

5km handicap December 2024

There was only one PB in this final round of 2024, but what a PB it was. Carys Samuel knocked a further 1 minute 20 seconds off the PB she set last month, for what was her sixth PB of the year. This was even more notable bearing in mind that she had already improved her PB by 1min 39 secs in 2023. This latest performance propelled her into the top 10 fastest female Quakers of all-time at Darlington parkrun (ninth to be precise).

Chris Clark has set nine PBs this year, so didn't even need to turn up for this round, but he did and put in another solid performance to take second. Rachel Grayson was just 11 seconds off her recent PB, which was good enough for third. In fourth Jo Meynell was almost two minutes off her PB but her PB was so long ago that her age grading was much better, once again proof that you don't need to get faster you just need to get older. Also beating their age grading handicap in fifth and sixth, were Helen Clark and Carmelita Coco, who have both been in the top ten for every one of their ten qualifying rounds. Gill Colling has had a late flourish this year, improving on her best age grading three times in the past two months and while she couldn't repeat that in December she still managed a sub-30 minute time for seventh place. Having been very subdued for all of 2023 and for eleven months of 2024, Ed Griffiths stepped up several gears in December to register his all-time second and fourth best age grading performances in consecutive weeks. I don't think many of us will be keeping up with him in 2025. A bit like Halley's Comet, Marc Ellis completed one of his occasional but brilliant orbits for ninth, while also in the top ten was Lisa Bowerbank (because of course she was).

Chris Clark had the overall competition wrapped up last month but the battle for second could not have been closer. Literally could not have been closer, as Carys Samuel and Jo Meynell both ended up with 962 points so will both have to squeeze up a bit on the silver medal step of the podium.

The next five places of Helen Clark, Carmelita Coco, Emily Beaumont, Lisa Bowerbank and Rob Gillham stayed exactly the same, but the battle for the last place in the top ten wasn't won by any of the people who I had calculated were in contention. What I hadn't realised was that Rachel Grayson had only done nine rounds up to November and her third place finish meant that she leap-frogged into ninth. Rachel has not finished lower than sixth in any round that she's done since June but unfortunately didn't have any rounds spare to swap for her low scores earlier in the year.

Finishing in tenth for his first time in the top ten was Ian Burgess. Ian has been running well this year so I wouldn't be surprised if he finishes in the top ten again next year. Speaking of which, by the time you read this the 2025, 5km Handicap will be underway. You can join in at any point in the year but to have a chance of making the podium you will need to complete ten rounds (you'll notice that seven people got more than 900 points this year, so even winning nine rounds wouldn't be enough). If you would like to take part in 2025 but haven't put your name down yet, you can still get points for January if you let me know by the last parkrun in this month.

December results

	Name	Baseline	Sept	Ratio
1	Carys Samuel	62.78	69.37	1.1050
2	Chris Clark	54.74	58.99	1.0776
3	Rachel Grayson	62.15	65.71	1.0573
4	Jo Meynell	64.66	65.94	1.0198
5	Helen Clark	57.87	58.13	1.0045
6	Carmelita Coco	69.30	69.57	1.0039
7	Gill Colling	67.09	65.98	0.9835
8	Ed Griffiths	73.75	72.52	0.9833
9	Marc Ellis	84.33	82.55	0.9789
10	Lisa Bowerbank	66.83	65.09	0.9740
11	Jan Waite	54.36	52.83	0.9719
12	Ian Hart	77.70	75.14	0.9671
13	Stuart Masterman	68.39	66.07	0.9661
14	Dawn Richardson	86.71	83.41	0.9619
15	Ian Burgess	76.79	73.79	0.9609
16	Louise Trainor	78.70	75.36	0.9576
17	Rob Gillham	73.29	69.74	0.9516
18	Dave Jones	77.86	73.93	0.9495
19	Darren Alderson	62.35	59.14	0.9485
20	Rob Dent	72.37	68.62	0.9482
21	David Nalder	75.69	71.30	0.9420
22	Dave Thompson	73.95	69.29	0.9370
23	April Corbett	73.64	68.65	0.9322
24	Adam Charles	57.76	53.81	0.9316
25	Tracey Fleming	58.25	54.22	0.9308
26	Wendy Colling	73.37	68.29	0.9308
27	Helen Clarke	59.18	54.83	0.9265
28	Peter Rowley	68.37	63.32	0.9261
29	Julie Bell	75.38	68.59	0.9099
30	Emma Campbell- Critchley	67.40	61.19	0.9079
31	Margaret Enstone	58.06	51.57	0.8882
32	Sally Singleton	66.07	58.61	0.8871
33	Dave Mclachlan	70.69	62.52	0.8844
34	Ruth Hawkins	63.76	56.30	0.8830
35	Emily Beaumont	60.92	53.42	0.8769
36	Jane Dowling	61.87	53.38	0.8628
37	Sharon Carr	54.56	46.86	0.8589
38	David Porterfield	53.36	45.34	0.8497
39	Andy Walker	41.01	34.69	0.8459
40	Chris Dowling	73.12	61.84	0.8457
41	Paul Roberts	65.02	54.78	0.8425
42	Anthony Corbett	62.86	52.70	0.8384
43	Mel Foster	58.85	48.95	0.8318

44	Melissa Hird	69.10	56.29	0.8146
45	Phil Neal	70.30	56.91	0.8095
46	Stephen Moore	53.28	42.50	0.7977
47	Michael King	55.00	41.73	0.7587
48	Dave Whittle	77.07	55.89	0.7252

Final results (NB blanks mean that scores have been swapped for that month)

	Name	Jan	Feb	March	April	May	June	July	Aug	Sep	Oct	Nov	Dec	Total
1	Chris Clark	100	100	90	100	100	0	100	100	100	100		99	989
2	Carys Samuel		95	98	93	96	97	98	89	97		99	100	962
2	Jo Meynell			96	88	98	98	95	98	96	98	98	97	962
4	Helen Clark		90		92	94	93	99	96	93	97	97	96	947
5	Carmelita Coco	96	93	93		92	94	96	92	95	91		95	937
6	Emily Beaumont	94	92	97	86	93		92	93	92	96	94		929
7	Lisa Bowerbank	82		88		90	90	91	95	91	94	93	91	905
8	Rob Gillham	88	86		78	91	100	97	99	87	88		84	898
9	Rachel Grayson	92	82	71	0	66	95	0	95	99	99	100	98	897
10	Ian Burgess		84	86	85	88	90	89	91	94	86		86	879
11	Stuart Masterman	93	85	95	98	89	79		74	78	82		88	861
12	Malcolm Hewitson	89	88	99	91	95	87	80	78	72	73	0	0	852
13	Sally Singleton	85	87	85	94	0	80	76	79	82	80	89		837
14	David Nalder		78	79	83	79	75	85		89	87	81	80	816
15	Darren Alderson	0	64	67		87	83	93	83	84	89	79	82	811
16	Lin Gossage	66	70	100	90	84		66	97	90	75	72	0	810
17	Karen Mavin	81	96	83	75	69	71	68	67	0	90	76	0	776
18	Dave Thompson		69	72	70	80	76	86	81		74	74	79	761
19	Adam Charles	0	66	52	59	73	82	82	88	86	92	0	77	757
20	Chris Dowling	86	90	91	72	68	67	81		79	61		61	756
21	Ian Hart			63	69	86	64	69	64	76	85	88	89	753
22	Wendy Colling		73	75	74	77	74	78	77	73	76		75	752
23	Tracey Fleming	62	65	55	65	81	92	94	84	75	0	0	76	749
24	Jan Waite			66	56	60	58	75	87	81	81	91	90	745
25	Dave Jones			59	61	67	68	77	82	80	79	82	83	738
26	Helen Clarke	71	0	73	71	0	88	79	85	88	0	95	74	724
27	Melissa Hird	98	79	77	82	82	69	59	0	59	0	60	57	722
28	Julie Bell			74	68	78	66	67	75	74	77	68	72	719
29	Phil Neal	90		62	60	71	63	62	57	62	65	64	56	712
30	Ed Griffiths			64	55	75	62	65	61	70	70	75	93	690
31	Dawn Richardson	77	91	80	84	0	85	90	0	0	0	90	87	684
32	Rob Dent	69	0	81	80	0	91	0	86	85	0	87	81	660
33	Gill Colling	0	51	54	66	57	72	0	66	0	93	96	94	649
34	Louise Trainor	70	57	76	0	99	99	0	65	0	95	0	85	646
35	David Porterfield			46	49	55	51	64	71	77	84	78	63	638
36	Andy Walker	55	57	70	64	62	55		63	66	0	71	62	625
37	Jane Dowling	75	98	0	0	0	47	63	70	69	69	66	65	622

[illegible]