

5km Handicap – May 2019 results

There was a new name taking first place this month. Although a little slower than her recent PBs, Lisa Bowerbank was still over a minute ahead of the time she set for her baseline age grade. With only seven rounds left, and with this being such a competitive year, Lisa has probably left it too late to win the overall competition this year but if she continues in that vein she might have a bearing on who does eventually win. And when it comes to winning the handicap no-one is more experienced than Lisa Alderson, who is starting to look like a contender for a third successive year, with a second place to follow last month's first, though following a slow start she will have to run well in all the remaining rounds.

The only PBs in the competition this round were by Mike Watson and Julie Russell who took third and fourth respectively. Outside of the competition there were PBs for Mary McIvor at Sedgefield and for Ruth Middleton and Diane Vaughan at Darlington. Performance of the round must go to Diane Vaughan. It is always a huge achievement for someone who has been running as long as she has to set a PB and she had the highest age graded of any Quaker on the day but even more impressively she joined the 80% age-graded club and currently stands 9th on the all-time age-graded list of Quakers at Darlington parkrun.

Viv Hardwick was one second off his PB for fifth and by some quirk has managed to score 96 points in each of the four rounds he has done this year. I don't know if taking a dog round with you is an advantage or a handicap but whichever it was Grainne Duffy managed to improve on her age grading for sixth. Emily Beaumont couldn't make it five PBs out of five rounds this year but was still enough ahead of her baseline for seventh. Behind her Phil Rutter, Stuart Hardcastle and Adrian Cottam also beat their age-graded baseline for eighth to tenth respectively, with Adrian being just three seconds off his PB. While not quite making the top 10 and just shy of my best age-graded, I'm going to give myself a shout as well, as that was my best ever performance in the handicap and it'll probably be the only time my score will start with a nine (plus it was my 50th parkrun, which I enjoyed immensely).

In the overall competition, the leaders aren't giving an inch and of the top 10, all but Chris Land and Darren Alderson made it five rounds out of five. At the front Emily is still well out in front but her slight slip this month should give the other contenders hope that she can be caught. Mike Watson had his best performance yet and increased his grip on second. With a couple of modest performances, Grainne Duffy had not really been on my radar so far, so it was a bit of a surprise when I pressed the "sort by highest" button and there she was in third, the "dark horse" of the competition so far. Helen Clarke is only a few points off in fourth though and Michael King, despite a second, more modest performance is a clear fifth. It is one of life's certainties that Danny Gordon will be at the parkrun on the first Saturday of the month and his persistence keeps him in sixth place. Despite each missing a round, the perennial fifth placer, Viv Hardwick is now in seventh, while her win in the first round and some decent performances subsequently takes Gill Colling to eighth with Lisa Alderson coming up fast for ninth. David Ledgerwood and Rob Gillham, who have both done all five rounds, are tied for tenth.

There are of course trophies for first, second and third in this competition and, as I always like to point out, in addition to the top 10 there are lots of others who have done fewer rounds but who have scored well in the rounds that they have done and who are therefore still in the mix. Previous experience suggests that it will probably take around 850 points to get on the podium; there are still over 40 people who could potentially do that.

Name	Baseline	May	Ratio	Points
Lisa Bowerbank	52.79	55.87	1.0583	100
Lisa Alderson	55.92	58.31	1.0427	99
Mike Watson	62.53	64.09	1.0249	98
Julie Russell	70.28	71.31	1.0147	97
Viv Hardwick	69.28	70.07	1.0114	96
Grainne Duffy	58.28	58.74	1.0079	95
Emily Beaumont	56.25	56.68	1.0076	94
Phil Rutter	66.89	67.33	1.0066	93
Stuart Hardcastle	75.92	76.35	1.0057	92
Adrian Cottam	67.50	67.67	1.0025	91
Ian Bond	79.09	78.71	0.9952	90
Julie Bell	69.03	68.63	0.9942	89
Neil Gooding	69.79	69.10	0.9901	88
April Corbett	66.80	66.02	0.9883	87
Helen Clarke	56.96	56.21	0.9868	86
Ian Hart	72.92	71.93	0.9864	85
Gill Colling	66.34	65.34	0.9849	84
Dave Whittle	73.44	72.27	0.9841	83
Sally Watson	46.45	45.62	0.9821	82
Rob Dent	71.29	69.87	0.9801	81
Clare Dixon	43.30	41.30	0.9538	80
Danny Gordon	75.84	72.13	0.9511	79
Lin Gossage	60.78	57.71	0.9495	78
Marc Ellis	81.08	76.87	0.9481	77
Brian Dixon	63.66	59.95	0.9417	76
Michael King	55.00	51.74	0.9407	75
Peter Rowley	71.94	67.67	0.9406	74
David Ledgerwood	59.23	55.55	0.9379	73
Dave Thompson	74.87	69.87	0.9332	72
Rob Gillham	71.17	66.01	0.9275	71
Rebecca Bowes	66.05	60.40	0.9145	70
Alison Hardwick	68.38	62.17	0.9092	69
Janette Croft	58.33	52.93	0.9074	68
Ian Scott	66.24	59.33	0.8957	67
Michelle Dale	51.92	46.22	0.8902	66
Lisa Jenkins	56.24	49.10	0.8730	65
Elizabeth Kennedy	65.62	57.09	0.8700	64
Paul Ryan	53.29	43.24	0.8114	63
Emma Joyeux	57.14	46.19	0.8084	62
Lee Morris	52.33	41.02	0.7839	61
Fred Tennant	71.03	55.61	0.7829	60

Claire Chapman	65.44	50.10	0.7656	59
Dave Jones	77.81	53.42	0.6865	58
Andrew Dixon	61.18	37.80	0.6178	57

	Name	Jan	Feb	March	April	May	Total
1	Emily Beaumont	98	99	99	99	94	489
2	Mike Watson	92	88	93	95	98	466
3	Grainne Duffy	82	93	92	77	95	439
4	Helen Clarke	60	98	98	92	86	434
5	Michael King	95	95	91	74	75	430
6	Danny Gordon	79	90	85	76	79	409
7	Viv Hardwick	96	0	96	96	96	384
8	Gill Colling	100	0	97	93	84	374
9	Lisa Alderson	0	84	80	100	99	363
10	David Ledgerwood	77	75	69	68	73	362
11	Rob Gillham	56	73	79	83	71	362
12	Stuart Hardcastle	81	96	0	88	92	357
13	Rob Dent	89	91	0	90	81	351
14	Dave Thompson	84	97	94	0	72	347
15	Ian Hart	88	0	71	85	85	329
16	Chris Land	87	86	89	67	0	329
17	Darren Alderson	73	79	83	84	0	319
18	Dave Jones	83	74	90	0	58	305
19	Peter Rowley	69	0	78	79	74	300
20	Phil Rutter	91	0	0	94	93	278
21	Julie Bell	86	0	0	89	89	264
22	Brian Dixon	0	92	95	0	76	263
23	Neil Gooding	0	0	87	86	88	261
24	Ian Bond	0	77	0	87	90	254
25	Paul Ryan	59	66	0	63	63	251
26	Sally Singleton	0	83	86	82	0	251
27	Dave Whittle	78	89	0	0	83	250
28	April Corbett	68	0	0	91	87	246
29	Janette Croft	0	87	82	0	68	237
30	Nicola Darling	75	0	83	72	0	230
31	Lin Gossage	0	72	0	73	78	223
32	Richie Payne	61	71	81	0	0	213
33	Fred Tennant	70	0	0	81	60	211
34	Alison Hardwick	58	0	0	75	69	202
35	Michael Kipling	0	100	0	97	0	197
36	Lee Morris	0	0	70	64	61	195
37	Rebecca Howard	0	94	100	0	0	194
38	Hannah Alderson	94	0	0	98	0	192
39	Adrian Cottam	99	0	0	0	91	190
40	Andrew Vernon	97	0	88	0	0	185
41	Julie Russell	0	81	0	0	97	178
42	Malcolm Hewitson	90	76	0	0	0	166

43	Sally watson	0	0	77	0	82	159
44	Ty Hankinson	76	80	0	0	0	156
45	Phil Clarke	71	0	0	80	0	151
46	Anthony Corbett	66	0	0	78	0	144
47	Iain Clyde	0	69	74	0	0	143
48	Dave Todd	72	0	0	70	0	142
49	Dawn Johnston	62	78	0	0	0	140
50	Ed Griffiths	65	0	75	0	0	140
51	Jeff Marriot	0	68	72	0	0	140
52	Claire Chapman	80	0	0	0	59	139
53	Michael Joyeux	74	65	0	0	0	139
54	Ian Scott	0	0	0	71	67	138
55	Michelle Dale	0	67	0	0	66	133
56	Elizabeth Kennedy	67	0	0	0	64	131
57	Rachel Maddison	57	0	0	69	0	126
58	Phill Johnston OBI-WAN	53	70	0	0	0	123
59	Gary Read	51	0	0	62	0	113
60	Lisa Bowerbank	0	0	0	0	100	100
61	Andy Whittam	93	0	0	0	0	93
62	Tom Chapman	85	0	0	0	0	85
63	Wendy Thompson	0	85	0	0	0	85
64	Abbie Hull	0	0	84	0	0	84
65	Diane Lockhart	0	82	0	0	0	82
66	Marc Ellis	0	0	0	0	77	77
67	Rebecca Bowes	0	0	0	0	70	70
68	Paul Dalton	0	0	69	0	0	69
69	Gemma Marshall-Moore	0	0	68	0	0	68
70	Sarah Watson	0	0	67	0	0	67
71	Ashleigh Atkinson	0	0	0	66	0	66
72	Olly Marshall-Moore	0	0	66	0	0	66
73	Lisa Jenkins	0	0	0	0	65	65
74	Kelly Smith	64	0	0	0	0	64
75	Katrina Coburn	63	0	0	0	0	63
76	Andrew Dixon	0	0	0	0	57	57
77	Matt Jackson	55	0	0	0	0	55
78	Paul Roberts	54	0	0	0	0	54
79	Helen Spaven	52	0	0	0	0	52