

5km Handicap – January 2020 results

New Year is never the best time to run your quickest and the fifth year of the 5km handicap got off to a fairly slow start. Hayley Wooding was the only person in the competition to set a PB, though Ian Hart was only five seconds off his. Those not taking part in the competition were also down a bit with the only other PBs on the day being for Peter Cowan at Darlington and David Stewart at Tees Barrage. Hayley and Ian were also the only people to improve on their baseline age grade and I'm giving Ian performance of the month as he has been doing parkrun a lot longer than Hayley. Highest age graded on the day was Dawn Richardson with an astonishing 82.65, which is just below her best ever from 2016; among Quakers only Brian Martin and Michael Joyeux have ever scored higher.

A little further down the order there were several of the main contenders from last year, in spite of the fact that most of them will have increased their baseline age graded over the course of last year; Lisa Bowerbank improved hugely last year but still managed a third place in this round. A little further down still it was great to see some of the regulars who you just know will do the full nine rounds; their time will come.

	Name	Baseline	Jan	Ratio	Points
1	Hayley Wooding	53.13	54.20	1.0201	100
2	Ian Hart	72.92	73.31	1.0053	99
3	Lisa Bowerbank	59.82	59.17	0.9891	98
4	Claire Chapman	65.44	64.41	0.9843	97
5	Hannah Alderson	58.73	57.72	0.9828	96
6	Helen Clarke	59.18	58.09	0.9816	95
7	Mike Watson	64.09	62.76	0.9792	94
8	Julie Bell	69.35	67.50	0.9733	93
9	Rachel Maddison	50.45	49.02	0.9717	92
10	Stuart Masterman	63.96	62.05	0.9701	91
11	Dave McLachlan	73.20	70.69	0.9657	90
12	Dave Jones	77.86	74.98	0.9630	89
13	Danny Gordon	75.84	72.33	0.9537	88
14	Peter Rowley	71.94	68.05	0.9459	87
15	Adrian Cottam	67.67	63.16	0.9334	86
16	Abbie Hull	61.48	56.40	0.9174	85
17	Neil Gooding	72.07	66.00	0.9158	84
18	Stuart Hardcastle	76.35	69.77	0.9138	83
19	Joanne Dewar	69.32	62.46	0.9010	82
20	David Ledgerwood	59.10	53.17	0.8997	81
21	Chris Land	54.60	49.06	0.8985	80
22	Paul Roberts	70.35	62.26	0.8850	79
23	Phil Clarke	80.72	71.43	0.8849	78
24	Helen Spaven	57.75	50.36	0.8720	77
25	Julie Russell	71.31	62.03	0.8699	76
26	Richie Payne	65.62	56.39	0.8593	75
27	Ian Bond	79.30	67.99	0.8574	74

28	Michael King	55.00	46.18	0.8396	73
29	Rob Gillham	71.17	59.58	0.8372	72
30	Janette Croft	58.33	48.82	0.8370	71
31	Ed Griffiths	68.31	56.89	0.8328	70
32	Daniel Orton	65.93	54.82	0.8315	69
33	Andy Walker	36.64	29.45	0.8038	68
34	Lin Gossage	60.78	48.85	0.8037	67
35	Lee Morris	52.33	40.46	0.7732	66
36	Lena Rusa	56.58	42.72	0.7550	65
37	Gary Read	71.01	52.47	0.7389	64
38	Paul Ryan	53.29	39.37	0.7388	63