



# Club Competitions 2009/10

## March Update

### Week Two



#### Introduction

Welcome to the week two update for the last month of our club competitions. This week we had 16 members running and some great performances.

<b>(30b) Banstead Woods parkrun (Event 146) – Saturday, 13<sup>th</sup> March 2010</b>							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
<b>Shaun Cooney</b>	<b>19.40</b>	<b>8</b>	n/a	- 0.19	3	67.03	11
Steve Cooney	19.52	9	n/a	- 0.21	5	68.71	12
Bill Walsh	19.59	12	n/a	- 0.21	5	<b>72.06</b>	<b>16</b>
Andy Stalley	21.20	23	n/a	- 0.46	9	66.48	10
Ruth Cottam	25.51	71	n/a	- 0.55	11	61.19	7
Gill Stalley	28.13	88	n/a	- 0.42	6	57.18	6
Kate Knight	35.40	129	n/a	- 1.35	14	47.43	2
138 Finished							

<b>(30b) Roundshaw Downs parkrun (Event 36) – Saturday, 13<sup>th</sup> March 2010</b>							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
<b>Richard Fox</b>	<b>19.29</b>	<b>4</b>	n/a	<b>- 6.02</b>	<b>16</b>	71.09	14
Martin Lloyd	20.23	6	n/a	- 0.55	11	71.79	15
Keith Dunning	20.51	8	n/a	- 1.25	13	68.51	13
Nicola Stevenson	22.53	14	n/a	- 1.00	12	64.75	9
Graham Humphris	25.00	25	n/a	1.03	2	53.40	3
Annette Helliwell	27.35	33	n/a	- 0.46	9	61.33	8
Rupert Quested	28.58	40	n/a	- 0.45	7	56.33	4
Dominic Fox	31.12	46	n/a	- 1.55	15	57.05	5
Gail Donaghue	34.21	53	n/a	1.36	1	43.38	1
56 Finished							

Down the Woods; Shaun, Steve, and Bill were separated by only 17 seconds. Bill again just breaking the 20 minute barrier. All seven members beat their handicap, which is amazing. However Kate Knight produced the best improvement on her handicap time in the woods to take 14 points. Bill was over 72% in the Age-Graded Competition, to take the maximum 16 points.

On the Downs, a great day for the Fox family, with Richard taking the maximum 16 points, from Dominic with 15 points in the Handicap Competition. Richard had a couple of very slow runs recently, which means that he destroyed his handicap time. Amazing seven members beat their handicap. Martin, Richard and Richard all scored high in the Age-Graded Competition.

Members cumulative count	2008/09	227	2009/10	322
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## Standings

Club Handicap	Men		Women	
1 <sup>st</sup>	<b>Andy Stalley</b>	<b>177</b>	<b>Nicola Stevenson</b>	<b>192</b>
2 <sup>nd</sup>	Bill Walsh	165	Ruth Cottam	188
3 <sup>rd</sup>	Keith Dunning	128	Annette Helliwell	105

Andy increased his lead over Bill; while Ruth could not close the gap on Nicola. With 13 points on offer last week and 16 this week, neither lead is safe as equally good points could be available next week. Kate Knight is now only seven points off of third place.

Club Age-Graded	Men		Women	
1 <sup>st</sup>	<b>Bill Walsh</b>	<b>223</b>	<b>Nicola Stevenson</b>	<b>168</b>
2 <sup>nd</sup>	Andy Stalley	196	Ruth Cottam	155
3 <sup>rd</sup>	Keith Dunning	157	Annette Helliwell	111

Bill and Nicola stretched their leads. Bill is almost there, but for a mathematical fluke.

Andy Stalley

13<sup>th</sup> March 2010

