



Club Competitions 2009/10

Monthly Update – July & August



Introduction

Welcome to the third 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.

July's Races

There are five nominated races in July and August and details of the scoring in each event are detailed below.

Collingwood fielded three full teams in the Nonsuch Park Relay Race run by David Denton. Nicola, Steve, Andy and Martin finished 19th overall. Ray, Ruth, Graham and Annette were 40th. Kate, Gill, Stuart and Dave finished 60th.

(13) Nonsuch Park Relay Race (1.87 miles) - Thursday, 2 nd July 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Steve Cooney	11.26	61	40	- 1.06	8	67.88	11
Andy Stalley	11.40	73	39	0.08	5	68.96	12
Ray Sullivan	12.13	94	38	- 0.37	7	64.90	8
Nicola Stevenson	12.15	98	37	- 1.14	10	67.76	9
Martin Lloyd	12.20	100	36	0.11	4	67.77	10
Graham Humphris	12.51	129	35	- 1.18	11	59.15	4
Stuart Stalley	14.25	189	34	14.25	3	55.74	3
Ruth Cottam	14.54	207	33	- 0.06	6	60.81	6
Annette Helliwell	15.09	213	32	15.09	2	62.52	7
Dave Quickenden	15.41	218	31	- 1.12	9	59.73	5
Gill Stalley	17.04	232	30	17.04	1	53.55	2
Kate Knight	19.32	241	29	- 2.26	12	48.49	1
241 finished							

Steve was the fastest member overall taking the 40 points in the Club Championship from Andy in 2nd place and Ray in 3rd.

In the Handicap, seven members improved on previous times making the competition for the 12 points an interesting battle, with Kate ahead of Graham and Nicola.

The Age-graded competition threw up a third different winner with Andy heading Steve and Martin. Martin was 3rd from Nicola by just 0.01%; could Nicola have run just a second quicker?

Members cumulative count	2008/09	83	2009/10	135
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The 21st Elmore 7 was run as part of the Chipstead Village Fair and Flower Show. Entry to the race also allows entry to the fair, which serves a very nice cream tea.

(14) Elmore 7 Mile Road Race - Saturday, 18th July 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Dave Ross	44.15	20	40	44.15	7	71.86	10
Andy Stalley	45.59	30	39	- 4.09	10	70.67	9
Bill Walsh	48.52	51	38	48.52	6	67.50	7
Graham Humphris	50.56	77	37	50.56	5	60.28	4
Nicola Stevenson	50.58	78	36	50.58	4	66.55	6
Doug White	59.11	160	35	- 4.01	9	61.54	5
Ruth Cottam	61.04	172	34	61.04	3	59.84	2
Annette Helliwell	63.37	195	33	63.37	2	60.02	3
Amber Turan	63.55	197	32	63.55	1	53.14	1
Rob Wilson	65.11	209	31	1.29	8	67.56	8
273 finished							

Dave Ross was fastest and also had the highest age-graded percentage so took the maximum 10 points. Dave and Andy were both over the regional standard of 70%. Bill was pipped by Rob for 8 points by just 0.06%.

The Handicap Competition was a little unusual with eight members running the Elmore 7 for the first time and therefore 'scratch' runners. Only Rob, Doug and Andy were returning to the event and Andy's PB secured top points, but only just from Doug.

Members cumulative count	2008/09	88	2009/10	145
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(15) Elmbridge 10km - Sunday, 26th July 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Bill Walsh	41.50	147	40	- 1.12	5	69.61	6
Nicola Stevenson	43.46	191	39	- 1.35	6	68.35	5
Ruth Cottam	51.32	399	38	- 0.49	4	62.62	4
646 finished							

Personal bests for Bill and Nicola in a really tight Handicap Competition, with Ruth also improving well. Nicola took the six points for 1st place, including three bonus points as the event was a part of the Surrey Road League.

Bill was fastest for the Championship and best in the Age-Graded Competition which was again tight.

Members cumulative count	2008/09	92	2009/10	148
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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 for both competitions.

(5c) 3rd Near-As-Damn-It 10km - Thursday, 30th July 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Dave Ross	40.15	16	n/a	- 0.02	6	69.74	10
Andy Stalley	43.19	29	n/a	0.16	5	66.23	9
Bill Walsh	44.20	36	n/a	44.20	1	65.69	8
Martin Lloyd	47.27	58	n/a	2.36	3	62.81	7
Doug White	53.22	89	n/a	- 2.25	8	60.26	6
Nicola Stevenson	53.24	90	n/a	- 0.16	7	56.02	3
Ruth Cottam	54.53	97	n/a	0.29	4	58.80	4
Annette Helliwell	57.29	109	n/a	- 2.40	9	58.66	5
Alison Fox	67.54	121	n/a	10.12	2	47.53	2
Maja Mosegaard	68.00	122	n/a	- 3.33	10	44.00	1
123 finished							

Dave was first home for the third time in these events, with just a 3 second variance in his times. That is an impressive performance on an undulating course, which is not easy under foot. Dave was also close to 70%.

Maja improved her time in each of the three races, so deservedly took the top points in the Handicap Competition from Annette who was also a lot quicker than in June.

Members cumulative count	2008/09	100	2009/10	158
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16 members ran at least one of the three races making the Championship points a keenly contested battle. Dave was fastest from Keith and Steve.

Near-as-damn-it 10km's Championship Points				
Member	1st	2nd	3rd	Championship Points
Dave Ross	40.18	40.15	40.15	40
Keith Dunning	41.50	40.54		39
Steve Cooney	42.47			38
Andy Stalley	43.59	43.19	43.19	37
Richard Fox		44.14		36
Bill Walsh			44.20	35
Martin Lloyd			47.27	34
Graham Humphris	47.58			33
Nicola Stevenson	48.56		53.24	32
Doug White	54.54	55.13	53.22	31
Ruth Cottam	55.33		54.53	30
Annette Helliwell		60.09	57.29	29
Alison Fox	60.12		67.54	28
Amber Turan	61.12			27
Maja Mosegaard	74.32	68.34	68.00	26
Kate Knight	83.29	79.00		25

The last Surrey Road League event was the only August race in the Club Championship.

(16) Belgrave 5km - Sunday, 9th August 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Bill Walsh	19.52	86	40	19.52	5	70.90	7
Martin Lloyd	22.11	130	39	1.54	6	64.97	6
Ruth Cottam	25.18	164	38	- 2.22	7	61.77	5
Doug White	27.33	180	37	27.33	4	56.44	4
193 finished							

Bill produced another personal best on a challenging 5km course, so going under 20 minutes and over 70% was an excellent result.

Ruth was the only member to improve her handicap time and therefore took the top points in the Handicap Competition.

Members cumulative count	2008/09	103	2009/10	162
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Standings

These are the leading places in the three competitions at the end of August. 26 members have scored points so far this year, up five on last year at this stage.

Club Championship	Men		Women	
1st	Keith Dunning	399	Nicola Stevenson	372
2nd	Andy Stalley	385	Ruth Cottam	367
3rd	Bill Walsh	383	Annette Helliwell	328

Keith remains well on the way to retaining his title, already equalling his 399 points from last year. Bill and Andy swapped places from May to June and swapped back again by the end of August. So far only three men have a full championship score.

Nicola moves up from 3rd place to 1st, with Ruth dropping to 2nd. Kate drops out of the first three replaced by Annette. These are the only four women to have a full championship score.

Overall seven members have a championship score so far, compared to just two at the same time last year.

Club Handicap	Men		Women	
1 st	Keith Dunning	102	Nicola Stevenson	116
2 nd	Andy Stalley	98	Ruth Cottam	98
3 rd	Bill Walsh	82	Kate Knight	64

Last year the top scores in the Handicap Competition were only 77 and 43 points at the end of August. The winning scores at the end of the year were 135 for the men and 93 for the women, so it is likely that this year's winners will have to score considerably more to take the titles. Nicola is already ahead of Kate's winning points total for last year.

In the men's Handicap Competition the top three places remain the same as in June. Keith's strong start to the year means that he still has a comfortable lead over last year's runner-up Andy, who has closed the gap to only four points. Bill is close behind in 3rd place.

The women's competition is close, with Nicola moving up from 3rd, Ruth staying in 2nd and Kate dropping to 3rd.

Club Age-Graded	Men		Women	
1 st	Keith Dunning	125	Nicola Stevenson	96
2 nd	Bill Walsh	113	Ruth Cottam	91
3 rd	Andy Stalley	105	Annette Helliwell	62

Last year the top scores in the Age-Graded Competition were only 72 and 42 points at the end of August. The winning scores at the end of the year were 181 for the men and 64 for the women, so it is likely that this year's winners will have to score considerably more to take the titles. Nicola already has 50% more points than she achieved in the whole of 2008/9.

For the men, Keith remains comfortably in the lead. Bill and Andy closed the gap this month. Nicola and Ruth stay in 1st and 2nd places with Nicola having a narrow 5 point lead. Annette remains 3rd.

September's Races

There are two nominated races in September, as follows:

- 17) Any September Marathon (road)
- 18) Croydon Switchback 5 27th September (off-road)

All September marathons count separately for the Handicap and Age-Graded competitions, but only the best time counts for the Club Championship.

The next update will be published in October and will cover these races.

Andy Stalley

2nd September 2009

