

## 5km handicap – April 2025 results

To quote Confucius, “the greatest glory is not in never falling but in rising when we fall” (or was that batman?). Anyway, a few years ago Andy Walker’s running was on an upward trajectory and I had him as a good bet to win the handicap that year. Unfortunately, as happens to most of us at some point, his running stalled a bit, but now he’s back, three years older but 30 seconds faster and I don’t think he’s done yet. Performance of the month however must go to Marc Ellis in second, who improved his age grading to 86.71% to join Dawn Richardson in sharing the highest age grading ever (down to 100<sup>th</sup> of a per cent) by a Quaker at Darlington parkrun. Quakers have run Darlington parkrun over 20,000 times, so it’s not like there hasn’t been any competition.

Marc’s performance pushed Sally Singleton down to third. Sally did manage the exact same performance on two separate weeks this month so probably had the best average of anyone but unfortunately we can only count it once. Dave Jones got a bit carried away at Wynyard and also improved his already very respectable age grading. That means that his new age grading becomes his baseline for the remainder of the series, but at least it earned him fourth place. As it’s only the first four months of the years when your age grading handicap changes if you improve it, then playing a canner game in fifth was Andrew Vernon who has matched his age grading exactly for the past three months.

Lisa Bowerbank who was just a couple of seconds off matching her best age grading which was good enough for sixth place this month. Both Rob Dent and Ed Griffiths have won bronze in this competition before and this month both were back to around 10 seconds off the age grading that got them there, sharing seventh place (down to four decimal places). Emily Beaumont ran Sedgefield parkrun faster than she had ever ran it prior to February but unfortunately her excellent performance in March handicapped her for this round and she could only manage ninth. Bringing up the top ten was a name that doesn’t often appear there but Dave Thompson managed to edge out David Ledgerwood for the final spot on this month’s role of honour.

In the overall competition, Andrew Vernon now shares first place with Emily. Andy Walker moves up to third, swapping places with Dave Jones although they are still effectively neck and neck. Lisa Bowerbank and Jan Waite stay in fifth and sixth respectively, though with Lisa pulling away a fair bit. Sally Singleton moves up another three places to seventh, but only two points separate Sally from Rob Dent and James Atkinson, in eighth and ninth. From James it’s almost a 40 point drop down to Helen Clark in tenth, so for now at least Helen’s challenge is to hang on to that place as there are a host of people just behind her.

Of the 27 people who have done all four rounds so far this year, the biggest improvers were Belinda Uhura, up eight places and Ian Hart up seven. While 27 people doing all four rounds makes it a competitive start to the year, it also means that the other 21 people in the competition have rounds to catch up. So, while it is *mostly* consistency that counts, this competition allows everyone a little bit of inconsistency and it’s the inconsistency that gives the competition its interest, so next month could easily look quite different.

**April 2025**

	<b>Name</b>	<b>Baseline</b>	<b>March</b>	<b>Ratio</b>	
1	Andy Walker	41.01	42.61	1.0390	PB
2	Marc Ellis	84.33	86.71	1.0282	
3	Sally Singleton	66.90	67.56	1.0099	
4	Dave Jones	73.32	73.84	1.0071	
5	Andrew Vernon	71.53	71.53	1.0000	
6	Lisa Bowerbank	66.83	66.71	0.9982	
7	Rob Dent	72.37	71.95	0.9942	
7	Ed Griffiths	73.75	73.32	0.9942	
9	Emily Beaumont	63.18	62.71	0.9926	
10	Dave Thompson	71.57	70.67	0.9874	
11	David Ledgerwood	55.75	54.89	0.9846	
12	Rachel Grayson	66.26	64.84	0.9786	
13	Diane Vaughan	83.05	80.67	0.9713	
14	Ian Hart	77.70	75.20	0.9678	
15	Jan Waite	54.70	52.90	0.9671	
16	Belinda Uhura	46.56	44.82	0.9626	
17	Jo Neesam	60.05	57.57	0.9587	
18	Ian Burgess	78.01	74.22	0.9514	
19	James Atkinson	63.57	60.11	0.9456	
20	Paige Robson	47.28	44.47	0.9406	
21	Chris Clark	61.03	57.22	0.9376	
22	Michael King	48.22	45.06	0.9345	
23	Helen Clark	59.63	55.20	0.9257	
24	Julie Bell	75.38	69.33	0.9197	
25	Rob Gillham	75.89	69.46	0.9153	
26	Karen Mavin	67.80	61.99	0.9143	
27	Wendy Colling	72.01	64.49	0.8956	
28	Alex Looney	62.16	54.83	0.8821	
29	Graham Looney	57.95	50.84	0.8773	
30	David Porterfield	53.36	46.01	0.8623	
31	Stuart Masterman	68.39	58.48	0.8551	
32	Lin Gossage	61.39	51.47	0.8384	
33	Mark Colling	53.96	44.08	0.8169	
34	Malcolm Hewitson	64.66	52.37	0.8099	
35	Ian Bond	79.15	63.31	0.7999	
36	Stephen Moore	53.24	42.57	0.7996	
37	John Yeomans	60.69	27.87	0.4592	

## Competition to April

	<b>Name</b>	<b>Jan</b>	<b>Feb</b>	<b>March</b>	<b>April</b>	<b>Total</b>
1	Andrew Vernon	99	98	96	96	389
1	Emily Beaumont	100	99	98	92	389
3	Andy Walker	94	95	95	100	384
4	Dave Jones	96	96	94	97	383
5	Lisa Bowerbank	98	91	93	95	377
6	Jan Waite	91	89	99	86	365
7	Sally Singleton	80	80	100	98	358
8	James Atkinson	97	90	88	82	357
9	Rob Dent	93	87	82	94	356
10	Helen Clark	84	85	72	78	319
11	Ian Hart	69	81	80	87	317
12	Ian Bond	68	94	84	66	312
13	Stuart Masterman	89	86	65	70	310
14	Karen Mavin	86	75	73	75	309
15	Belinda Uhura	66	82	75	85	308
15	Ian Burgess	83	72	70	83	308
17	Michael King	75	73	77	79	304
18	Julie Bell	77	79	68	77	301
18	Wendy Colling	82	88	57	74	301
20	Jo Neesam	74	62	76	84	296
21	Chris Clark	72	76	66	80	294
22	Rob Gillham	70	70	67	76	283
23	David Ledgerwood	0	100	91	90	281
24	Lin Gossage	76	68	62	69	275
25	David Porterfield	73	69	61	71	274
26	Dave Thompson	0	84	90	91	265
26	Malcolm Hewitson	71	67	60	67	265
28	Diane Vaughan	0	93	81	88	262
28	Jo Meynell	81	92	89	0	262
30	Marc Ellis	0	74	87	99	260
31	David Nalder	95	78	85	0	258
32	Helen Clarke	90	83	83	0	256
32	Stephen Moore	67	65	59	65	256
34	Mark Colling	65	63	58	68	254
35	Paige Robson	0	97	74	81	252
36	Ed Griffiths	0	77	78	94	249
37	April Corbett	92	71	79	0	242
38	Paul Roberts	87	0	71	0	158
39	Anthony Corbett	78	0	69	0	147
40	John Yeomans	79	0	0	64	143
41	Alex Looney	0	0	63	73	136
42	Graham Looney	0	64	0	72	136
43	Lucy Bendle	0	0	92	0	92

44	Beth Carwardine	88	0	0	0	88
45	Lisa Quinney	0	0	87	0	87
46	Sharon Carr	85	0	0	0	85
47	Ruth Hawkins	0	66	0	0	66
48	Carys Samuel	0	0	64	0	64