



Club Competitions 2009/10

March Update

Week Four



Introduction

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

We also had the most amazingly close finish in the Ladies Handicap Competition.

(30d) Banstead Woods parkrun (Event 148) – Saturday, 27 th March 2010							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Shaun Cooney	19.50	6	n/a	- 0.05	9	66.47	13
Steve Cooney	19.59	7	n/a	- 0.16	13	68.31	14
Andy Stalley	21.25	21	n/a	- 0.09	12	66.23	12
Nigel Pointer	24.34	53	n/a	2.03	3	60.99	8
Ruth Cottam	25.49	70	n/a	- 0.09	12	61.27	9
Ray Sullivan	25.50	71	n/a	3.49	1	54.06	3
Kate Langley	26.51	85	n/a	0.11	8	55.49	4
Gill Stalley	28.11	96	n/a	- 0.09	12	57.24	6
Kate Knight	37.00	158	n/a	0.48	6	45.72	1
168 Finished							

(30d) Roundshaw Downs parkrun (Event 38) – Saturday, 27 th March 2010							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Martin Lloyd	20.24	8	n/a	- 0.33	14	72.30	16
Bill Walsh	20.41	9	n/a	0.30	7	69.62	15
Richard Fox	20.55	10	n/a	- 0.58	16	66.22	11
Doug White	27.03	37	n/a	1.34	5	58.78	7
Rupert Quested	29.24	45	n/a	- 0.50	15	55.50	5
Rob Wilson	30.27	50	n/a	1.42	4	62.23	10
Dominic Fox	34.50	63	n/a	2.30	2	51.10	2
66 Finished							

This week we had Shaun running the fastest, Richard beating his handicap the most for the third week running and Martin with the only 70 plus percentage in the Age-Graded Competition.

Members cumulative count	2008/09	246	2009/10	354
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Club Competitions going into March

For the second year running four titles were still in the balance going into the last month of the competition year. The thirtieth and last nominated race was in fact any of the eight parkrun events run over the Banstead Woods and Roundshaw Downs courses during March.

When developing the rules and the nominated race list, one intention was to keep the competitions live going into March and hopefully going down to the last week. Last year, two titles were decided on the last weekend. This year, one competition went to the closest possible finish.

Nicola who had already retained her Club Championship going into March, but could she maintain her lead over second placed Ruth in both the Handicap and Age-Graded Competitions, to make it a clean sweep?

For the men, could Keith, who had already retained his Club Championship going into March, run the fastest parkrun to score the 40 points needed to score the maximum possible score of 400? Going into March, Andy led Bill in the Handicap Competition, but the positions were reversed in the Age-Graded Competition.

Club Championships

The points awarded for the March parkruns were decided by the fastest time run by members during the month.

23 members ran at least one parkrun in March. Richard ran the fastest time, 19.20 in the third week, so took the maximum 40 points on offer.

Club Championship Points March's parkruns

Member	1 st week	2 nd week	3 rd week	4 th week	Championship Points
Richard Fox	26.51	19.29	19.20	20.55	40
Shaun Cooney	20.09	19.40	19.56	19.50	39
Steve Cooney	19.57	19.52	20.28	19.59	38
Bill Walsh	19.59	19.59	20.35	20.41	37
Martin Lloyd		20.23	22.42	20.24	36
Keith Dunning	21.16	20.51	20.45		35
Andy Stalley	21.23	21.20	21.58	21.25	34
Nicola Stevenson		22.53	22.41		33
Nigel Pointer				24.34	32
Graham Humphris		25.00			31
Steve Martin	25.12				30
Ruth Cottam	25.40	25.51	26.22	25.49	29
Ray Sullivan				25.50	28
Kate Langley			26.57	26.51	27
Doug White				27.03	26
Annette Helliwell	31.02	27.35	27.46		25
Gill Stalley	28.19	28.13	28.29	28.11	24
Rupert Qusted	31.26	28.58	30.18	29.24	23
Rob Wilson				30.27	22
Dominic Fox	32.59	31.12	32.49	34.50	21
Gail Donaghue		34.21			20
Alex Helliwell			34.29		19
Kate Knight	36.01	35.40	36.55	37.00	18

Final Standings

The following are the final standings in the three Competitions. Last year we had a total of 23 men and 8 women competing. This year we had 26 men and 13 women; an overall increase of 26%.

Members completed 246 races last year, up to 354 this year; an increase of 44%.

Club Championship	Men		Women	
1 st	Keith Dunning	399	Nicola Stevenson	388
2 nd	Bill Walsh	397	Ruth Cottam	382
3 rd	Martin Lloyd	392	Annette Helliwell	354

Keith matched his 399 points from last year, again just one point away from the maximum 400. Bill was very close to winning, just two points behind Keith. Martin came in the top three for the second year running.

Overall 8 men achieved a full championship score having satisfied the four qualifying conditions, the same as last year. However, four women had a championship score compared to two last year. Overall an increase of 17%.

Nicola retained her title, but scoring 16 more points than last year. Ruth was only six points behind in second and Annette in third.

Club Handicap	Men		Women	
1 st	Andy Stalley	200	Ruth Cottam	208
2 nd	Bill Walsh	177	Nicola Stevenson	206
3 rd	Keith Dunning	143	Annette Helliwell	118

Andy was second last year, but won this year by 23 points from Bill. Keith was third.

Last year, the winning score was 135 points, so to win this year required an extra 48% more points.

After last week, Ruth was 10 points behind Nicola, a very healthy lead. For Ruth to win, she actually needed to score 11 points more than Nicola this week; as if scores were level, Nicola would have won on the first tie-break rule.

Ruth ran 25.49 to beat her handicap time by 9 seconds. Gill and Andy both beat their handicap times by 9 seconds as well. So they all took 12 points, just enough for Ruth to win.

However, as the result was so close, there was a re-count to make sure it was correct. If Ruth had run 25.51, then she would have only beaten her handicap time by 8 seconds and would have only scored 10 points. How close is that for a close finish?

The winning points total last year was only 93 points, so to win this year took an increase of 124%.

Club Age-Graded	Men		Women	
1 st	Bill Walsh	253	Nicola Stevenson	179
2 nd	Andy Stalley	218	Ruth Cottam	171
3 rd	Martin Lloyd	180	Annette Helliwell	119

Bill won by a big 35 points from Andy who was second for the second year running. Martin took third place this week from Keith.

The winning score last year was 183 points, so up 38%.

For the ladies, Nicola retained her title from Ruth, the same as last year. Annette completed a trio of thirds.

The winning score last year was only 64 points, so up 211% this year.

Overall

For the first time all three men's competitions were won by different members. This was a great success, as all three competitions are intended to judge performance in a different way, so to get three separate winners was just what the competitions are hoped to achieve. Again, we had two different winners of the three ladies titles.

Congratulations to all our winners and a huge well done to everyone for competing so well and making this a great competition year.

Andy Stalley

28th March 2010

