



Club Competitions 2010/11

Monthly Update

March – Week Two



Introduction

Welcome to second March update on the 2010/11 Club Competitions.

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.

(30b) Banstead Woods parkrun (Event 196) – Saturday, 12th March 2010							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Andy Stalley	21.50	33	n/a	- 1.08	9	65.42	11
Steve Cooney	22.08	37	n/a	2.01	2	62.12	9
Ruth Cottam	25.43	94	n/a	- 0.37	7	62.09	8
Shaun Cooney	27.37	120	n/a	7.09	1	48.04	3
Gill Stalley	31.30	165	n/a	- 2.10	11	51.80	5
201 Finished							

Five members ran in Banstead Woods with Andy the quickest running his fastest time since the start of November. Shaun's time was unusually slow as he ran with his dog.

(30b) Roundshaw Downs parkrun (Event 88) – Saturday, 12th March 2010							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Richard Fox	18.49	4	n/a	- 2.31	13	74.22	13
Martin Lloyd	20.03	9	n/a	- 0.42	8	73.57	12
Doug White	26.00	48	n/a	0.19	5	61.67	7
Annette Helliwell	26.40	56	n/a	- 1.23	10	64.25	10
Cat Gaskell	27.21	60	n/a	0.19	5	54.11	6
Rupert Quested	33.36	84	n/a	1.20	3	49.01	4
Paul Booth	35.37	88	n/a	- 0.02	6	43.52	2
Sophie Gaskin	41.05	91	n/a	- 2.24	12	37.73	1
95 Finished							

Richard took the full set of fastest on the day, best handicap time and best age-grading.

Standings

Club Handicap	Men		Women	
1 st	Martin Lloyd	257	Ruth Cottam	202
2 nd	Andy Stalley	215	Annette Helliwell	184
3 rd	Doug White	197	Nicola Stevenson	158

Martin extended lead still looks unstoppable.

Annette is the only lady that can now stop Ruth whose lead still looks very healthy.

Club Age-Graded	Men		Women	
1 st	Martin Lloyd	314	Annette Helliwell	165
2 nd	Andy Stalley	252	Ruth Cottam	156
3 rd	Richard Fox	241	Nicola Stevenson	146

Martin now is statistically safe and wins the Age-Graded Competition. Congratulations Martin.

Annette still has a nice lead over Ruth.

Martin's run of 14 consecutive best Age-Gradings ended today, with Richard just pipping him.

March's Races

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

- 30) Banstead Woods or Roundshaw Down parkrun 19th March *(off-road)*
- 30) Banstead Woods or Roundshaw Down parkrun 26th March *(off-road)*
- 22c) 3rd Ron Hill Surrey Classic 10km 27th March *(road)*

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

12th March 2011

