

## 5km handicap August 2024

August struck me as one of the quietest handicap months that I can remember; there seemed to be very few results to pick up in any given week. Perhaps you all had 10ks to run, or holidays to go on, or other distractions. Even so, 51 people took part, so picking up points still wasn't easy.

First place again was Chris Clark with another PB, although this time just by eight seconds so his upward trajectory is starting to tail off. Chris was the only person in the competition who managed a PB this month but in second, Rob Gillham went sub 21 for only the second time in the past 10 years. In third place, for the third time this year was Jo Meynell and in fourth it looks like Lin Gossage has recovered from the hamstring tear and is turning back time. Helen Clark couldn't quite match her PB from the previous month but she still beat her handicap, still managed to keep a few seconds ahead of Chris and crucially managed to finish ahead of Emily. Rachel Grayson's competition has been as inconsistent as Lisa Bowerbank's has been consistent but they managed to share sixth place this month. Emily Beaumont has only been out of the top ten twice this year and avoided making it three by taking eighth place. Ninth place is Carmelita Coco's second worst performance this year but she still ran faster than she has any time prior to this year. Bringing up tenth place was Ian Burgess. Interestingly Ian ran the exact same time (22:32) that he did back in February of this year but his age grade score went up from 75.15% to 75.81% over those six months. At that rate he should be on 80% age grading by the time he is 70. Martyn Farnsworth was just behind Ian in eleventh and if his recent mile time is anything to go by I'm predicting he will join the sub 20 club in September.

I'm afraid I don't know everyone's circumstances to give a shout out to everyone who deserves one but I did want to say how nice it was to see Dave Whittle and Peter Rowley back in action at Darlington this month after injuries. Dave was carrying a slight limp on his first parkrun back but improved with each week, while Peter, who must be increasingly frustrated at the injuries keeping him from the 500 parkruns that he would otherwise probably have achieved this year, managed his best run of the year. Also a shout out to Dave Jones who was back under 20 minutes again this month. If he doesn't mind me saying (which he probably will but I'll take the chance) he looks to have put on a bit of weight, so I reckon there's a fair bit more to come from Dave.

We had four people move up six places this month, Helen Clarke, Lisa Alderson, Rob Dent and Paul Cockburn, although all were in the bottom half of the table last month. Meanwhile in the front half, Carys Samuel squeezed in a decent performance the day before the Darlington 10km to keep the lead. Carys is someone else who is due a sizeable PB, based on her recent 1 mile performances. Carmelita and Jo stay in second and third but with Jo catching up six points on Carmelita; if it stays that way next month they will be neck and neck. Thanks to Lisa and Rachel separating them, Helen manages to overtake Emily for fourth but with just one point between them. Storming up the table into sixth is Rob, who as usual has left his charge a little late. He overtakes Malcolm Hewitson, who will probably want to drop this round at the end of the year. Lisa Bowerbank shuffles up another place this month, as does Chris Clark who effectively has a round in hand on the people in front of him. This means that Stuart Masterman drops down to tenth, but still with a good lead on Ian Burgess who heads the rest of the pack. Interestingly the places from 11 to 20 include quite a few names that we don't usually see near the front and I'm looking forward to seeing if they can up their

game a bit more and make one of the coveted top ten places. After all there are still four rounds to go.

### August results

|    | Name              | Baseline | August | Ratio  |
|----|-------------------|----------|--------|--------|
| 1  | Chris Clark       | 54.74    | 59.50  | 1.0870 |
| 2  | Rob Gillham       | 73.29    | 75.40  | 1.0288 |
| 3  | Jo Meynell        | 64.66    | 65.82  | 1.0179 |
| 4  | Lin Gossage       | 60.72    | 61.39  | 1.0110 |
| 5  | Helen Clark       | 57.87    | 58.06  | 1.0033 |
| 6  | Lisa Bowerbank    | 66.83    | 66.67  | 0.9976 |
| 6  | Rachel Grayson    | 62.15    | 62.00  | 0.9976 |
| 8  | Emily Beaumont    | 60.92    | 60.70  | 0.9964 |
| 9  | Carmelita Coco    | 69.30    | 68.67  | 0.9909 |
| 10 | Ian Burgess       | 76.79    | 75.81  | 0.9872 |
| 11 | Martyn Farnsworth | 66.22    | 65.33  | 0.9866 |
| 12 | Carys Samuel      | 62.78    | 61.48  | 0.9793 |
| 13 | Adam Charles      | 57.76    | 56.52  | 0.9785 |
| 14 | Jan Waite         | 54.36    | 53.16  | 0.9779 |
| 15 | Rob Dent          | 72.37    | 70.63  | 0.9760 |
| 16 | Helen Clarke      | 59.18    | 57.52  | 0.9719 |
| 17 | Tracey Fleming    | 58.25    | 56.60  | 0.9717 |
| 18 | Darren Alderson   | 62.35    | 60.50  | 0.9703 |
| 19 | Dave Jones        | 77.86    | 74.62  | 0.9584 |
| 20 | Dave Thompson     | 73.95    | 70.59  | 0.9546 |
| 21 | Paul Cockburn     | 59.01    | 56.21  | 0.9526 |
| 22 | Sally Singleton   | 66.07    | 62.74  | 0.9496 |
| 23 | Malcolm Hewitson  | 62.56    | 59.07  | 0.9442 |
| 24 | Wendy Colling     | 73.37    | 69.07  | 0.9414 |
| 25 | Lisa Alderson     | 38.74    | 36.25  | 0.9357 |
| 26 | Julie Bell        | 75.38    | 70.09  | 0.9298 |
| 27 | Stuart Masterman  | 68.39    | 63.47  | 0.9281 |
| 28 | Marc Ellis        | 84.33    | 77.90  | 0.9238 |
| 29 | Peter Rowley      | 68.37    | 63.09  | 0.9228 |
| 30 | David Porterfield | 53.36    | 48.55  | 0.9099 |
| 31 | Jane Dowling      | 61.87    | 56.22  | 0.9087 |
| 32 | David Nalder      | 75.69    | 68.39  | 0.9036 |
| 33 | Paul Roberts      | 65.02    | 58.67  | 0.9023 |
| 34 | Karen Mavin       | 60.02    | 53.72  | 0.8950 |
| 35 | Gill Colling      | 67.09    | 60.04  | 0.8949 |
| 36 | Louise Trainor    | 78.70    | 69.88  | 0.8879 |
| 37 | Ian Hart          | 77.70    | 67.70  | 0.8713 |
| 38 | Andy Walker       | 41.01    | 35.62  | 0.8686 |
| 39 | Graham Park       | 67.25    | 57.39  | 0.8534 |
| 40 | Ed Griffiths      | 73.75    | 62.61  | 0.8489 |
| 41 | Stephen Moore     | 53.28    | 44.61  | 0.8373 |

|    |                  |       |       |        |
|----|------------------|-------|-------|--------|
| 42 | Margaret Enstone | 58.06 | 47.91 | 0.8252 |
| 43 | Alex Looney      | 62.16 | 50.65 | 0.8148 |
| 44 | Phil Neal        | 70.30 | 56.61 | 0.8053 |
| 45 | Lee Morris       | 47.00 | 37.13 | 0.7900 |
| 46 | Michael King     | 55.00 | 42.69 | 0.7762 |
| 47 | Mark Colling     | 56.67 | 43.87 | 0.7741 |
| 47 | Dave Whittle     | 77.07 | 59.66 | 0.7741 |
| 49 | Mel Foster       | 58.85 | 45.32 | 0.7701 |
| 50 | Chris Dowling    | 73.12 | 49.23 | 0.6733 |
| 51 | John Yeomans     | 58.87 | 29.10 | 0.4943 |

## Overall results

|    | Name             | Jan | Feb | March | April | May | June | July | Aug | Total |
|----|------------------|-----|-----|-------|-------|-----|------|------|-----|-------|
| 1  | Carys Samuel     | 84  | 95  | 98    | 93    | 96  | 97   | 98   | 89  | 750   |
| 2  | Carmelita Coco   | 96  | 93  | 93    | 89    | 92  | 94   | 96   | 92  | 745   |
| 3  | Jo Meynell       | 83  | 83  | 96    | 88    | 98  | 98   | 95   | 98  | 739   |
| 4  | Helen Clark      | 79  | 90  | 89    | 92    | 94  | 93   | 99   | 96  | 732   |
| 5  | Emily Beaumont   | 94  | 92  | 97    | 86    | 93  | 84   | 92   | 93  | 731   |
| 6  | Rob Gillham      | 88  | 86  | 78    | 78    | 91  | 100  | 97   | 99  | 717   |
| 7  | Malcolm Hewitson | 89  | 88  | 99    | 91    | 95  | 87   | 80   | 78  | 707   |
| 8  | Lisa Bowerbank   | 82  | 80  | 88    | 81    | 90  | 90   | 91   | 95  | 697   |
| 9  | Chris Clark      | 100 | 100 | 90    | 100   | 100 | 0    | 100  | 100 | 690   |
| 10 | Stuart Masterman | 93  | 85  | 95    | 98    | 89  | 79   | 72   | 74  | 685   |
| 11 | Ian Burgess      | 56  | 84  | 86    | 85    | 88  | 90   | 89   | 91  | 669   |
| 12 | Lin Gossage      | 66  | 70  | 100   | 90    | 84  | 52   | 66   | 97  | 625   |
| 13 | David Nalder     | 72  | 78  | 79    | 83    | 79  | 75   | 85   | 69  | 620   |
| 14 | Karen Mavin      | 81  | 96  | 83    | 75    | 69  | 71   | 68   | 67  | 610   |
| 15 | Chris Dowling    | 86  | 90  | 91    | 72    | 68  | 67   | 81   | 51  | 606   |
| 16 | Dave Thompson    | 65  | 69  | 72    | 70    | 80  | 76   | 86   | 81  | 599   |
| 17 | Tracey Fleming   | 62  | 65  | 55    | 65    | 81  | 92   | 94   | 84  | 598   |
| 18 | Wendy Colling    | 68  | 73  | 75    | 74    | 77  | 74   | 78   | 77  | 596   |
| 19 | Sally Singleton  | 85  | 87  | 85    | 94    | 0   | 80   | 76   | 79  | 586   |
| 20 | Julie Bell       | 60  | 61  | 74    | 68    | 78  | 66   | 67   | 75  | 549   |
| 21 | Melissa Hird     | 98  | 79  | 77    | 82    | 82  | 69   | 59   | 0   | 546   |
| 22 | Darren Alderson  | 0   | 64  | 67    | 63    | 87  | 83   | 93   | 83  | 540   |
| 23 | Ian Hart         | 59  | 62  | 63    | 69    | 86  | 64   | 69   | 64  | 536   |
| 24 | John Yeomans     | 37  | 41  | 60    | 96    | 72  | 97   | 73   | 50  | 526   |
| 25 | Dave Jones       | 52  | 52  | 59    | 61    | 67  | 68   | 77   | 82  | 518   |
| 26 | Phil Neal        | 90  | 46  | 62    | 60    | 71  | 63   | 62   | 57  | 511   |
| 27 | Jan Waite        | 53  | 55  | 66    | 56    | 60  | 58   | 75   | 87  | 510   |
| 28 | Dawn Richardson  | 77  | 91  | 80    | 84    | 0   | 85   | 90   | 0   | 507   |
| 29 | Zoe Robinson     | 76  | 81  | 92    | 99    | 97  | 0    | 58   | 0   | 503   |
| 30 | Adam Charles     | 0   | 66  | 52    | 59    | 73  | 82   | 82   | 88  | 502   |
| 31 | Rachel Grayson   | 92  | 82  | 71    | 0     | 66  | 95   | 0    | 95  | 501   |
| 32 | Andy Walker      | 55  | 57  | 70    | 64    | 62  | 55   | 53   | 63  | 479   |

|    |                   |    |    |    |    |    |    |    |    |     |
|----|-------------------|----|----|----|----|----|----|----|----|-----|
| 33 | Ed Griffiths      | 37 | 48 | 64 | 55 | 75 | 62 | 65 | 61 | 467 |
| 34 | Helen Clarke      | 71 | 0  | 73 | 71 | 0  | 88 | 79 | 85 | 467 |
| 35 | Louise Trainor    | 70 | 57 | 76 | 0  | 99 | 99 | 0  | 65 | 466 |
| 36 | Lisa Alderson     | 80 | 74 | 0  | 76 | 0  | 77 | 74 | 76 | 457 |
| 37 | Alex Looney       | 73 | 75 | 0  | 67 | 56 | 49 | 71 | 58 | 449 |
| 38 | Stephen Moore     | 54 | 50 | 58 | 54 | 59 | 53 | 60 | 60 | 448 |
| 39 | Diane Lockhart    | 95 | 94 | 84 | 79 | 0  | 86 | 0  | 0  | 438 |
| 40 | David Porterfield | 42 | 43 | 46 | 49 | 55 | 51 | 64 | 71 | 421 |
| 41 | Rob Dent          | 69 | 0  | 81 | 80 | 0  | 91 | 0  | 86 | 407 |
| 42 | Michael King      | 44 | 46 | 51 | 51 | 58 | 48 | 52 | 55 | 405 |
| 43 | Graham Park       | 38 | 63 | 56 | 53 | 64 | 0  | 61 | 62 | 397 |
| 44 | Marc Ellis        | 91 | 47 | 0  | 95 | 0  | 0  | 88 | 73 | 394 |
| 45 | Sharon Carr       | 97 | 77 | 0  | 87 | 0  | 70 | 57 | 0  | 388 |
| 46 | Mark Colling      | 49 | 56 | 0  | 52 | 61 | 60 | 55 | 54 | 387 |
| 47 | Lel Neal          | 87 | 71 | 94 | 73 | 0  | 56 | 0  | 0  | 381 |
| 48 | Gill Colling      | 0  | 51 | 54 | 66 | 57 | 72 | 0  | 66 | 366 |
| 49 | Jane Dowling      | 75 | 98 | 0  | 0  | 0  | 47 | 63 | 70 | 353 |
| 50 | Margaret Enstone  | 74 | 0  | 65 | 0  | 83 | 57 | 0  | 59 | 338 |
| 51 | Paul Cockburn     | 99 | 97 | 0  | 0  | 0  | 0  | 51 | 80 | 327 |
| 52 | April Corbett     | 50 | 60 | 68 | 0  | 74 | 61 | 0  | 0  | 313 |
| 53 | Mel Foster        | 51 | 0  | 47 | 46 | 54 | 0  | 56 | 52 | 306 |
| 54 | Emma C- Critchley | 58 | 0  | 49 | 58 | 0  | 78 | 54 | 0  | 297 |
| 55 | Ian Bond          | 63 | 99 | 82 | 0  | 0  | 50 | 0  | 0  | 294 |
| 56 | Lee Morris        | 57 | 0  | 48 | 57 | 0  | 54 | 0  | 56 | 272 |
| 57 | Anthony Corbett   | 41 | 42 | 53 | 0  | 65 | 59 | 0  | 0  | 260 |
| 58 | Dave Whittle      | 64 | 76 | 61 | 0  | 0  | 0  | 0  | 54 | 255 |
| 59 | Paul Roberts      | 47 | 0  | 0  | 0  | 0  | 65 | 70 | 68 | 250 |
| 60 | Peter Rowley      | 43 | 54 | 0  | 0  | 70 | 0  | 0  | 72 | 239 |
| 61 | Katrina Cockburn  | 48 | 53 | 57 | 45 | 0  | 0  | 0  | 0  | 203 |
| 62 | Danny Gordon      | 40 | 44 | 41 | 50 | 0  | 0  | 0  | 0  | 175 |
| 63 | Diane Sparrow     | 78 | 0  | 0  | 77 | 0  | 0  | 0  | 0  | 155 |
| 64 | Dave Mclachlan    | 0  | 68 | 0  | 0  | 63 | 0  | 0  | 0  | 131 |
| 65 | Dale Chapman      | 46 | 0  | 0  | 48 | 0  | 0  | 0  | 0  | 94  |
| 66 | Angela Taylor     | 45 | 0  | 0  | 47 | 0  | 0  | 0  | 0  | 92  |
| 67 | Emma Good         | 0  | 59 | 0  | 0  | 0  | 0  | 0  | 0  | 59  |
| 68 | Sue Sparrow       | 39 | 0  | 0  | 0  | 0  | 0  | 0  | 0  | 39  |