5km Handicap - December 2019 results

The final round of this year's competition saw the usual order restored. With Grainne Duffy absent, Lisa Bowerbank was back to winning ways for her fourth win of the series, while behind her Emily Beaumont was second for the sixth time this year. Not that Emily needed to turn up as she'd already won the competition but even so she managed yet another PB, which gets performance of the month considering how much she had already improved this year. Helen Clarke was third, for the fifth time this year. Last month saw one point separating Viv Hardwick and Phil Rutter in the overall competition. Phil had gathered quite some momentum over the past few months and on the day it took a PB from Viv to shade it. Other than Emily, Viv was the only person to get a PB on the day but back down in sixth Andrew Dixon managed to beat his age graded baseline. Dawn Richardson again had the highest age graded score of any Quaker on the day with 80.40%.

In the overall competition then, Emily added a final flourish to the title, Helen Clarke's third place saw her swap 10 points from June and vault over Viv and Phil into silver while Viv just held off Phil for bronze. This year's competition has undoubtedly been the most competitive yet. Fourteen people completed the full nine rounds, twice as many as last year and there were several people with a chance of a medal right up until the last round; so thank you to everyone who has taken part and made it so interesting.

As we've just had the last round for 2019 it does of course mean that it's only three weeks until we start all over again in 2020 so once again a reminder that if you haven't taken part before and would like to join in, or if you have and you would like to change the parkrun that you take part at, drop me an email at 5km@quakers.run

	Name	Baseline	Dec	Ratio	Points		Name	Baseline	Dec	Ratio	Points
1	Lisa Bowerbank	52.79	57.98	1.0983	100	11	Dave Jones	77.81	74.13	0.9527	90
2	Emily Beaumont	56.25	60.36	1.0731	99	12	Rob Gillham	71.17	66.64	0.9363	89
3	Helen Clarke	56.96	58.89	1.0339	98	13	Peter Rowley	71.94	66.33	0.9220	88
4	Viv Hardwick	69.28	71.60	1.0335	97	14	Dave Whittle	73.44	65.98	0.8984	87
5	Phil Rutter	66.89	67.60	1.0106	96	15	Danny Gordon	75.84	68.00	0.8966	86
6	Andrew Dixon	61.18	61.67	1.0080	95	16	Paul Roberts	70.35	62.22	0.8844	85
7	Julie Bell	69.03	68.22	0.9883	94	17	Richie Payne Wendy	65.62	58.03	0.8843	84
8	Gill Colling	66.34	64.76	0.9762	93	18	Thompson	45.55	39.92	0.8764	83
9	Jeff Marriot	60.80	58.32	0.9592	92	19	Michael King	55.00	47.46	0.8629	82
10	Alison Hardwick	68.38	65.48	0.9576	91	20	lan Hart David	72.92	62.23	0.8534	81
						21	Ledgerwood	59.23	43.57	0.7356	80

Final placings

				Marc										
	Name	Jan	Feb	h	April	May	June	July	Aug	Sept	Oct	Nov	Dec	Total
1	Emily Beaumont	98	99	99	99	NA	98	99	99	98	0	0	99	888
2	Helen Clarke	NA	98	98	92	NA	NA	91	92	99	98	98	98	864
3	Viv Hardwick	96	0	96	96	96	NA	98	93	NA	94	96	97	862
4	Phil Rutter	NA	0	0	94	93	92	97	98	96	97	97	96	860
5	Gill Colling	100	0	97	93	NA	95	89	NA	94	96	95	93	852
6	Mike Watson	92	88	93	95	98	92	NA	95	95	93	0	0	841
7	Grainne Duffy	82	93	92	78	95	97	0	100	0	100	100	0	837
8	Michael King	95	95	91	NA	NA	88	93	84	80	88	0	82	796
9	Dave Jones	83	74	90	0	NA	85	NA	94	84	95	89	90	784
10	Dave Whittle	78	89	0	0	84	73	88	89	90	0	92	87	770
11	lan Hart	88	0	NA	86	86	90	82	90	0	81	86	81	770
12	Danny Gordon	79	90	86	NA	79	80	81	83	86	0	0	86	750
13	Chris Land	87	86	89	67	0	77	90	86	78	89	0	0	749
14	Rob Gillham	56	73	78	84	71	0	72	0	0	85	84	89	692
15	David Ledgerwood	77	75	68	NA	73	72	73	73	82	0	0	80	673
16	Richie Payne	61	71	80	0	0	81	0	80	0	84	93	84	634
17	Alison Hardwick	58	0	0	75	69	0	76	76	81	0	88	91	614
18	Lisa Alderson	0	84	79	100	99	86	84	0	76	0	0	0	608
19	Julie Bell	86	0	0	89	89	75	0	82	92	0	0	94	607
20	Neil Gooding	0	0	83	76	81	88	87	91	93	0	0	0	599
21	Lisa Bowerbank	0	0	0	0	100	100	100	0	0	99	99	100	598
22	Peter Rowley	69	0	77	80	74	0	0	77	0	91	0	88	556
23	Elizabeth Kennedy	67	0	72	0	64	82	85	81	87	0	0	0	538
24	Rob Dent	89	91	0	90	82	89	0	0	88	0	0	0	529
25	Dave Thompson	84	97	94	0	72	79	92	0	0	0	0	0	518
26	April Corbett	68	0	0	91	88	96	79	85	0	0	0	0	507
27	Lin Gossage	0	72	0	73	78	0	95	0	0	90	94	0	502
28	Hannah Alderson	94	0	0	98	0	83	96	0	85	0	0	0	456
29	Stuart Hardcastle	81	96	0	88	92	0	0	0	0	92	0	0	449

30	lan Bond	0	77	0	87	90	0	83	96	0	0	0	0	433
31	Paul Ryan	59	66	0	63	63	0	71	0	0	79	0	0	401
32	Michael Kipling	0	100	0	97	0	93	94	0	0	0	0	0	384
33	Jeff Marriot	0	68	71	0	0	0	74	78	0	0	0	92	383
34	Ian Scott	0	0	0	71	67	76	80	79	0	0	0	0	373
35	Gary Read	51	0	0	62	0	0	0	74	0	78	82	0	347
36	Sally Singleton	0	83	87	83	0	0	0	0	0	0	90	0	343
37	Lee Morris	0	0	69	64	61	0	0	72	75	0	0	0	341
38	Darren Alderson	73	79	82	85	0	0	0	0	0	0	0	0	319
39	Marc Ellis	0	0	75	0	77	84	75	0	0	0	0	0	311
40	Claire Chapman	80	0	0	0	59	0	0	0	89	0	80	0	308
41	Fred Tennant	70	0	0	82	60	0	0	0	0	82	0	0	294
	Gemma Marshall-				_		_				_			
42	Moore	0	0	66	0	0	0	67	0	74	0	81	0	288
43	Rachel Maddison	57	0	0	69	0	0	0	75	0	0	87	0	288
44	Adrian Cottam	99	0	0	0	91	0	0	0	0	83	0	0	273
45	Tom Chapman	85	0	0	0	0	0	0	0	100	0	79	0	264
46	Brian Dixon	0	92	95	0	76	0	0	0	0	0	0	0	263
47	Sally Watson	0	0	76	0	83	0	0	0	0	0	91	0	250
48	Andrew Dixon	0	0	0	0	57	0	0	97	0	0	0	95	249
49	Wendy Thompson	0	85	0	0	0	0	77	0	0	0	0	83	245
50	Michelle Scruby	0	0	0	0	0	74	78	0	0	86	0	0	238
51	Janette Croft	0	87	81	0	68	0	0	0	0	0	0	0	236
52	Anthony Corbett	66	0	0	79	0	0	86	0	0	0	0	0	231
53	Nicola Darling	75	0	84	72	0	0	0	0	0	0	0	0	231
54	Ed Griffiths	65	0	75	0	0	0	0	0	83	0	0	0	223
55	Olly Marshall-Moore	0	0	64	0	0	0	66	0	73	0	0	0	203
56	Rebecca Howard	0	94	100	0	0	0	0	0	0	0	0	0	194
57	Andrew Vernon	97	0	88	0	0	0	0	0	0	0	0	0	185
58	Julie Russell	0	81	0	0	97	0	0	0	0	0	0	0	178
59	Malcolm Hewitson	90	76	0	0	0	0	0	0	0	0	0	0	166
60	Ty Hankinson	76	80	0	0	0	0	0	0	0	0	0	0	156
61	Rebecca Bowes	0	0	0	0	70	0	0	0	0	0	85	0	155

62	Phil Clarke	71	0	0	81	0	0	0	0	0	0	0	0	152
63	Sarah Watson	0	0	65	0	0	0	0	0	0	0	83	0	148
64	John McGrath	0	0	0	0	0	0	70	0	77	0	0	0	147
65	Ashleigh Atkinson	0	0	0	66	0	78	0	0	0	0	0	0	144
66	Kelly Smith	64	0	0	0	0	0	0	0	0	80	0	0	144
67	Dave Todd	72	0	0	70	0	0	0	0	0	0	0	0	142
68	lain Clyde	0	69	73	0	0	0	0	0	0	0	0	0	142
69	Dawn Johnston	62	78	0	0	0	0	0	0	0	0	0	0	140
70	Michael Joyeux	74	65	0	0	0	0	0	0	0	0	0	0	139
71	Paul Roberts	54	0	0	0	0	0	0	0	0	0	0	85	139
72	Michelle Dale	0	67	0	0	66	0	0	0	0	0	0	0	133
70	Phill Johnston OBI-	F 2	70	0	0	0	0	0	0	0	0	0	0	100
73	WAN	53	70	0	0	0	0	0	0	0	0	0	0	123
74	Julie Whinn	0	0	0	0	0	99	0	0	0	0	0	0	99
75	Clare McGrath	0	0	0	0	0	0	0	97	0	0	0	0	97
76	Mark Johnston	0	0	0	0	0	94	0	0	0	0	0	0	94
77	Andy Whittam	93	0	0	0	0	0	0	0	0	0	0	0	93
78	Adrian Colbourne	0	0	0	0	0	0	0	0	0	87	0	0	87
79	Lisa Reeve	0	0	0	0	0	0	0	87	0	0	0	0	87
80	Abbie Hull	0	0	85	0	0	0	0	0	0	0	0	0	85
81	Diane Lockhart	0	82	0	0	0	0	0	0	0	0	0	0	82
82	Gav Armstrong	0	0	0	0	0	0	0	79	0	0	0	0	79
83	Emma Joyeux	0	0	0	0	0	0	69	0	0	0	0	0	69
84	Paul Dalton	0	0	67	0	0	0	0	0	0	0	0	0	67
85	Lisa Jenkins	0	0	0	0	65	0	0	0	0	0	0	0	65
86	Katrina Coburn	63	0	0	0	0	0	0	0	0	0	0	0	63
87	Matt Jackson	55	0	0	0	0	0	0	0	0	0	0	0	55
88	Helen Spaven	52	0	0	0	0	0	0	0	0	0	0	0	52