



Club Competitions 2009/10

Monthly Update – May



Introduction

Welcome to the first monthly update on the 2009/10 Club Competitions. Monthly or bi-monthly updates will hopefully be added to the club website in the first week of the following calendar month. However, the update is reliant on the publication of official results, so could be slightly delayed if they are not promptly available. Each update will provide a commentary on the results and the scoring for the nominated club races.

All calculations and commentary are drawn from information contained on the club website. So please ensure that Martin has all the correct details including whether you achieved a course or personal best. The rules and explanations for all three competitions along with a full archive of last year's competitions are also shown on the website.

The 2008/9 Club Competitions Winners	
Male Club Championship Winner	Keith Dunning
Runner-up Male Club Championship	Martin Lloyd
Female Club Championship Winner	Nicola Dicks
Runner-up Female Club Championship	Kate Knight
Male Handicap Competition Winner James Ivers Memorial Handicap Cup	Martin Lloyd
Female Handicap Competition Winner Keira Ivers Memorial Handicap Cup	Kate Knight
Male Age-Graded Competition Winner Colin Wilkie Memorial Shield	Martin Lloyd
Female Age-Graded Competition Winner Colin Wilkie Memorial Shield	Nicola Dicks

The same 30 nominated races appear in the 2009/2010 Club Competitions as they did in last year's competitions, which should ensure a consistency of outcomes.

There are six nominated races in May and details of the scoring in each event are detailed below. It will be interesting to see how well last year's winners fare and if the influx of new members significantly changes the overall results.

May's Races

The first race this year was Sutton Runners 10km in Beddington Park, which saw ten members compete, up one from last year. Unfortunately, the race clashed with a couple Marathons, which attracted most of the club's usual marathon suspects.

Three bonus points are awarded for all the Surrey Road League races, which includes the Sutton Runners 10km. Therefore, good points were available in both the Handicap and Age-Graded Competitions.

(1) Sutton Runners 10km Road Race - Sunday, 3rd May 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Keith Dunning	38.42	42	40	- 0.06	9	74.68	13
Martin Lloyd	41.53	96	39	0.00	8	71.15	12
Bill Walsh	42.36	110	38	42.36	4	68.36	11
Nicola Stevenson	44.34	140	37	- 4.01	12	67.13	9
Nigel Pointer	46.17	173	36	1.05	5	65.43	8
Andrew Griffin	48.33	211	35	0.30	7	61.38	6
Ruth Cottam	52.18	277	34	- 0.11	10	61.70	7
Alison Fox	54.40	315	33	- 1.29	11	59.03	5
Rob Wilson	57.01	334	32	2.06	6	68.22	10
Kate Knight	70.57	379	31	- 7.42	13	47.53	4
387 finished							

A good day for the ladies with Nicola, Alison and Kate all achieving personal bests, with Ruth getting a course best as well. For the second year running, Nicola was the first Collingwood lady home.

Keith was comfortably the fastest member with a quick 38.42, evidently trying to achieve the maximum 400 points this year in the Club Championship, after winning last year with 399 points. He also achieved a high 74.68% in the Age-Graded Competition. An explanation of Age-Grading is included below.

Rob had the highest Age-Graded percentage with 69.89% last year and a similarly good 68.22% this year, which clearly demonstrates the relevance of age-grading as a means of judging performance. Martin also went comfortably over the regional standard level of 70%.

Kate was well inside her recent 10km times and therefore scored the maximum 13 points in defence of her Handicap title.

A feature of this month's update is a cumulative count of the number of members who have run in the 2009/10 Club Competitions compared to last year.

One of the aims of the revision of the Club Competitions was to encourage members to compete and to represent the club. Hopefully, with the number of new members and growing member familiarity with the new format of the revised Competitions and the nominated races we will see an increased participation.

Members cumulative count	2008/09	9	2009/10	10
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An Explanation of Age-Grading

Age-Graded Scoring allows all individuals within a race to be 'scored' against each other. That is done by first comparing the individual's finish time at that particular race distance to an 'ideal' or best time (not necessarily the 'world record') achievable for that individual's age and gender.

Age-Graded Scoring utilizes statistical tables to compare the performances of individual athletes at different distances, between different events, or against other athletes of either gender and/or of any age.

Let's say a 55-year old male runs a marathon in 3:00:27. He would receive an Age-Graded Score of 80.21%. That is because, according to the Age-Graded Scoring tables, the 'ideal' finish time for a 55-year old male is 2:24:22, and that's about 20% faster (about 36 minutes) than our 55-year old ran.

Now let's say that a 27-year old male ran the same marathon in 2:45:47. Obviously, that is faster than our 55-year old. But is the performance of the younger runner really 'better' when compared with that of a man more than twice his age? The answer is, 'No!' In fact, the Age-Graded score of the 25-year old is only 76.51%.

A score within each 'Achievement Level' range indicates the level of performance achieved by a runner:

- > 100% = Approximate World Record Level*
- > 90-99% = World Class*
- > 80-89% = National Class*
- > 70-79% = Regional Class*
- > 60-69% = Local Class*

May's Races continued

Last year only Andy Stalley ran in the Dave Clarke 5km at the old venue in Morden Park. This year saw a new course and venue in Nonsuch Park, attracting 11 members.

Although the race was advertised as 5km, it proved to be about 4.51km due to an unfortunate course measuring error. As such, it is unfair to record times in the Handicap Competition against previous 5km road race times. Therefore for the Handicap Competitions, this race was regarded as 4.51km and as no member had run previous races over the same distance and on the same surface, everyone was regarded as a scratch runner.

(2) Dave Clarke 5km Road Race - Thursday, 7th May 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Keith Dunning	16.25	6	40	16.25	11	76.45	11
Richard Fox	17.09	13	39	17.09	10	72.12	9
Andy Stalley	17.17	14	38	17.17	9	72.08	8
Bill Walsh	17.31	16	37	17.31	8	72.19	10
Ruth Cottam	21.52	55	36	21.52	7	64.16	7
Annette Helliwell	23.18	65	35	23.18	6	62.93	6
Amber Turan	24.01	73	34	24.01	5	54.28	5
Maja Mosegaard	24.55	76	33	24.55	4	51.80	4
Lisa Shennan	27.07	83	32	27.07	3	48.45	2
Gill Stalley	29.24	87	31	29.24	2	48.13	1
Kate Knight	29.32	88	30	29.32	1	49.65	3
88 finished							

Keith took top points in all three competitions with an excellent sixth place in a fast 16.25, he also achieved an outstanding 76.45%.

The battle between Richard, Andy and Bill resulted in just 22 seconds between them in time, but an incredibly tight 0.11% between them in the Age-Graded Competition. All three were over 72%.

The inaccurate course distance was disappointing as the course and conditions were perfect for personal bests. A number of members were likely to have run good personal bests if it had been correct and therefore the points awarded in the Handicap Competition would have been significantly difference from the scratch values.

In last year's competitions only eight female members competed during the whole year. This year, after just two events nine women had run, compared to just two last May.

Members cumulative count	2008/09	10	2009/10	21
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Last Year no members ran at Richmond, this year we had six members competing.

Three bonus points are awarded for all the Surrey Road League races, which includes the Ranelagh Richmond Half Marathon.

Richmond was also the first of five long races in the nominated races, of which one at least must be completed to lodge a score in the Club Championship.

(3) Ranelagh Richmond Half Marathon - Sunday, 10th May 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Martin Lloyd	1.33.33	172	40	3.52	4	69.91	9
Richard Fox	1.35.30	200	39	- 5.20	7	65.45	7
Bill Walsh	1.36.09	213	38	0.42	5	66.47	8
Ruth Cottam	1.54.26	566	37	- 0.39	6	61.55	6
Annette Helliwell	2.06.53	763	36	- 9.18	9	57.99	5
Kate Knight	2.50.32	891	35	- 6.18	8	43.15	4
892 finished							

Richard and Annette both achieved excellent personal bests, with Kate showing more improvement, so all three scored well in the Handicap.

Martin just missed out on 70% in the Age-Graded Competition, with Bill and Richard again close to each other in time and percentage.

Members cumulative count	2008/09	10	2009/10	27

Last year, the next race was the Hillcrest 8km, an off-roader in Warringham. This year, the event was over an extended course making it an official 10km. The race started in a nasty hailstorm, but finished in much brighter conditions.

(4) Hillcrest 10km - Sunday, 17th May 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Andy Flett	36.54	3	40	- 2.17	5	77.18	6
Keith Dunning	39.29	6	39	- 1.47	3	73.20	5
Andy Stalley	41.47	13	38	- 2.12	4	68.66	4
Ruth Cottam	53.15	77	37	53.15	2	60.60	3
Alison Fox	55.12	88	36	55.12	1	58.46	2
Kate Knight	76.52	130	35	- 9.08	6	43.87	1
130 finished							

Andy Flett won the race last year and was third this year in a very quick 36.54, with a seriously high 77.18%. Keith also broke 40 minutes in challenging conditions and a good 73.20%.

Ruth and Alison had no previous recorded times over the distance and surface, so had scratch times. Kate achieved another PB.

Members cumulative count	2008/09	14	2009/10	33
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As there are three Near-as-damn-it races of which only the best time counts for the Club Championships, no points are awarded in that competition until July. Each race however counts separately for the Handicap and Age-Graded Competitions, so points were awarded for this month's race.

Six members ran the first Near-as-damn-it race last year, which doubled to twelve this year, continuing the upward trend in race numbers this year.

(5a) 1st Near-As-Damn-It 10km - Thursday, 28th May 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Dave Ross	40.18	10	n/a	40.18	3	69.65	12
Keith Dunning	41.50	16	n/a	2.13	6	69.09	11
Steve Cooney	42.47	20	n/a	- 0.11	9	64.68	9
Andy Stalley	43.59	25	n/a	1.16	7	65.23	10
Graham Humphris	47.58	37	n/a	- 2.18	10	56.50	5
Nicola Stevenson	48.56	41	n/a	- 7.34	12	61.14	8
Doug White	54.54	60	n/a	- 3.02	11	58.57	7
Ruth Cottam	55.33	65	n/a	2.18	5	58.09	6
Alison Fox	60.12	78	n/a	5.00	4	53.61	4
Amber Turan	61.12	81	n/a	61.12	2	49.01	3
Maja Mosegaard	74.32	90	n/a	74.32	1	40.14	1
Kate Knight	83.29	91	n/a	0.21	8	40.39	2
91 finished							

Dave Ross opened his account for the year with a quick 40.18, and 69.65%. However, being a scratch runner as were Amber and Maja, they did not fare as well in the Handicap.

Nicola's string of personal bests continued, so she took top points in the Handicap.

A noticeable feature of this year's results tables are the number of negative handicap times, which shows that members are improving and their times are getting faster. This is clearly more evident this year than last year, when there were only five negative handicap times recorded in May.

Members cumulative count	2008/09	20	2009/10	45
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Three bonus points are awarded for all the Surrey Road League races, which includes the Dorking 10 mile road race, which last year saw only three members complete.

(6) Dorking 10 Mile Road Race - Sunday, 31st May 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Keith Dunning	67.07	78	40	- 0.51	8	70.99	9
Andy Stalley	73.56	175	39	0.49	5	63.97	7
Nicola Stevenson	79.40	263	38	- 6.32	9	61.99	6
Ruth Cottam	89.07	445	37	- 0.24	6	59.49	5
Tom Wilkie	92.22	497	36	- 0.41	7	56.36	4
Rob Wilson	95.16	532	35	5.28	4	67.26	8
670 finished							

Nicola ran another PB and a big improvement over recent 10 milers, so clearly scored well in the Handicap.

Keith was again fastest and above 70% performance. Keith's average age-graded percentage in his five races in May was an outstanding 72.88%.

Members cumulative count	2008/09	23	2009/10	50
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Standings

These are the leading places in the three competitions at the end of May. There had been only 13 members competing in May 2008, running a total of 23 races. This compares to 23 members this May, running 50 events. This demonstrates a significantly greater involvement in Club Competitions.

Club Championship	Men		Women	
1 st	Keith Dunning	0 (159)	Ruth Cottam	0 (181)
2 nd	Andy Stalley	0 (115)	Kate Knight	0 (131)
3 rd	Bill Walsh	0 (113)	Nicola Stevenson	0 (75)

No one yet has completed the minimum eight races and over the three distances required, so positions are calculated on total points scored. Keith is well on way to retaining his title, but with points still to be awarded in 25 events, there is still a lot to run for.

Ruth has a healthy lead, with Kate in second and Nicola in third place, but within striking distance of keeping the trophy.

Ruth is the only member to complete all six nominated races in May.

Club Handicap	Men		Women	
1 st	Keith Dunning	37	Kate Knight	37
2 nd	Andy Stalley	25	Ruth Cottam	36
3 rd	Bill Walsh	17	Nicola Stevenson	33

Last year the top scores in the Handicap Competition were 17 and 8 points at the end of May. Keith's strong start to the year sees him leading from last year's runner-up Andy. Last year's winner Martin is currently fifth and 25 points away from the lead.

The women's competition is very tight, with Kate a single point in the lead en route to retaining her title?

Club Age-Graded	Men		Women	
1 st	Keith Dunning	49	Ruth Cottam	34
2 nd	Andy Stalley	29	Nicola Stevenson	23
3 rd	Bill Walsh	29	Kate Knight	14

A series of 70% runs means that Keith is comfortably in the lead and similarly Ruth's series of strong runs has her with a nice lead. Last year the top scores in the Age-Graded Competition were 14 and 7 points at the end of May.

June's Races

There are seven nominated races in June, as follows:

7)	Tour of Epsom – day 1	8 th June	(trail)
8)	Tour of Epsom – day 2	9 th June	(road / off-road)
9)	Tour of Epsom – day 3	10 th June	(off-road)
10)	Tour of Epsom – day 4	11 th June	(road/trail)
11)	Tour of Epsom – day 5	12 th June	(trail / off-road)
5b)	2 nd Near-as-damn-it 10km	25 th June	(off-road)
12)	Dysart Dash	28 th June	(road)

Andy Stalley

2nd June 2009

