

5km handicap results – February 2025

As you'll know by now, I love it when new people get in the mix for a place in the top ten of this competition. So I was delighted to see David Ledgerwood featuring not just in the top ten but at the top of the top ten. David is our most northerly participant so far in the competition's history as he is taking part at Prudhoe Riverside this year, which from the photos on their website looks well worth a bit of parkrun tourism. It even has a café, so presumably toilets 🍑 (That is the emoji for an ageing prostate, right? 🤔)

In second place, Emily Beaumont was the only person to set a PB this month, her second in two months. In fact this wasn't just a PB at Sedgefield, which is a somewhat slow course, but a lifetime PB at any parkrun, her previous best being at the faster course of Tees Barrage when she was five years younger. All of which is of course totally unremarkable and quite to be expected, so moving swiftly on, in third place Andrew Vernon was the only other person to improve on his age grading. Wisely Andrew only improved it by a mere fraction, as these new best age grades will become their handicaps for March.

Paige Robson is brand new to the competition, with this February being her first ever round and she managed to go straight in at fourth place, just one ten-thousandth ahead of Dave Jones. Dave is taking part at Wynyard this year and was the first place finisher this month. Now as we all know, parkrun isn't a race so I would just like to stress that this definitely wasn't a race as the next person home was two minutes behind him. Andy Walker improved slightly on his time from last month and appropriately improved slightly on his position, up from seventh to sixth. I had expectations that Andy might win this competition a few years ago, and I think I might just have again (no pressure Andy 😊).

In seventh place, not quite a new person to the top ten, I think I've managed it in two other months over the years, but one of those was with a soft handicap at Sedgefield. This month I earned it by the sweat of my brow and the DOMS in my legs and will be trying my best to do it again. Someone who was new however was Diane Vaughan. Only two people in the entire 250ish members of Quakers, not just those taking part in this competition, have a higher recent age grading than Diane. This means she has given herself a mountain to climb, but climb it she is, as she managed eighth place this month.

Of course I also love it when the regulars show that they can still get into the top ten, despite the increasingly difficult handicaps that they get year on year and who else to round off the top ten then but Jo Meynell and Lisa Bowerbank.

In the competition as a whole, with two months gone Emily has a two point lead over Andrew Vernon, with Dave Jones' two fifth places leaving him in third. Only alphabetical order separates Andy Walker and Lisa Bowerbank, who share fourth place. In sixth place is James Atkinson, another new participant. James could only manage eleventh this month but his fourth place from January shows that he has what it takes to threaten the podium later in the year.

I think it would be fair to say that Jan Waite and Rob Dent are very different athletes and have a very different approach to their participation in the competition but what they do have in common is 180 points and seventh place. This leaves the ever present and ever consistent, Stuart Masterman on his

own, in ninth. Unusually, there are thirteen people in the top ten this month; not because the laws of the Universe have somehow been rescinded (that will have to wait until Donald Trump's next speech) but just that David Nalder, Helen Clarke and Jo Meynell are all on 173 points.

February results

	Name	Baseline	Feb	Ratio
1	David Ledgerwood	52.98	55.75	1.0523
2	Emily Beaumont	62.12	62.88	1.0122
3	Andrew Vernon	71.34	71.53	1.0027
4	Paige Robson	47.28	47.23	0.9989
5	Dave Jones	73.32	73.23	0.9988
6	Andy Walker	41.01	40.74	0.9934
7	Ian Bond	79.15	78.29	0.9891
8	Diane Vaughan	83.05	81.42	0.9804
9	Jo Meynell	67.12	65.77	0.9799
10	Lisa Bowerbank	66.83	65.44	0.9792
11	James Atkinson	63.57	61.94	0.9744
12	Jan Waite	54.36	52.73	0.9700
13	Wendy Colling	72.01	69.37	0.9633
14	Rob Dent	72.37	69.01	0.9536
15	Stuart Masterman	68.39	64.82	0.9478
16	Helen Clark	59.63	56.39	0.9457
17	Dave Thompson	71.57	67.22	0.9392
18	Helen Clarke	60.21	56.32	0.9354
19	Belinda Uhura	46.56	43.39	0.9319
20	Ian Hart	77.7	72.22	0.9295
21	Sally Singleton	66.07	61.17	0.9258
22	Julie Bell	75.38	69.04	0.9159
23	David Nalder	75.69	69.10	0.9129
24	Chris Clark	61.03	55.52	0.9097
25	Karen Mavin	67.8	61.65	0.9093
26	Marc Ellis	84.33	75.10	0.8905
27	Michael King	48.22	42.84	0.8884
28	Ian Burgess	78.01	68.70	0.8807
29	April Corbett	70.61	62.16	0.8803
30	Rob Gillham	75.89	64.01	0.8435
31	David Porterfield	53.36	44.82	0.8400
32	Lin Gossage	61.39	51.05	0.8316
33	Malcolm Hewitson	64.66	52.62	0.8138
34	Ruth Hawkins	63.76	51.81	0.8126
35	Stephen Moore	53.24	39.86	0.7487
36	Graham Looney	57.95	42.53	0.7339
37	Mark Colling	53.96	35.23	0.6529
38	Jo Neesam	60.05	28.97	0.4824

Overall scores to February

	Name	Jan	Feb	Total
1	Emily Beaumont	100	99	199
2	Andrew Vernon	99	98	197
3	Dave Jones	96	96	192
4	Andy Walker	94	95	189
4	Lisa Bowerbank	98	91	189
6	James Atkinson	97	90	187
7	Jan Waite	91	89	180
7	Rob Dent	93	87	180
9	Stuart Masterman	89	86	175
10	David Nalder	95	78	173
10	Helen Clarke	90	83	173
10	Jo Meynell	81	92	173
13	Wendy Colling	82	88	170
14	Helen Clark	84	85	169
15	April Corbett	92	72	164
16	Ian Bond	68	94	162
16	Karen Mavin	86	76	162
18	Sally Singleton	80	80	160
19	Ian Burgess	83	73	156
19	Julie Bell	77	79	156
21	Ian Hart	69	81	150
22	Chris Clark	72	77	149
22	Michael King	75	74	149
24	Belinda Uhura	66	82	148
25	Lin Gossage	76	69	145
26	David Porterfield	73	70	143
27	Rob Gillham	70	71	141
28	Malcolm Hewitson	71	68	139
29	Jo Neesam	74	63	137
30	Stephen Moore	67	66	133
31	Mark Colling	65	64	129
32	David Ledgerwood	0	100	100
33	Paige Robson	0	97	97
34	Diane Vaughan	0	93	93
35	Beth Carwardine	88	0	88
36	Paul Roberts	87	0	87
37	Sharon Carr	85	0	85
38	Dave Thompson	0	84	84
39	John Yeomans	79	0	79
40	Anthony Corbett	78	0	78
41	Marc Ellis	0	75	75
42	Ruth Hawkins	0	67	67
43	Graham Looney	0	65	65