

**Quakers 5km handicap – August 2019 results**

I've heard lots of runners say that their running tends to suffer over the summer and, with one astonishing exception, that seems to have been the case in the August round with only four people exceeding their baseline age graded score. The exception was Grainne Duffy who knocked two and a half minutes of her parkrun PB for what was easily the performance of the round! As you will recall from her recent "Member's Spotlight", it's not as if she is new to running either. Outside of the competition there were PBs for Jo Meynell at Catterick and David Matthew at Darlington, with David knocking half a minute off his PB to join the prestigious sub-19 club and making him one of the 20 fastest Quakers of all time at Darlington parkrun. Also outside of the competition Dawn Richardson scored the highest age graded of the day with her fastest parkrun time in over three years and in the process left me in a heap of ashes on lap three.

With the cancellation of the Tees Barrage on the first Saturday of the month, Emily Beaumont had to wait a week to earn her customary second place, while Phil Rutter and Andrew Dixon both edged in front of their handicap for third and fourth respectively. Fifth place went to me, somewhat embarrassingly, as I said I probably wouldn't get in the 90s again, (alright I promise I won't do it another seven times this year). Likely medal contenders for this year, Mike Watson, Viv Hardwick and Helen Clarke had to settle for sixth, eighth and ninth respectively. They were spilt by Dave Jones who was close to his best ever age graded despite setting a new Quaker club record in the mile the night before, while Neil Gooding had his best performance of the year for tenth.

In the overall completion, no-one was giving any ground; the six people who had done all seven rounds to July all made it eight in August and the first eight places stay the same. Ian Hart has gradually been clawing his way up the field and moves into the top ten for the first time in ninth, while Chris Land makes it back into the top ten for the first time since April. Further down the field, his third place catapults Phil Rutter nine places up to twelfth and with only six rounds under his belt he is looking dangerous but can only afford to drop one round. September should see the temperatures get a little cooler and the competition a little hotter.

**August 2019**

	<b>Name</b>	<b>Baseline</b>	<b>August</b>	<b>Ratio</b>	<b>Points</b>
1	Grainne Duffy	58.28	64.71	1.1103	100
2	Emily Beaumont	56.25	58.30	1.0364	99
3	Phil Rutter	66.89	68.30	1.0211	98
4	Andrew Dixon	61.18	61.86	1.0111	97
5	Ian Bond	79.09	79.04	0.9994	96
6	Mike Watson	62.53	62.48	0.9992	95
7	Dave Jones	77.81	77.65	0.9979	94
8	Viv Hardwick	69.28	69.12	0.9977	93
9	Helen Clarke	56.96	56.68	0.9951	92
10	Neil Gooding	71.40	70.39	0.9859	91

11	Ian Hart	72.92	71.88	0.9857	90
12	Dave Whittle	73.44	72.33	0.9849	89
13	Gill Colling	66.34	65.19	0.9827	88
14	Lisa Reeve	54.43	53.24	0.9781	87
15	Chris Land	54.60	52.87	0.9683	86
16	April Corbett	66.80	64.55	0.9663	85
17	Michael King	55.00	53.01	0.9638	84
18	Danny Gordon	75.84	72.69	0.9585	83
19	Julie Bell	69.03	65.93	0.9551	82
20	Elizabeth Kennedy	65.62	62.56	0.9534	81
21	Richie Payne	65.62	62.04	0.9454	80
22	Ian Scott	66.24	61.23	0.9244	79
23	Jeff Marriot	60.80	55.48	0.9125	78
24	Peter Rowley	71.94	64.57	0.8976	77
25	Alison Hardwick	68.38	61.15	0.8943	76
26	Rachel Maddison	50.45	42.23	0.8371	75
27	Gary Read	71.01	58.69	0.8265	74
28	David Ledgerwood	59.23	48.36	0.8165	73
29	Lee Morris	52.33	41.53	0.7936	72

	<b>Name</b>	<b>Jan</b>	<b>Feb</b>	<b>March</b>	<b>April</b>	<b>May</b>	<b>June</b>	<b>July</b>	<b>Aug</b>	<b>Total</b>
1	Emily Beaumont	98	99	99	99	94	98	99	99	785
2	Mike Watson	92	88	93	95	98	92	68	95	721
3	Helen Clarke	60	98	98	92	87	87	91	92	705
4	Michael King	95	95	91	74	75	88	93	84	695
5	Viv Hardwick	96	0	96	96	96	91	98	93	666
6	Danny Gordon	79	90	86	77	79	80	81	83	655
7	Gill Colling	100	0	97	93	85	95	89	88	647
8	Grainne Duffy	82	93	92	78	95	97	0	100	637
9	Ian Hart	88	0	70	86	86	90	82	90	592
10	Chris Land	87	86	89	67	0	77	90	86	582
11	David Ledgerwood	77	75	68	68	73	72	73	73	579
12	Phil Rutter	91	0	0	94	93	92	97	98	565
13	Dave Jones	83	74	90	0	58	85	68	94	552
14	Lisa Alderson	0	84	79	100	99	86	84	0	532
15	Dave Thompson	84	97	94	0	72	79	92	0	518
16	April Corbett	68	0	0	91	88	96	79	85	507
17	Neil Gooding	0	0	83	76	81	88	87	91	506
18	Dave Whittle	78	89	0	0	84	73	88	89	501
19	Elizabeth Kennedy	67	0	72	0	64	82	85	81	451
20	Rob Dent	89	91	0	90	82	89	0	0	441
21	Rob Gillham	56	73	78	84	71	0	72	0	434
22	Ian Bond	0	77	0	87	90	0	83	96	433
23	Julie Bell	86	0	0	89	89	75	0	82	421
24	Michael Kipling	0	100	0	97	0	93	94	0	384
25	Peter Rowley	69	0	77	80	74	0	0	77	377

26	Ian Scott	0	0	0	71	67	76	80	79	373
27	Richie Payne	61	71	80	0	0	81	0	80	373
28	Hannah Alderson	94	0	0	98	0	83	96	0	371
29	Stuart Hardcastle	81	96	0	88	92	0	0	0	357
30	Alison Hardwick	58	0	0	75	69	0	76	76	354
31	Paul Ryan	59	66	0	63	63	0	71	0	322
32	Darren Alderson	73	79	82	85	0	0	0	0	319
33	Lin Gossage	0	72	0	73	78	0	95	0	318
34	Marc Ellis	0	0	75	0	77	84	75	0	311
35	Lisa Bowerbank	0	0	0	0	100	100	100	0	300
36	Jeff Marriot	0	68	71	0	0	0	74	78	291
37	Lee Morris	0	0	69	64	61	0	0	72	266
38	Brian Dixon	0	92	95	0	76	0	0	0	263
39	Sally Singleton	0	83	87	83	0	0	0	0	253
40	Janette Croft	0	87	81	0	68	0	0	0	236
41	Anthony Corbett	66	0	0	79	0	0	86	0	231
42	Nicola Darling	75	0	84	72	0	0	0	0	231
43	Fred Tennant	70	0	0	82	60	0	0	0	212
44	Rachel Maddison	57	0	0	69	0	0	0	75	201
45	Rebecca Howard	0	94	100	0	0	0	0	0	194
46	Adrian Cottam	99	0	0	0	91	0	0	0	190
47	Gary Read	51	0	0	62	0	0	0	74	187
48	Andrew Vernon	97	0	88	0	0	0	0	0	185
49	Julie Russell	0	81	0	0	97	0	0	0	178
50	Malcolm Hewitson	90	76	0	0	0	0	0	0	166
51	Wendy Thompson	0	85	0	0	0	0	77	0	162
52	Sally watson	0	0	76	0	83	0	0	0	159
53	Ty Hankinson	76	80	0	0	0	0	0	0	156
54	Andrew Dixon	0	0	0	0	57	0	0	97	154
55	Michelle Scruby	0	0	0	0	0	74	78	0	152
56	Phil Clarke	71	0	0	81	0	0	0	0	152
57	Ashleigh Atkinson	0	0	0	66	0	78	0	0	144
58	Dave Todd	72	0	0	70	0	0	0	0	142
59	Iain Clyde	0	69	73	0	0	0	0	0	142
60	Dawn Johnston	62	78	0	0	0	0	0	0	140
61	Ed Griffiths	65	0	75	0	0	0	0	0	140
62	Claire Chapman	80	0	0	0	59	0	0	0	139
63	Michael Joyeux	74	65	0	0	0	0	0	0	139
64	Gemma Marshall-Moore	0	0	66	0	0	0	67	0	133
65	Michelle Dale	0	67	0	0	66	0	0	0	133
66	Olly Marshall-Moore	0	0	64	0	0	0	66	0	130
67	Phill Johnston OBI-WAN	53	70	0	0	0	0	0	0	123
68	Julie Whinn	0	0	0	0	0	99	0	0	99
69	Mark Johnston	0	0	0	0	0	94	0	0	94
70	Andy Whittam	93	0	0	0	0	0	0	0	93
71	Lisa Reeve	0	0	0	0	0	0	0	87	87
72	Abbie Hull	0	0	85	0	0	0	0	0	85
73	Tom Chapman	85	0	0	0	0	0	0	0	85
74	Diane Lockhart	0	82	0	0	0	0	0	0	82

75	John McGrath	0	0	0	0	0	0	70	0	70
76	Rebecca Bowes	0	0	0	0	70	0	0	0	70
77	Emma Joyeux	0	0	0	0	0	0	69	0	69
78	Paul Dalton	0	0	67	0	0	0	0	0	67
79	Lisa Jenkins	0	0	0	0	65	0	0	0	65
80	Sarah Watson	0	0	65	0	0	0	0	0	65
81	Kelly Smith	64	0	0	0	0	0	0	0	64
82	Katrina Coburn	63	0	0	0	0	0	0	0	63
83	Matt Jackson	55	0	0	0	0	0	0	0	55
84	Paul Roberts	54	0	0	0	0	0	0	0	54
85	Helen Spaven	52	0	0	0	0	0	0	0	52