

## 5km handicap – March 2020

So with the March round of the 2020 5km handicap done and dusted, 15 people have done all three rounds so far this year. Some were taking this round easy but someone who certainly wasn't was Ian Hart. A new PB by some 42 seconds saw him join the Sub-22 minute club and post the highest age graded score by a Quaker for that week, any one of which would have got him performance of the round. Behind him Stuart Masterman was a little down on his PB, which to be fair was six years ago but managed a big improvement on his age graded baseline. Mike Watson also posted a PB in taking third place, with Dave Whittle and Lisa Bowerbank beating their age graded baselines for fourth and fifth. It was also good to see Andrew Vernon back almost to his best and as usual being the fastest runner in his Body Mass Index class 😊. Outside of the competition there were PBs for Jonathan Eccles at Darlington and Michelle Dale at Sedgefield.

In the overall competition it is a battle between the Treasurer and the Secretary, with Ian Hart finding a bit of daylight in front of Mike Watson. Behind them Stuart Masterman and Julie Bell are having a bit of a ding-dong for third and fourth (pun completely unintended- I would never intentionally do a pun that bad 😊). Lisa Bowerbank seems to reserve her best running for the parkruns that aren't on the first Saturday of the month but is still looking good in equal fourth and Neil Gooding is back in Sub-20 minute form and starting to pick up good points for sixth.

Ten people joined in this year's competition for the first time in this round. Of those Dave Whittle scored highest and is maybe looking to improve on last year's tenth place but he wasn't the only one scoring in the 90s and with nine rounds still to go there's time for other people to join in and claim a prize.

	<b>Name</b>	<b>Baseline</b>	<b>March</b>	<b>Ratio</b>	<b>Points</b>
1	Ian Hart	73.31	76.62	1.0452	100
2	Stuart Masterman	63.96	64.70	1.0116	99
3	Mike Watson	64.09	64.75	1.0103	98
4	Dave Whittle	73.44	74.17	1.0099	97
5	Lisa Bowerbank	59.82	60.17	1.0059	96
6	Andrew Vernon	69.87	69.43	0.9937	95
7	Julie Bell	69.35	68.17	0.9830	94
8	Neil Gooding	72.07	70.01	0.9714	93
9	Chris Land	54.60	52.87	0.9683	92
10	Andrew Dixon	62.95	60.80	0.9658	91
11	Lin Gossage	60.78	58.03	0.9548	90
12	David Ledgerwood	59.10	55.98	0.9472	89
13	Peter Rowley	71.94	67.68	0.9408	88
14	Elizabeth Kennedy	65.62	61.17	0.9322	87
15	Rebecca Bowes	66.05	61.29	0.9279	86
16	Darren Alderson	62.08	56.74	0.9140	85
17	Michelle Scruby	55.71	50.67	0.9095	84
18	April Corbett	68.00	61.73	0.9078	83
19	Richie Payne	65.62	59.42	0.9055	82

20	Lee Morris	52.33	47.00	0.8981	81
21	Michael King	55.00	49.14	0.8935	80
22	Alison Hardwick	68.38	60.95	0.8913	79
23	Rob Gillham	71.17	62.34	0.8759	78
24	Andy Walker	36.64	30.78	0.8401	77
25	Fred Tennant	71.03	59.42	0.8365	76
26	Gary Read	71.01	56.15	0.7907	75
27	Julie Whinn	74.14	58.58	0.7901	74
28	Emma Joyeux	55.29	42.63	0.7710	73
29	Paul Ryan	53.29	40.60	0.7619	72
30	Sarah Watson	61.80	46.97	0.7600	71
31	Lisa Johnstone	58.52	42.08	0.7191	70
32	Viv Hardwick	71.60	51.38	0.7176	69
33	Dave Jones	77.86	55.11	0.7078	68
34	Helen Clarke	59.18	36.92	0.6239	67
35	Hannah Alderson	58.73	36.10	0.6147	66

	<b>Name</b>	<b>Jan</b>	<b>Feb</b>	<b>March</b>	<b>Total</b>
1	Ian Hart	99	98	100	297
2	Mike Watson	94	99	98	291
3	Stuart Masterman	91	92	99	282
=4	Julie Bell	93	94	94	281
=4	Lisa Bowerbank	98	87	96	281
6	Neil Gooding	84	90	93	267
7	David Ledgerwood	81	86	89	256
8	Dave Jones	89	96	68	253
9	Lin Gossage	67	95	90	252
10	Helen Clarke	95	82	67	244
11	Michael King	73	85	80	238
12	Lee Morris	66	78	81	225
13	Rob Gillham	72	73	78	223
14	Andy Walker	68	75	77	220
15	Paul Ryan	63	71	72	206
16	Hayley Wooding	100	100	0	200
17	Elizabeth Kennedy	0	91	87	178
18	Peter Rowley	87	0	88	175
19	Chris Land	80	0	92	172
20	Darren Alderson	0	84	85	169
21	Alison Hardwick	0	88	79	167
22	Rebecca Bowes	0	81	86	167
23	Ian Bond	74	89	0	163
24	Hannah Alderson	96	0	66	162
25	Phil Clarke	78	80	0	158
26	Richie Payne	75	0	82	157

27	Paul Roberts	79	77	0	156
28	Viv Hardwick	0	79	69	148
29	Gary Read	64	0	75	139
30	Claire Chapman	97	0	0	97
31	Sally Watson	0	97	0	97
32	Dave Whittle	0	0	97	97
33	Andrew Vernon	0	0	95	95
34	Jeff Marriot	0	93	0	93
35	Rachel Maddison	92	0	0	92
36	Andrew Dixon	0	0	91	91
37	Dave McLachlan	90	0	0	90
38	Danny Gordon	88	0	0	88
39	Adrian Cottam	86	0	0	86
40	Abbie Hull	85	0	0	85
41	April Corbett	0	0	85	85
42	Michelle Scruby	0	0	84	84
43	Emily Beaumont	0	83	0	83
44	Stuart Hardcastle	83	0	0	83
45	Joanne Dewar	82	0	0	82
46	Helen Spaven	77	0	0	77
47	Julie Russell	76	0	0	76
48	Fred Tennant	0	0	76	76
49	John McGrath	0	75	0	75
50	Katrina Coburn	0	74	0	74
51	Julie Whinn	0	0	74	74
52	Emma Joyeux	0	0	73	73
53	Janette Croft	71	0	0	71
54	Sarah Watson	0	0	71	71
55	Ed Griffiths	70	0	0	70
56	Stuart Burkin	0	70	0	70
57	Lisa Johnstone	0	0	70	70
58	Daniel Orton	69	0	0	69
59	Lena Rusa	65	0	0	65