



Club Competitions 2010/11

Monthly Update

March – Week Three



(30c) Roundshaw Downs parkrun (Event 89) – Saturday, 19th March 2010							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Richard Fox	19.42	3	n/a	- 0.07	7	70.90	15
Nigel Wood	20.26	6	n/a	- 0.49	10	75.20	16
Doug White	25.22	33	n/a	- 0.41	8	63.21	13
Annette Helliwell	26.25	42	n/a	- 0.50	11	64.86	14
Martin Lloyd	26.26	43	n/a	5.50	2	55.80	10
Cat Gaskell	29.08	55	n/a	1.42	4	50.80	5
Aimee Fox	31.01	64	n/a	- 4.17	16	51.48	6
Alison Fox	31.10	65	n/a	3.13	3	51.76	7
Dominic Fox	32.45	70	n/a	- 3.27	15	51.96	8
Karen Weighall	32.49	71	n/a	1.01	5	48.20	4
Paul Booth	33.49	73	n/a	- 1.49	13	44.21	3
Sophie Gaskin	40.57	83	n/a	- 1.13	12	37.85	2
85 Finished							

Richard was the only member to break 20 minutes.

Nigel and Aimee both achieved PBs, with Aimee taking the top 15 points in the handicap from her brother Dominic with 14.

Nigel easily had the highest age-grading. Look how close Aimee's, Dominic's and Alison's were, all above 51%.

(30c) Banstead Woods parkrun (Event 197) – Saturday, 19th March 2010							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Andy Stalley	23.10	38	n/a	0.37	6	61.65	11
Ruth Cottam	25.21	68	n/a	- 0.45	9	62.98	12
Gill Stalley	30.47	131	n/a	- 2.33	14	53.00	9
Kate Knight	49.35	191	n/a	10.43	1	34.55	1
195 Finished							

Four members ran in Banstead Woods with Andy the quickest, with Gill and Ruth improving on recent times. Kate was back running after coming out of hospital and against the wishes of her consultant!

Standings

Club Handicap	Men		Women	
1 st	Martin Lloyd	259	Ruth Cottam	211
2 nd	Andy Stalley	220	Annette Helliwell	195
3 rd	Doug White	204	Nicola Stevenson	158

Martin now is statistically safe and wins the Handicap Competition to take a clean sweep of the men's titles. Congratulations Martin.

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	323	Annette Helliwell	179
2 nd	Andy Stalley	262	Ruth Cottam	168
3 rd	Richard Fox	255	Nicola Stevenson	146

Richard is closing in on second place, just seven points adrift of second.

Annette still has a nice lead over Ruth.

March's Races

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

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

Andy Stalley

19th March 2011

