



# Club Competitions 2009/10

## March Update

### Week One



#### Introduction

Welcome to the week one update for the last month of our club competitions. There is just one nominated race in the Club Championship in March, which is actually any Banstead Woods parkrun or any Roundshaw Downs parkrun completed in the month. So, all four week's parkruns count towards the Handicap and Age-Graded competitions.

As last year, both Club Championships went into March with unstoppable leaders, Nicola and Keith. Points in this competition will be awarded at the end of the month when a member's fastest time at any of the eight parkruns will be used to award points.

However, again as last year both Handicap and both Age-Grading Competitions are still not settled. March's eight parkruns will decide these four titles. As the competitions are still tight, weekly updates will be issued.

(30a) Banstead Woods parkrun (Event 145) – Saturday, 6 <sup>th</sup> March 2010							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
<b>Steve Cooney</b>	<b>19.57</b>	<b>13</b>	n/a	0.23	6	68.42	12
Bill Walsh	19.59	14	n/a	- 0.45	9	<b>72.06</b>	<b>13</b>
Shaun Cooney	20.09	16	n/a	- 0.11	7	65.43	9
Andy Stalley	21.23	28	n/a	- 0.47	10	66.33	10
Steve Martin	25.12	72	n/a	1.41	3	60.98	7
Ruth Cottam	25.40	83	n/a	- 1.17	12	61.62	8
Gill Stalley	28.19	101	n/a	- 1.00	11	56.97	6
Kate Knight	36.01	130	n/a	<b>- 1.37</b>	<b>13</b>	46.97	1
134 Finished							

Down the Woods, Steve, Bill and Shaun were separated by only 12 seconds.

However Kate Knight produced the best improvement on her handicap time to take the maximum 13 points on offer. Ruth was also comfortably ahead of recent runs to take 12 points and Gill's continued string of PB's resulted in her scoring 11 points.

Bill was the only runner over 70% in the Age-Graded Competition, to take the maximum 13 points, from Steve taking 12 points.

**(30a) Roundshaw Downs parkrun (Event 35) – Saturday, 6<sup>th</sup> March 2010**

Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Keith Dunning	21.16	5	n/a	- 0.43	8	67.16	11
Richard Fox	26.51	41	n/a	4.04	1	51.58	2
Annette Helliwell	31.02	55	n/a	1.32	4	54.51	5
Rupert Quested	31.26	58	n/a	2.22	2	51.91	3
Dominic Fox	32.59	64	n/a	0.26	5	53.97	4
73 Finished							

On the Downs, Keith had the best handicap time and age-grading.

Members cumulative count	2008/09	218	2009/10	306
--------------------------	---------	-----	---------	-----

## Standings

Club Handicap	Men		Women	
1 <sup>st</sup>	<b>Andy Stalley</b>	<b>168</b>	<b>Nicola Stevenson</b>	<b>180</b>
2 <sup>nd</sup>	Bill Walsh	160	Ruth Cottam	177
3 <sup>rd</sup>	Keith Dunning	115	Annette Helliwell	96

Andy increased his lead over Bill by a single point; while Ruth closed the gap on Nicola to just three points.

Club Age-Graded	Men		Women	
1 <sup>st</sup>	<b>Bill Walsh</b>	<b>207</b>	<b>Nicola Stevenson</b>	<b>156</b>
2 <sup>nd</sup>	Andy Stalley	186	Ruth Cottam	148
3 <sup>rd</sup>	Keith Dunning	144	Annette Helliwell	102

Keith moves up into third place, with Bill stretching his lead by three points; while Ruth closed the gap on Nicola by eight points, down to just eight

Andy Stalley

6<sup>th</sup> March 2010

