

## 5km handicap – May 2025 results

What!! Andrew Vernon only went and knocked 1 minute 7 seconds off his parkrun PB. Usually that would only be worth the one exclamation mark until you realise that his previous PB was 10 years ago and in the estimation of the parkrun age grading system, he should now be about 1 minute and 40 seconds slower. This moves Andrew up from 21<sup>st</sup> to 7<sup>th</sup> on the current list of 432 Quakers who have done Darlington parkrun and 10<sup>th</sup> on the all-time list if you include the trinity of former Quakers comprising Messrs; Newton, Kyle and Dalton. If there is a down side to Andrew's performance he might just be kicking himself that he didn't go one second quicker and join the very exclusive sub-18 minute club.

Had Andrew's result not been quite so remarkable then that single exclamation mark would have gone to Ed Griffiths. After two years of taking it fairly easy following the big improvements that he made in 2022, Ed has just knocked a further 19 seconds off his PB to go 18<sup>th</sup> on the current Quakers list and is now just 4 seconds away from going sub-19 minutes. In third place, Graham Looney knocked almost twice as much off his PB as Ed did but with Ed having the higher age grading to start with then Graham's ratio was a fraction lower. Nevertheless Graham was just a shade off going sub-22 minutes (I know I get a bit obsessed about these minute milestones but then I also know that so does most everyone else ☺). The last of the PBs this month was by Dave Jones, who went sub-20 minutes for the first time at Wynyard Woodland Park. In fifth place, Andy Walker exactly matched his PB from last month but he must have had a birthday in the meantime as his age grading increased.

Also beating their age grading handicap though in this case not their PBs, were April Corbett and Dave Thompson, in sixth and seventh respectively. So in what has been the most competitive round so far this year, coming within 0.2 percent of your handicap, as Anthony Corbett did, was only good enough for eighth this month. Still, if my memory serves me correctly that is Anthony's highest position ever in this competition so I expect he won't mind. This meant that what were still excellent performances for Sally Singleton and Emily Beaumont (Sally's third fastest time for five years and Emily's third fastest time ever) were only good enough for ninth and tenth. But once again spare a thought for Ian Hart who set a club record in his age category for the second month in a row, this time going sub 23 minutes to boot, but still couldn't quite get into the top ten.

What!! Lisa Bowerbank was not in the top ten this month. I wouldn't normally give a mention to 12<sup>th</sup> place but as I've got used to cutting and pasting Lisa into the results each month as a matter of course, I thought I'd just leave her in.

Unsurprisingly, Andrew Vernon takes a sizeable lead in the overall competition but second place is shared three ways between the alphabetically ordered, Andy Walker, Dave Jones and Emily Beaumont. Lisa Bowerbank stays in fifth place, almost equally adrift from those in front and those pursuing her and Sally Singleton moves up one place to share sixth with Jan Waite.

James Atkinson drops a place to eighth but still with an almost 40 point buffer to Ian Hart, with Ian at least having the satisfaction of moving up two places and into the top ten. Helen Clark remains in tenth place overall but I did gain one point on her this month and am serving notice that I still have seven months to gain the other six.

**May 2025**

	<b>Name</b>	<b>Baseline</b>	<b>May</b>	<b>Ratio</b>
1	Andrew Vernon	71.53	78.15	1.0925
2	Ed Griffiths	73.75	76.2	1.0332
3	Graham Looney	57.95	59.83	1.0324
4	Dave Jones	73.84	74.83	1.0134
5	Andy Walker	42.61	42.92	1.0073
6	April Corbett	70.61	70.99	1.0054
7	Dave Thompson	71.57	71.68	1.0015
8	Anthony Corbett	59.99	59.91	0.9987
9	Sally Singleton	67.56	67.32	0.9964
10	Emily Beaumont	63.18	62.84	0.9946
11	Ian Hart	77.70	77.11	0.9924
12	Lisa Bowerbank	66.83	66.30	0.9921
13	Marc Ellis	86.71	85.97	0.9915
14	James Atkinson	63.57	62.98	0.9907
15	Dawn Richardson	86.71	85.52	0.9863
16	Jan Waite	54.70	53.61	0.9801
17	Lucy Bendle	56.95	54.93	0.9645
18	Diane Vaughan	83.05	80.00	0.9633
19	David Ledgerwood	55.75	53.42	0.9582
20	Chris Clark	61.03	58.45	0.9577
21	Lisa Quinney	48.09	45.80	0.9524
22	Ian Bond	79.15	74.80	0.9450
23	Helen Clark	59.63	56.29	0.9440
24	Lin Gossage	61.39	57.20	0.9317
25	Paige Robson	47.28	43.96	0.9298
26	Ian Burgess	78.01	72.13	0.9246
27	Rob Gillham	75.89	70.13	0.9241
28	Julie Bell	75.38	69.58	0.9231
29	Wendy Colling	72.01	65.83	0.9142
30	Helen Clarke	60.21	54.47	0.9047
31	Karen Mavin	67.80	60.81	0.8969
32	Michael King	48.22	43.11	0.8940
33	Jo Neesam	60.05	53.30	0.8876
34	Mark Colling	53.96	46.95	0.8701
35	Stuart Masterman	68.39	57.92	0.8469
36	David Porterfield	53.36	44.86	0.8407
37	Lee Morris	45.27	37.37	0.8255
38	Malcolm Hewitson	64.66	50.57	0.7821
39	Sharon Carr	54.56	42.25	0.7744
40	Stephen Moore	53.24	39.85	0.7485
41	John Yeomans	60.69	30.72	0.5062

## Total to May

	Name	Jan	Feb	March	April	May	Total
1	Andrew Vernon	99	98	96	96	100	489
2	Andy Walker	94	95	95	100	96	480
2	Dave Jones	96	96	94	97	97	480
2	Emily Beaumont	100	99	98	92	91	480
5	Lisa Bowerbank	98	91	93	95	89	466
6	Jan Waite	91	89	99	86	85	450
6	Sally Singleton	80	80	100	98	92	450
8	James Atkinson	97	90	88	83	87	445
9	Ian Hart	69	81	80	87	90	407
10	Helen Clark	84	85	72	79	78	398
11	Ian Bond	68	94	84	67	79	392
12	Ian Burgess	83	72	70	84	75	384
13	Karen Mavin	86	75	73	76	70	380
14	Stuart Masterman	89	86	65	71	66	377
15	Chris Clark	72	76	66	81	81	376
16	Michael King	75	73	77	80	69	374
16	Wendy Colling	82	88	57	75	72	374
18	Julie Bell	77	79	68	76	73	373
19	Jo Neesam	74	62	76	85	68	365
	David						
20	Ledgerwood	0	100	91	90	82	363
21	Dave Thompson	0	84	90	91	94	359
22	Rob Gillham	70	70	67	77	74	358
23	Rob Dent	93	87	82	94	0	356
24	Lin Gossage	76	68	62	70	77	353
25	Ed Griffiths	0	77	78	94	99	348
25	Marc Ellis	0	74	87	99	88	348
27	Diane Vaughan	0	93	81	88	83	345
28	David Porterfield	73	69	61	72	65	340
29	April Corbett	92	71	79	0	95	337
	Malcolm						
30	Hewitson	71	67	60	68	63	329
30	Paige Robson	0	97	74	82	76	329
32	Helen Clarke	90	83	83	0	71	327
33	Mark Colling	65	63	58	69	67	322
34	Stephen Moore	67	65	59	66	61	318
35	Jo Meynell	81	92	89	0	0	262
36	David Nalder	95	78	85	0	0	258
37	Anthony Corbett	78	0	69	0	93	240
38	Graham Looney	0	64	0	73	98	235
39	John Yeomans	79	0	0	65	60	204
40	Lucy Bendle	0	0	92	0	84	176
41	Lisa Quinney	0	0	87	0	80	167
42	Paul Roberts	87	0	71	0	0	158

43	Sharon Carr	85	0	0	0	62	147
44	Alex Looney	0	0	63	74	0	137
45	Beth Carwardine	88	0	0	0	0	88
46	Ruth Hawkins	0	66	0	0	0	66
47	Carys Samuel	0	0	64	0	0	64