

5km handicap September 2024

This wasn't a month for too many surprises. In first place, for the seventh time this year, was Chris Clark. Chris has set eight PBs this year with this month being another 16 second improvement, taking him under 27 minutes for the first time (still 4 seconds behind Helen though). In second place we had another PB with Rachel Grayson taking 31 seconds off her previous best. Rachel has now improved by three minutes in the past two years. In third place was me, admittedly off what was still a fairly dodgy handicap (more on that later). Though had I used my best age grading, which was from six years ago, I would still have pipped Carys Samuel by four, 10,000ths, so I don't feel too bad. Incidentally I was 55 seconds slower than that previous best age grading but my age grading this month was still slightly better, which confirms my calculation that the parkrun algorithm expects us old people to slow by about 10 seconds per year.

It was even tighter between fourth and fifth with Carys running her second fastest time ever to shade out Jo Meynell by one, 10,000th, while in sixth place Carmelita Coco also ran her second fastest time ever. Performance of the month however must go to Ian Burgess who ran under 22 minutes for only the third time and in doing so moved up to 14th on the list of highest age grading of any Quaker at Darlington parkrun. I did say in last month's write up that if Ian could keep his then time the same until he was 70, then he would join the 80% age grading club; it looks like he's decided to try and avoid the wait.

The sisterly rivalry continued this month with Helen Clark again finishing just ahead of Emily Beaumont for eighth and ninth. One week they finished just 10 seconds apart, but with the age grading reversed, which meant I could work out which of them was the older (I won't say which it is though). Tenth place this month was Lisa Bowerbank, because it just wouldn't be a top ten without her.

In the overall competition it was almost, as you were, at the front. Of the top 13 places, 10 stayed in exactly the same position. The only changes were Chris Clark and Malcolm Hewitson swapping seventh and ninth place and Ian Burgess moving up into equal tenth with Stuart Masterman. In first place still is Carys, extending her lead slightly over Carmelita in second and Jo in third. Given the consistency of the people at the top of the table then barring injury or a sudden bout of apathy the top three places this year are probably going to be between six people. Behind them though there are still some good battles to be fought for one of the top ten places.

I don't usually start to think about next year's competition this early in the current year but just to give some notice of a slight tweak to the rules for next year. As your handicap is now based on your best age grading over the past five years rather than best ever, then your qualifying runs will all need to have been in the past five years. Also you will have to have done five runs at whichever parkrun you choose to take part at, rather than the three that is currently the case and in the interests of fairness on at least one of those you should have been trying hard. I thought I'd best mention it now to give people chance to get the runs in, in case you fancy a trying a new parkrun. I'm tempted by Hamsterley; I do like a twisty-turny trail run.

September

	Name	Baseline	Sept	Ratio
1	Chris Clark	54.74	60.09	1.0977
2	Rachel Grayson	62.15	65.84	1.0594
3	Ian Bond	73.85	76.11	1.0306
4	Carys Samuel	62.78	64.03	1.0199
5	Jo Meynell	64.66	65.94	1.0198
6	Carmelita Coco	69.30	70.57	1.0183
7	Ian Burgess	76.79	78.01	1.0159
8	Helen Clark	57.87	58.56	1.0119
9	Emily Beaumont	60.92	61.06	1.0023
10	Lisa Bowerbank	66.83	66.39	0.9934
11	Lin Gossage	60.72	59.90	0.9865
12	David Nalder	75.69	74.19	0.9802
13	Helen Clarke	59.18	57.86	0.9777
14	Rob Gillham	73.29	71.22	0.9718
15	Adam Charles	57.76	56.09	0.9711
16	Rob Dent	72.37	70.16	0.9695
17	Darren Alderson	62.35	60.31	0.9673
18	Alex Looney	62.16	60.00	0.9653
19	Sally Singleton	66.07	63.44	0.9602
20	Jan Waite	54.36	52.10	0.9584
21	Dave Jones	77.86	74.56	0.9576
22	Chris Dowling	73.12	69.66	0.9527
23	Stuart Masterman	68.39	64.68	0.9458
24	David Porterfield	53.36	50.38	0.9442
25	Ian Hart	77.70	73.35	0.9440
26	Tracey Fleming	58.25	54.42	0.9342
27	Julie Bell	75.38	70.04	0.9292
28	Wendy Colling	73.37	67.22	0.9162
29	Malcolm Hewitson	62.56	57.09	0.9126
30	Margaret Enstone	58.06	52.37	0.9020
31	Ed Griffiths	73.75	65.50	0.8881
32	Jane Dowling	61.87	54.62	0.8828
33	Anthony Corbett	62.86	53.78	0.8556
34	Stephen Moore	53.28	45.37	0.8515
35	Andy Walker	41.01	34.63	0.8444
36	Zoe Robinson	50.00	42.10	0.8420
37	Lee Morris	47.00	39.38	0.8379
38	April Corbett	73.64	61.53	0.8356
39	Phil Neal	70.30	56.87	0.8090
40	Dave Thompson	73.95	59.16	0.8000
41	Mel Foster	58.85	46.66	0.7929
42	Melissa Hird	69.10	53.91	0.7802
43	Dave Whittle	77.07	59.49	0.7719

44	Michael King	55.00	42.23	0.7678
45	Ruth Hawkins	63.76	30.64	0.4806

Overall to September

	Name	Jan	Feb	March	April	May	June	July	Aug	Sep	Total
1	Carys Samuel	84	95	98	93	96	97	98	89	97	847
2	Carmelita Coco	96	93	93	89	92	94	96	92	95	840
3	Jo Meynell	83	83	96	88	98	98	95	98	96	835
4	Helen Clark	79	90	89	92	94	93	99	96	93	825
5	Emily Beaumont	94	92	97	86	93	84	92	93	92	823
6	Rob Gillham	88	86	78	78	91	100	97	99	87	804
7	Chris Clark	100	100	90	100	100	0	100	100	100	790
8	Lisa Bowerbank	82	80	88	81	90	90	91	95	91	788
9	Malcolm Hewitson	89	88	99	91	95	87	80	78	72	779
10	Ian Burgess	56	84	86	85	88	90	89	91	94	763
10	Stuart Masterman	93	85	95	98	89	79	72	74	78	763
12	Lin Gossage	66	70	100	90	84	52	66	97	90	715
13	David Nalder	72	78	79	83	79	75	85	69	89	709
14	Chris Dowling	86	90	91	72	68	67	81	51	79	685
15	Tracey Fleming	62	65	55	65	81	92	94	84	75	673
16	Wendy Colling	68	73	75	74	77	74	78	77	73	669
17	Sally Singleton	85	87	85	94	0	80	76	79	82	668
18	Dave Thompson	65	69	72	70	80	76	86	81	61	660
19	Darren Alderson	0	64	67	63	87	83	93	83	84	624
20	Julie Bell	60	61	74	68	78	66	67	75	74	623
21	Ian Hart	59	62	63	69	86	64	69	64	76	612
22	Karen Mavin	81	96	83	75	69	71	68	67	0	610
23	Melissa Hird	98	79	77	82	82	69	59	0	59	605
24	Rachel Grayson	92	82	71	0	66	95	0	95	99	600
25	Dave Jones	52	52	59	61	67	68	77	82	80	598
26	Jan Waite	53	55	66	56	60	58	75	87	81	591
27	Adam Charles	0	66	52	59	73	82	82	88	86	588
28	Phil Neal	90	46	62	60	71	63	62	57	62	573
29	Zoe Robinson	76	81	92	99	97	0	58	0	65	568
30	Helen Clarke	71	0	73	71	0	88	79	85	88	555
31	Andy Walker	55	57	70	64	62	55	53	63	66	545
32	Ed Griffiths	37	48	64	55	75	62	65	61	70	537
33	Alex Looney	73	75	0	67	56	49	71	58	83	532
34	John Yeomans	37	41	60	96	72	97	73	50	0	526
35	Stephen Moore	54	50	58	54	59	53	60	60	67	515
36	Dawn Richardson	77	91	80	84	0	85	90	0	0	507
37	David Porterfield	42	43	46	49	55	51	64	71	77	498
38	Rob Dent	69	0	81	80	0	91	0	86	85	492
39	Louise Trainor	70	57	76	0	99	99	0	65	0	466
40	Michael King	44	46	51	51	58	48	52	55	57	462

