

5km handicap – March 2025 results

They say there's a first time for everything and so it was for Sally Singleton who won a round for the first time in the nine years that she has been taking part. Her previous best performance was seventh. It's particularly heartening to see Sally at the top of the table given the injuries she had to recover from last year.

Second this month was Jan Waite. Jan has been in these rarefied positions several times before but her performances oscillate more than (insert your own metaphor for something that goes up and down a lot) so I am always intrigued to see where she ends up in any particular month. I'm not sure how far Emily Beaumont has got with running the equivalent of to the moon and back but it's a lot more than almost everyone and yet she has still managed to get faster every month this year with her new PB seeing her take third.

Had she not had some injury setbacks earlier in the year, Rachel Grayson would have been podium contender in 2024, knocking 100 seconds off her PB in the second half of the year. She managed to chip a bit more off this month to take fourth. In fifth place, Andrew Vernon got exactly the same time as he did in February. This handily settled a point that Rob Dent and I have pondered for some time, namely does parkrun adjust your handicap with each month that you get older, rather than just each year on your birthday. It turns out that it's the latter.

In sixth place, Andy Walker is edging ever closer to his best ever age grading, and in seventh Dave Jones keeps himself in contention whilst wisely not improving his baseline handicap. I think I might as well just reserve a place in the top ten for Lisa Bowerbank, the only question is which one. This month it was eighth. I think I'm correct in saying that the March round was the first time that Lucy Bendle has ever taken part in the competition and she came straight in at ninth. David Ledgerwood brings up the top ten with another solid performance. Although I usually just mention the top ten, I did want to spare a thought for Diane Vaughan, who exceeded the 80% age-grading barrier yet again but could only manage 20th this month and even more so for Ian Hart who broke the club record for his age group but could only finish 21st.

In the overall competition, there is no change in the first five places, except that Emily pulls away a little more and Andy has fourth place to himself rather than sharing it with Lisa. Jan pulled back a lot of points this month to take sixth, swapping places with James Atkinson. Jo Meynell also made up a lot of points to share eighth with Rob Dent but sadly she then badly injured her medial cartilage ligament so is going to be out of running for several months. The competition is going to miss her but I'm sure she will be back next year; it'll be here before you know it. Unsurprisingly, Sally was the biggest improver this month up eight places to tenth. Of the 29 other people who have done all three rounds so far this year, the next highest improver was Jo Neesam, up five places to 24th.

I'm rather late doing the results this month and already we are two parkruns into the April round. Currently we have two brand new people in the top ten; I'm looking forward to seeing if they can stay there. Enjoy your running everyone, whether you're first or last.

March results

	Name	Baseline	March	Ratio	
1	Sally Singleton	66.07	66.90	1.0126	
2	Jan Waite	54.36	54.70	1.0063	
3	Emily Beaumont	62.88	63.18	1.0048	PB
4	Rachel Grayson	66.17	66.26	1.0014	PB
5	Andrew Vernon	71.53	71.53	1.0000	
6	Andy Walker	41.01	40.90	0.9973	
7	Dave Jones	73.32	72.94	0.9948	
8	Lisa Bowerbank	66.83	66.16	0.9900	
9	Lucy Bendle	56.95	56.24	0.9875	
10	David Ledgerwood	55.75	54.80	0.9830	
11	Dave Thompson	71.57	70.31	0.9824	
12	Jo Meynell	67.12	65.77	0.9799	
13	James Atkinson	63.57	61.89	0.9736	
14	Marc Ellis	84.33	82.10	0.9736	
15	Lisa Quinney	48.09	46.72	0.9715	
16	David Nalder	75.69	73.36	0.9692	
17	Ian Bond	79.15	76.68	0.9688	
18	Helen Clarke	60.21	58.20	0.9666	
19	Rob Dent	72.37	69.93	0.9663	
20	Diane Vaughan	83.05	80.11	0.9646	
21	Ian Hart	77.70	74.82	0.9629	club record
22	April Corbett	70.61	67.62	0.9577	
23	Ed Griffiths	73.75	70.58	0.9570	
24	Michael King	48.22	45.87	0.9513	
25	Jo Neesam	60.05	57.06	0.9502	
26	Belinda Uhura	46.56	44.21	0.9495	
27	Paige Robson	47.28	44.71	0.9456	
28	Karen Mavin	67.80	64.10	0.9454	
29	Helen Clark	59.63	56.29	0.9440	
30	Paul Roberts	60.23	56.69	0.9412	
31	Ian Burgess	78.01	73.06	0.9365	
32	Anthony Corbett	59.99	56.04	0.9342	
33	Julie Bell	75.38	69.58	0.9231	
34	Rob Gillham	75.89	69.10	0.9105	
35	Chris Clark	61.03	55.45	0.9086	
36	Stuart Masterman	68.39	61.71	0.9023	
37	Carys Samuel	69.37	61.73	0.8899	
38	Alex Looney	62.16	54.46	0.8761	
39	Lin Gossage	61.39	52.85	0.8609	
40	David Porterfield	53.36	45.25	0.8480	
41	Malcolm Hewitson	64.66	54.27	0.8393	
42	Stephen Moore	53.24	44.34	0.8328	
43	Mark Colling	53.96	42.45	0.7867	
44	Wendy Colling	72.01	52.37	0.7273	

Overall results to March

	Name	Jan	Feb		Total
1	Emily Beaumont	100	99	98	297
2	Andrew Vernon	99	98	96	293
3	Dave Jones	96	96	94	286
4	Andy Walker	94	95	95	284
5	Lisa Bowerbank	98	91	93	282
6	Jan Waite	91	89	99	279
7	James Atkinson	97	90	88	275
8	Jo Meynell	81	92	89	262
8	Rob Dent	93	87	82	262
10	Sally Singleton	80	80	100	260
11	David Nalder	95	78	85	258
12	Helen Clarke	90	83	83	256
13	Ian Bond	68	94	84	246
14	April Corbett	92	71	79	242
15	Helen Clark	84	85	72	241
16	Stuart Masterman	89	86	65	240
17	Karen Mavin	86	75	73	234
18	Ian Hart	69	81	80	230
19	Wendy Colling	82	88	57	227
20	Ian Burgess	83	72	70	225
20	Michael King	75	73	77	225
22	Julie Bell	77	79	68	224
23	Belinda Uhura	66	82	75	223
24	Chris Clark	72	76	66	214
25	Jo Neesam	74	62	76	212
26	Rob Gillham	70	70	67	207
27	Lin Gossage	76	68	62	206
28	David Porterfield	73	69	61	203
29	Malcolm Hewitson	71	67	60	198
30	David Ledgerwood	0	100	91	191
30	Stephen Moore	67	65	59	191
32	Mark Colling	65	63	58	186
33	Dave Thompson	0	84	90	174
33	Diane Vaughan	0	93	81	174
35	Paige Robson	0	97	74	171
36	Marc Ellis	0	74	87	161
37	Paul Roberts	87	0	71	158
38	Ed Griffiths	0	77	78	155
39	Anthony Corbett	78	0	69	147
40	Lucy Bendle	0	0	92	92
41	Beth Carwardine	88	0	0	88
42	Lisa Quinney	0	0	87	86
43	Sharon Carr	85	0	0	85

44	John Yeomans	79	0	0	79
45	Ruth Hawkins	0	66	0	66
46	Carys Samuel	0	0	64	64
46	Graham Looney	0	64	0	64
48	Alex Looney	0	0	63	63