

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	65.62	58.03	0.8843	84
8	Gill Colling	66.34	64.76	0.9762	93	18	Wendy 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	Ian Hart	72.92	62.23	0.8534	81
						21	David Ledgerwood	59.23	43.57	0.7356	80

Final placings

	Name	Jan	Feb	Marc 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	Ian 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

