

April is always an interesting month for the 5km handicap. With only eight rounds remaining then by April you need to have posted at least one score to be in with a reasonable chance of winning. So that's 75 people still in the running then. This round was the most competitive that I can remember, to the extent that a pb at Sedgefield for Gill Colling was still only good enough for eight place! I don't know how she does it, but Lisa Alderson took another chunk off her pb to take the 100 points for this month. Emily Beaumont made it four pbs out of four for second place and Hannah Alderson had her best performance of the year so far with a pb and third place. While being a few seconds off his pb, Michael Kipling was still far enough ahead of his handicap to nudge in for fourth ahead of Viv Hardwick and Mike Watson, both of whom set pbs. Phil Rutter was also short of his pb but still good enough to steal seventh from Gill (I hope he bought the scones!). While not counting towards the competition there were pbs for Judith Russell at Tees Barrage and Andrew Vernon at Riverside.

The number of people who have done all the rounds this year continues to be whittled down and now stands at ten, though the competition across the year so far is so intense that some people who have only done three rounds are more or less level with some who have done four. Emily is still out in front but a slightly off-day by Michael King sees him give way to Mike Watson for second. This is, however, a fairly forgiving competition, which allows for three poor, or even non-existent performances, and it is only what must have been a jog in January that is currently keeping Helen Clarke down in fourth. Below Helen it is more a case of consistency for the next few runners but they do at least have those rounds in the bag and December is sooner than you think. Further down the field there are a lot of runners who have scored big points in one round or another but just need more rounds and with there usually being fewer competitors over the summer months then those points become a little easier to get.

Ian Bond

<b>Name</b>	<b>Baseline</b>	<b>April</b>	<b>Ratio</b>	<b>Points</b>	
Lisa Alderson	55.92	58.38	1.0440	100	pb
Emily Beaumont	56.25	58.33	1.0370	99	pb
Hannah Alderson	56.68	58.73	1.0362	98	pb
Michael Kipling	71.88	73.11	1.0171	97	
Viv Hardwick	69.28	70.12	1.0121	96	pb
Mike Watson	62.53	63.16	1.0101	95	pb
Phil Rutter	66.89	67.28	1.0058	94	
Gill Colling	66.34	66.46	1.0018	93	pb
Helen Clarke	56.96	56.58	0.9933	92	
April Corbett	66.80	66.32	0.9928	91	
Rob Dent	71.29	70.42	0.9878	90	
Julie Bell	69.03	67.89	0.9835	89	
Stuart Hardcastle	75.92	74.12	0.9763	88	
Ian Bond	79.09	77.12	0.9751	87	
Neil Gooding	69.79	67.35	0.9650	86	
Ian Hart	72.92	70.26	0.9635	85	
Darren Alderson	62.08	59.56	0.9594	84	

Rob Gillham	71.17	67.64	0.9504	83
Sally Singleton	69.19	65.75	0.9503	82
Fred Tennant	71.03	67.37	0.9485	81
Phil Clarke	80.72	76.50	0.9477	80
Peter Rowley	71.94	68.14	0.9472	79
Anthony Corbett	60.70	57.48	0.9470	78
Grainne Duffy	58.28	55.00	0.9437	77
Danny Gordon	75.84	71.21	0.9390	76
Alison Hardwick	68.38	61.85	0.9045	75
Michael King	55.00	49.54	0.9007	74
Lin Gossage	60.78	54.03	0.8889	73
Nicola Darling	40.47	35.82	0.8851	72
Ian Scott	66.24	57.94	0.8747	71
Dave Todd	73.10	63.03	0.8622	70
Rachel Maddison	50.45	42.76	0.8476	69
David Ledgerwood	59.23	49.20	0.8307	68
Chris Land	54.60	44.27	0.8108	67
Ashleigh Atkinson	58.87	46.86	0.7960	66
Lena Rusa	56.58	43.07	0.7612	65
Lee Morris	52.33	39.29	0.7508	64
Paul Ryan	53.29	39.71	0.7452	63
Gary Read	71.01	38.48	0.5419	62

#### April 2019 Cumulative Scores

	Name	Jan	Feb	March	April	Total
1	Emily Beaumont	98	99	99	99	395
2	Mike Watson	92	88	93	95	368
3	Michael King	95	95	91	74	355
4	Helen Clarke	60	98	98	92	348
5	Grainne Duffy	82	93	92	77	344
6	Danny Gordon	79	90	85	76	330
7	Chris Land	87	86	89	67	329
8	Darren Alderson	73	79	83	84	319
9	Rob Gillham	56	73	79	83	291
10	Gill Colling	100	0	97	93	290
11	David Ledgerwood	77	75	69	68	289
12	Viv Hardwick	96	0	96	96	288
13	Dave Thompson	84	97	94	0	275
14	Rob Dent	89	91	0	90	270
15	Stuart Hardcastle	81	96	0	88	265
16	Lisa Alderson	0	84	80	100	264
17	Sally Singleton	0	83	86	82	251
18	Dave Jones	83	74	90	0	247
19	Ian Hart	88	0	71	85	244
20	Peter Rowley	69	0	78	79	226
21	Richie Payne	61	71	81	0	213

22	Michael Kipling	0	100	0	97	197
23	Rebecca Howard	0	94	100	0	194
24	Hannah Alderson	94	0	0	98	192
25	Paul Ryan	59	66	0	63	188
26	Brian Dixon	0	92	95	0	187
27	Andrew Vernon	97	0	88	0	185
28	Phil Rutter	91	0	0	94	185
29	Julie Bell	86	0	0	89	175
30	Neil Gooding	0	0	87	86	173
31	Janette Croft	0	87	82	0	169
32	Dave Whittle	78	89	0	0	167
33	Malcolm Hewitson	90	76	0	0	166
34	Ian Bond	0	77	0	87	164
35	April Corbett	68	0	0	91	159
36	Ty Hankinson	76	80	0	0	156
37	Fred Tennant	70	0	0	81	151
38	Phil Clarke	71	0	0	80	151
39	Nicola Darling	75	0	0	72	147
40	Lin Gossage	0	72	0	73	145
41	Anthony Corbett	66	0	0	78	144
42	Iain Clyde	0	69	74	0	143
43	Dave Todd	72	0	0	70	142
44	Dawn Johnston	62	78	0	0	140
45	Ed Griffiths	65	0	75	0	140
46	Jeff Marriot	0	68	72	0	140
47	Michael Joyeux	74	65	0	0	139
48	Lee Morris	0	0	70	64	134
49	Alison Hardwick	58	0	0	75	133
50	Rachel Maddison	57	0	0	69	126
51	Phill Johnston OBI-WAN	53	70	0	0	123
52	Gary Read	51	0	0	62	113
53	Adrian Cottam	99	0	0	0	99
54	Andy Whittam	93	0	0	0	93
55	Tom Chapman	85	0	0	0	85
56	Wendy Thompson	0	85	0	0	85
57	Abbie Hull	0	0	84	0	84
58	Diane Lockhart	0	82	0	0	82
59	Julie Russell	0	81	0	0	81
60	Claire Chapman	80	0	0	0	80
61	Sally watson	0	0	77	0	77
62	Ian Scott	0	0	0	71	71
63	Paul Dalton	0	0	69	0	69
64	Gemma Marshall-Moore	0	0	68	0	68
65	Elizabeth Kennedy	67	0	0	0	67
66	Michelle Dale	0	67	0	0	67
67	Sarah Watson	0	0	67	0	67
68	Ashleigh Atkinson	0	0	0	66	66
69	Olly Marshall-Moore	0	0	66	0	66
70	Kelly Smith	64	0	0	0	64

<b>71</b>	Katrina Coburn	63	0	0	0	63
<b>72</b>	Matt Jackson	55	0	0	0	55
<b>73</b>	Paul Roberts	54	0	0	0	54
<b>74</b>	Helen Spaven	52	0	0	0	52