

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

The September round of the 5km handicap saw a new face take the 100 points. Having earlier in the week run a sub 6 minute Quaker mile coming off the back of a Lyke Wake crossing, Tom Chapman continued his impressive form by knocking over a minute off his parkrun PB. He didn't so much join the sub 20 minute club as stride in and put his feet on the table. (I would be even more effusive in my praise for him were it not for the fact that his parkrun PB is now faster than mine). While Tom takes performance of the week, in second place Helen Clarke knocked 50 seconds off her PB. There was also a PB for Clare McGrath in fourth and outside the competition, PBs for David Matthew at Darlington and Carl Foxton at Catterick. The highest age grading of the round was Dawn Richardson who scored an exact 80.00. Dawn seems to knock out 80% age grades for fun, so to put it into context its worth pointing out that only 10 Quakers have ever achieved 80% at Darlington parkrun.

Emily Beaumont had planned to miss this round as she had just ran across Scotland but she followed that up with a fast 10k at Middlesbrough, which encouraged her to give it a go. As it turned out she was three seconds off her PB, so maybe Scotland was still in her legs. Nevertheless it was good enough for third on the day. In what was a very competitive round, Phil Rutter, Mike Watson, Gill Colling, Neil Gooding, Julie Bell and Viv Hardwick all beat their age graded baseline scores to place in that order from fifth through to tenth.

September is another of those interesting months in the course of the annual competition, as it is the point when some people may have completed their nine rounds. This has the benefit that they have them in the bag but on the other hand their scores are there to be shot at. As it's the best nine rounds to count then they can still improve their scores by substituting a good score for a poor one but it's essentially a tweak; they are not going to gain an extra 100 points. This year six people have already ran nine rounds compared to last year when only seven people completed nine rounds throughout the whole year.

Emily's decision to run paid off as she cannot now be caught, so assuming that Sebastian Coe doesn't have her disqualified on the basis that she is in reality a Marvel superhero then she is this year's winner. However the race for silver and bronze is still wide open. Mike Watson and Helen Clarke are the only other people to currently be scoring over 800 points and both have one poor score that they can improve on. Of the other three people who have done all nine rounds, Michael King, currently sitting in fourth, could still catch them though for Danny Gordon and David Ledgerwood, currently in sixth and eighth

respectively there aren't quite enough points to swap. There are at least another five people who have only done seven or eight rounds so far who can contest second and third. For some it's a mathematical chance, for others it's a strong chance but either way they need more good rounds. October should be more interesting still.

### September 2019

<b>Name</b>	<b>Baseline</b>	<b>August</b>	<b>Ratio</b>	<b>Points</b>
Tom Chapman	68.07	73.03	1.0729	100
Helen Clarke	56.96	59.18	1.0390	99
Emily Beaumont	56.25	58.33	1.0370	98
Clare McGrath	52.15	53.00	1.0163	97
Phil Rutter	66.89	67.94	1.0157	96
Mike Watson	62.53	63.12	1.0094	95
Gill Colling	66.34	66.73	1.0059	94
Neil Gooding	71.40	71.74	1.0048	93
Julie Bell	69.03	69.35	1.0046	92
Viv Hardwick	69.28	69.40	1.0017	91
Dave Whittle	73.44	72.49	0.9871	90
Claire Chapman	65.44	64.20	0.9811	89
Rob Dent	71.29	69.07	0.9689	88
Elizabeth Kennedy	65.62	62.99	0.9599	87
Danny Gordon	75.84	72.70	0.9586	86
Hannah Alderson	56.68	53.09	0.9367	85
Dave Jones	77.81	72.70	0.9343	84
Ed Griffiths	68.31	63.48	0.9293	83
David Ledgerwood	59.23	54.81	0.9254	82
Alison Hardwick	68.38	63.22	0.9245	81
Michael King	55.00	48.97	0.8904	80
Gav Armstrong	58.30	50.63	0.8684	79

Chris Land	54.60	46.73	0.8559	78
John McGrath	59.96	47.32	0.7892	77
Lisa Alderson	55.92	43.54	0.7786	76
Lee Morris	52.33	40.68	0.7774	75
Gemma Marshall-Moore	58.71	41.59	0.7084	74
Olly Marshall-Moore	60.22	39.09	0.6491	73

	<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>Sept</b>	<b>Total</b>
1	Emily Beaumont	98	99	99	99	94	98	99	99	98	883
2	Mike Watson	92	88	93	95	98	92	68	95	95	816
3	Helen Clarke	60	98	98	92	87	87	91	92	99	804
4	Michael King	95	95	91	74	75	88	93	84	80	775
5	Viv Hardwick	96	0	96	96	96	91	98	93	91	757
6	Danny Gordon	79	90	86	77	79	80	81	83	86	741
7	Gill Colling	100	0	97	93	85	95	89	88	94	741
8	David Ledgerwood	77	75	68	68	73	72	73	73	82	661
9	Phil Rutter	91	0	0	94	93	92	97	98	96	661
10	Chris Land	87	86	89	67	0	77	90	86	78	660
11	Grainne Duffy	82	93	92	78	95	97	0	100	0	637
12	Dave Jones	83	74	90	0	58	85	68	94	84	636
13	Lisa Alderson	0	84	79	100	99	86	84	0	76	608
14	Neil Gooding	0	0	83	76	81	88	87	91	93	599
15	Ian Hart	88	0	70	86	86	90	82	90	0	592
16	Dave Whittle	78	89	0	0	84	73	88	89	90	591
17	Elizabeth Kennedy	67	0	72	0	64	82	85	81	87	538
18	Rob Dent	89	91	0	90	82	89	0	0	88	529
19	Dave Thompson	84	97	94	0	72	79	92	0	0	518
20	Julie Bell	86	0	0	89	89	75	0	82	92	513
21	April Corbett	68	0	0	91	88	96	79	85	0	507
22	Hannah Alderson	94	0	0	98	0	83	96	0	85	456

23	Alison Hardwick	58	0	0	75	69	0	76	76	81	435
24	Rob Gillham	56	73	78	84	71	0	72	0	0	434
25	Ian Bond	0	77	0	87	90	0	83	96	0	433
26	Michael Kipling	0	100	0	97	0	93	94	0	0	384
27	Peter Rowley	69	0	77	80	74	0	0	77	0	377
28	Ian Scott	0	0	0	71	67	76	80	79	0	373
29	Richie Payne	61	71	80	0	0	81	0	80	0	373
30	Stuart Hardcastle	81	96	0	88	92	0	0	0	0	357
31	Lee Morris	0	0	69	64	61	0	0	72	75	341
32	Paul Ryan	59	66	0	63	63	0	71	0	0	322
33	Darren Alderson	73	79	82	85	0	0	0	0	0	319
34	Lin Gossage	0	72	0	73	78	0	95	0	0	318
35	Marc Ellis	0	0	75	0	77	84	75	0	0	311
36	Lisa Bowerbank	0	0	0	0	100	100	100	0	0	300
37	Jeff Marriot	0	68	71	0	0	0	74	78	0	291
38	Brian Dixon	0	92	95	0	76	0	0	0	0	263
39	Sally Singleton	0	83	87	83	0	0	0	0	0	253
40	Janette Croft	0	87	81	0	68	0	0	0	0	236
41	Anthony Corbett	66	0	0	79	0	0	86	0	0	231
42	Nicola Darling	75	0	84	72	0	0	0	0	0	231
43	Claire Chapman	80	0	0	0	59	0	0	0	89	228
44	Ed Griffiths	65	0	75	0	0	0	0	0	83	223
45	Fred Tennant	70	0	0	82	60	0	0	0	0	212
46	Gemma Marshall-Moore	0	0	66	0	0	0	67	0	74	207
47	Olly Marshall-Moore	0	0	64	0	0	0	66	0	73	203
48	Rachel Maddison	57	0	0	69	0	0	0	75	0	201
49	Rebecca Howard	0	94	100	0	0	0	0	0	0	194
50	Adrian Cottam	99	0	0	0	91	0	0	0	0	190
51	Gary Read	51	0	0	62	0	0	0	74	0	187
52	Andrew Vernon	97	0	88	0	0	0	0	0	0	185

53	Tom Chapman	85	0	0	0	0	0	0	0	100	185
54	Julie Russell	0	81	0	0	97	0	0	0	0	178
55	Malcolm Hewitson	90	76	0	0	0	0	0	0	0	166
56	Wendy Thompson	0	85	0	0	0	0	77	0	0	162
57	Sally watson	0	0	76	0	83	0	0	0	0	159
58	Ty Hankinson	76	80	0	0	0	0	0	0	0	156
59	Andrew Dixon	0	0	0	0	57	0	0	97	0	154
60	Michelle Scruby	0	0	0	0	0	74	78	0	0	152
61	Phil Clarke	71	0	0	81	0	0	0	0	0	152
62	John McGrath	0	0	0	0	0	0	70	0	77	147
63	Ashleigh Atkinson	0	0	0	66	0	78	0	0	0	144
64	Dave Todd	72	0	0	70	0	0	0	0	0	142
65	Iain Clyde	0	69	73	0	0	0	0	0	0	142
66	Dawn Johnston	62	78	0	0	0	0	0	0	0	140
67	Michael Joyeux	74	65	0	0	0	0	0	0	0	139
68	Michelle Dale	0	67	0	0	66	0	0	0	0	133
69	Phill Johnston OBI-WAN	53	70	0	0	0	0	0	0	0	123
70	Julie Whinn	0	0	0	0	0	99	0	0	0	99
71	Clare McGrath	0	0	0	0	0	0	0	97	0	97
72	Mark Johnston	0	0	0	0	0	94	0	0	0	94
73	Andy Whittam	93	0	0	0	0	0	0	0	0	93
74	Lisa Reeve	0	0	0	0	0	0	0	87	0	87
75	Abbie Hull	0	0	85	0	0	0	0	0	0	85
76	Diane Lockhart	0	82	0	0	0	0	0	0	0	82
77	Gave Armstrong	0	0	0	0	0	0	0	79	0	79
78	Rebecca Bowes	0	0	0	0	70	0	0	0	0	70
79	Emma Joyeux	0	0	0	0	0	0	69	0	0	69
80	Paul Dalton	0	0	67	0	0	0	0	0	0	67
81	Lisa Jenkins	0	0	0	0	65	0	0	0	0	65
82	Sarah Watson	0	0	65	0	0	0	0	0	0	65

