

5km Handicap – February results

In a round that was dominated by the wind, it turned out that everyone was well down on their best performance. When I noticed that Hayley Wooding, who won the first round, was down by over a full percentage point on her baseline I assumed that we would have a new winner this month but the “sort all” button on the spreadsheet revealed that everyone else was down even more. On the day the only Quaker who improved was Peter Cowan, who somehow managed to knock half a minute off his PB, albeit he wasn’t taking part in the competition. Highest age grade on the day was Dave Jones with 74.71 and with no-one in the competition having any notable time, performance of the month goes to Lee Morris for demonstrating perfect technique (full, rear leg extension; high knee lift; ankle flexion and “ice-cream” arms). I noticed that the Squirrel carving seems to have disappeared from Squirrel Hill; I propose that we replace it with a carving of Lee for people to emulate as they run up.

With two consecutive wins, Hayley Wooding remains in the lead with Ian Hart nipping at her heels and Mike Watson displaying the sort of early form that made him a contender for much of last year. The remainder of the top ten contains some very familiar names in the handicap competition but behind them several people have one good round to their name. But it’s only February and what do I say every year; there are 10 rounds to go and you only need nine good rounds to win.

Name	Baseline	Feb	Ratio	Points
Hayley Wooding	54.20	53.07	0.9792	100
Mike Watson	64.09	62.27	0.9716	99
Ian Hart	73.31	71.00	0.9685	98
Sally Watson	46.45	44.68	0.9619	97
Dave Jones	77.86	74.71	0.9595	96
Lin Gossage	60.78	58.22	0.9579	95
Julie Bell	69.35	66.34	0.9566	94
Jeff Marriot	60.80	58.11	0.9558	93
Stuart Masterman	63.96	60.22	0.9415	92
Elizabeth Kennedy	65.62	61.78	0.9415	91
Neil Gooding	72.07	67.62	0.9383	90
Ian Bond	79.30	74.34	0.9375	89
Alison Hardwick	68.38	64.00	0.9359	88
Lisa Bowerbank	59.82	55.87	0.9340	87
David Ledgerwood	59.10	54.44	0.9212	86
Michael King	55.00	50.25	0.9136	85
Darren Alderson	62.08	56.64	0.9124	84
Emily Beaumont	60.36	55.03	0.9117	83
Helen Clarke	59.18	53.58	0.9054	82
Rebecca Bowes	66.05	59.60	0.9023	81
Phil Clarke	80.72	71.97	0.8916	80
Viv Hardwick	71.60	63.74	0.8902	79
Lee Morris	52.33	46.56	0.8897	78

Paul Roberts	70.35	61.06	0.8679	77
Andy Walker	36.64	30.65	0.8365	76
John McGrath	59.96	49.91	0.8324	75
Katrina Coburn	45.05	36.73	0.8153	74
Rob Gillham	71.17	56.30	0.7911	73
Daniel Orton	65.93	51.76	0.7851	72
Paul Ryan	53.29	41.48	0.7784	71
Stuart Burkin	61.84	46.96	0.7594	70

	Name	Jan	Feb	Total
1	Hayley Wooding	100	100	200
2	Ian Hart	99	98	197
3	Mike Watson	94	99	193
4	Julie Bell	93	94	187
5	Dave Jones	89	96	185
6	Lisa Bowerbank	98	87	185
7	Stuart Masterman	91	92	183
8	Helen Clarke	95	82	177
9	Neil Gooding	84	90	174
10	David Ledgerwood	81	86	167
11	Ian Bond	74	89	163
12	Lin Gossage	67	95	162
13	Michael King	73	85	158
14	Phil Clarke	78	80	158
15	Paul Roberts	79	77	156
16	Rob Gillham	72	73	145
17	Lee Morris	66	78	144
18	Andy Walker	68	75	143
19	Paul Ryan	63	71	134
20	Claire Chapman	97	0	97
21	Sally Watson	0	97	97
22	Hannah Alderson	96	0	96
23	Jeff Marriot	0	93	93
24	Rachel Maddison	92	0	92
25	Elizabeth Kennedy	0	91	91
26	Dave McLachlan	90	0	90
27	Danny Gordon	88	0	88
28	Alison Hardwick	0	88	88
29	Peter Rowley	87	0	87
30	Adrian Cottam	86	0	86
31	Abbie Hull	85	0	85
32	Darren Alderson	0	84	84
33	Stuart Hardcastle	83	0	83
34	Emily Beaumont	0	83	83
35	Joanne Dewar	82	0	82

36	Rebecca Bowes	0	81	81
37	Chris Land	80	0	80
38	Viv Hardwick	0	79	79
39	Helen Spaven	77	0	77
40	Julie Russell	76	0	76
41	Richie Payne	75	0	75
42	John McGrath	0	75	75
43	Katrina Coburn	0	74	74
44	Janette Croft	71	0	71
45	Ed Griffiths	70	0	70
46	Stuart Burkin	0	70	70
47	Daniel Orton	69	0	69
48	Lena Rusa	65	0	65
49	Gary Read	64	0	64