

## SHOW THE BEST 2018/19

### SECOND QUARTER'S LEAGUE TABLE

The league table for the second quarter of the 2018/19 Show the Best competition is attached. The best performances are shown for all members who have completed at least one race at a qualifying distance but, to be ranked, three qualifying distances need to have been completed. The best three performances for each qualifying member have been highlighted in green and these are the percentages which give the average in the end column.

The best individual performance in the second quarter was Paul Sawford's 81.65% for the Bath Half Marathon (actual time 1:20:55). The best individual performance by a female member was Meryl Elstone's 75.21% for the Penrose parkrun (actual time 22:19).

The leader of the competition this quarter is Paul Sawford with an average percentage of 79.15%. Barrie Cardew is in second place with an average percentage of 78.11% and Glynn Davis is in third place with an average percentage of 74.10%. The top female member is Meryl Elstone who is in fifth place overall with an average percentage of 73.63% with Margaret Wade the second placed female with an average percentage of 72.67%.

There are forty members who have qualified in the second quarter compared with forty seven who qualified in the second quarter of last year. There are another sixteen members who have completed two qualifying distances and eighteen who have completed one qualifying distance so they will need to complete two and three more qualifying distances respectively to be ranked at the end of July. All other members who have not raced at a qualifying distance since 1 November 2018 will need to have completed four races at qualifying distances to be ranked at the end of July.

The actual times which give the percentages in the league table are shown in the summary attached to the table. If a member has any queries on the times shown please refer them to me.

I can confirm that I monitor all the road and multi terrain grand prix results, Cornish parkruns and any other major races within Cornwall (using the Tamar Trotters results page) but, if any member does a race over one of the qualifying distances out of county or a minor race in Cornwall, it would be helpful if you let me know your result in order that I can include it in the tables.

Barry Drew