

5km Handicap – October 2024

It's taken ten months but Chris Clark has finally done it. Not won the competition, at least not quite, but he did finally beat Helen. It took another 25 second PB this month to do it, which means that Chris has improved by around eight minutes so far this year. In second place, for the second month in a row, was Rachel Grayson, with a performance that would be good enough to win the round in most other years. Also continuing her excellent form this year was Jo Meynell with her 4th, third place. Apart from Chris, the only other person to get a PB this month was Emily Beaumont, though that was still not enough to stop Helen from pipping her by one point again. Louise Trainor is recently probably running the best I've ever seen her run (I don't usually see her run because I'm usually in front of her, which just shows how well she's running. If she runs any better I'll go back to not seeing her as she'll be too far in front). She took sixth place with an age grading of 79.25, the highest of anyone in the competition this month. This performance would have put her 12th on the Quakers all time age grading, although of course she is already higher up that list from a previous result so I suppose that should be 11th then. In seventh, Lisa Bowerbank was just seven seconds off going sub-23 minutes again, something she's only achieved once before, while in eighth, Gill Colling had her best age graded performance at Sedgefield since 2019 and only just a little bit behind her best ever age grading at that parkrun. In ninth, Adam Charles was a new name in the top ten, though he has been threatening it for the past two months. Conversely Carmelita Coco had one of her worst performances of the competition but still managed to edge out Darren Alderson for tenth.

In the overall competition the biggest improver this month is Martyn Farnsworth but only because I had inexplicably not given him any points on the leader board for any rounds this year, despite him having done six of them. So Martyn technically moves 31 places up the board to come in at 39th. Otherwise the biggest improver among those who have done all the rounds was David Porterfield with his best performance this year moving him up six places to 31st.

In total, 24 people have done all 10 rounds so far, which means that they have two more rounds in which to try and swap their poorer performances. One of those hoping to do so will no doubt be Carys Samuel whose 29th place this month sees her forfeit the first place that she has held since June. Instead, first place this month is Jo, who moves up from third, ahead of both Carys and Carmelita. Helen Clark also gets in front of Carys to push her back to fourth, which she now shares with Emily.

Behind them Rob Gillham, Chris Clark, Lisa Bowerbank, Malcolm Hewitson and Ian Burgess stay exactly where they were from sixth to tenth, with Ian pulling away slightly from Stuart Masterman who shared tenth place with him last month.

Usually at this stage of the competition, where swaps can come into play, the results are still up in the air with two or three people in with a chance of winning, a fair few more of making the top three and lots of people with a chance of a top ten finish. This year is looking a little different. Currently in seventh place, but with a no score from June to swap, Chris Clark just needs to make it round on his hands and knees in either November or December to win. The battle for 2nd and 3rd is still very interesting though, even if with relatively few combatants, as any of the current top six could in theory finish in the top three. Carys has the easiest route to second place, but you could throw a blanket, or possibly just a doilie, over Carmelita, Helen and Emily in terms of the number of points still available to them. The top ten is also no less interesting for only having a few options. The top

eight are safely in it now but everyone from Malcolm Hewitson in ninth, through Ian Burgess, Stuart Masterman, David Nalder, Lin Gossage, to Sally Singleton in fourteenth have a chance to end up there. Of those, Sally is the only one who hasn't done ten rounds yet, so her route is perhaps easiest. Technically Darren Alderson, who is currently in eighteenth, also has a chance of getting in the top ten as he hasn't done ten rounds yet either, but he would need to win both rounds and hope that Ian Burgess doesn't improve on his 45th place from January. Stranger things have happened (well, actually, no they probably haven't).

October results

	Name	Baseline	Sept	Ratio
1	Chris Clark	54.74	61.03	1.1149
2	Rachel Grayson	62.15	65.17	1.0486
3	Jo Meynell	64.66	66.54	1.0291
4	Helen Clark	57.87	58.93	1.0183
5	Emily Beaumont	60.92	61.84	1.0151
6	Louise Trainor	78.70	79.25	1.0070
7	Lisa Bowerbank	66.83	66.53	0.9955
8	Gill Colling	67.09	66.72	0.9945
9	Adam Charles	57.76	56.99	0.9867
10	Carmelita Coco	69.30	68.34	0.9861
11	Darren Alderson	62.35	61.38	0.9844
12	Rob Gillham	73.29	71.82	0.9799
13	David Nalder	75.69	74.07	0.9786
14	Ian Burgess	76.79	74.55	0.9708
15	Ian Hart	77.70	75.41	0.9705
16	David Porterfield	53.36	51.51	0.9653
17	Martyn Farnsworth	66.22	63.47	0.9585
18	Stuart Masterman	68.39	64.85	0.9482
19	Jan Waite	54.36	51.47	0.9468
20	Sally Singleton	66.07	62.55	0.9467
21	Dave Jones	77.86	73.08	0.9386
22	Emma Campbell- Critchley	67.40	63.11	0.9364
23	Julie Bell	75.38	69.99	0.9285
24	Wendy Colling	73.37	68.11	0.9283
25	Lin Gossage	60.72	56.26	0.9265
26	Dave Thompson	73.95	68.07	0.9205
27	Malcolm Hewitson	62.56	57.19	0.9142
28	Paul Roberts	65.02	59.03	0.9079
29	Carys Samuel	62.78	56.17	0.8947
30	Ed Griffiths	73.75	64.19	0.8704
31	Jane Dowling	61.87	53.49	0.8646
32	Stephen Moore	53.28	45.07	0.8459
33	Ross Edmond	53.81	44.77	0.8320
34	Diane Lockhart	63.83	51.39	0.8051
35	Phil Neal	70.30	55.67	0.7919

36	Dave Whittle	77.07	60.90	0.7902
37	Michael King	55.00	42.40	0.7709
38	Katrina Cockburn	46.30	29.79	0.6434
39	Chris Dowling	73.12	46.99	0.6426
40	Ruth Hawkins	63.76	40.07	0.6285

Results to October

	Name	Jan	Feb	March	April	May	June	July	Aug	Sep	Oct	Total
1	Jo Meynell	83	83	96	88	98	98	95	98	96	98	933
2	Carmelita Coco	96	93	93	89	92	94	96	92	95	91	931
3	Helen Clark	79	90	89	92	94	93	99	96	93	97	922
4	Carys Samuel	84	95	98	93	96	97	98	89	97	72	919
4	Emily Beaumont	94	92	97	86	93	84	92	93	92	96	919
6	Rob Gillham	88	86	78	78	91	100	97	99	87	89	893
7	Chris Clark	100	100	90	100	100	0	100	100	100	100	890
8	Lisa Bowerbank	82	80	88	81	90	90	91	95	91	94	882
9	Malcolm Hewitson	89	88	99	91	95	87	80	78	72	74	853
10	Ian Burgess	56	84	86	85	88	90	89	91	94	87	850
11	Stuart Masterman	93	85	95	98	89	79	72	74	78	83	846
12	David Nalder	72	78	79	83	79	75	85	69	89	88	797
13	Lin Gossage	66	70	100	90	84	52	66	97	90	76	791
14	Sally Singleton	85	87	85	94	0	80	76	79	82	81	749
15	Chris Dowling	86	90	91	72	68	67	81	51	79	62	747
16	Wendy Colling	68	73	75	74	77	74	78	77	73	77	746
17	Dave Thompson	65	69	72	70	80	76	86	81	61	75	735
18	Darren Alderson	0	64	67	63	87	83	93	83	84	90	714
19	Julie Bell	60	61	74	68	78	66	67	75	74	78	701
20	Rachel Grayson	92	82	71	0	66	95	0	95	99	99	699
21	Ian Hart	59	62	63	69	86	64	69	64	76	86	698
22	Adam Charles	0	66	52	59	73	82	82	88	86	92	680
23	Dave Jones	52	52	59	61	67	68	77	82	80	80	678
24	Jan Waite	53	55	66	56	60	58	75	87	81	82	673
24	Tracey Fleming	62	65	55	65	81	92	94	84	75	0	673
26	Phil Neal	90	46	62	60	71	63	62	57	62	66	639
27	Karen Mavin	81	96	83	75	69	71	68	67	0	0	610
28	Ed Griffiths	37	48	64	55	75	62	65	61	70	71	608
29	Melissa Hird	98	79	77	82	82	69	59	0	59	0	605
30	Stephen Moore	54	50	58	54	59	53	60	60	67	69	584
31	David Porterfield	42	43	46	49	55	51	64	71	77	85	583
32	Zoe Robinson	76	81	92	99	97	0	58	0	65	0	568
33	Louise Trainor	70	57	76	0	99	99	0	65	0	95	561
34	Helen Clarke	71	0	73	71	0	88	79	85	88	0	555
35	Andy Walker	55	57	70	64	62	55	53	63	66	0	545
36	Alex Looney	73	75	0	67	56	49	71	58	83	0	532
37	John Yeomans	37	41	60	96	72	97	73	50	0	0	526

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