



Club Competitions 2009/10

Monthly Update

January & February



Introduction

Welcome to the sixth update on the 2009/10 Club Competitions. 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.

January's Races

There were just two nominated races in January; the first was the Tadworth 10 at the start of the month. There was a reduced field as the event clashed with Steve Cooney's 100th marathon in Bromley.

(26) Tadworth 10 – Sunday, 3rd January 2010							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Net Time	Points	%	Points
Bill Walsh	1.10.29	92	40	0.49	7	68.11	7
Richard Fox	1.11.58	116	39	2.45	6	65.24	5
Martin Lloyd	1.14.56	157	38	4.27	3	65.56	6
Ray Sullivan	1.19.46	237	37	79.46	2	58.43	3
Nicola Stevenson	1.25.34	343	36	4.25	4	57.71	2
Ruth Cottam	1.33.03	445	35	3.44	5	56.97	1
Annette Helliwell	1.33.10	447	34	93.10	1	59.44	4
645 Finished							

Bill and Richard continued their recent good form to take 40 and 39 points on a cold day.

No member was able to beat their handicap in the conditions, but Bill was the closest and took the seven points on offer, and to complete the sweep took the seven points for the highest age-grading. It was worthy of note that all age-grading were relatively high.

Seven members ran this year, two more than last year.

Members cumulative count	2008/09	185	2009/10	264
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(27) The Perch – Sunday, 31st January 2010

Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Bill Walsh	42.20	54	40	- 2.00	9	68.79	9
Martin Lloyd	44.04	86	39	- 1.18	7	67.63	8
Andy Stalley	45.25	108	38	1.51	4	63.17	6
Nigel Pointer	51.36	265	37	0.32	6	58.69	5
Paul Brooke	52.49	296	36	1.27	5	63.24	7
Chris Brooke	55.37	395	35	- 1.57	8	58.35	4
Ruth Cottam	56.25	411	34	1.51	4	57.20	3
Doug White	57.31	440	33	3.01	2	56.42	2
Gill Stalley	64.28	562	32	64.28	1	50.49	1
644 Finished							

Due to the mostly frozen sections of the off-road parts of the course, this was a quicker run than in previous muddier years.

Bill ran away from the other members from the start line, soon to disappear into the distance. Again he took a clean sweep of top points, although only by three seconds from Chris in the handicap.

Gill ran well on a course that did not suit her for her first off-road 10km.

Members cumulative count	2008/09	193	2009/10	273
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February's Races

The first February race was the last of the four cross country league events of the winter, both on Wimbledon Common.

(28) Surrey Ladies Cross Country League – Wimbledon Common (8km)							
Saturday, 6th February 2010							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Nicola Stevenson	39.34	50	40	2.09	4	59.77	6
Ruth Cottam	42.54	83	39	0.14	6	59.59	5
Annette Helliwell	44.52	103	38	1.07	5	59.51	4
149 Finished							

For the ladies, this event was not run over the traditional distance of 6km instead it was meant to be over the longer 8km course, but looking at the times, it may have been short, and the men's was a little long, making times appear similar.

Nicola was the fastest on the day and had the highest age-grading, but the three ladies were only separated by 0.24%! Ruth was the closest to improving her handicap time.

Members cumulative count	2008/09	197	2009/10	276
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(28) Surrey Men's Cross Country League – Wimbledon Common (8km)							
Saturday, 6th February 2010							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Bill Walsh	34.54	22	40	- 1.04	6	66.06	7
Martin Lloyd	34.57	23	39	- 1.15	7	67.51	8
Andy Stalley	38.07	44	38	0.49	5	59.59	6
Ray Sullivan	39.09	49	37	- 1.18	8	57.17	5
Nigel Pointer	42.38	68	36	3.11	4	56.23	4
80 Finished							

With good conditions, three men comfortably beat their handicap times. There were three separate winners, with Bill, Ray and Martin taking good points.

Members cumulative count	2008/09	202	2009/10	281
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The last February event was the 26.2RRC's Valentine's 10km run around Chessington. A slightly reduced field as the event clashed with the Punchbowl Marathon, yet 13 members ran compared to nine last year.

(29) Valentine's 10km – Sunday, 14th February 2010							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Richard Fox	40.31	85	40	- 0.02	8	70.29	10
Bill Walsh	40.46	94	39	- 0.44	10	71.43	12
Steve Cooney	41.23	105	38	1.06	3	66.87	9
Martin Lloyd	42.05	116	37	0.39	5	70.82	11
Ray Sullivan	44.46	172	36	0.36	6	63.15	5
Nigel Pointer	46.56	218	35	0.58	4	64.52	8
Nicola Stevenson	47.02	221	34	- 0.06	9	63.61	7
Bob Chart	48.29	254	33	3.56	1	59.17	4
Ruth Cottam	50.52	312	32	0.09	7	63.44	6
Kate Langley	53.18	355	31	- 1.17	11	56.13	2
Annette Helliwell	57.12	429	30	2.16	2	58.95	3
Gill Stalley	59.59	481	29	- 1.35	12	54.26	1
586 Finished							

Bill continued his recent good form with another PB, but top points went to Richard also in a PB. PBs as well for Kate and Gill, who broke the hour for the first time by a whole second.

Three members over the regional standard of 70%; Bill, Richard and Martin.

Gill's PB took top marks in the handicap.

Members cumulative count	2008/09	211	2009/10	293
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Standings

These are the leading places in the three competitions at the end of February. 33 members have scored points so far this year, up 6 on last year at this stage.

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

Congratulations to Keith who has retained his title, equalling his 399 points from last year.

Bill added ten points to his total to move from third to second place and Martin moved up to third.

Congratulations to Nicola who retains her title, comfortably beating her winning score of 372 from last year.

Ruth and Annette both scored good points, to stay second and third.

Overall 11 members have a championship score so far, compared with 10 at the same time last year.

Club Handicap	Men		Women	
1 st	Andy Stalley	158	Nicola Stevenson	180
2 nd	Bill Walsh	151	Ruth Cottam	165
3 rd	Keith Dunning	107	Annette Helliwell	92

Andy's big lead in the Handicap has been reduced by Bill scoring heavily in the last two months. The competition is now down to the last nominated race and clearly is between Andy and Bill.

The women's competition is also close, with Nicola staying ahead of Ruth in second and now Annette in third. Like for the men the competition is now down to the last nominated race and clearly is between Nicola and Ruth.

Club Age-Graded	Men		Women	
1 st	Bill Walsh	194	Nicola Stevenson	156
2 nd	Andy Stalley	176	Ruth Cottam	140
3 rd	Martin Lloyd	140	Annette Helliwell	98

Bill jumps past Andy into first place with a healthy lead with just the one nominated race to go.

Nicola and Ruth stay in first and second places with Nicola having a widened lead. Annette remains third.

March Races

Originally we set the thirtieth and last event in the Club Championship to be any of the four or five Banstead Woods parkruns that take place in March, with all of these events counting separately for the Handicap and Age-Graded Competitions. This left a month for the overall results to be finalised, ratified by the committee and trophies prepared for the AGM at the start of May.

The intention was to be able to have a tight finish to the three competitions and to get a good number of members out competing against each other. Hopefully a few of the titles would remain undecided until the last event, which happened with two of the six titles on offer last year.

However, this arrangement was designed before the Roundshaw Downs parkrun was even dreamt of. Now that Banstead woods has a sister event, which is supported by a number of club members, it has meant that the thirtieth event has had to be reconsidered. Swapping the event would be unfair to the Banstead Woods regulars. Staying with Banstead Woods would be difficult for the Roundshaw Downs regulars. With Annette and Richard featuring towards the top of the points competition at Roundshaw Downs; Gill and I, Steve and Shaun all in the top fours at Banstead Woods; it would be hard for these members to compete in two separate competitions at two different locations.

The solution is to make the thirtieth event any parkrun run in March at either Banstead Woods or Roundshaw Downs. The only downside of this is that you could have members racing against each other to secure the points they need to take a title at separate events, which would still be good, but not the same as if they were racing against each other at the same event.

So both parkrun events in March are now included in the nominated races list.

Andy Stalley

24th February 2010

