

5km Handicap November 2024

Usually at the back end of the year you expect performances to slack off. It's cold; the paths in South Park are damp and slippery; and most runners are now focusing on next year's goals. But for those for whom this year's competition still isn't over it's a whole different matter and this November was a month of PBs. Having come second the previous two months, Rachel Grayson went one better, taking her PB sub-26 for the first time and in second place Carys Samuel also broke into new territory, going sub-23 minutes. In third place, Jo Meynell was a little way off her PB, but it was still her second fastest run ever (that is a pretty worthy achievement in itself which I think deserves its own acronym, so henceforth I'm going to call them SBs, "second bests").

In fourth, Helen Clark set her third PB of the year and, I expect more importantly, she is now faster than her husband Chris again. In fifth and sixth respectively, setting neither PBs nor SBs, but both achieving their fastest time since 2019 were Gill Colling and Helen Clarke. In seventh and eighth, Emily Beaumont and Lisa Alderson did set PBs and for me these were the performances of the round given how long these two have been doing their respective parkruns and how consistently good they have been. Emily is now just three seconds from going sub-25 mins, which I think I've said before is to my mind one of the two key milestones in parkrun; even more impressive bearing in mind that it was at Sedgefield, which is significantly slower than Darlington. I have praised Lisa's consistency at peppering that 24:20 mark more times than I can remember but this month she threw consistency to the wind and set a new PB on her 256th outing at Darlington (normal service was of course resumed on her 257th attempt).

In ninth place Marc Ellis was just eight seconds off beating his best ever age grading. I'm sure he can find those eight seconds or else wait until he's a year older as parkrun age grading works on the basis of men of his age slowing by about 10 seconds a year. Interestingly Jan Waite had only a slightly worse ratio despite being one minute and 36 seconds slower than when she set her best age grading. That would imply that parkrun expects ladies of a certain age to decline by about 90 seconds a year. I hope they both prove parkrun wrong.

In the overall competition, Chris Clark didn't need to set a PB, he just had to turn up and register his tenth run of the year. So for only the fourth month this year he didn't set a PB and instead contented himself with his eighth fastest time (Is that an EB?). Chris can't now be caught, so he is our winner for 2024. Second and third places are, however, still very much all to play for. Currently Jo is still in second, though Carys closed a point this month, pushing Helen Clark down into fourth but Helen is still in with a chance of the podium. Unfortunately for several people who have battled hard throughout the year, it is now a three horse race for the two remaining podium places, but Carmelita Coco, Emily Beaumont, Lisa Bowerbank and Rob Gillham currently in fifth to eighth places, will at least have the consolation of finishing in the top ten. Ian Burgess is a very good bet to stay there as well, leaving Malcolm Hewitson, Stuart Masterman and Sally Singleton to scrap over the remaining top ten place. One way or another, I will have something to write about in December.

An incidental statistic that I noticed while compiling the 5km handicap results is that this month we will almost certainly reach an official 20,000 runs by Quakers at Darlington parkrun. That averages out at 47 runs per Quaker but as we know, there is no such thing as an average Quaker and we have four Quakers who have each contributed over 400 runs at Darlington, with Michael King some way in the lead on 455.

Finally, a reminder about next year's 5km handicap. You can join in at any point in the year and could in theory win if you don't start until March, but your chances of winning are much better if you start in January. If you would like to take part please let me know at 5k@quakersrunningclub.org.uk I just need to know which parkrun you want to take part at. It can be any parkrun in the world and you can change it from one year to the next but you only gain points when you run at that particular parkrun in any given year. Good running everybody.

November results

	Name	Baseline	Sept	Ratio	
1	Rachel Grayson	62.15	66.17	1.0647	PB
2	Carys Samuel	62.78	65.33	1.0406	PB
3	Jo Meynell	64.66	67.12	1.0380	
4	Helen Clark	57.87	59.63	1.0304	PB
5	Gill Colling	67.09	68.34	1.0186	
6	Helen Clarke	59.18	60.21	1.0174	
7	Emily Beaumont	60.92	61.92	1.0164	PB
8	Lisa Bowerbank	66.83	67.51	1.0102	PB
9	Marc Ellis	84.33	83.78	0.9935	
10	Jan Waite	54.36	53.90	0.9915	
11	Dawn Richardson	86.71	84.86	0.9787	
12	Sally Singleton	66.07	64.60	0.9778	
13	Ian Hart	77.70	75.96	0.9776	
14	Rob Dent	72.37	70.22	0.9703	
15	Martyn Farnsworth	66.22	64.18	0.9692	
16	Carmelita Coco	69.30	67.16	0.9691	
17	Chris Clark	54.74	52.94	0.9671	
18	Ian Burgess	76.79	74.11	0.9651	
19	Dave Jones	77.86	75.13	0.9649	
20	David Nalder	75.69	72.61	0.9593	
21	Peter Rowley	68.37	65.42	0.9569	
22	Darren Alderson	62.35	59.46	0.9536	
23	David Porterfield	53.36	50.70	0.9501	
24	Rob Gillham	73.29	69.48	0.9480	
25	Karen Mavin	60.02	56.75	0.9455	
26	Ed Griffiths	73.75	69.68	0.9448	
27	Dave Thompson	73.95	69.77	0.9435	
28	Diane Lockhart	63.83	60.20	0.9431	
29	Lin Gossage	60.72	56.58	0.9318	
30	Andy Walker	41.01	37.53	0.9151	
31	Stuart Masterman	68.39	62.56	0.9148	
32	Margaret Enstone	58.06	52.95	0.9120	
33	Julie Bell	75.38	68.71	0.9115	
34	Lisa Alderson	38.74	34.96	0.9024	
35	Jane Dowling	61.87	55.80	0.9019	
36	Paul Cockburn	59.01	52.73	0.8936	

37	Phil Neal	70.30	61.25	0.8713
38	Sharon Carr	54.56	47.06	0.8625
39	Wendy Colling	73.37	63.03	0.8591
40	Stephen Moore	53.28	45.66	0.8570
41	Melissa Hird	69.10	58.74	0.8501
42	Anthony Corbett	62.86	52.70	0.8384
43	April Corbett	73.64	59.74	0.8112
44	Michael King	55.00	42.55	0.7736
45	John Yeomans	58.87	44.85	0.7618
46	Dave Whittle	77.07	58.07	0.7535
47	Danny Gordon	72.70	54.00	0.7428
48	Alex Looney	62.16	45.43	0.7309
49	Chris Dowling	73.12	49.02	0.6704
50	Mary MacIvor	54.29	35.29	0.6500
51	Mark Colling	56.67	33.01	0.5825

Results to November (NB a blank means that November's score has been swapped for that month)

	Name	Jan	Feb	March	April	May	June	July	Aug	Sep	Oct	Nov	Total
1	Chris Clark	100	100	90	100	100	0	100	100	100	100	84	974
2	Jo Meynell		83	96	88	98	98	95	98	96	98	98	948
3	Carys Samuel	84	95	98	93	96	97	98	89	97		99	946
4	Helen Clark		90	89	92	94	93	99	96	93	97	97	940
5	Carmelita Coco	96	93	93	89	92	94	96	92	95	91		931
6	Emily Beaumont	94	92	97	86	93		92	93	92	96	94	929
7	Lisa Bowerbank	82		88	81	90	90	91	95	91	94	93	895
8	Rob Gillham	88	86	78	78	91	100	97	99	87	88		892
9	Ian Burgess		84	86	85	88	90	89	91	94	86	83	876
10	Malcolm Hewitson	89	88	99	91	95	87	80	78	72	73	0	852
11	Stuart Masterman	93	85	95	98	89	79	72	74	78	82		845
12	Sally Singleton	85	87	85	94	0	80	76	79	82	80	89	837
13	Lin Gossage	66	70	100	90	84		66	97	90	75	72	810
14	David Nalder	72	78	79	83	79	75	85		89	87	81	808
15	Rachel Grayson	92	82	71	0	66	95	0	95	99	99	100	799
16	Darren Alderson	0	64	67	63	87	83	93	83	84	89	79	792
17	Karen Mavin	81	96	83	75	69	71	68	67	0	90	76	776
18	Chris Dowling	86	90	91	72	68	67	81		79	61	52	747
18	Dave Thompson	65	69	72	70	80	76	86	81		74	74	747
20	Wendy Colling	68	73	75	74	77	74	78	77	73	76		745
21	Ian Hart		62	63	69	86	64	69	64	76	85	88	726
22	Jan Waite		55	66	56	60	58	75	87	81	81	91	710
23	Julie Bell		61	74	68	78	66	67	75	74	77	68	708
24	Dave Jones		52	59	61	67	68	77	82	80	79	82	707
25	Adam Charles	0	66	52	59	73	82	82	88	86	92	0	680
26	Tracey Fleming	62	65	55	65	81	92	94	84	75	0	0	673
27	Melissa Hird	98	79	77	82	82	69	59	0	59	0	60	665

28	Phil Neal	90		62	60	71	63	62	57	62	65	64	656
29	Helen Clarke	71	0	73	71	0	88	79	85	88	0	95	650
30	Ed Griffiths		48	64	55	75	62	65	61	70	70	75	645
31	David Porterfield		43	46	49	55	51	64	71	77	84	78	618
32	Andy Walker	55	57	70	64	62	55	53	63	66	0	71	616
33	Martyn Farnsworth	0	0	0	97	84	73	84	90	0	83	86	597
33	Dawn Richardson	77	91	80	84	0	85	90	0	0	0	90	597
35	Stephen Moore	54		58	54	59	53	60	60	67	68	61	594
36	Alex Looney	73	75	0	67	56	49	71	58	83	0	53	585
37	John Yeomans	37	41	60	96	72	97	73	50	0	0	56	582
38	Rob Dent	69	0	81	80	0	91	0	86	85	0	87	579
39	Diane Lockhart	95	94	84	79	0	86	0	0	0	66	73	577
40	Zoe Robinson	76	81	92	99	97	0	58	0	65	0	0	568
41	Louise Trainor	70	57	76	0	99	99	0	65	0	95	0	561
42	Jane Dowling	75	98	0	0	0	47	63	70	69	69	66	557
43	Gill Colling	0	51	54	66	57	72	0	66	0	93	96	555
44	Michael King		46	51	51	58	48	52	55	57	63	57	538
45	Lisa Alderson	80	74	0	76	0	77	74	76	0	0	67	524
46	Marc Ellis	91	47	0	95	0	0	88	73	0	0	92	486
47	Margaret Enstone	74	0	65	0	83	57	0	59	71	0	69	478
48	Sharon Carr	97	77	0	87	0	70	57	0	0	0	63	451
49	Mark Colling	49	56	0	52	61	60	55	54	0	0	50	437
50	April Corbett	50	60	68	0	74	61	0	0	63	0	58	434
51	Dave Whittle	64	76	61	0	0	0	0	54	58	64	55	432
52	Graham Park	38	63	56	53	64	0	61	62	0	0	0	397
53	Ian Bond	63	99	82	0	0	50	0	0	98	0	0	392
54	Paul Cockburn	99	97	0	0	0	0	51	80	0	0	65	392
55	Anthony Corbett	41	42	53	0	65	59	0	0	68	0	59	387
56	Lel Neal	87	71	94	73	0	56	0	0	0	0	0	381
57	Emma C- Critchley	58	0	49	58	0	78	54	0	0	78	0	375
58	Mel Foster	51	0	47	46	54	0	56	52	60	0	0	366
59	Lee Morris	57	0	48	57	0	54	0	56	64	0	0	336
60	Paul Roberts	47	0	0	0	0	65	70	68	0	72	0	322
61	Katrina Cockburn	48	53	57	45	0	0	0	0	0	62	0	265
62	Peter Rowley	43	54	0	0	70	0	0	72	0	0	0	239
63	Danny Gordon	40	44	41	50	0	0	0	0	0	0	54	229
64	Diane Sparrow	78	0	0	77	0	0	0	0	0	0	0	155
65	Dave Mclachlan	0	68	0	0	63	0	0	0	0	0	0	131
66	Dale Chapman	46	0	0	48	0	0	0	0	0	0	0	94
67	Angela Taylor	45	0	0	47	0	0	0	0	0	0	0	92
68	Emma Good	0	59	0	0	0	0	0	0	0	0	0	59
69	Sue Sparrow	39	0	0	0	0	0	0	0	0	0	0	39

