



Club Competitions 2010/11

Monthly Update – May



Introduction

Welcome to the first monthly update on the 2010/11 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.

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.

The 2009/10 Club Competitions Winners	
Male Club Championship Winner	Keith Dunning
Runner-up Male Club Championship	Bill Walsh
Female Club Championship Winner	Nicola Stevenson
Runner-up Female Club Championship	Ruth Cottam
Male Handicap Competition Winner James Ivers Memorial Handicap Cup	Andy Stalley
Female Handicap Competition Winner Keira Ivers Memorial Handicap Cup	Ruth Cottam
Male Age-Graded Competition Winner Colin Wilkie Memorial Shield	Bill Walsh
Female Age-Graded Competition Winner Colin Wilkie Memorial Shield	Nicola Stevenson

The thirty nominated races in the Club Competitions are broadly the same as they have been for the last two years, which should ensure a consistency of outcomes.

There are five nominated races in May and details of the scoring in each event are detailed below.

The first race this year was Sutton Runners 10km in Beddington Park, which saw nine members compete, down one from last year.

Three bonus points are awarded for all the Surrey Road League races, which includes the Sutton Runners 10km, the first event of the year. Therefore, good points were available to start the year in both the Handicap and Age-Graded Competitions.

(1) Sutton Runners 10km Road Race - Sunday, 2nd May 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Richard Fox	39.34	58	40	- 0.58	10	71.98	11
Keith Dunning	40.24	67	39	0.07	6	72.08	12
Steve Cooney	40.28	68	38	- 0.08	7	68.87	10
Andrew Griffin	45.46	137	37	- 2.27	11	65.63	9
Marc Wood	49.09	164	36	49.09	4	56.30	5
Nigel Pointer	49.38	173	35	- 3.12	12	61.52	7
Ruth Cottam	52.12	212	34	1.07	5	64.82	8
Kate Langley	53.20	222	33	- 0.49	9	56.09	4
Chris Brooke	53.38	224	32	- 0.21	8	61.06	6
302 finished							

A good day for Richard, a PB to go with the first 40 points of the year in the Club Championships. Richard's form for the first few months of 2010 would indicate that he has to be a real contender for all three competitions. However Keith clearly is no going to surrender his Championship title easily, taking 39 points for second place, although only narrowly from Steve by four seconds.

Six of the nine members beat their handicap time, with Nigel taking the 12 points from Andrew who took eleven.

For the age-grading, both Keith and Richard were comfortably over the 70% barrier, taking the twelve and eleven points.

For the ladies competitions, there were good early points for Ruth and Kate.

An Explanation of Age-Grading

Age-Graded Scoring allows all individuals within a race to be 'scored' against each other. That is done by first comparing the individual's finish time at that particular race distance to an 'ideal' or best time (not necessarily the 'world record') achievable for that individual's age and gender.

Age-Graded Scoring utilizes statistical tables to compare the performances of individual athletes at different distances, between different events, or against other athletes of either gender and/or of any age.

Let's say a 55-year old male runs a marathon in 3:00:27. He would receive an Age-Graded Score of 80.21%. That is because, according to the Age-Graded Scoring tables, the 'ideal' finish time for a 55-year old male is 2:24:22, and that's about 20% faster (about 36 minutes) than our 55-year old ran.

Now let's say that a 27-year old male ran the same marathon in 2:45:47. Obviously, that is faster than our 55-year old. But is the performance of the younger runner really 'better'

when compared with that of a man more than twice his age? The answer is, 'No!' In fact, the Age-Graded score of the 25-year old is only 76.51%.

A score within each 'Achievement Level' range indicates the level of performance achieved by a runner:

- ✍ 100% = Approximate World Record Level
- ✍ 90-99% = World Class
- ✍ 80-89% = National Class
- ✍ 70-79% = Regional Class
- ✍ 60-69% = Local Class

May's Races continued

13 members ran the second event of the year in Nonsuch Park, the Dave Clarke 5km race, which was this year a race of 5km, after last year's short course.

(2) Dave Clarke 5km Road Race - Thursday, 6th May 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Richard Fox	18.24	4	40	18.24	6	74.86	13
Andy Stalley	18.59	7	39	- 1.19	11	73.63	11
Keith Dunning	19.01	8	38	0.23	9	74.07	12
Steve Cooney	19.10	9	37	- 0.54	10	70.33	9
Martin Lloyd	19.57	15	36	- 1.25	12	72.18	10
Ray Sullivan	21.41	25	35	21.41	5	63.53	6
Nicola Stevenson	21.45	27	34	21.45	4	66.18	7
Chris Brooke	23.54	42	33	0.48	8	66.25	8
Wendy Matlock	24.51	46	32	24.51	3	59.36	2
Ruth Cottam	24.59	47	31	- 1.56	13	62.55	4
Annette Helliwell	26.08	54	30	26.08	2	63.07	5
Gill Stalley	26.09	55	29	26.09	1	60.80	3
Kate Knight	35.32	72	28	2.33	7	46.38	1
75 finished							

A good night for Collingwood with five men under twenty minutes and all above 70% as well. Richard was comfortably the fastest, securing his second maximum forty points, from a surprised Andy breaking the nineteen minute barrier for the first time.

Richard took a very healthy thirteen points in the Age-Graded Competition, but with some very close competition.

Ruth scored the maximum in the Handicap, having beaten her handicap time by nearly two minutes. There were a good number of 'scratch' runners this year, as last year's event was so short in distance that it could not be counted as a 5km event.

Two years ago no Collingwood members ran at Richmond, last year we had six members competing, this year nine.

Again three bonus points are awarded for all the Surrey Road League races, which includes the Ranelagh Richmond Half Marathon.

Richmond was also the first of five long races in the nominated races, of which one at least must be completed to lodge a score in the Club Championship.

(3) Ranelagh Richmond Half Marathon - Sunday, 16th May 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Dave Ross	1.25.25	52	40	1.25.25	4	72.64	12
Richard Fox	1.28.28	95	39	- 3.59	11	70.14	10
Andy Stalley	1.30.01	115	38	- 1.17	8	70.47	11
Martin Lloyd	1.35.54	212	37	3.27	6	68.73	9
Nicola Stevenson	1.40.56	299	36	- 11.54	12	65.19	8
Ruth Cottam	1.56.02	553	35	1.15	7	60.70	7
Kate Langley	2.01.07	631	34	- 3.31	10	54.33	5
Wendy Matlock	2.01.07	632	33	- 2.57	9	54.93	6
Kate Knight	3.13.36	806	32	18.57	5	38.35	4
806 finished							

Richard was stopped from claiming a hat-trick of maximum points by Dave, who also took the top twelve points in the Age-Graded Competition. Although Richard was quicker, Andy took the eleven points for second as his age made the difference.

Nicola took the twelve points in the Handicap by a wide margin having slaughtered her handicap time. Richard's recent improvement meant that he was second taking eleven points.

Three bonus points were again awarded for the third Surrey Road League races, the Dorking 10 mile road race, which last year saw six members complete and only three in 2008.

(4) Dorking 10 Mile Road Race - Sunday, 23rd May 2010

Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Andy Stalley	1.07.01	49	40	- 6.10	13	71.09	13
Richard Fox	1.09.14	63	39	- 1.21	12	67.01	12
Martin Lloyd	1.14.44	124	38	3.35	9	66.25	11
Nicola Stevenson	1.25.20	252	37	7.48	8	57.87	10
Marc Wood	1.29.17	291	36	89.17	6	51.09	6
Ruth Cottam	1.32.09	326	35	1.35	11	57.53	8
Wendy Matlock	1.34.59	350	34	94.59	5	52.71	7
Annette Helliwell	1.36.39	369	33	3.29	10	57.82	9
Kate Langley	1.36.45	372	32	96.45	4	51.04	5
Kate Knight	2.29.45	467	31	11.31	7	37.32	4
467 finished							

Andy ran a big PB in the hot conditions to take top points in all three competitions, with the only age-grading above 70%. Richard was second in all three competitions, being the only other member to beat his handicap time.

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.

Six members ran the first Near-as-damn-it race in 2008, which doubled to twelve last year.

(5a) 1st Near-As-Damn-It 10km - Thursday, 28th May 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Richard Fox	41.25	20	n/a	- 2.49	8	68.76	8
Andy Stalley	41.29	21	n/a	- 1.50	6	69.67	9
Keith Dunning	42.42	29	n/a	1.58	4	68.20	7
Martin Lloyd	42.54	30	n/a	- 3.03	9	70.02	10
Andy Southern	45.35	38	n/a	45.35	3	63.40	6
Nicola Stevenson	48.34	54	n/a	- 3.44	10	55.34	4
David Freeborn	50.01	64	n/a	50.01	2	55.72	5
Ruth Cottam	55.13	85	n/a	0.24	5	51.96	2
Annette Helliwell	56.06	91	n/a	- 2.43	7	53.54	3
Rupert Quested	64.39	109	n/a	64.39	1	51.67	1
118 finished							

Richard saw Andy closing in on him with 100 yards to go and kicked strongly to be first home. However, neither could beat Nicola's big improvement on her handicap time and Martin just getting over the 70%.

Standings

These are the leading places in the three competitions at the end of May.

Club Championship	Men		Women	
1 st	Richard Fox	0 (158)	Ruth Cottam	0 (135)
2 nd	Andy Stalley	0 (117)	Kate Langley	0 (127)
3 rd	Martin Lloyd	0 (111)	Nicola Stevenson	0 (107)

No one yet has completed the minimum eight races and over the three distances required, so positions are calculated on total points scored. Richard has made a strong start, but with points still to be awarded in 26 events, there is still a lot to run for.

Ruth has a healthy lead, with Kate in second and Nicola in third place, but within striking distance of retaining the trophy.

Ruth and Richard are the only members to complete all five nominated races in May.

Club Handicap	Men		Women	
1 st	Richard Fox	47	Ruth Cottam	41
2 nd	Andy Stalley	38	Nicola Stevenson	34
3 rd	Martin Lloyd	36	Kate Langley	23

Last year's winner Andy and Martin the 2008 winner are currently challenging for the lead. Richard's string of PBs indicate someone who is clearly beating their handicap and so is equally clearly in the lead. Ruth has made a strong start to defending her title, with last year's runner-up, Nicola, close behind in second place.

Club Age-Graded	Men		Women	
1 st	Richard Fox	54	Ruth Cottam	29
2 nd	Andy Stalley	44	Nicola Stevenson	29
3 rd	Martin Lloyd	40	Annette Helliwell	17

The same three men lead the Age-Graded competition, with Richard again having a handy lead. For the ladies, Ruth and Nicola are tied first with Annette in third.

June's Races

There are seven nominated races in June, as follows:

- | | | | |
|-----|---|-----------------------|-------------------------------|
| 6) | Tour of Epsom – Horton Country Park | 7 th June | <i>(trail)</i> |
| 7) | Tour of Epsom – Nonsuch Park | 8 th June | <i>(road & off-road)</i> |
| 8) | Tour of Epsom – Hogsmill Open Space | 9 th June | <i>(trail & off-road)</i> |
| 9) | Tour of Epsom – Nonsuch Park | 10 th June | <i>(road & off-road)</i> |
| 10) | Tour of Epsom – NESCOLT | 11 th June | <i>(off-road)</i> |
| 11) | Beddington Park Charity 10km | 13 th June | <i>(off-road)</i> |
| 12) | Richmond 10km <i>(formally Dysart Dash)</i> (SRL) | 20 th June | <i>(road)</i> |

Andy Stalley

1st June 2010

