



# Club Competitions 2009/10

## March Update

### Week Three



#### Introduction

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

<b>(30c) Banstead Woods parkrun (Event 147) – Saturday, 20<sup>th</sup> March 2010</b>							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
<b>Richard Fox</b>	<b>19.20</b>	<b>8</b>	n/a	<b>- 6.13</b>	<b>16</b>	<b>71.64</b>	<b>16</b>
Shaun Cooney	19.56	12	n/a	0.00	10	66.14	12
Steve Cooney	20.28	15	n/a	0.21	6	66.69	13
Bill Walsh	20.35	17	n/a	0.33	5	69.96	15
Andy Stalley	21.58	31	n/a	- 0.03	11	64.57	10
Ruth Cottam	26.22	80	n/a	0.13	8	59.99	7
Kate Langley	26.57	84	n/a	0.12	9	55.29	5
Gill Stalley	28.29	100	n/a	- 0.21	12	56.64	6
Dominic Fox	32.49	131	n/a	0.34	4	54.24	4
Kate Knight	36.55	143	n/a	0.13	8	45.82	2
146 Finished							

<b>(30c) Roundshaw Downs parkrun (Event 37) – Saturday, 20<sup>th</sup> March 2010</b>							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Keith Dunning	20.45	7	n/a	- 1.25	15	68.84	14
Nicola Stevenson	22.41	15	n/a	- 1.09	14	65.32	11
Martin Lloyd	22.42	16	n/a	1.54	2	64.46	9
Annette Helliwell	27.46	42	n/a	- 0.51	13	60.92	8
Rupert Quested	30.18	51	n/a	0.37	3	53.85	3
Alex Helliwell	34.29	59	n/a	3.00	1	37.55	1
56 Finished							

Down the Woods; Richard took the honours across the board with another fast time finishing 8<sup>th</sup>. He was the only member above the regional standard of 70%.

Shaun actually exactly matched his handicap time, which is a very rare occurrence.

On the Downs, Keith was the highest achiever across the competitions.

Overall, six members beat their handicap times.

Members cumulative count	2008/09	237	2009/10	338
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## Standings

Club Handicap	Men		Women	
1 <sup>st</sup>	<b>Andy Stalley</b>	<b>188</b>	<b>Nicola Stevenson</b>	<b>206</b>
2 <sup>nd</sup>	Bill Walsh	170	Ruth Cottam	196
3 <sup>rd</sup>	Keith Dunning	143	Annette Helliwell	118

Andy increased his lead over Bill to 18 points, which should be a winning margin.

While Ruth is only 10 points behind Nicola, so the ladies competition is still not concluded yet.

Club Age-Graded	Men		Women	
1 <sup>st</sup>	<b>Bill Walsh</b>	<b>238</b>	<b>Nicola Stevenson</b>	<b>179</b>
2 <sup>nd</sup>	Andy Stalley	206	Ruth Cottam	162
3 <sup>rd</sup>	Keith Dunning	171	Annette Helliwell	119

Congratulations to Bill who now has won the Age-Graded Competition. Nicola stretched her lead to 15 points, which again should be a winning margin.

Andy Stalley

20<sup>th</sup> March 2010

