

5km handicap - May 2024 results

It was four PBs in five months for Chris Clark in May; well technically five as he ran two PBs in two consecutive weeks this month. Nevertheless, performance of the month went to Louise Trainor who ran her fastest time for five years to move back into the 80% age grading bracket. It's not often that you will see a figure beginning with eight in these reports as only 10 people have ever achieved it whilst they were members of Quakers. Until this week, Louise was tenth on that list but this performance moves her up to eighth, ahead of Phil Clarke and Diane Vaughan, with her 80.95 being just behind Paul Dalton's 80.96, which dates all the way back in 2015. Just to give some idea of how your age affects your age grading, Louise was only 3 seconds faster than last year but over 2% better on the age grading. So she hasn't actually got faster, she's just got older, which is a strategy we can all employ.

Someone else who benefited from age more than speed was Jo Meynell in third place, though speed also played a big part as this was her second fastest parkrun in 249 attempts and to cap it Jo also managed the 250 parkrun milestone the following week. Speed rather than age was the factor for Zoe Robinson and Carys Samuel in fourth and fifth though, as both set a PB this month. Not only that but it was Zoe's second PB in two months and Carys' third of the year. Just a fraction behind Carys, in sixth place, was Malcolm Hewitson for his third top ten placing in a row.

I thought it was brothers who were supposed to be competitive but it looks like it's just as much a thing with sisters and this month Helen Clark managed to pip Emily Beaumont by one place for seventh (it's still three-two to Emily overall though). In ninth place is Chris Land and I think I'm right in saying that is Chris's first top ten placing. Carmelita Coco continues her consistent form to round out the top ten.

In the overall competition Chris now has a very significant lead but we are only five rounds in and as I say every year, no-one wins until they have done at least ten, so just remember that tortoise. Carys swaps places with Carmelita for second, which leaves Carmelita sharing third place with Emily and Malcolm, who each move up one, with only alphabetical order now separating the three of them. Stuart Masterman drops a couple of places to sixth, while Jo and Zoe move up three places each to seventh and eighth respectively. Despite beating Emily this month, Helen stays in ninth place even though Emily moves up, which just shows that it's not just how you do but how everyone else does that counts. You can have a great run or a poor run and sometimes the result is the same. Tenth place is shared by those old stalwarts (Ok, oldish) Lisa Bowerbank and Rob Gillham, who both move up six places this month. Every year I seem to find myself saying that I really don't know how Lisa manages to keep doing it. With this competition if you have a good year that gives you a tough handicap to overcome the following year (just ask Julie Bell, who is still running very well but after her second place last year is not even in the top 20 this year). Lisa has been in the mix for several consecutive years, which is quite a remarkable achievement.

A little further down the field I think I should also give a shout out to Lin Gossage who moved up another five places to 13th and was looking on course for her best year ever but then tore her hamstring. If there is a glass half-full perspective to this then it is that there is always next year and in this competition never forget that you don't have to get any faster, you just have to get older.

June results

	Name	Baseline	May	Ratio
1	Chris Clark	54.74	59.21	1.0817
2	Louise Trainor	78.70	80.95	1.0286
3	Jo Meynell	64.66	66.30	1.0254
4	Zoe Robinson	50.00	50.84	1.0168
5	Carys Samuel	62.78	62.83	1.0008
6	Malcolm Hewitson	62.56	62.60	1.0006
7	Helen Clark	57.87	57.88	1.0002
8	Emily Beaumont	60.92	60.68	0.9961
9	Chris Land	53.70	53.05	0.9879
10	Carmelita Coco	69.30	68.45	0.9877
11	Rob Gillham	73.29	72.15	0.9844
12	Lisa Bowerbank	66.83	65.67	0.9826
13	Stuart Masterman	68.39	67.14	0.9817
14	Ian Burgess	76.79	74.82	0.9743
15	Darren Alderson	62.35	60.16	0.9649
16	Ian Hart	77.70	74.93	0.9644
17	Martyn Farnsworth	66.22	63.67	0.9615
18	Lin Gossage	60.72	58.13	0.9573
19	Margaret Enstone	58.06	55.51	0.9561
20	Melissa Hird	69.10	65.80	0.9522
21	Tracey Fleming	58.25	55.36	0.9504
22	Dave Thompson	73.95	70.27	0.9502
23	David Nalder	75.69	71.68	0.9470
24	Julie Bell	75.38	70.73	0.9383
25	Wendy Colling	73.37	68.36	0.9317
26	Carmel Colebrooke	79.00	73.57	0.9313
27	Ed Griffiths	73.75	68.09	0.9233
28	April Corbett	73.64	67.83	0.9211
29	Adam Charles	57.76	52.99	0.9174
30	John Yeomans	58.87	53.94	0.9163
31	Phil Neal	70.30	64.28	0.9144
32	Peter Rowley	68.37	62.12	0.9086
33	Karen Mavin	60.02	54.53	0.9085
34	Chris Dowling	73.12	66.33	0.9071
35	Dave Jones	77.86	70.35	0.9035
36	Rachel Grayson	62.15	56.12	0.9030
37	Anthony Corbett	62.86	55.88	0.8890
38	Graham Park	67.25	59.57	0.8858
39	Dave Mclachlan	70.69	62.60	0.8856
40	Andy Walker	41.01	34.64	0.8447
41	Mark Colling	56.67	47.33	0.8352
42	Jan Waite	54.36	45.13	0.8302
43	Stephen Moore	53.28	43.27	0.8121

44	Michael King	55.00	44.31	0.8056
45	Gill Colling	67.09	53.27	0.7940
46	Alex Looney	62.16	47.50	0.7642
47	David Porterfield	53.36	40.66	0.7620
48	Mel Foster	58.85	43.14	0.7331

Overall results to May

	Name	Jan	Feb	March	April	May	Total
1	Chris Clark	100	100	90	100	100	490
2	Carys Samuel	84	95	98	93	96	466
3	Carmelita Coco	96	93	93	89	91	462
3	Emily Beaumont	94	92	97	86	93	462
3	Malcolm Hewitson	89	88	99	91	95	462
6	Stuart Masterman	93	85	95	98	88	459
7	Jo Meynell	83	83	96	88	98	448
8	Zoe Robinson	76	81	92	99	97	445
9	Helen Clark	79	90	89	92	94	444
10	Lisa Bowerbank	82	80	88	81	89	420
10	Rob Gillham	88	86	78	78	90	420
12	Melissa Hird	98	79	77	82	81	417
13	Lin Gossage	66	70	100	90	83	409
14	Chris Dowling	86	90	91	71	67	405
15	Karen Mavin	81	96	83	74	68	402
16	Ian Burgess	56	84	86	85	87	398
17	David Nalder	72	78	79	83	78	390
18	Chris Land	61	72	87	77	92	389
19	Wendy Colling	68	73	75	73	76	365
20	Dave Thompson	65	69	72	69	79	354
21	Diane Lockhart	95	94	84	79	0	352
22	Sally Singleton	85	87	85	94	0	351
23	Julie Bell	60	61	74	67	77	339
24	Ian Hart	59	62	63	68	85	337
25	Dawn Richardson	77	91	80	84	0	332
26	Phil Neal	90	46	62	59	70	327
27	Tracey Fleming	62	65	55	64	80	326
28	Lel Neal	87	71	94	72	0	324
29	Rachel Grayson	92	82	71	0	65	310
30	John Yeomans	37	41	60	96	71	305
31	Louise Trainor	70	57	76	0	99	302
32	Dave Jones	52	52	59	60	66	289
33	Jan Waite	53	55	66	55	59	288
34	Darren Alderson	0	64	67	62	86	279
35	Carmel Colebrooke	67	67	69	0	75	278
36	Ed Griffiths	37	48	64	54	74	277

37	Stephen Moore	54	50	58	53	58	273
38	Graham Park	38	63	56	52	63	272
39	Alex Looney	73	75	0	66	55	269
40	Sharon Carr	97	77	0	87	0	261
41	Andy Walker	55	8	70	63	61	257
42	April Corbett	50	60	68	0	73	251
43	Adam Charles	0	66	52	58	72	248
43	Michael King	44	46	51	50	57	248
45	Ian Bond	63	99	82	0	0	244
46	David Porterfield	42	43	46	48	54	233
46	Marc Ellis	91	47	0	95	0	233
48	Rob Dent	69	0	81	80	0	230
49	Lisa Alderson	80	74	0	75	0	229
50	Gill Colling	0	51	54	65	56	226
51	Margaret Enstone	74	0	65	0	82	221
52	Mark Colling	49	56	0	51	60	216
53	Helen Clarke	71	0	73	70	0	214
54	Katrina Cockburn	48	53	57	44	0	202
55	Dave Whittle	64	76	61	0	0	201
56	Anthony Corbett	41	42	53	0	64	200
57	Mel Foster	51	0	47	45	53	196
57	Paul Cockburn	99	97	0	0	0	196
59	Danny Gordon	40	44	41	49	0	174
60	Jane Dowling	75	98	0	0	0	173
61	Peter Rowley	43	54	0	0	69	166
62	Emma C- Critchley	58	0	49	57	0	164
63	Lee Morris	57	0	48	56	0	161
64	Diane Sparrow	78	0	0	76	0	154
65	Dave Mclachlan	0	68	0	0	62	130
66	Dale Chapman	46	0	0	47	0	93
67	Angela Taylor	45	0	0	46	0	91
68	Emma Good	0	59	0	0	0	59
69	Paul Roberts	47	0	0	0	0	47
70	Sue Sparrow	39	0	0	0	0	39