

5km handicap – April 2024 results

It was three out of four for Chris Clark this month, knocking another minute and a half off his PB to take first place again. He needed to though, as Zoe Robinson knocked another minute off hers for second. While it might be expected that new runners would be setting PBs, that's not the case when you already have almost 400 parkruns under your belt. But that's what Stuart Masterman did, or at least equalling his PB from 10 years ago (a case of anything Julie can do, perhaps). Martyn Farnsworth took a few seconds off his PB in taking fourth place and now needs to find just three more seconds to join the sub 20 club.

Fifth place was John Yeomans, who was under 28 minutes for only the second time. Despite having the third highest parkrun age grading on the Quakers all-time list, Marc Ellis still managed to improve it further in taking sixth place. By my rough calculations, Marc now just needs to find about 20 seconds to go past Brian Martin into second and another 10 to take first place from Dawn Richardson; alternatively he just needs to stay the same pace and get another three years older.

I'm not sure that Sally Singleton can call herself "Plodder Sally" any more as she managed seventh place this month. Off the top of my head I think that's Sally's first time ever in the top ten, despite being one of the most regular competitors in the history of the competition. Sally was just a fraction short of beating her age grading, but that's not a bad thing as the rules are that for anyone beating their age grading in the first four rounds then that becomes their baseline for the remainder of the competition. Also, just a fraction of a percent below their baseline handicap were; Carys Samuel, Helen Clark and Malcolm Hewitson. Malcolm would have beaten his handicap had he not improved it already in March, as would Lin Gossage in eleventh.

While not taking part in the competition there is also a shout out to Isaac Johnson Caddell who went under 20 mins at Darlington parkrun for the first time. Unfortunately it's no longer possible to tell how many other Quakers are in that club (curses parkrun) but it's not that many.

In the overall competition, Chris Clark now extends his lead to 19 points, which sounds a lot but it's not, at least not at this stage of the competition when there are eight months to go. Despite not finishing in the top ten this month, Carmelita Coco moves up one place to second, with Carys and Stuart moving up one and three places respectively to share third place.

Emily Beamont, Malcolm Hewitson and Diane Lockhart all drop a few points this month but did enough to stay in the top ten. Sally Singleton moves up four places into eighth place, just one point behind Diane and Helen Clark moves up two places to keep things competitive within her family. Sally's rise up the ranks pushes Jo Meynell back to tenth place this month; will their friendship endure such rivalry 😊. Zoe's second place this month moves her up six places overall and close behind in eleventh place. There were some impressive rises up the table this month with Sharon Carr, Rob Dent, Lisa Alderson and Helen Clarke all moving up double figures but none more so than John Yeomans who is returning from injury and moves up an astonishing 19 places.

Like everyone, I'm hoping that we finally get some warm weather in May and I know there are some athletes who perform much better when it's warm so the results could look quite a bit different next month.

	Name	Baseline	April	Ratio	
1	Chris Clark	51.80	54.74	1.0568	PB
2	Zoe Robinson	48.31	50.00	1.0350	PB
3	Stuart Masterman	66.81	68.39	1.0236	= PB
4	Martyn Farnsworth	65.73	66.22	1.0075	PB
5	John Yeomans	58.46	58.87	1.0070	
6	Marc Ellis	84.23	84.33	1.0012	
7	Sally Singleton	66.07	66.00	0.9989	
8	Carys Samuel	62.78	62.56	0.9965	
9	Helen Clark	57.87	57.63	0.9959	
10	Malcolm Hewitson	62.56	62.29	0.9957	
11	Lin Gossage	60.72	60.31	0.9932	
12	Carmelita Coco	69.30	68.59	0.9898	
13	Jo Meynell	64.66	63.84	0.9873	
14	Sharon Carr	54.56	53.76	0.9853	
15	Emily Beaumont	60.92	59.94	0.9839	
16	Ian Burgess	76.79	75.48	0.9829	
17	Dawn Richardson	86.71	85.14	0.9819	
18	David Nalder	75.69	74.19	0.9802	
19	Melissa Hird	69.10	67.51	0.9770	
20	Lisa Bowerbank	66.83	65.27	0.9767	
21	Rob Dent	72.37	70.60	0.9755	
22	Diane Lockhart	63.83	62.18	0.9742	
23	Rob Gillham	73.29	70.95	0.9681	
24	Chris Land	53.70	51.91	0.9667	
25	Diane Sparrow	61.78	59.60	0.9647	
26	Lisa Alderson	38.74	37.23	0.9610	
27	Karen Mavin	60.02	57.61	0.9598	
28	Wendy Colling	73.37	70.40	0.9595	
29	Lel Neal	60.07	57.34	0.9546	
30	Chris Dowling	73.12	69.66	0.9527	
31	Helen Clarke	59.18	56.21	0.9498	
32	Dave Thompson	73.95	70.00	0.9466	
33	Ian Hart	77.70	73.35	0.9440	
34	Julie Bell	75.38	70.82	0.9395	
35	Alex Looney	62.16	57.90	0.9315	
36	Gill Colling	67.09	62.01	0.9243	
37	Tracey Fleming	58.25	53.65	0.9210	
38	Andy Walker	41.01	36.94	0.9008	
39	Darren Alderson	62.35	55.35	0.8877	
40	Dave Whittle	77.07	68.05	0.8830	
41	Dave Jones	77.86	68.66	0.8818	
42	Phil Neal	70.30	61.88	0.8802	
43	Adam Charles	57.76	49.97	0.8651	
44	Emma Campbell- Critchley	67.40	58.06	0.8614	
45	Lee Morris	47.00	40.43	0.8602	

46	Jan Waite	54.36	46.48	0.8550
47	Ed Griffiths	73.75	62.34	0.8453
48	Stephen Moore	53.28	45.03	0.8452
49	Graham Park	67.25	56.75	0.8439
50	Mark Colling	56.67	47.43	0.8370
51	Michael King	55.00	44.56	0.8102
52	Danny Gordon	72.70	58.17	0.8001
53	David Porterfield	53.36	42.41	0.7948
54	Dale Chapman	65.43	50.49	0.7717
55	Angela Taylor	57.16	43.99	0.7696
56	Mel Foster	58.85	35.14	0.5971
57	Katrina Cockburn	46.30	25.14	0.5430

	Name	Jan	Feb	March	April	Total
1	Chris Clark	100	100	90	100	390
2	Carmelita Coco	96	93	93	89	371
3	Carys Samuel	84	95	98	93	370
3	Stuart Masterman	93	84	95	98	370
5	Emily Beaumont	94	92	97	86	369
6	Malcolm Hewitson	89	88	99	91	367
7	Diane Lockhart	95	94	84	79	352
8	Sally Singleton	85	87	85	94	351
9	Helen Clark	79	90	89	92	350
10	Jo Meynell	83	82	96	88	349
11	Zoe Robinson	76	80	92	99	347
12	Chris Dowling	86	90	91	71	338
13	Melissa Hird	98	78	77	82	335
14	Karen Mavin	81	96	83	74	334
15	Dawn Richardson	77	91	80	84	332
16	Lisa Bowerbank	82	79	88	81	330
17	Rob Gillham	88	85	78	78	329
18	Lin Gossage	66	69	100	90	325
19	Lel Neal	87	70	94	72	323
20	David Nalder	72	77	79	83	311
21	Ian Burgess	56	83	86	85	310
22	Chris Land	61	71	87	77	296
23	Wendy Colling	68	72	74	73	287
24	Dave Thompson	65	68	71	69	273
25	Julie Bell	60	60	73	67	260
25	Sharon Carr	97	76	0	87	260
27	Phil Neal	90	45	61	59	255
28	Ian Hart	59	61	62	68	250
29	Andy Walker	55	57	69	63	244
29	Ian Bond	63	99	82	0	244

29	Tracey Fleming	62	64	54	64	244
32	Rachel Grayson	92	81	70	0	243
33	John Yeomans	37	40	59	96	232
34	Rob Dent	69	0	81	80	230
35	Lisa Alderson	80	73	0	75	228
36	Jan Waite	53	54	65	55	227
37	Dave Jones	52	51	58	60	221
38	Alex Looney	73	74	0	66	213
38	Helen Clarke	71	0	72	70	213
38	Stephen Moore	54	49	57	53	213
41	Graham Park	38	62	55	52	207
42	Carmel Colebrooke	67	66	68	0	201
42	Ed Griffiths	37	47	63	54	201
42	Louise Trainor	70	56	75	0	201
45	Katrina Cockburn	48	52	56	44	200
46	Dave Whittle	64	75	60	0	199
47	Paul Cockburn	99	97	0	0	196
48	Darren Alderson	0	63	66	62	191
49	Michael King	44	46	50	50	190
50	Marc Ellis	91	0	0	95	186
51	David Porterfield	42	42	45	48	177
52	April Corbett	50	59	67	0	176
53	Adam Charles	0	65	51	58	174
54	Jane Dowling	75	98	0	0	173
55	Danny Gordon	40	43	40	49	172
56	Gill Colling	0	50	53	65	168
57	Emma C- Critchley	58	0	48	57	163
58	Helen Spaven	0	86	76	0	162
59	Lee Morris	57	0	47	56	160
60	Mark Colling	49	55	0	51	155
61	Diane Sparrow	78	0	0	76	154
62	Mel Foster	51	0	46	45	142
63	Margaret Enstone	74	0	64	0	138
64	Anthony Corbett	41	41	52	0	134
65	Peter Rowley	43	53	0	0	96
66	Dale Chapman	46	0	0	47	93
67	Angela Taylor	45	0	0	46	91
68	Dave Mclachlan	0	67	0	0	67
69	Emma Good	0	58	0	0	58
70	Paul Roberts	47	0	0	0	47
71	Sue Sparrow	39	0	0	0	39