



Club Competitions 2010/11

Monthly Update

March – Week One



Introduction

Welcome to first March update on the 2010/11 Club Competitions. As some of the titles are very close, weekly updates will be issued as they will be going down to the last race and maybe the last finishing straight.

Both the Banstead Woods parkrun and Roundshaw Downs parkrun count for the Handicap and Age-Graded Competitions. However, the best time run in March at either event counts for the Club Championships.

(30a) Banstead Woods parkrun (Event 195) – Saturday, 5th March 2010							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Steve Cooney	20.14	12	n/a	0.15	5	67.96	14
Shaun Cooney	20.23	13	n/a	- 0.15	7	65.09	13
Ruth Cottam	25.58	80	n/a	- 0.22	9	61.49	8
Andy Stalley	25.59	81	n/a	3.05	3	54.97	5
Annette Helliwell	26.54	91	n/a	- 1.06	12	63.69	12
Gill Stalley	31.12	144	n/a	- 2.28	14	52.30	4
184 Finished							

Six members ran in Banstead Woods, with Steve being just seconds quicker than Martin at Roundshaw Downs, where nine members ran. Martin had another top Age-Grading, being the only member above 70%.

Andy's time was slower than usual as he had to do a bit of Co-Directing during the first lap and so his time will not count for the Handicap calculations for the next three weeks. The same applies to Richard who had an easy run with Alison, the day before the Steyning Stinger.

In the Handicap Competition, Gill and Rob were both well over two minutes inside their Handicap times, but not as much as Paul who was over three minutes inside his time.

(30a) Roundshaw Downs parkrun (Event 87) – Saturday, 5th March 2010

Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Martin Lloyd	20.17	5	n/a	- 0.38	10	72.72	15
Nicola Stevenson	23.37	23	n/a	0.39	4	62.81	9
Doug White	25.18	31	n/a	- 0.58	11	63.37	11
Cat Gaskell	26.29	35	n/a	- 0.21	8	55.88	6
Richard Fox	28.29	44	n/a	8.09	1	49.03	3
Alison Fox	28.30	45	n/a	0.05	6	56.61	7
Rob Wilson	30.32	57	n/a	- 2.23	13	63.16	10
Paul Booth	32.50	66	n/a	- 3.17	15	47.21	2
Dominic Fox	41.23	76	n/a	7.44	2	41.12	1
78 Finished							

Standings

Club Handicap	Men		Women	
1st	Martin Lloyd	250	Ruth Cottam	195
2 nd	Andy Stalley	207	Annette Helliwell	174
3 rd	Doug White	192	Nicola Stevenson	158

Martin extended his lead slightly, but looks unstoppable.

Annette closed the gap on Ruth slightly, but the lead still looks very healthy.

Club Age-Graded	Men		Women	
1st	Martin Lloyd	304	Annette Helliwell	155
2 nd	Andy Stalley	243	Ruth Cottam	148
3 rd	Richard Fox	230	Nicola Stevenson	146

Martin extended his lead slightly, but looks even more unstoppable than the Handicap.

Annette extended the gap on Ruth slightly, but the lead still looks close, with Nicola still very close in third.

March's Races

There are four more nominated races in March, as follows:

- | | | | |
|------|--|------------------------|-------------------|
| 30) | Banstead Woods or Roundshaw Down parkrun | 12 th March | <i>(off-road)</i> |
| 30) | Banstead Woods or Roundshaw Down parkrun | 19 th March | <i>(off-road)</i> |
| 30) | Banstead Woods or Roundshaw Down parkrun | 26 th March | <i>(off-road)</i> |
| 22c) | 3 rd Ron Hill Surrey Classic 10km | 27 th March | <i>(road)</i> |

The re-scheduling of the third of David Denton's races to the last weekend in March means that instead of the two parkruns on the 26th deciding titles, it could go down to a race off on the 10km route from Horton Country Park.

Andy Stalley

6th March 2011

