

5km Handicap – August 2025 results

I haven't checked the stats (I know it's hard to believe) but I get the impression that summer months aren't the best for PBs and this year there's only been one PB, and then only a sort of faux PB, since May. As predicted the owner of the PB, James Atkinson, again came away with first place, this time by some margin. Sharing second place, to four decimal places, were Dave Jones and myself. Coming second in a round is probably old hat to Dave but it was my highest ever ranking in the competition and had it not been for Diane Vaughan I would have had the highest age grading at Darlington parkrun that week (OK, Shirley Gibson wasn't there but we did beat Ian Barnes).

I was going to describe fourth place as a "rejuvenated" Emily Beaumont but in reality she was never un-rejuvenated, she just didn't have any ultras that weekend. There were classically solid performances from Lisa Bowerbank and Andy Walker for fifth and sixth, then in seventh a rare appearance from Carys Samuel who went sub 22 for only the second time (though as I am writing this the day after her performance in the Quaker mile I think sub 21 is on the cards very soon). Marc Ellis had to be near his best to hold off Jan Waite for eighth but Jan did at least manage to haul in one hare as Dawn Richardson took tenth.

In the overall competition I was expecting that the absence of long-time leader Andrew Vernon would have stirred things up a bit but actually it just made a few gentle ripples. Surfing the first three of those to each move up one place for first to third respectively were Dave Jones, Lisa Bowerbank and James Atkinson, with not insurmountable distances between each of them. Behind them it was a bit more interesting as Jan Waite leapfrogged Sally Singleton to go into fourth place. Their ongoing battle, with one edging in front and then the other, puts me in mind of a couple of lorries overtaking on the motorway; they might not be the fastest but they're still out there in front and there's not many people getting past them.

Despite only doing seven rounds, Andrew Vernon is still in sixth place. Such has been his dominance this year that he could possibly afford to miss another round but then again looking at the competition, possibly not. Andy Walker took seventh place from Ian Hart and I achieved my objective of overhauling Ian to get to eighth. (Maybe this visualisation thing really does work then, so this month I am going to visualise myself getting an 80% age grade). Bringing up the top ten this month, Emily Beaumont not only held onto the position but put a bit more daylight between herself and Chris Clark in eleventh.

Finally a big shout out to Michael King, who this month achieved 500 parkruns. He does look good in blue.

August results

	Name	Baseline	August	Ratio
1	James Atkinson	63.57	65.81	1.0352
2	Dave Jones	73.84	73.90	1.0008
2	Ian Bond	79.15	79.21	1.0008
4	Emily Beaumont	63.18	63.10	0.9987
5	Lisa Bowerbank	66.83	66.44	0.9942
6	Andy Walker	42.61	42.35	0.9939

7	Carys Samuel	69.37	68.55	0.9882
8	Marc Ellis	86.71	85.24	0.9830
9	Jan Waite	54.70	53.65	0.9808
10	Dawn Richardson	86.71	84.21	0.9712
11	Rob Dent	72.37	70.21	0.9702
12	Helen Clark	59.63	57.62	0.9663
13	Diane Vaughan	83.05	79.78	0.9606
14	Chris Clark	61.03	58.62	0.9605
14	Sally Singleton	67.56	64.89	0.9605
16	David Ledgerwood	55.75	53.51	0.9598
17	Ian Hart	77.70	73.93	0.9515
18	Lisa Quinney	48.09	44.72	0.9299
19	Julie Bell	75.38	69.37	0.9203
20	Jo Meynell	67.12	61.58	0.9175
21	Stuart Masterman	68.39	62.43	0.9129
22	Rob Gillham	75.89	68.20	0.8987
23	Ed Griffiths	73.75	65.24	0.8846
24	Lin Gossage	61.39	53.91	0.8782
25	David Porterfield	53.36	46.65	0.8743
26	Michael King	48.22	40.89	0.8480
27	Mark Colling	53.96	45.73	0.8475
28	Lee Morris	45.27	38.29	0.8458
29	Ruth Hawkins	63.76	53.65	0.8414
30	Ian Burgess	78.01	63.30	0.8114
31	Graham Looney	57.95	46.39	0.8005
32	Malcolm Hewitson	64.66	51.52	0.7968
33	Wendy Colling	72.01	55.95	0.7770
34	Helen Clarke	60.21	45.22	0.7510
35	Stephen Moore	53.24	39.42	0.7404

Overall standings to August

	Name	Jan	Feb	March	April	May	June	July	Aug	Total
1	Dave Jones	96	96	94	97	97	97	98	99	774
2	Lisa Bowerbank	98	91	93	95	89	99	94	96	755
3	James Atkinson	97	90	88	83	87	91	100	100	736
4	Jan Waite	91	89	99	86	85	89	91	92	722
5	Sally Singleton	80	80	100	98	92	92	92	87	721
6	Andrew Vernon	99	98	96	96	100	100	99	0	688
7	Andy Walker	94	95	95	100	96	98	0	95	673
8	Ian Bond	68	94	84	67	79	87	93	99	671
9	Ian Hart	69	81	80	87	90	88	86	84	665
10	Emily Beaumont	100	99	98	92	91	81	0	97	658
11	Chris Clark	72	76	66	81	81	85	89	87	637
12	David Ledgerwood	0	100	91	90	82	86	90	85	624
13	Julie Bell	77	79	68	76	73	83	82	82	620

14	Stuart Masterman	89	86	65	71	66	77	78	80	612
15	Ian Burgess	83	72	70	84	75	79	76	71	610
16	Diane Vaughan	0	93	81	88	83	95	75	88	603
17	Michael King	75	73	77	80	69	74	77	75	600
18	Ed Griffiths	0	77	78	94	99	76	88	78	590
19	Helen Clark	84	85	72	79	78	0	96	89	583
20	Lin Gossage	76	68	62	70	77	71	81	77	582
21	Rob Gillham	70	70	67	77	74	65	70	79	572
22	David Porterfield	73	69	61	72	65	73	71	76	560
23	Rob Dent	93	87	82	94	0	0	95	90	541
24	Dave Thompson	0	84	90	91	94	96	83	0	538
25	Malcolm Hewitson	71	67	60	68	63	68	69	69	535
26	Marc Ellis	0	74	87	99	88	93	0	93	534
27	Wendy Colling	82	88	57	75	72	0	84	68	526
28	Jo Neesam	74	62	76	85	68	78	79	0	522
29	Stephen Moore	67	65	59	66	61	67	67	66	518
30	April Corbett	92	71	79	0	95	82	85	0	504
31	Jo Meynell	81	92	89	0	0	66	72	81	481
32	Helen Clarke	90	83	83	0	71	72	0	67	466
33	Mark Colling	65	63	58	69	67	0	68	74	464
34	Karen Mavin	86	75	73	76	70	75	0	0	455
35	David Nalder	95	78	85	0	0	84	80	0	422
36	Dawn Richardson	0	0	0	0	86	94	87	91	358
37	Anthony Corbett	78	0	69	0	93	90	0	0	330
38	Paige Robson	0	97	74	82	76	0	0	0	329
39	Graham Looney	0	64	0	73	98	0	0	70	305
40	Lucy Bendle	0	0	92	0	84	0	97	0	273
41	Lisa Quinney	0	0	87	0	80	0	0	83	250
42	Carys Samuel	0	0	64	0	0	69	0	94	227
43	Lee Morris	0	0	0	0	64	80	0	73	217
44	Alex Looney	0	0	63	74	0	0	73	0	210
45	Ruth Hawkins	0	66	0	0	0	70	0	72	208
46	John Yeomans	79	0	0	65	60	0	0	0	204
47	Paul Roberts	87	0	71	0	0	0	0	0	158
48	Sharon Carr	85	0	0	0	62	0	0	0	147
49	Beth Carwardine	88	0	0	0	0	0	0	0	88