

5km Handicap – June 2019 Results

June is about the time of year when it starts to get easier to get good points at the handicap. By now some of the earlier contenders have decided that they have other running goals to aim at and then holidays start to thin the field even further. So it proved this year with only 29 people picking up points, and even David Ledgerwood, who unselfishly jogged round to accompany some first timers and ended up last, still picked up more points than he did in March and April.

Of the seven people who had done all five rounds to May, all but Rob Gillham made it six to June. But while this may have been the time to pick up big points, oddly no-one in the competition itself managed a PB though outside of it there were PBs for Judith Russell at Tees Barrage, Rachel Maddison at Sedgefield and Kirsty Smith-Yates and Jo Meynell at Darlington. Lisa Bowerbank could afford to be a little below par in taking the 100 points, such has been her improvement since the beginning of the year. Julie Whinn, making her first appearance in the competition, continued the sort of form that has seen her slash PBs and club records elsewhere, to take second. Emily Beaumont picked her form back a little for third, whilst in fourth Grainne Duffy edged out April Corbett, with April running her fastest time for over three years. Gill got the better of Phil this month for sixth and ninth respectively, though Phil had warmed up by doing an overnight crossing of the North York Moors. Another good performance by Michael Kipling keeps him in contention, though he would have to not miss any of the remaining rounds. Mike Watson managed to exactly equal his baseline age graded score for eighth.

Highest age graded score in this round was Marc Ellis with 79.12 and I'm giving the performance of the round to Julie Whinn because that is a big improvement on her age graded for someone who has been doing parkruns for so long.

With six rounds gone, the table looks almost exactly as it did last month, with none of the top nine places changing. Emily stretches her lead over Mike a little, while Grainne catches him up a little and Helen Clarke and Michael King also pass the 500 points mark. Behind them Rob Dent moves up three places to edge his way back into the top 10.

	Name	Baseline	June	Ratio	Points
1	Lisa Bowerbank	52.79	56.45	1.0693	100
2	Julie Whinn	71.95	74.10	1.0299	99
3	Emily Beaumont	56.25	57.69	1.0256	98
4	Grainne Duffy	58.28	59.34	1.0182	97
5	April Corbett	66.80	68.00	1.0180	96
6	Gill Colling	66.34	67.09	1.0113	95
7	Michael Kipling	71.88	71.97	1.0013	94
8	Mike Watson	62.53	62.53	1.0000	93
9	Phil Rutter	66.89	66.59	0.9955	92
10	Viv Hardwick	69.28	68.83	0.9935	91

11	Ian Hart	72.92	72.30	0.9915	90
12	Rob Dent	71.29	70.63	0.9907	89
13	Neil Gooding	71.40	70.51	0.9875	88
14	Michael King	55.00	53.86	0.9793	87
15	Helen Clarke	56.96	55.77	0.9791	86
16	Lisa Alderson	55.92	54.74	0.9789	85
17	Dave Jones	77.81	75.98	0.9765	84
18	Marc Ellis	81.08	79.12	0.9758	83
19	Hannah Alderson	56.68	54.61	0.9635	82
20	Elizabeth Kennedy	65.62	63.19	0.9630	81
21	Richie Payne	65.62	62.98	0.9598	80
22	Danny Gordon	75.84	72.22	0.9523	79
23	Dave Thompson	74.87	71.28	0.9521	78
24	Ashleigh Atkinson	58.87	55.04	0.9349	77
25	Chris Land	54.60	49.03	0.8980	76
26	Ian Scott	66.24	58.96	0.8901	75
27	Michelle Scruby	55.71	47.03	0.8442	74
28	Julie Bell	69.03	58.23	0.8435	73
29	Dave Whittle	73.44	61.00	0.8306	72
30	David Ledgerwood	59.23	47.00	0.7935	71

Cumulative results to June

	Name	Jan	Feb	March	April	May	June	Total
1	Emily Beaumont	98	99	99	99	94	98	587
2	Mike Watson	92	88	93	95	98	93	559
3	Grainne Duffy	82	93	92	78	95	97	537
4	Helen Clarke	60	98	98	92	87	86	521
5	Michael King	95	95	91	74	75	87	517
6	Danny Gordon	79	90	86	77	79	79	490
7	Viv Hardwick	96	0	96	96	96	91	475
8	Gill Colling	100	0	97	93	85	95	470
9	Lisa Alderson	0	84	79	100	99	85	447
10	Rob Dent	89	91	0	90	82	89	441
11	David Ledgerwood	77	75	68	68	73	71	432
12	Dave Thompson	84	97	94	0	72	78	425
13	Ian Hart	88	0	70	86	86	90	420
14	Chris Land	87	86	89	67	0	76	405
15	Dave Jones	83	74	90	0	58	84	389
27	Phil Rutter	91	0	0	94	93	92	370
16	Rob Gillham	56	73	78	84	71	0	362
17	Stuart Hardcastle	81	96	0	88	92	0	357
18	April Corbett	68	0	0	91	88	96	343
19	Julie Bell	86	0	0	89	89	74	338
20	Neil Gooding	0	0	83	76	81	88	328
21	Dave Whittle	78	89	0	0	84	72	323
22	Darren Alderson	73	79	82	85	0	0	319
23	Peter Rowley	69	0	77	80	74	0	300

24	Richie Payne	61	71	80	0	0	80	292
25	Michael Kipling	0	100	0	97	0	94	291
26	Elizabeth Kennedy	67	0	72	0	64	81	284
28	Hannah Alderson	94	0	0	98	0	82	274
29	Brian Dixon	0	92	95	0	76	0	263
30	Ian Bond	0	77	0	87	90	0	254
31	Sally Singleton	0	83	87	83	0	0	253
32	Paul Ryan	59	66	0	63	63	0	251
33	Janette Croft	0	87	81	0	68	0	236
34	Marc Ellis	0	0	75	0	77	83	235
35	Nicola Darling	75	0	84	72	0	0	231
36	Lin Gossage	0	72	0	73	78	0	223
37	Ian Scott	0	0	0	71	67	75	213
38	Fred Tennant	70	0	0	82	60	0	212
39	Alison Hardwick	58	0	0	75	69	0	202
40	Lisa Bowerbank	0	0	0	0	100	100	200
41	Rebecca Howard	0	94	100	0	0	0	194
42	Lee Morris	0	0	69	64	61	0	194
43	Adrian Cottam	99	0	0	0	91	0	190
44	Andrew Vernon	97	0	88	0	0	0	185
45	Julie Russell	0	81	0	0	97	0	178
46	Malcolm Hewitson	90	76	0	0	0	0	166
47	Sally watson	0	0	76	0	83	0	159
48	Ty Hankinson	76	80	0	0	0	0	156
49	Phil Clarke	71	0	0	81	0	0	152
50	Anthony Corbett	66	0	0	79	0	0	145
51	Ashleigh Atkinson	0	0	0	66	0	77	143
52	Iain Clyde	0	69	73	0	0	0	142
53	Dave Todd	72	0	0	70	0	0	142
54	Ed Griffiths	65	0	75	0	0	0	140
55	Dawn Johnston	62	78	0	0	0	0	140
56	Jeff Marriot	0	68	71	0	0	0	139
57	Claire Chapman	80	0	0	0	59	0	139
58	Michael Joyeux	74	65	0	0	0	0	139
59	Michelle Dale	0	67	0	0	66	0	133
60	Rachel Maddison	57	0	0	69	0	0	126
61	Phill Johnston OBI-WAN	53	70	0	0	0	0	123
62	Gary Read	51	0	0	62	0	0	113
63	Julie Whinn	0	0	0	0	0	99	99
64	Andy Whittam	93	0	0	0	0	0	93
65	Abbie Hull	0	0	85	0	0	0	85
66	Tom Chapman	85	0	0	0	0	0	85
67	Wendy Thompson	0	85	0	0	0	0	85
68	Diane Lockhart	0	82	0	0	0	0	82
69	Michelle Scruby	0	0	0	0	0	73	73
70	Rebecca Bowes	0	0	0	0	70	0	70
71	Paul Dalton	0	0	67	0	0	0	67
72	Gemma Marshall-Moore	0	0	66	0	0	0	66

73	Sarah Watson	0	0	65	0	0	0	65
74	Lisa Jenkins	0	0	0	0	65	0	65
75	Olly Marshall-Moore	0	0	64	0	0	0	64
76	Kelly Smith	64	0	0	0	0	0	64
77	Katrina Coburn	63	0	0	0	0	0	63
78	Andrew Dixon	0	0	0	0	57	0	57
79	Matt Jackson	55	0	0	0	0	0	55
80	Paul Roberts	54	0	0	0	0	0	54
81	Helen Spaven	52	0	0	0	0	0	52