first and second spots but Jo moves up from equal fourth place into third, leaving Emily all by herself in fourth. Closing rapidly on Emily, Helen Clark moves up two places to fifth, on the way passing Malcolm Hewitson who went the other way down to sixth. Rob Gillham creeps up another place into seventh and Stuart Masterman drops two places to eighth, and behind them Lisa Bowerbank, Chris Clark and Ian Burgess stay exactly where they were. In the top half of the table, where places are harder to come by, the biggest climbers were Darren Alderson, Carmel Colebrooks and Adam Charles up six places each and just behind them in the improvement stakes were Dave Jones and Jan Waite, up five apiece.

July results

	Name	Baseline	July	Ratio
1	Chris Clark	54.74	58.32	1.0654
2	Helen Clark	57.87	58.64	1.0133
3	Carys Samuel	62.78	63.53	1.0119
4	Rob Gillham	73.29	74.03	1.0101
5	Carmelita Coco	69.30	69.57	1.0039

6	Jo Meynell	64.66	64.72	1.0009
7	Tracey Fleming	58.25	58.29	1.0007
8	Darren Alderson	62.35	62.04	0.9950
9	Emily Beaumont	60.92	60.39	0.9913
10	Lisa Bowerbank	66.83	66.21	0.9907
11	Dawn Richardson	86.71	85.00	0.9803
12	Ian Burgess	76.79	75.26	0.9801
13	Marc Ellis	84.33	82.03	0.9727
14	Carmel Colebrooke	79.00	76.72	0.9711
15	Dave Thompson	73.95	71.57	0.9678
16	David Nalder	75.69	72.97	0.9641
17	Martyn Farnsworth	66.22	63.72	0.9622
18	Ruth Hawkins	63.76	61.22	0.9602
19	Adam Charles	57.76	55.40	0.9591
20	Chris Dowling	73.12	70.03	0.9577
21	Malcolm Hewitson	62.56	59.35	0.9487
22	Helen Clarke	59.18	56.11	0.9481
23	Wendy Colling	73.37	69.41	0.9460
24	Dave Jones	77.86	73.57	0.9449
25	Sally Singleton	66.07	62.37	0.9440
26	Jan Waite	54.36	50.99	0.9380
27	Lisa Alderson	38.74	36.22	0.9350
28	John Yeomans	58.87	55.03	0.9348
29	Stuart Masterman	68.39	63.86	0.9338
30	Alex Looney	62.16	57.75	0.9291
31	Paul Roberts	65.02	59.96	0.9222
32	Ian Hart	77.70	71.50	0.9202
33	Karen Mavin	60.02	54.69	0.9112
34	Julie Bell	75.38	67.69	0.8980
35	Lin Gossage	60.72	54.12	0.8913
36	Ed Griffiths	73.75	65.16	0.8835
37	David Porterfield	53.36	46.88	0.8786
38	Jane Dowling	61.87	54.01	0.8730
39	Phil Neal	70.30	60.16	0.8558
40	Graham Park	67.25	57.49	0.8549
41	Stephen Moore	53.28	45.14	0.8472
42	Melissa Hird	69.10	58.00	0.8394
43	Zoe Robinson	50.00	41.73	0.8346
44	Sharon Carr	54.56	45.16	0.8277
45	Mel Foster	58.85	48.11	0.8175
46	Mark Colling	56.67	44.10	0.7782
47	Emma Campbell- Critchley	67.40	51.07	0.7577
48	Andy Walker	41.01	30.57	0.7454
49	Michael King	55.00	39.75	0.7227
50	Paul Cockburn	59.01	25.06	0.4247

Overall results

	Name	Jan	Feb	March	April	May	June	July	Total
1	Carys Samuel	84	95	98	93	96	97	98	661
2	Carmelita Coco	96	93	93	89	92	94	96	653
3	Jo Meynell	83	83	96	88	98	98	95	641
4	Emily Beaumont	94	92	97	86	93	84	92	638
5	Helen Clark	79	90	89	92	94	93	99	636
6	Malcolm Hewitson	89	88	99	91	95	87	80	629
7	Rob Gillham	88	86	78	78	91	100	97	618
8	Stuart Masterman	93	85	95	98	89	79	72	611
9	Lisa Bowerbank	82	80	88	81	90	90	91	602
10	Chris Clark	100	100	90	100	100	0	100	590
11	Ian Burgess	56	84	86	85	88	90	89	578
12	Chris Dowling	86	90	91	72	68	67	81	555
13	David Nalder	72	78	79	83	79	75	85	551
14	Melissa Hird	98	79	77	82	82	69	59	546
15	Karen Mavin	81	96	83	75	69	71	68	543
16	Lin Gossage	66	70	100	90	84	52	66	528
17	Wendy Colling	68	73	75	74	77	74	78	519
18	Dave Thompson	65	69	72	70	80	76	86	518
19	Tracey Fleming	62	65	55	65	81	92	94	514
20	Dawn Richardson	77	91	80	84	0	85	90	507
21	Sally Singleton	85	87	85	94	0	80	76	507
22	Zoe Robinson	76	81	92	99	97	0	58	503
23	John Yeomans	37	41	60	96	72	97	73	476
24	Julie Bell	60	61	74	68	78	66	67	474
25	Ian Hart	59	62	63	69	86	64	69	472
26	Darren Alderson	0	64	67	63	87	83	93	457
27	Phil Neal	90	46	62	60	71	63	62	454
28	Carmel Colebrooke	67	67	69	0	76	81	87	447
29	Diane Lockhart	95	94	84	79	0	86	0	438
30	Dave Jones	52	52	59	61	67	68	77	436
31	Jan Waite	53	55	66	56	60	58	75	423
32	Andy Walker	55	57	70	64	62	55	53	416
33	Adam Charles	0	66	52	59	73	82	82	414
34	Ed Griffiths	37	48	64	55	75	62	65	406
35	Rachel Grayson	92	82	71	0	66	95	0	406
36	Louise Trainor	70	57	76	0	99	99	0	401
37	Alex Looney	73	75	0	67	56	49	71	391
38	Sharon Carr	97	77	0	87	0	70	57	388
39	Stephen Moore	54	50	58	54	59	53	60	388
40	Helen Clarke	71	0	73	71	0	88	79	382
41	Lel Neal	87	71	94	73	0	56	0	381
42	Lisa Alderson	80	74	0	76	0	77	74	381
43	David Porterfield	42	43	46	49	55	51	64	350

44	Michael King	44	46	51	51	58	48	52	350
45	Mark Colling	49	56	0	52	61	60	55	333
46	Marc Ellis	91	47	0	95	0	0	88	321
47	Rob Dent	69	0	81	80	0	91	0	321
48	April Corbett	50	60	68	0	74	61	0	313
49	Gill Colling	0	51	54	66	57	72	0	300
50	Emma C- Critchley	58	0	49	58	0	78	54	297
51	Ian Bond	63	99	82	0	0	50	0	294
52	Jane Dowling	75	98	0	0	0	47	63	283
53	Margaret Enstone	74	0	65	0	83	57	0	279
54	Graham Park	38	63	56	53	64	0	1	275
55	Anthony Corbett	41	42	53	0	65	59	0	260
56	Mel Foster	51	0	47	46	54	0	56	254
57	Paul Cockburn	99	97	0	0	0	0	51	247
58	Lee Morris	57	0	48	57	0	54	0	216
59	Katrina Cockburn	48	53	57	45	0	0	0	203
60	Dave Whittle	64	76	61	0	0	0	0	201
61	Paul Roberts	47	0	0	0	0	65	70	182
62	Danny Gordon	40	44	41	50	0	0	0	175
63	Peter Rowley	43	54	0	0	70	0	0	167
64	Diane Sparrow	78	0	0	77	0	0	0	155
65	Dave Mclachlan	0	68	0	0	63	0	0	131
66	Dale Chapman	46	0	0	48	0	0	0	94
67	Angela Taylor	45	0	0	47	0	0	0	92
68	Emma Good	0	59	0	0	0	0	0	59
69	Sue Sparrow	39	0	0	0	0	0	0	39