



QUAKERS
RUNNING CLUB

5km Handicap Results October 2019

Quakers 5km handicap – October 2019 results

The October round saw Grainne Duffy back in the fray and setting another PB to take the 100 points. In fact Grainne was the only Quaker, whether in the competition or not, to set a parkrun PB this month. Despite that I did think that performance of the month should instead go to Dave Jones who improved on his baseline handicap score, no mean feat when you are at the level that Dave has been running at. Dave also scored the highest age graded of any Quaker on the day. Also improving on their baseline handicap, ahead of Dave in second to fifth respectively, were Lisa Bowerbank, Helen Clarke, Phil Rutter and Gill Colling. Very oddly, and I did double-check, there was no sign of Danny Gordon this month. That does leave me wondering whether I need to pay taxes this year and what to do with my new-found immortality.

Having won the competition by September, Emily Beaumont didn't turn out this month (presumably deciding to run round the borders of a small nation instead). The competition for second and third could scarcely be closer though. The ever consistent (is that a tautology?) Viv Hardwick got in his ninth round of the year to vault into second place (well more of a tiddlywink than a vault as he was already fifth). It also gave him a bit of a cushion, which he may need as the problem with consistency is that it doesn't leave much room for improvement over the next two rounds. Behind him, Mike Watson and Helen Clarke swapped this month's points for an earlier round and also swapped places, with Helen cutting in front of Mike by a single point. Gill Colling got in her ninth round of the year to land just four points behind them and all three have some scores in the 80s from earlier in the year that they could potentially improve on. Michael King, currently in sixth has a few poor rounds that he could swap but not enough rounds left to swap them so is now out of the running for this year but Phil Rutter in seventh place has still only done eight rounds and could edge into second if he can repeat this month's performance. Further back still, currently in tenth, Grainne has also only done eight rounds but two more performances like this round and she could finish the year on 859 points. So that's two rounds to go, two places up for grabs and six contenders that you could throw a handkerchief over. Blinking is not an option!

	Name	Baseline	Oct	Ratio	Points
1	Grainne Duffy	58.28	65.67	1.1268	100
2	Lisa Bowerbank	52.79	55.64	1.0540	99
3	Helen Clarke	56.96	59.11	1.0377	98
4	Phil Rutter	66.89	68.31	1.0212	97
5	Gill Colling	66.34	66.77	1.0065	96
6	Dave Jones	77.81	77.86	1.0006	95
7	Viv Hardwick	69.28	68.83	0.9935	94
8	Mike Watson	62.53	61.86	0.9893	93
9	Stuart Hardcastle	75.92	74.40	0.9800	92
10	Peter Rowley	71.94	68.10	0.9466	91
11	Lin Gossage	60.78	57.52	0.9464	90
12	Chris Land	54.60	51.18	0.9374	89
13	Michael King	55.00	50.86	0.9247	88
14	Adrian Colbourne	72.62	66.81	0.9200	87
15	Michelle Scruby	55.71	50.95	0.9146	86
16	Rob Gillham	71.17	62.34	0.8759	85
17	Richie Payne	65.62	57.43	0.8752	84
18	Adrian Cottam	67.50	58.78	0.8708	83
19	Fred Tennant	71.03	60.81	0.8561	82
20	Ian Hart	72.92	62.35	0.8550	81
21	Kelly Smith	59.90	49.92	0.8334	80
22	Paul Ryan	53.29	43.17	0.8101	79
23	Gary Read	71.01	56.12	0.7903	78

	Name	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Total
1	Emily Beaumont	98	99	99	99	94	98	99	99	98	0	883
2	Viv Hardwick	96	0	96	96	96	91	98	93	91	94	851
3	Helen Clarke	NA	98	98	92	87	87	91	92	99	98	842
4	Mike Watson	92	88	93	95	98	92	NA	95	95	93	841
5	Gill Colling	100	0	97	93	85	95	89	88	94	96	837
6	Michael King	95	95	91	NA	75	88	93	84	80	88	789
7	Phil Rutter	91	0	0	94	93	92	97	98	96	97	758
8	Chris Land	87	86	89	67	0	77	90	86	78	89	749
9	Danny Gordon	79	90	86	77	79	80	81	83	86	0	741
10	Grainne Duffy	82	93	92	78	95	97	0	100	0	100	737
11	Dave Jones	83	74	90	0	58	85	68	94	84	95	731
12	Ian Hart	88	0	70	86	86	90	82	90	0	81	673
13	David Ledgerwood	77	75	68	68	73	72	73	73	82	0	661
14	Lisa Alderson	0	84	79	100	99	86	84	0	76	0	608
15	Neil Gooding	0	0	83	76	81	88	87	91	93	0	599
16	Dave Whittle	78	89	0	0	84	73	88	89	90	0	591
17	Elizabeth Kennedy	67	0	72	0	64	82	85	81	87	0	538
18	Rob Dent	89	91	0	90	82	89	0	0	88	0	529
19	Rob Gillham	56	73	78	84	71	0	72	0	0	85	519
20	Dave Thompson	84	97	94	0	72	79	92	0	0	0	518
21	Julie Bell	86	0	0	89	89	75	0	82	92	0	513
22	April Corbett	68	0	0	91	88	96	79	85	0	0	507
23	Peter Rowley	69	0	77	80	74	0	0	77	0	91	468
24	Richie Payne	61	71	80	0	0	81	0	80	0	84	457
25	Hannah Alderson	94	0	0	98	0	83	96	0	85	0	456
26	Stuart Hardcastle	81	96	0	88	92	0	0	0	0	92	449

