



Club Competitions 2009/10

Monthly Update

November & December



Introduction

Welcome to the fifth monthly 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.

November's Races

There were just two nominated races in November; the first was the second of the Ron Hill Classic Series races run in very wet conditions in Nonsuch Park, in Cheam. For the series only the best time recorded by a member counts in the Club Championship. However, all three races count in the other two competitions.

(22b) Ron Hill Surrey Classic Series – Nonsuch Park 10km							
Sunday, 1st November 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Dave Ross	39.45	13	n/a	39.45	2	70.61	11
Richard Fox	40.33	16	n/a	40.33	1	70.23	10
Andy Stalley	40.41	18	n/a	- 0.31	11	71.04	12
Bill Walsh	41.42	25	n/a	- 0.23	10	69.84	9
Martin Lloyd	43.59	37	n/a	1.56	5	67.76	7
Nicola Stevenson	46.41	55	n/a	- 0.02	9	64.08	6
Paul Brooke	48.36	74	n/a	1.14	6	68.73	8
Mel Johnstone	48.40	75	n/a	3.16	3	61.47	4
Ruth Cottam	51.42	98	n/a	1.00	8	61.01	3
Chris Brooke	52.20	105	n/a	- 3.13	12	62.01	5
Annette Helliwell	56.16	122	n/a	1.01	7	59.93	2
Gill Stalley	62.34	148	n/a	2.00	4	52.02	1
162 Finished							

The race was run in very wet conditions, heavy rain and puddles all around the course. So the times achieved and the age-graded percentages were excellent. As with most events this year there was an increase in members competing, up to twelve, from seven last year.

The strong Collingwood contingent was lead home by Dave, from Richard who battled Andy over the last kilometre, before strongly kicking for home in the last 100 metres for a personal best.

Four members improved their handicap time, with Chris the clear winner of the twelve points being well over three minutes quicker than his handicap time which is calculated from his last three road 10km times. Despite being the quickest on the day, Dave and Richard both were 'scratch' runners, as this was their first road 10km in club colours.

The Age-graded competition was really tight with three members over the 'local' standard of 70%. Andy just took the twelve points from Dave and Richard.

Members cumulative count	2008/09	150	2009/10	229
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The second November race was the second of the Surrey Cross Country League events. As the actual courses were not run over standard race distances, the age-grading is calculated for the estimated distances for both men's and women's races. They are also calculated against standard road race times, so the resulting age-grade percentages, although consistent for all members will be slightly down on normal percentages.

As the Cross-Country races are split at different venues, both the Women's and Men's race count as separate races for all three competitions. Both races attract a three point bonus for the Handicap and Age-Graded Competitions, as members are representing the club.

(23) Surrey Ladies Cross Country League - Richmond Park (6km)							
Saturday, 14th November 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Nicola Stevenson	29.48	47	40	0.55	4	58.66	6
Ruth Cottam	33.46	89	39	- 1.09	5	56.06	4
Annette Helliwell	35.14	106	38	- 2.17	6	56.21	5
149 Finished							

For the ladies, this event was run over the traditional distance of 6km and the men over the usual longer 8km course.

Nicola was the fastest on the day and had the highest age-grading, but the three ladies were only separated by 2.45%. Annette and Ruth both improved their handicap times, with Annette taking the six points due to the bigger improvement.

Members cumulative count	2008/09	153	2009/10	232
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(23) Surrey Men's Cross Country League - Lloyd Park (8.3 km)
Saturday, 14th November 2009

Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Dave Ross	35.33	21	40	35.33	4	62.51	8
Bill Walsh	38.12	38	39	4.39	5	60.35	6
Martin Lloyd	38.35	43	38	2.53	7	61.15	7
Andy Stalley	39.48	49	37	4.28	6	57.49	5
Nigel Pointer	42.08	62	36	2.42	8	56.90	4
93 Finished							

Five men ran in muddy conditions at Lloyd Park, with Dave taking the 40 points on offer as the fastest and the eight points from having the highest age-grading. However, Dave was again a 'scratch' runner as this was his first Cross Country League race for the club.

In the Handicap Competition, not surprisingly given the conditions no member improved on their handicap time. Nigel took the top points as he was the closest to his handicap time.

Members cumulative count	2008/09	157	2009/10	237
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December's Races

(24) Pirie 10 – Farthing Downs – Saturday, 5th December 2009

The first December race was scheduled to be the Pirie 10. However in the week leading up to the event, the committee were made aware of the fact that there was a cut-off time in place at the end of the first of the two laps, which had not been known at the start of the year when the list of nominated races was compiled.

That time was relatively quick and so many members would not have been capable of completing the event within the overall time limit and were therefore unlikely to be included in the results. A check with South London Harriers revealed that this was going to be enforced.

As a number of members stated that they were not going to compete because of the time limits, it meant that the event was not inclusive to all members and therefore unfair to some members actively competing in the three Club Competitions. Therefore the committee reluctantly took the decision to remove the Pirie 10 from this year's list of nominated races.

If this had been known before the Epsom 10, then that race would have been a possible replacement, given its closeness in the calendar; being of the same distance and on the road. This could not be done retrospectively as that would be unfair to members who would have run the race if they had known that it was a nominated race. However, to avoid this situation next year, it is likely that the Epsom 10 will replace the Pirie 10 in the list of nominated races. This will be decided at the April committee meeting.

Members cumulative count	2008/09	162	2009/10	237
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(25) Surrey Ladies Cross Country League - Park (8km)
Saturday, 12th December 2009

Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Nicola Stevenson	37.25	33	40	37.25	7	63.21	7
Mel Johnstone	40.01	54	39	40.01	6	59.10	4
Ruth Cottam	42.40	76	38	42.40	5	59.92	5
Annette Helliwell	43.45	87	37	43.45	4	61.07	6
134 Finished							

For this and the next ladies cross country race the distance has been set at 8km, the same as for the men's event. This is an experiment and it is not known if the new distance will be adopted for some or all of the events next year. So for the purposes of the Club Handicap Competition, this event is a 'scratch' race, as this is a new distance. Clearly for the last Cross Country League race, the times from this event can be used and it will be capable of scoring as a normal handicap event.

Nicola took a clean sweep of top points in all three competitions, but the age-grading was again very close, with barely four percent between the four ladies.

Members cumulative count	2008/09	166	2009/10	241
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(25) Surrey Men's Cross Country League - Lloyd Park (8.5km)
Saturday, 12th December 2009

Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Martin Lloyd	36.35	35	40	0.17	8	64.49	9
Keith Dunning	37.52	40	39	3.34	5	60.42	8
Ray Sullivan	38.07	42	38	- 2.20	9	58.72	6
Andy Stalley	38.52	45	37	1.31	6	58.87	7
Nigel Pointer	40.56	55	36	1.01	7	58.56	5
Andrew Griffin	42.32	56	35	4.16	4	55.49	4
77 Finished							

The men returned to Lloyd Park this month for almost an identical course, but with the start and finish in slightly different places. However the race distance was the same. Depending on who you speak to, conditions were either better or worse under foot compared to November's race!

All six members finished relatively close together in time, but with a clear winner in the Handicap Competition, with Ray the only member to improve on his handicap, which was no surprise given his recent improved form.

Martin took the points for the age-graded Competition from Keith, with Ray, Andy and Nigel all split by only 0.31%.

Members cumulative count	2008/09	172	2009/10	247
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(22c) Ron Hill Surrey Classic Series – Horton Country Park 10km - Sunday, 20th December 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Bill Walsh	38.42	20	n/a	38.42	10	72.16	10
Martin Lloyd	40.57	34	n/a	40.57	9	67.96	8
Ray Sullivan	41.12	36	n/a	41.12	8	64.08	6
Andy Stalley	41.36	38	n/a	41.36	7	64.88	7
Nicola Stevenson	44.02	60	n/a	44.02	6	63.42	5
Paul Brooke	45.32	72	n/a	45.32	5	68.39	9
Ruth Cottam	49.17	90	n/a	49.17	4	61.16	3
Annette Helliwell	51.17	99	n/a	51.17	3	61.42	4
Kate Langley	51.26	103	n/a	51.26	2	54.29	2
Gill Stalley	59.18	132	n/a	59.18	1	51.27	1
155 Finished							

Due to the icy conditions, the route was altered to avoid a very slippery hill. David Denton judged the course to be 5.82miles, so a lot shorter than a normal 10km. Therefore the race cannot be judged against other 10km races for the purposes of the Club Handicap Competition. So the race is considered a 'scratch' distance for everyone. Unfortunately to be consistent with scoring across the year, there is no alternative to this.

In the conditions, there were a number of good times. Bill took the full ten points in both Age-Graded and Handicap Competitions.

Members cumulative count	2008/09	180	2009/10	257
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The Club Championship points are awarded for the quickest time run over the series. As the third race was short it distorts the figures slightly. As the change was only made on the day, no advantage was gained in advance by any member. So, given the difficult conditions on the day, which slightly off-set the shortened distance, the times from the third event count.

So Bill takes the forty points from Dave and Richard who achieved their times in their only run in the series at Nonsuch Park.

The following table shows how the Surrey Classic Series Championship points were awarded.

Surrey Classic Series Championship Points				
Member	1 st	2 nd	3 rd	Championship Points
Bill Walsh		41.42	38.42	40
Dave Ross		39.45		39
Richard Fox		40.33		38
Andy Stalley	41.17	40.41	41.36	37
Martin Lloyd	42.53	43.59	40.57	36
Ray Sullivan	44.10		41.12	35
Nicola Stevenson	47.03	46.41	44.02	34
Paul Brooke	48.50	48.36	45.32	33
Mel Johnstone		48.40		32
Ruth Cottam	50.43	51.41	49.17	31
Annette Helliwell	54.07	56.16	51.17	30
Kate Langley	54.10		51.26	29
Chris Brooke	53.10	52.20		28
Gill Stalley	60.34	62.34	59.18	27

Standings

These are the leading places in the three competitions at the end of December. Thirty-two members have scored points so far this year, up seven on last year at this stage.

Club Championship	Men		Women	
1 st	Keith Dunning	399	Nicola Stevenson	386
2 nd	Bill Walsh	390	Ruth Cottam	380
3 rd	Andy Stalley	389	Annette Helliwell	347

Keith has almost retained his title, equalling his 399 points from last year, only a very unlikely mathematical set of circumstances can stop him. Bill and Andy both closed the gap on Keith, but Bill is now second by a single point. So far five men have a full championship score, with Martin now being the fourth and Doug fifth.

The first three places stay the same in the ladies competition, with Nicola, Ruth and Annette all scoring good points. There are the only four women with a full championship score, the fourth being Kate Knight.

Overall nine members have a championship score so far, compared to seven at the same time last year.

Club Handicap	Men		Women	
1 st	Andy Stalley	149	Nicola Stevenson	163
2 nd	Bill Walsh	119	Ruth Cottam	143
3 rd	Keith Dunning	107	Annette Helliwell	84

There has been a change in the men's Club Handicap, with Andy scoring good points during the last two months to move well clear into first place, with Bill moving up from third to second.

The women's competition is closer, with Nicola staying ahead of Ruth in second and with Annette now in third place.

Last year the top scores in the Handicap Competition were only 95 and 46 points at the end of December. The winning scores at the end of the year were 135 for the men and 93 for the women, so it is clear that this year's winners will have to score considerably more to take the titles.

Club Age-Graded	Men		Women	
1 st	Andy Stalley	164	Nicola Stevenson	141
2 nd	Bill Walsh	159	Ruth Cottam	125
3 rd	Keith Dunning	133	Annette Helliwell	87

In the closest of the six competitions, Andy leads a very tight title race, with Bill only five points behind.

Nicola and Ruth stay in first and second places with Nicola having improved her seven point lead to sixteen. Annette remains third.

Last year the top scores in the Age-Graded Competition were only 117 and 42 points at the end of December. 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.

January & February Races

There are four nominated races in January and February, as follows:

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|-----|-----------------------------|---------------------------|----------------------|
| 26) | Tadworth 10 miles | 3 rd January | (road) |
| 27) | The Perch | 31 st January | (trail/off-road) |
| 28) | Surrey Cross-Country League | 6 th February | (2 races) (off-road) |
| 29) | Valentines 10km | 14 th February | (road) |

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

Andy Stalley

13th January 2010