

Quakers 5km handicap – January 2019

The first round of the 5km handicap for 2019 got off to the usual busy start with 49 people picking up some points and it was good to see a whole bunch of new names occupying the top 10 places. In first place, despite not setting a pb, was Gill Colling. Behind her, setting pbs in second, third, fifth and seventh respectively were Adrian Cottam, Emily Beaumont, Viv Hardwick and Hannah Alderson. Meanwhile, splitting them in 4th and 6th while not setting a pb, were Andrew Vernon and Michael King, thus demonstrating the benefits of getting older at parkrun. With so many people taking part this month, it meant that some pretty decent performances were only rewarded with a moderate amount of points but as I say every January, there are another 11 rounds to go.

Position	Name	Baseline age grade	January age grade	Ratio	Points	
1	Gill Colling	64.76	65.94	1.0182	100	
2	Adrian Cottam	66.41	67.50	1.0164	99	pb
3	Emily Beaumont	54.61	55.38	1.0141	98	pb
4	Andrew Vernon	68.93	69.87	1.0136	97	
5	Viv Hardwick	68.44	69.28	1.0123	96	pb
6	Michael King	54.70	55.00	1.0055	95	
7	Hannah Alderson	56.40	56.68	1.0050	94	pb
8	Andy Whittam	56.98	56.98	1.0000	93	
9	Mike Watson	62.53	61.90	0.9899	92	
10	Phil Rutter	66.89	65.68	0.9819	91	
11	Malcolm Hewitson	66.25	64.59	0.9749	90	
12	Rob Dent	71.29	69.45	0.9742	89	
13	Ian Hart	72.92	71.03	0.9741	88	
14	Chris Land	54.60	53.03	0.9712	87	
15	Julie Bell	69.03	66.79	0.9676	86	
16	Tom Chapman	68.07	65.72	0.9655	85	
17	Dave Thompson	74.87	72.13	0.9634	84	
18	Dave Jones	77.81	74.69	0.9599	83	
19	Grainne Duffy	58.28	55.88	0.9588	82	
20	Stuart Hardcastle	75.92	72.73	0.9580	81	
21	Claire Chapman	65.44	62.59	0.9564	80	
22	Danny Gordon	75.84	71.94	0.9486	79	
23	Dave Whittle	73.44	68.90	0.9382	78	
24	David Ledgerwood	59.23	55.46	0.9363	77	
25	Ty Hankinson	70.91	66.38	0.9361	76	
26	Nicola Darling	40.47	37.80	0.9340	75	
27	Michael Joyeux	83.19	77.63	0.9332	74	
28	Darren Alderson	62.08	57.84	0.9317	73	
29	Dave Todd	73.10	68.01	0.9304	72	
30	Phil Clarke	80.72	75.09	0.9303	71	
31	Peter Rowley	71.94	66.71	0.9273	70	
32	April Corbett	66.80	61.49	0.9205	69	

33	Elizabeth Kennedy	65.62	60.10	0.9159	68
34	Anthony Corbett	60.70	54.95	0.9053	67
35	Ed Griffiths	68.31	61.37	0.8984	66
36	Kelly Smith	59.90	53.66	0.8958	65
37	Katrina Coburn	45.05	39.92	0.8861	64
38	Dawn Johnston	55.01	48.70	0.8853	63
39	Richie Payne	65.62	57.71	0.8795	62
40	Helen Clarke	56.16	49.37	0.8791	61
41	Paul Ryan	53.29	46.81	0.8784	60
42	Alison Hardwick	68.38	59.93	0.8764	59
43	Rachel Maddison	50.45	43.97	0.8716	58
44	Rob Gillham	71.17	60.76	0.8537	57
45	Matt Jackson	60.72	51.83	0.8536	56
46	Paul Roberts	70.35	59.51	0.8459	55
47	Phill Johnston	53.87	43.51	0.8077	54
48	Helen Spaven	57.75	42.32	0.7328	53
49	Gary Read	71.01	50.00	0.7041	52