

**5km Handicap – July 2019 results**

Despite the almost perfect weather conditions for running most people seemed a little below par and once again no-one in the competition managed a personal best performance. Outside of the competition there were PBs for Thomas Gannaway, Shane Lester and Josephine Wardle at Darlington, with Josephine scoring the highest Quakers age-grading on the day with 78.07.

As she said in her Facebook post afterwards, Lisa Bowerbank would have been delighted by her performance at the beginning of the year but was disappointed with how she ran on the day. She will hopefully be a little less disappointed to learn that her performance was nevertheless good enough for another first place. Emily Beaumont picked the pace up again for second and Viv Hardwick had his best performance so far for third. In fourth and fifth, Phil Rutter and Hannah Alderson are no strangers to the 90 point range but Lin Gossage in sixth was far above her previous performances and almost back to her very best age graded, so I think the performance of the round should go to her.

I'd expected that holidays would have started to whittle the field down by now but of the seven people who had done six rounds to June, only Grainne Duffy dropped a round this time and Rob Dent was the only other person in the top ten to miss out. The competition really does look fierce this year!

Emily's performance stretches her lead a little and it doesn't take too much to work out that if she puts in another two performances like this month she will be the overall winner this year, but of course "if" really means nothing at all until it's done. Despite having the worst performance of anyone not pushing a pushchair Mike Watson hung onto his second place but his blip gives some encouragement to Helen Clarke and Michael King, both of whom more than halved the gap to Mike. Creeping up gradually having missed the February round, Viv Hardwick edges ahead of Danny Gordon for fifth and having a run in hand on the leaders Vik is looking good to go higher still. Grainne's absence allowed Gill Colling to climb up to seventh. Back in May Lisa Alderson looked like she might be threatening a third consecutive title but another slower run has caused her chances to wobble a bit, though as it's the best nine rounds to count she is still in with a shout and I would never write her off. Dave Thompson climbs up two places for tenth, not bad for someone who once described his idea of running hell as a 5km. It's not just about these 10 though, further down the field the likes of Michael Kipling, Phil Rutter and Hannah Alderson have all had some very high scores but none of them can now afford to miss another round; I can guarantee that eight rounds, no matter how good, just won't cut it this year.

**July results**

	<b>Name</b>	<b>Baseline</b>	<b>July</b>	<b>Ratio</b>	<b>Points</b>
1	Lisa Bowerbank	52.79	56.38	1.0680	100
2	Emily Beaumont	56.25	57.70	1.0258	99
3	Viv Hardwick	69.28	69.78	1.0072	98
4	Phil Rutter	66.89	66.59	0.9955	97

5	Hannah Alderson	56.68	56.32	0.9936	96
6	Lin Gossage	60.78	60.31	0.9923	95
7	Michael Kipling	71.88	70.85	0.9857	94
8	Michael King	55.00	54.08	0.9833	93
9	Dave Thompson	74.87	73.42	0.9806	92
10	Helen Clarke	56.96	55.81	0.9798	91
11	Chris Land	54.60	52.84	0.9678	90
12	Gill Colling	66.34	64.09	0.9661	89
13	Dave Whittle	73.44	70.82	0.9643	88
14	Neil Gooding	71.40	68.46	0.9588	87
15	Anthony Corbett	60.70	57.88	0.9535	86
16	Elizabeth Kennedy	65.62	62.35	0.9502	85
17	Lisa Alderson	55.92	53.03	0.9483	84
18	Ian Bond	79.09	74.71	0.9446	83
19	Ian Hart	72.92	67.46	0.9251	82
20	Danny Gordon	75.84	70.05	0.9237	81
21	Ian Scott	66.24	61.03	0.9213	80
22	April Corbett	66.80	61.29	0.9175	79
23	Michelle Scruby	55.71	50.79	0.9117	78
24	Wendy Thompson	45.55	40.93	0.8986	77
25	Alison Hardwick	68.38	61.22	0.8953	76
26	Marc Ellis	81.08	72.06	0.8888	75
27	Jeff Marriot	60.80	53.96	0.8875	74
28	David Ledgerwood	59.23	50.76	0.8570	73
29	Rob Gillham	71.17	60.46	0.8495	72
30	Paul Ryan	53.29	42.09	0.7898	71
31	John McGrath	59.96	46.92	0.7825	70
32	Emma Joyeux	57.14	44.51	0.7790	69
33	Mike Watson	62.53	45.84	0.7331	68
34	Gemma Marshall-Moore	58.71	37.30	0.6353	67
35	Olly Marshall-Moore	60.22	34.98	0.5809	66

### Cumulative results

	Name	Jan	Feb	March	April	May	June	July	Total
1	Emily Beaumont	98	99	99	99	94	98	99	686
2	Mike Watson	92	88	93	95	98	92	68	626
3	Helen Clarke	60	98	98	92	87	87	91	613
4	Michael King	95	95	91	74	75	88	93	611
5	Viv Hardwick	96	0	96	96	96	91	98	573
6	Danny Gordon	79	90	86	77	79	80	81	572
7	Gill Colling	100	0	97	93	85	95	89	559
8	Grainne Duffy	82	93	92	78	95	97	0	537
9	Lisa Alderson	0	84	79	100	99	86	84	532
10	Dave Thompson	84	97	94	0	72	79	92	518
11	David Ledgerwood	77	75	68	68	73	72	73	506
12	Ian Hart	88	0	70	86	86	90	82	502
13	Chris Land	87	86	89	67	0	77	90	496
14	Rob Dent	89	91	0	90	82	89	0	441

15	Rob Gillham	56	73	78	84	71	0	72	434
16	April Corbett	68	0	0	91	88	96	79	422
17	Neil Gooding	0	0	83	76	81	88	87	415
18	Dave Whittle	78	89	0	0	84	73	88	412
19	Dave Jones	83	74	90	0	58	85	0	390
20	Michael Kipling	0	100	0	97	0	93	94	384
21	Phil Rutter	91	0	0	94	93	0	97	375
22	Hannah Alderson	94	0	0	98	0	83	96	371
23	Elizabeth Kennedy	67	0	72	0	64	82	85	370
24	Stuart Hardcastle	81	96	0	88	92	0	0	357
25	Julie Bell	86	0	0	89	89	75	0	339
26	Ian Bond	0	77	0	87	90	0	83	337
27	Paul Ryan	59	66	0	63	63	0	71	322
28	Darren Alderson	73	79	82	85	0	0	0	319
29	Lin Gossage	0	72	0	73	78	0	95	318
30	Marc Ellis	0	0	75	0	77	84	75	311
31	Lisa Bowerbank	0	0	0	0	100	100	100	300
32	Peter Rowley	69	0	77	80	74	0	0	300
33	Ian Scott	0	0	0	71	67	76	80	294
34	Richie Payne	61	71	80	0	0	81	0	293
35	Alison Hardwick	58	0	0	75	69	0	76	278
36	Brian Dixon	0	92	95	0	76	0	0	263
37	Sally Singleton	0	83	87	83	0	0	0	253
38	Janette Croft	0	87	81	0	68	0	0	236
39	Anthony Corbett	66	0	0	79	0	0	86	231
40	Nicola Darling	75	0	84	72	0	0	0	231
41	Jeff Marriot	0	68	71	0	0	0	74	213
42	Fred Tennant	70	0	0	82	60	0	0	212
43	Lee Morris	0	0	69	64	61	0	0	194
44	Rebecca Howard	0	94	100	0	0	0	0	194
45	Adrian Cottam	99	0	0	0	91	0	0	190
46	Andrew Vernon	97	0	88	0	0	0	0	185
47	Julie Russell	0	81	0	0	97	0	0	178
48	Malcolm Hewitson	90	76	0	0	0	0	0	166
49	Wendy Thompson	0	85	0	0	0	0	77	162
50	Sally watson	0	0	76	0	83	0	0	159
51	Ty Hankinson	76	80	0	0	0	0	0	156
52	Michelle Scruby	0	0	0	0	0	74	78	152
53	Phil Clarke	71	0	0	81	0	0	0	152
54	Ashleigh Atkinson	0	0	0	66	0	78	0	144
55	Dave Todd	72	0	0	70	0	0	0	142
56	Iain Clyde	0	69	73	0	0	0	0	142
57	Dawn Johnston	62	78	0	0	0	0	0	140
58	Ed Griffiths	65	0	75	0	0	0	0	140
59	Claire Chapman	80	0	0	0	59	0	0	139
60	Michael Joyeux	74	65	0	0	0	0	0	139
61	Gemma Marshall-Moore	0	0	66	0	0	0	67	133
62	Michelle Dale	0	67	0	0	66	0	0	133
63	Olly Marshall-Moore	0	0	64	0	0	0	66	130

64	Rachel Maddison	57	0	0	69	0	0	0	126
65	Phill Johnston OBI-WAN	53	70	0	0	0	0	0	123
66	Gary Read	51	0	0	62	0	0	0	113
67	Julie Whinn	0	0	0	0	0	99	0	99
68	Mark Johnston	0	0	0	0	0	94	0	94
69	Andy Whittam	93	0	0	0	0	0	0	93
70	Abbie Hull	0	0	85	0	0	0	0	85
71	Tom Chapman	85	0	0	0	0	0	0	85
72	Diane Lockhart	0	82	0	0	0	0	0	82
73	Rebecca Bowes	0	0	0	0	70	0	0	70
74	John McGrath	0	0	0	0	0	0	70	70
75	Emma Joyeux	0	0	0	0	0	0	69	69
76	Paul Dalton	0	0	67	0	0	0	0	67
77	Lisa Jenkins	0	0	0	0	65	0	0	65
78	Sarah Watson	0	0	65	0	0	0	0	65
79	Kelly Smith	64	0	0	0	0	0	0	64
80	Katrina Coburn	63	0	0	0	0	0	0	63
81	Andrew Dixon	0	0	0	0	57	0	0	57
82	Matt Jackson	55	0	0	0	0	0	0	55
83	Paul Roberts	54	0	0	0	0	0	0	54
84	Helen Spaven	52	0	0	0	0	0	0	52