

## 5km Handicap – July 2025

Like June, July was a somewhat subdued month. We only had one PB and even then it wasn't strictly speaking a PB. It turns out that there are two James Atkinson's; they are the same age, same height, and eat the same breakfast cereal; in fact, the only apparent difference is in their parkrun email addresses. One of them has a PB of 18:44, albeit a very old one from when they were in their twenties. The other, henceforth referred to as James II, is now a veteran who hasn't broken 20 minutes for six years. Until this month that is, when he went sub 20 on three out four weeks and achieved what is currently the very difficult feat of pushing Andrew Vernon down into second.

Third place was Dave Jones who was the only other person who managed to beat his age grading this month but even he needed two attempts. Dave in third, I would probably have predicted, but I got quite a surprise when I pressed the "sort by ratio" button and saw Lucy Bendle in fourth. I suppose I'm entitled to my surprise as it's only her first time in the competition and only the third round that she's done, so I haven't yet got the measure of what constitutes a good performance for her. But, its consistency that counts in this competition and three rounds, however good, is currently only good enough for 38<sup>th</sup> place overall but I'm thinking that maybe Lucy is one to watch next year (its only five months away).

Also a little bit of a surprise was Helen Clark in fifth. I thought, or rather selfishly hoped (yes, I really am that competitive) that her bid for a top ten spot had faltered, but instead she was back under 27 minutes for the first time this year. Sixth and seventh places were occupied by Rob Dent and Lisa Bowerbank, so no surprises at all there, but me making a second top ten appearance in the same competition was a first. In the battle for this month's top ten there was only two, hundredths separating the next four people but Sally Singleton did enough for ninth, with Jan Waite still snapping at her heels and holding off David Ledgerwood and Chris Clark for tenth.

In the overall competition, Andrew Vernon continues his gradual separation from the rest of the pack with Dave Jones now his closest competitor, some 13 points adrift. The absence of Andy Walker this month meant that several of the people behind him moved up a little by default, with Lisa Bowerbank now in third. Of the 21 people who have done all seven rounds, James II was the biggest improver, up four places to fourth and if his current run of form continues it's hard to see him (or his alter ego) not winning a few more rounds.

Sally Singleton and Jan Waite shuffle up a place each to fifth and sixth (that Aesop knew a thing or two). Ian Hart seems to be taking a very casual approach to the handicap this year, I expect because he has other fish to fry and is very successfully battering them, but even so he moved up two places to seventh. Despite not scoring, Andy Walker still manages to be in eighth and given the way he has been running can probably afford to drop another round yet and still be in contention for the podium. I moved up a place to ninth and am starting to employ the technique of visualisation to see myself catching Ian Hart. Also not taking part this month but still staying in the top ten is Emily Beaumont. Unlike Andy, Emily has now got two scores that she would need to drop but could still make the top three if only she would stop doing 100 mile races (that's probably not going to happen, is it?).

## July results

	Name	Baseline	July	Ratio
1	James Atkinson	63.57	67.49	1.0617
2	Andrew Vernon	71.53	75.42	1.0544
3	Dave Jones	73.84	73.96	1.0016
4	Lucy Bendle	56.95	56.18	0.9865
5	Helen Clark	59.63	58.71	0.9846
6	Rob Dent	72.37	71.09	0.9823
7	Lisa Bowerbank	66.83	65.63	0.9820
8	Ian Bond	79.15	77.50	0.9792
9	Sally Singleton	67.56	65.08	0.9633
10	Jan Waite	54.70	52.62	0.9620
11	David Ledgerwood	55.75	53.61	0.9616
12	Chris Clark	61.03	58.66	0.9612
13	Ed Griffiths	73.75	70.64	0.9578
14	Dawn Richardson	86.71	82.03	0.9460
15	Ian Hart	77.70	73.02	0.9398
16	April Corbett	70.61	66.33	0.9394
17	Wendy Colling	72.01	66.63	0.9253
18	Dave Thompson	71.57	65.46	0.9146
19	Julie Bell	75.38	67.65	0.8975
20	Lin Gossage	61.39	54.80	0.8927
21	David Nalder	75.69	67.53	0.8922
22	Jo Neesam	60.05	53.56	0.8919
23	Stuart Masterman	68.39	60.73	0.8880
24	Michael King	48.22	42.34	0.8781
25	Ian Burgess	78.01	67.88	0.8701
26	Diane Vaughan	83.05	71.30	0.8585
27	Graham Looney	57.95	47.74	0.8238
28	Alex Looney	62.16	51.17	0.8232
29	Jo Meynell	67.12	54.75	0.8157
30	David Porterfield	53.36	43.51	0.8154
31	Rob Gillham	75.89	61.03	0.8042
32	Malcolm Hewitson	64.66	50.32	0.7782
33	Mark Colling	53.96	41.32	0.7658
34	Stephen Moore	53.24	39.54	0.7427

## Overall scores to July

	Name	Jan	Feb	March	April	May	June	July	Total
1	Andrew Vernon	99	98	96	96	100	100	99	688
2	Dave Jones	96	96	94	97	97	97	98	675
3	Lisa Bowerbank	98	91	93	95	89	99	94	659
4	James Atkinson	97	90	88	83	87	91	100	636
5	Sally Singleton	80	80	100	98	92	92	92	634

6	Jan Waite	91	89	99	86	85	89	91	630
7	Ian Hart	69	81	80	87	90	88	86	581
8	Andy Walker	94	95	95	100	96	98	0	578
9	Ian Bond	68	94	84	67	79	87	93	572
10	Emily Beaumont	100	99	98	92	91	81	0	561
11	Chris Clark	72	76	66	81	81	85	89	550
12	David Ledgerwood	0	100	91	90	82	86	90	539
12	Ian Burgess	83	72	70	84	75	79	76	539
14	Dave Thompson	0	84	90	91	94	96	83	538
14	Julie Bell	77	79	68	76	73	83	82	538
16	Stuart Masterman	89	86	65	71	66	77	78	532
17	Michael King	75	73	77	80	69	74	77	525
18	Jo Neesam	74	62	76	85	68	78	79	522
19	Diane Vaughan	0	93	81	88	83	95	75	515
20	Ed Griffiths	0	77	78	94	99	76	88	512
21	Lin Gossage	76	68	62	70	77	71	81	505
22	April Corbett	92	71	79	0	95	82	85	504
23	Helen Clark	84	85	72	79	78	0	96	494
24	Rob Gillham	70	70	67	77	74	65	70	493
25	David Porterfield	73	69	61	72	65	73	71	484
26	Malcolm Hewitson	71	67	60	68	63	68	69	466
27	Wendy Colling	82	88	57	75	72	0	84	458
28	Karen Mavin	86	75	73	76	70	75	0	455
29	Stephen Moore	67	65	59	66	61	67	67	452
30	Rob Dent	93	87	82	94	0	0	95	451
31	Marc Ellis	0	74	87	99	88	93	0	441
32	David Nalder	95	78	85	0	0	84	80	422
33	Jo Meynell	81	92	89	0	0	66	72	400
34	Helen Clarke	90	83	83	0	71	72	0	399
35	Mark Colling	65	63	58	69	67	0	68	390
36	Anthony Corbett	78	0	69	0	93	90	0	330
37	Paige Robson	0	97	74	82	76	0	0	329
38	Lucy Bendle	0	0	92	0	84	0	97	273
39	Dawn Richardson	0	0	0	0	86	94	87	267
40	Graham Looney	0	64	0	73	98	0	0	235
41	Alex Looney	0	0	63	74	0	0	73	210
42	John Yeomans	79	0	0	65	60	0	0	204
43	Lisa Quinney	0	0	87	0	80	0	0	167
44	Paul Roberts	87	0	71	0	0	0	0	158
45	Sharon Carr	85	0	0	0	62	0	0	147
46	Lee Morris	0	0	0	0	64	80	0	144
47	Ruth Hawkins	0	66	0	0	0	70	0	136
48	Carys Samuel	0	0	64	0	0	69	0	133
49	Beth Carwardine	88	0	0	0	0	0	0	88