

5km handicap – June 2025 results

It was the hottest June on record, which is maybe why the June round of the competition wasn't. No-one set a PB and only two people beat their baseline. Unsurprisingly, one of them was Andrew Vernon, who was 45 seconds down on his time for May but still had enough for a clear first place. I missed it at the time, but Andrew's age grading of 78.15% last month moves him up to 14th on the Quakers all-time age grading at Darlington (and thereby moving Ian Burgess back down to 15th). Surprisingly, the other one was Lisa Bowerbank. Lisa is supposed to knock out a 24:20 each month (give or take three seconds) not go throwing in a sub 24 for only the second time in the 280 times that she's run Darlington parkrun.

Despite his aversion to running in hot weather, Andy Walker managed third, just getting the better of his main rival, Dave Jones. Dave Thompson had what I am sure is his best ever performance in the competition for fifth. Had he not missed the first round he would easily be in the top ten overall now, so may well be in the mix come the end of the year.

When I said that this round wasn't hot, that does do a considerable disservice to the next three, with each of Diane Vaughan, Dawn Richardson and Marc Ellis all going comfortably above the 80% age grading. Diane in sixth had the lowest of the three age grades with what was still a pretty fabulous 81.53 and bear in mind that, other than those three, only three other Quakers have ever beat the age grading that Diane set this month (and one of those was only by four, 100ths). I had just written that I think it's a good bet to say that having three Quakers go over 80% at Darlington parkrun in one month has never happened before and not just in this competition. Then I thought I'd better do a bit of research and it turns out that the three of them did it in the competition last month as well. So, other than last month, I think it's a good bet to say that this has never happened before.

Meanwhile a little more towards the tortoise end (that's not an insult, we all know how that ended) Sally Singleton continues to plod on relentlessly with her fourth top ten place in a row. Bringing up the top ten is James Atkinson. I think James is this year's dark horse, so much so that one month I initially forgot to give him any points (Sorry, James – I get there in the end). James just to say made it into the top ten though, with the equivalent of less than a second preventing Anthony Corbett from the singular experience of getting a mention two months in a row.

In the overall competition, Andrew Vernon now leads by 11 points. Of the three people who shared second in May, Andy Walker just to say pulls ahead for Dave Jones to have second all to himself, while Emily Beaumont, who finished outside of the top ten for the first time this year drops down to fifth. Taking advantage of Emily taking her foot off the gas, Lisa Bowerbank gained a massive 18 points to move her up to fourth, though she will need something similar to move up into the top three. Sally, who has gradually been reeling in Jan Waite, such that they were level in May, now takes a three point lead for sixth. James Atkinson and Ian Hart stay in their respective positions of eighth and ninth though with a slightly tighter grip, but Helen Clark not having been able to get a run in this month opened the door for me to move up a place to tenth. While I've had the odd top ten placing in individual months, I think this is the first time that I have ever been in the top ten in the overall competition. Of the 22 people who have done all six rounds, Julie Bell was the biggest improver up five places to 13th. She'd better not get any ideas though; I'm not giving up tenth without a fight.

June 2025

	Name	Baseline	June	Ratio
1	Andrew Vernon	71.53	75.09	1.0498
2	Lisa Bowerbank	66.83	67.69	1.0129
3	Andy Walker	42.61	42.40	0.9951
4	Dave Jones	73.84	73.17	0.9909
5	Dave Thompson	71.57	70.53	0.9855
6	Diane Vaughan	83.05	81.53	0.9817
7	Dawn Richardson	86.71	85.10	0.9814
8	Marc Ellis	86.71	84.37	0.9730
9	Sally Singleton	67.56	65.05	0.9628
10	James Atkinson	63.57	61.03	0.9600
11	Anthony Corbett	59.99	57.33	0.9557
12	Jan Waite	54.70	52.16	0.9536
13	Ian Hart	77.70	73.93	0.9515
14	Ian Bond	79.15	75.07	0.9485
15	David Ledgerwood	55.75	52.35	0.9390
16	Chris Clark	61.03	56.98	0.9336
17	David Nalder	75.69	70.14	0.9267
18	Julie Bell	75.38	69.29	0.9192
19	April Corbett	70.61	64.76	0.9172
20	Emily Beaumont	63.18	57.13	0.9042
21	Lee Morris	45.27	40.82	0.9017
22	Ian Burgess	78.01	69.68	0.8932
23	Jo Neesam	60.05	52.86	0.8803
24	Stuart Masterman	68.39	59.53	0.8704
25	Ed Griffiths	73.75	63.9	0.8664
26	Karen Mavin	67.80	58.24	0.8590
27	Michael King	48.22	41.01	0.8505
28	David Porterfield	53.36	43.51	0.8154
29	Helen Clarke	60.21	48.39	0.8037
30	Lin Gossage	61.39	48.69	0.7931
31	Ruth Hawkins	63.76	48.94	0.7676
32	Carys Samuel	69.37	52.85	0.7619
33	Malcolm Hewitson	64.66	48.27	0.7465
34	Stephen Moore	53.24	38.31	0.7196
35	Jo Meynell	67.12	35.61	0.5305
36	Rob Gillham	75.89	26.87	0.3541

Overall to June

	Name	Jan	Feb	March	April	May	June	Total
1	Andrew Vernon	99	98	96	96	100	100	589
2	Andy Walker	94	95	95	100	96	98	578
3	Dave Jones	96	96	94	97	97	97	577

4	Lisa Bowerbank	98	91	93	95	89	99	565
5	Emily Beaumont	100	99	98	92	91	81	561
6	Sally Singleton	80	80	100	98	92	92	542
7	Jan Waite	91	89	99	86	85	89	539
8	James Atkinson	97	90	88	83	87	91	536
9	Ian Hart	69	81	80	87	90	88	495
10	Ian Bond	68	94	84	67	79	87	479
11	Ian Burgess	83	72	70	84	75	79	463
12	Chris Clark	72	76	66	81	81	85	461
13	Julie Bell	77	79	68	76	73	83	456
14	Dave Thompson	0	84	90	91	94	96	455
15	Karen Mavin	86	75	73	76	70	75	455
16	Stuart Masterman	89	86	65	71	66	77	454
17	David Ledgerwood	0	100	91	90	82	86	449
18	Michael King	75	73	77	80	69	74	448
19	Jo Neesam	74	62	76	85	68	78	443
20	Marc Ellis	0	74	87	99	88	93	441
21	Diane Vaughan	0	93	81	88	83	95	440
22	Ed Griffiths	0	77	78	94	99	76	424
23	Lin Gossage	76	68	62	70	77	71	424
24	Rob Gillham	70	70	67	77	74	65	423
25	April Corbett	92	71	79	0	95	82	419
26	David Porterfield	73	69	61	72	65	73	413
27	Helen Clarke	90	83	83	0	71	72	399
28	Helen Clark	84	85	72	79	78	0	398
29	Malcolm Hewitson	71	67	60	68	63	68	397
30	Stephen Moore	67	65	59	66	61	67	385
31	Wendy Colling	82	88	57	75	72	0	374
32	Rob Dent	93	87	82	94	0	0	356
33	David Nalder	95	78	85	0	0	84	342
34	Anthony Corbett	78	0	69	0	93	90	330
35	Paige Robson	0	97	74	82	76	0	329
36	Jo Meynell	81	92	89	0	0	66	328
37	Mark Colling	65	63	58	69	67	0	322
38	Graham Looney	0	64	0	73	98	0	235
39	John Yeomans	79	0	0	65	60	0	204
40	Dawn Richardson	0	0	0	0	86	94	180
41	Lucy Bendle	0	0	92	0	84	0	176
42	Lisa Quinney	0	0	87	0	80	0	167
43	Paul Roberts	87	0	71	0	0	0	158
44	Sharon Carr	85	0	0	0	62	0	147
45	Lee Morris	0	0	0	0	64	80	144
46	Alex Looney	0	0	63	74	0	0	137
47	Ruth Hawkins	0	66	0	0	0	70	136
48	Carys Samuel	0	0	64	0	0	69	133
49	Beth Carwardine	88	0	0	0	0	0	88

