

5km handicap June 2024

They say it's always better to have something to live up to, rather than live down and Rob Gilham did just that. Having won the "Most improved" category at the 2024 Quaker awards he ran his fastest parkrun for 10 years. He threatened to break the 21 minute barrier for most of last year but this month he went and smashed it with a 20:36 and takes a very deserved, 1st place. Louise Trainor, who has exactly the same fastest time as Rob at Darlington parkrun, added another level to the superlative performance that she achieved last month and moves up from having the eighth highest age grading by a Quaker at Darlington parkrun to sixth on the list. By my calculations she only needs another nine seconds to move ahead of Dean Newton into fifth. Continuing the theme of best performance for ages, Jo Meynell ran her fastest parkrun for five years to take third.

Uniquely, none of the top three performances was a PB, but the next five made up for that. John Yeomans and Carys Samuel had exactly the same score, down to four decimal places. I'm listing them in that order because John would have shaded it if it had been to five decimal places, but it wasn't, so they share fourth place. Rachel Grayson, Carmelita Coco and Helen Clark also set PB's with Carmelita's moving her into the 70% age grading category for the first time. Someone else who broke into the 70% age grading category at Darlington for the first time this month was Gill Colling, who ran her fastest time for five years. (Unfortunately Gill elected to run at Sedgfield in the 5km handicap this year, so it didn't count).

We have to go all the way down to ninth place before we have someone not beating their best ever age grading but Tracey Fleming so very nearly did, being just two seconds short. Incidentally I have Dave Thompson to thank for enabling me to calculate how much faster people need to run to achieve a particular age grading. Dave ran Sedgfield twice this month with the two runs being just one second apart and that equated to 0.05 in terms of age grading. That figure will vary slightly depending on what your baseline age grading was and, I dare say, on your age and gender as well but probably not by enough to make any significant difference.

Using the same reasoning, Rob Dent was only nine seconds off beating his best ever age grading for tenth. Lisa Bowerbank and Ian Burgess shared 11th place, again listed in the order they would have come had we gone down to five decimal places. Helen Clarke was also within 1% of her best ever age grading for 13th place in what was possibly the second most competitive round ever (I couldn't be bother to check every round, ever, so you'll just have to play along with me on that one).

I'm going to get my corrections to the overall scores out of the way at the start this time. Chris Land had his best ever round last month in ninth place but ironically it turns out that he was no longer a member. I have gone back and amended the scores for April and May, so quite a few people moved up a couple of points, though I think only a couple changed places as a result. Also for some reason that I can't begin to imagine, I had given Andy Walker a ridiculously unfeasible low score (unfeasible unless there 90 odd people taking part and he came last, that is). Needless to say, Andy shot up several places. If anyone else notices something wrong with the tables, please do shout up; every point matters in this competition.

Anyway, on to the competition itself. Due to a few injury niggles, Chris Clark wasn't able to get a run in this month, which shook things up quite a bit. Carys Samuel and Carmelita Coco simply moved up a place to be in first and second respectively (not that there is ever anything simple about setting a

new PB). Despite only managing 14th place this month, Malcolm Hewitson moved up two places to third as most of the people ahead of him were further down the overall table in May. Emily Beaumont manages to hang onto fourth but now has to share it with Jo Meynell who moved up three places. Stuart Masterman will almost certainly be looking to drop this round at the end of the year but still managed to hang on to sixth, though Helen Clark managed to close 12 points on him this month and is now just behind him in seventh. Unsurprisingly, Rob Gillham continued his recent surge up the table into eighth and Lisa Bowerbank snook up another place to ninth. Such have been his dominant performances in earlier rounds that Chris Clark still manages to hang on to tenth place but only one place ahead of Ian Burgess. Along with Tracey Fleming, Ian had the distinction of being the biggest improver this month (a rectified Andy Walker notwithstanding), moving up five places, while John Yeomans and Rachel Grayson unsurprisingly move up four apiece.

So that is June out of the way and as I say every year, we're only half way and anything can happen. It does strike me though that it really doesn't seem a year since I said it. Time is definitely not a constant as you get older. Carpe diem everyone (or whatever the running equivalent is).

June results

	Name	Baseline	May	Ratio
1	Rob Gillham	73.29	75.89	1.0355
2	Louise Trainor	78.70	81.45	1.0349
3	Jo Meynell	64.66	66.75	1.0323
4	John Yeomans	58.87	60.69	1.0309
4	Carys Samuel	62.78	64.72	1.0309
6	Rachel Grayson	62.15	63.74	1.0256
7	Carmelita Coco	69.30	70.20	1.0130
8	Helen Clark	57.87	58.34	1.0081
9	Tracey Fleming	58.25	58.17	0.9986
10	Rob Dent	72.37	71.95	0.9942
11	Lisa Bowerbank	66.83	66.39	0.9934
11	Ian Burgess	76.79	76.28	0.9934
13	Helen Clarke	59.18	58.70	0.9919
14	Malcolm Hewitson	62.56	61.83	0.9883
15	Diane Lockhart	63.83	63.06	0.9879
16	Dawn Richardson	86.71	85.28	0.9835
17	Emily Beaumont	60.92	59.50	0.9767
18	Darren Alderson	62.35	60.76	0.9745
19	Adam Charles	57.76	55.79	0.9659
20	Carmel Colebrooke	79.00	76.28	0.9656
21	Sally Singleton	66.07	63.76	0.9650
22	Stuart Masterman	68.39	65.93	0.9640
23	Emma Campbell- Critchley	67.40	64.86	0.9623
24	Lisa Alderson	38.74	37.26	0.9618
25	Dave Thompson	73.95	70.92	0.9590
26	David Nalder	75.69	72.27	0.9548
27	Wendy Colling	73.37	69.66	0.9494
28	Martyn Farnsworth	66.22	62.77	0.9479

29	Gill Colling	67.09	63.49	0.9463
30	Karen Mavin	60.02	56.35	0.9389
31	Sharon Carr	54.56	51.13	0.9371
32	Melissa Hird	69.10	64.73	0.9368
33	Dave Jones	77.86	72.72	0.9340
34	Chris Dowling	73.12	68.23	0.9331
35	Julie Bell	75.38	70.26	0.9321
36	Paul Roberts	65.02	60.23	0.9263
37	Ian Hart	77.70	71.45	0.9196
38	Phil Neal	70.30	63.79	0.9074
39	Ed Griffiths	73.75	66.87	0.9067
40	April Corbett	73.64	66.54	0.9036
41	Mark Colling	56.67	51.10	0.9017
42	Anthony Corbett	62.86	56.24	0.8947
43	Jan Waite	54.36	48.59	0.8939
44	Margaret Enstone	58.06	51.78	0.8918
45	Lel Neal	60.07	53.33	0.8878
46	Andy Walker	41.01	36.25	0.8839
47	Lee Morris	47.00	40.22	0.8557
48	Stephen Moore	53.28	45.52	0.8544
49	Lin Gossage	60.72	50.81	0.8368
50	David Porterfield	53.36	43.59	0.8169
51	Ian Bond	73.85	60.17	0.8148
52	Alex Looney	62.16	49.72	0.7999
53	Michael King	55.00	43.16	0.7847
54	Jane Dowling	61.87	46.40	0.7500

Overall results

	Name	Jan	Feb	March	April	May	June	Total
1	Carys Samuel	84	95	98	93	96	97	563
2	Carmelita Coco	96	93	93	89	92	94	557
3	Malcolm Hewitson	89	88	99	91	95	87	549
4	Emily Beaumont	94	92	97	86	93	84	546
4	Jo Meynell	83	83	96	88	98	98	546
6	Stuart Masterman	93	85	95	98	89	79	539
7	Helen Clark	79	90	89	92	94	93	537
8	Rob Gillham	88	86	78	78	91	100	521
9	Lisa Bowerbank	82	80	88	81	90	90	511
10	Chris Clark	100	100	90	100	100	0	490
11	Ian Burgess	56	84	86	85	88	90	489
12	Melissa Hird	98	79	77	82	82	69	487
13	Karen Mavin	81	96	83	75	69	71	475
14	Chris Dowling	86	90	91	72	68	67	474
15	David Nalder	72	78	79	83	79	75	466
16	Lin Gossage	66	70	100	90	84	52	462

17	Zoe Robinson	76	81	92	99	97	0	445
18	Wendy Colling	68	73	75	74	77	74	441
19	Diane Lockhart	95	94	84	79	0	86	438
21	Dave Thompson	65	69	72	70	80	76	432
20	Sally Singleton	85	87	85	94	0	80	431
22	Tracey Fleming	62	65	55	65	81	92	420
23	Dawn Richardson	77	91	80	84	0	85	417
24	Julie Bell	60	61	74	68	78	66	407
25	Rachel Grayson	92	82	71	0	66	95	406
26	John Yeomans	37	41	60	96	72	97	403
26	Ian Hart	59	62	63	69	86	64	403
28	Louise Trainor	70	57	76	0	99	99	401
29	Phil Neal	90	46	62	60	71	63	392
31	Lel Neal	87	71	94	73	0	56	381
32	Darren Alderson	0	64	67	63	87	83	364
33	Andy Walker	55	57	70	64	62	55	363
34	Carmel Colebrooke	67	67	69	0	76	81	360
35	Dave Jones	52	52	59	61	67	68	359
36	Jan Waite	53	55	66	56	60	58	348
37	Ed Griffiths	37	48	64	55	75	62	341
39	Adam Charles	0	66	52	59	73	82	332
38	Sharon Carr	97	77	0	87	0	70	331
40	Stephen Moore	54	50	58	54	59	53	328
41	Rob Dent	69	0	81	80	0	91	321
42	Alex Looney	73	75	0	67	56	49	320
43	April Corbett	50	60	68	0	74	61	313
44	Lisa Alderson	80	74	0	76	0	77	307
45	Helen Clarke	71	0	73	71	0	88	303
46	Gill Colling	0	51	54	66	57	72	300
47	Michael King	44	46	51	51	58	48	298
48	Ian Bond	63	99	82	0	0	50	294
49	David Porterfield	42	43	46	49	55	51	286
50	Margaret Enstone	74	0	65	0	83	57	279
51	Mark Colling	49	56	0	52	61	60	278
52	Graham Park	38	63	56	53	64	0	274
53	Anthony Corbett	41	42	53	0	65	59	260
54	Emma C- Critchley	58	0	49	58	0	78	243
55	Marc Ellis	91	47	0	95	0	0	233
56	Jane Dowling	75	98	0	0	0	47	220
57	Lee Morris	57	0	48	57	0	54	216
58	Katrina Cockburn	48	53	57	45	0	0	203
59	Dave Whittle	64	76	61	0	0	0	201
60	Mel Foster	51	0	47	46	54	0	198
61	Paul Cockburn	99	97	0	0	0	0	196
62	Danny Gordon	40	44	41	50	0	0	175
63	Peter Rowley	43	54	0	0	70	0	167

64	Diane Sparrow	78	0	0	77	0	0	155
65	Dave Mclachlan	0	68	0	0	63	0	131
66	Paul Roberts	47	0	0	0	0	65	112
67	Dale Chapman	46	0	0	48	0	0	94
68	Angela Taylor	45	0	0	47	0	0	92
69	Emma Good	0	59	0	0	0	0	59
70	Sue Sparrow	39	0	0	0	0	0	39