



Club Competitions 2009/10

Monthly Update – June



Introduction

Welcome to the second 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.

There are seven nominated races in June and details of the scoring in each event are detailed below.

June's Races

Before the Tour of Epsom results, it might help to explain a little more about the Age-Grading Competition scoring system. For standard distance road races, such as the Dorking 10, the age-gradings are easy for the internet-based tool to calculate as there will be an official world record for that distance.

However, when you go off-road and to odd distances, as in the Tour of Epsom, there will not be an official world record to calculate against. So the internet-based tool has to do some maths and calculate the percentage using a little more estimation. Therefore, the age-gradings for odd distances might look a fraction away from similar road age-gradings.

Additionally, for the age-gradings no account is taken for surface and all calculations are based on road times. This is because no internet-based tool takes into account surface. So age-graded percentage will always be lower for off-road events compared to road races.

For our competition the same internet-based tool is always used, so the results will always be consistent and therefore equally fair for everyone.

June opened with David Denton's 'Epsom Run Week', commonly known as the 'Tour of Epsom'.

The Monday night race route was meant to be a simple single lap of the tracks in Horton Country Park. Simple for all but Bill and Andy who followed a group of runners off route down the wrong path. By the time they rejoined the race, along with Graham Miller from Sutton Runners, they were last and having done an extra 0.66 miles. Bill moved steadily through the field with Graham, but Andy decided to stay with Gill; which would prove a tactically good, if unintentional move for Friday night's handicap.

(7) Tour of Epsom (Horton Country Park) (3.2 miles) - Monday, 8th June 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Keith Dunning	19.04	6	40	- 0.38	10	75.64	12
Graham Humphris	22.34	28	39	22.34	7	59.94	7
Nicola Stevenson	22.38	30	38	- 1.44	12	65.63	10
Doug White	25.09	61	37	25.09	6	63.79	9
Ruth Cottam	25.20	65	36	- 0.44	11	63.64	8
Bill Walsh	26.12	74	35	26.12	5	55.46	6
Annette Helliwell	28.32	92	34	28.32	4	68.84	11
Maja Mosegaard	31.02	105	33	31.02	3	47.86	4
Andy Stalley	31.44	107	32	11.47	8	45.11	1
Gill Stalley	31.46	108	31	31.46	2	51.19	5
Lisa Shennan	32.43	114	30	1.48	9	46.15	2
Kate Knight	35.59	117	29	35.59	1	46.82	3
117 finished							

Keith was clearly the fastest in 6th place overall, with Graham and Nicola close together in second and third, separated by just 4 seconds; in what was the biggest field of the week.

Nicola, Keith and Ruth are all running well at present and therefore scored highly in the Handicap Competition. With seven members running in the tour for the first time, the handicap results were split in two groups; the five that had run before and had a handicap time, while the others were all 'scratch runners'.

Keith had an excellent 75.64%, which demonstrates his current good form, with four others over 60%. Bill and Andy both suffered due to their detour.

Ruth, Doug, Annette and Nicola were nicely over 60%, which they would maintain all week.

Members cumulative count	2008/09	30	2009/10	62
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The second race was a new course in Nonsuch Park, a two-lap version of July's Relay Race, so it is a scratch race for everyone, which greatly benefits the faster runners.

(8) Tour of Epsom (Nonsuch Park) (3.7 miles) - Tuesday, 9th June 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Keith Dunning	22.24	5	40	22.24	12	75.06	12
Richard Fox	24.11	14	39	24.11	11	68.51	10
Andy Stalley	24.26	17	38	24.26	10	68.31	9
Bill Walsh	24.31	19	37	24.31	9	69.10	11
Graham Humphris	26.12	34	36	26.12	8	60.19	4
Nicola Stevenson	26.18	36	35	26.18	7	65.92	8
Ruth Cottam	29.17	69	34	29.17	6	64.18	7
Doug White	30.04	78	33	30.04	5	62.21	6
Amber Turan	30.35	86	32	30.35	4	57.11	3
Annette Helliwell	31.45	96	31	31.45	3	61.86	5
Lisa Shennan	38.06	113	30	38.06	2	46.20	2
Kate Knight	42.54	116	29	42.54	1	45.78	1
116 finished							

Keith was again quickest and 5th place tonight, from a tight race between Richard, Andy and Bill. Collingwood therefore had four in the first 19 places.

Graham again just finished ahead of Nicola, by just six seconds.

In the Age-Graded Competition, Keith was again over 75% and an excellent eight members were over 60%, with Bill over 69%.

Members cumulative count	2008/09	37	2009/10	74
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The third race was another new course around the Hogsmill Open Space, cutting about half a mile off of last year's distance. So, it was another scratch race for everyone, which again benefited the quicker runners.

(9) Tour of Epsom (Hogsmill Open Space) (3.1 miles) - Wednesday, 10th June 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Keith Dunning	19.10	5	40	19.10	12	72.75	12
Andy Stalley	20.43	16	39	20.43	11	66.81	10
Bill Walsh	20.51	18	38	20.51	10	67.38	11
Graham Humphris	22.09	30	37	22.09	9	59.04	5
Nicola Stevenson	22.15	31	36	22.15	8	64.53	9
Doug White	25.07	58	35	25.07	7	61.75	8
Ruth Cottam	25.23	60	34	25.23	6	61.41	7
Tom Wilkie	25.50	66	33	25.50	5	58.97	4
Annette Helliwell	26.35	74	32	26.35	4	61.28	6
Alison Fox	27.18	80	31	27.18	3	57.10	3
Maja Mosegaard	29.52	95	30	29.52	2	48.07	2
Kate Knight	36.38	106	29	36.38	1	44.47	1
106 finished							

The order of the top five Collingwood runners was the same as Tuesday, but without Richard who allowed Alison to race instead.

Keith again dominated with another 5th place and with over 72% in the Age-Graded Competition, which was his lowest of the week so far and probably accounted for by the more technical and twisty nature of the course, compared to the more straightforward courses on Monday and Tuesday.

Graham for the third night running edged ahead of Nicola, again by only 6 seconds.

Members cumulative count	2008/09	44	2009/10	86
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Another new course and a new venue on Thursday, at the NESCOL Playing Fields; so a third scratch race.

(10) Tour of Epsom (NESCOL) (3.5 miles) - Thursday, 11th June 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Keith Dunning	21.11	3	40	21.11	13	74.86	13
Andy Stalley	22.53	13	39	22.53	12	68.79	11
Bill Walsh	23.06	17	38	23.06	11	69.17	12
Nicola Stevenson	24.41	29	37	24.41	10	66.21	10
Graham Humphris	25.10	33	36	25.10	9	59.10	6
Ruth Cottam	28.15	57	35	28.15	8	62.75	9
Doug White	28.30	60	34	28.30	7	61.90	7
Annette Helliwell	29.50	75	33	29.50	6	62.10	8
Alison Fox	30.12	78	32	30.12	5	58.70	5
Amber Turan	30.20	79	31	30.20	4	54.30	4
Maja Mosegaard	32.54	91	30	32.54	3	49.68	2
Gill Stalley	34.59	97	29	34.59	2	51.11	3
Kate Knight	41.48	104	28	41.48	1	44.32	1
104 finished							

Tonight Nicola got the better of Graham in the Time Trial, where runners were set off in groups of five every ten seconds based on their race number. So, this was a completely different type of race to the first three nights. Nicola was 29 seconds ahead of Graham, who had built up a 16 second lead over the first three nights.

Keith yet again took top points in all three competitions, just missing out on another 75% grading. The time trial format clearly suited him as he was 3rd overall.

7 members were over 60%, again showing the current strength in depth of the club.

Members cumulative count	2008/09	51	2009/10	99
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Friday night's route was so close to last year's Tuesday race that it made such an insignificant difference that it allowed for normal handicap scoring. This was a proper handicap race based on runners' times over the previous four nights, so Bill's slower time on Monday gave him a good advantage and he finished in the first five home. Andy's accidental and very slow Monday time gave him a tremendous advantage, which led to his coming home in first place, well ahead of the field. This makes no difference to the points scored in the three competitions which are based on actual race times.

(11) Tour of Epsom (Nonsuch Park) (4.4 miles) - Friday, 12th June 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Keith Dunning	26.19	3	40	- 0.14	9	76.59	10
Andy Stalley	28.12	10	39	- 0.06	8	70.95	9
Richard Fox	28.21	11	38	28.21	6	70.06	7
Bill Walsh	28.59	16	37	28.59	5	70.07	8
Nicola Stevenson	30.54	27	36	- 3.22	10	67.35	6
Ruth Cottam	35.50	61	35	0.22	7	62.86	5
Doug White	36.17	66	34	36.17	4	61.80	4
Annette Helliwell	38.14	82	33	38.14	3	61.57	3
Maja Mosegaard	42.14	91	32	42.14	2	48.28	2
Kate Knight	50.50	99	31	50.50	1	46.31	1
99 finished							

Keith completed a clean sweep of the week with his fifth win and his fifth high score in the Handicap Competition. Another 3rd place finish in what was in effect a personal time trial for him. Keith took the maximum possible 59 points from the week in the Age-Graded Competition and 56 out of 59 points in the Handicap Competition. Not forgetting the maximum 200 points in the Club Championship.

Richard ran a strong race, as did Bill and Andy, all three going over 70% for the first time in the week. So four members topped 70% which is an excellent result for the club, all in the first 16.

Andy had his best placed finish of the week having improved each day, 107th, 17th, 16th, 13th and finally 10th place. Bill also improved each night, 74th, 19th, 18th, 17th and 16th.

With Graham missing the last night, Nicola ran well for 27th place and a big improvement over last year and therefore took top points in the Handicap Competition.

Members cumulative count	2008/09	58	2009/10	109
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As 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.

(5b) 1st Near-As-Damn-It 10km - Thursday, 25th June 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Dave Ross	40.15	8	n/a	- 0.03	5	69.74	7
Keith Dunning	40.54	10	n/a	1.59	3	70.66	8
Andy Stalley	43.19	18	n/a	0.26	4	66.23	6
Richard Fox	44.14	24	n/a	44.14	2	64.38	5
Doug White	55.13	80	n/a	- 0.53	6	58.24	4
Annette Helliwell	60.09	105	n/a	60.09	1	56.06	3
Maja Mosegaard	68.34	119	n/a	- 5.58	8	43.63	2
Kate Knight	79.00	123	n/a	- 3.16	7	42.68	1
123 finished							

Dave was first home for the second time in these events, with Keith not far behind and yet again over 70%. That is an impressive performance on an undulating course, which is not easy underfoot. Dave was also close to 70%; 3 seconds quicker than in May.

Maja was nearly six minutes quicker than last month, so deservedly took the top point in the Handicap Competition from Kate who was also a lot quicker than in May.

Members cumulative count	2008/09	64	2009/10	117
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Three bonus points are awarded for all the Surrey Road League races, which includes the Dysart Dash. With three bonus points available for the Dysart Dash in the Handicap and Age-graded Competitions, a healthy 9 points were available with six members running.

(12) Dysart Dash (10km) - Sunday, 28th June 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Keith Dunning	40.12	88	40	1.04	6	71.89	9
Bill Walsh	43.29	148	39	0.53	7	66.97	8
Nicola Stevenson	45.15	190	38	- 1.10	8	66.11	7
Doug White	53.15	329	37	- 2.28	9	60.39	6
Alison Fox	57.01	367	36	1.22	5	56.60	5
Kate Knight	82.19	427	35	4.40	4	40.96	4
427 finished							

Keith was again the fastest and above 70%, but was slower than his recent 10kms, so did not fare as well in the Handicap Competition.

Doug was clearly the most improved in the Handicap from Nicola.

Four of the six members were over 60% in the Age-Graded Competition.

Members cumulative count	2008/09	72	2009/10	123
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Standings

These are the leading places in the three competitions at the end of June. There had been only 16 members competing by the end of June 2008, this year there were 23.

Club Championship	Men		Women	
1 st	Keith Dunning	399	Ruth Cottam	355
2 nd	Bill Walsh	337	Kate Knight	312
3 rd	Andy Stalley	302	Nicola Stevenson	295

Only two members had achieved a full Championship score by the end of June last year, but this year the top three members in both the men's and women's Club Championship's had achieved a full Championship score.

Keith is well on way to retaining his title, already equalling his 399 points from last year. Bill's score is from 9 races and Andy's from 8, so the gap will close when they have completed ten events. Bill and Andy swapped places from May.

The top three places in the Women's Championship remain the same, with Ruth having a healthy lead, Kate in second and Nicola in third place, but within striking distance of keeping her trophy. Ruth and Kate's score comes from 10 races; Nicola's is just from 8.

Club Handicap	Men		Women	
1 st	Keith Dunning	102	Nicola Stevenson	88
2 nd	Andy Stalley	78	Ruth Cottam	74
3 rd	Bill Walsh	64	Kate Knight	52

Last year the top scores in the Handicap Competition were only 61 and 33 points at the end of June. 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.

In the men's Handicap Competition the top three places remain the same as in May. Keith's strong start to the year continues with a comfortable lead from last year's runner-up Andy. 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	73
2 nd	Bill Walsh	85	Ruth Cottam	70
3 rd	Andy Stalley	75	Annette Helliwell	47

Last year the top scores in the Age-Graded Competition were only 53 and 32 points at the end of June. 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 nine more points than she achieved in the whole of 2008/9.

For the men, a series of 70% runs means that Keith is comfortably in the lead. Bill and Andy were tied for 2nd place in May, but Bill has moved 10 points ahead of Andy this month.

Keith has scored top points in an impressive 10 out of 13 races so far this year.

Nicola and Ruth swap places, with Nicola having a narrow 3 point lead. Kate drops out of the top three, replaced by Annette.

July's & August's Races

There are five nominated races in the next two months, as follows:

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|-----|---------------------|------------------------|-------------------|
| 13) | Nonsuch Park Relays | 2 nd July | <i>(off-road)</i> |
| 14) | Elmore 7 | 18 th July | <i>(road)</i> |
| 15) | Elmbridge 10 km | 26 th July | <i>(road)</i> |
| 5c) | 3rd Near-as-damn-it | 30 th July | <i>(off-road)</i> |
| 16) | Belgrave 5 km | 9 th August | <i>(road)</i> |

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

Andy Stalley

3rd July 2009

