



Club Competitions 2010/11

Monthly Update

March – Week Four



When developing the rules and the nominated race list, one intention was to keep the competitions live going into March and hopefully going down to the last week, maybe even the last finishing straight. Last year, two titles were decided on the last weekend. This year, one competition went to the Saturday parkruns to be decided and one to the Sunday 10km.

(30d) Roundshaw Downs parkrun (Event 90) – Saturday, 26th March 2010							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Richard Fox	18.34	3	n/a	- 1.24	12	75.22	17
Martin Lloyd	21.25	12	n/a	0.51	2	69.42	16
Doug White	25.38	42	n/a	- 0.15	6	62.55	11
Cat Gaskell	25.41	44	n/a	- 1.58	14	57.62	9
Annette Helliwell	26.22	50	n/a	- 0.18	8	64.98	14
John Helliwell	26.57	56	n/a	- 0.17	7	56.09	8
Lorraine Thomas	28.55	66	n/a	- 3.41	17	52.68	6
Rob Wilson	29.33	70	n/a	- 2.51	16	65.26	15
Rupert Quested	30.08	74	n/a	- 2.04	15	54.65	7
Karen Weighall	31.09	77	n/a	- 1.03	11	50.78	5
Paul Booth	33.52	84	n/a	- 1.03	11	45.77	4
Alex Helliwell	36.36	90	n/a	- 1.54	13	35.25	1
Sophie Gaskin	40.16	94	n/a	- 0.44	9	38.49	3
100 Finished							

Richard was the only member to break 20 minutes again and the only member to break 75% in the age-grading.

Amazing results in the handicap where everyone apart from Martin beat their handicap time, but the biggest improvement went to Lorraine, who was nearly four minutes inside her handicap and that was a PB as well.

(30d) Banstead Woods parkrun (Event 198) – Saturday, 26th March 2010							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Steve Cooney	21.21	25	n/a	0.29	4	64.40	13
Andy Stalley	23.08	41	n/a	0.33	3	61.74	10
Ruth Cottam	25.28	77	n/a	- 0.13	5	62.70	12
Kate Knight	45.12	179	n/a	3.20	1	37.91	2
180 Finished							

Four members ran in Banstead Woods with Steve the quickest and Kate returning to fitness after her recent operation.

The third Surrey Classic Series race was postponed due to the snow in December, so by chance this rearranged race became the last event of the competition year.

(22c) Ron Hill Surrey Classic Series – Horton Country Park 10km Sunday, 27th March 2011							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Martin Lloyd	39.46	17	n/a	- 0.05	9	76.15	16
Richard Fox	40.29	23	n/a	0.36	6	70.35	14
Nigel Wood	41.22	31	n/a	- 0.54	10	75.68	15
Andy Stalley	42.31	38	n/a	- 0.05	9	68.49	12
Paul Brooke	48.59	79	n/a	0.22	7	69.58	13
Ruth Cottam	50.28	90	n/a	- 1.33	13	63.94	11
Chris Brooke	53.22	106	n/a	- 1.50	15	61.97	9
Annette Helliwell	54.06	108	n/a	0.38	5	63.49	10
Doug White	54.12	109	n/a	1.19	11	60.43	8
Cat Gaskell	54.22	112	n/a	3.15	3	55.03	6
Lorraine Thomas	56.52	128	n/a	- 1.30	12	52.75	4
Rupert Quested	57.36	131	n/a	- 1.38	14	58.57	7
Douglas Josham	57.47	132	n/a	2.15	4	46.68	3
Gill Stalley	62.12	151	n/a	- 2.25	16	53.25	5
Sophie Gaskin	88.47	187	n/a	88.47	1	35.15	1
Kate Knight	95.27	188	n/a	11.33	2	35.99	2
188 Finished							

A second PB of the weekend for Lorraine, who did well in the Handicap Competition as did many others, with Chris, Ruth and Rupert all well inside their handicaps. However, Gill was 2:25 inside her handicap to take the 16 points on offer.

Martin was the fastest on the day and had the best age-grading, but was closely followed by Nigel Wood.

Club Championships

The points awarded for the March parkruns were determined by the fastest time run by members during the month at either Banstead Woods or Roundshaw Downs.

24 members ran at least one parkrun in March. Richard ran the fastest time, 18.34 in the fourth week, so took the maximum 40 points on offer.

(30) Club Championship Points - March's parkruns					
Member	1st week	2nd week	3rd week	4th week	Championship Points
Richard Fox	28.29	18.49	19.42	18.34	40
Martin Lloyd	20.17	20.03	26.26	21.25	39
Steve Cooney	20.14	22.08		21.21	38
Shaun Cooney	20.23	27.37			37
Nigel Wood			20.26		36
Andy Stalley	25.59	21.50	23.10	23.08	35
Nicola Stevenson	23.37				34
Doug White	25.18	26.00	25.22	25.38	33
Ruth Cottam	25.58	25.43	25.21	25.28	32
Cat Gaskell	26.29	27.21	29.08	25.41	31
Annette Helliwell	26.54	26.40	26.25	26.22	30
John Helliwell				26.57	29
Alison Fox	28.30		31.10		28
Lorraine Thomas				28.55	27
Rob Wilson	30.32			29.33	26
Rupert Quested		33.36		30.08	25
Aimee Fox			31.01		24
Karen Weighall			32.49	31.09	23
Gill Stalley	31.12	31.30	30.47		22
Dominic Fox	41.23		32.45		21
Paul Booth	32.50	35.37	33.49	33.52	20
Alex Helliwell				36.36	19
Sophie Gaskin		41.05	40.57	40.16	18
Kate Knight			49.35	45.12	17

The points awarded for the three Ron Hill Surrey Classic Series were determined by the fastest time run by members during any of the three events.

20 members ran at least one of the series. Martin ran the fastest time, 39:30 at Nonsuch Park, so took the maximum 40 points on offer.

(22) Ron Hill Surrey Classic Series - Championship Points				
Member	1st	2nd	3rd	Championship Points
Martin Lloyd	39.55	39.30	39.46	40
Dave Johnson	39.37			39
Richard Fox	40.10	39.54	40.29	38
Andy Stalley	41.56	39.56	42.31	37
Bill Walsh	42.05	41.04		36
Nigel Wood			41.22	35
Marc Wood	48.51	47.39		34
Paul Brooke	48.56	48.04	48.59	33
Cat Gaskell	52.49	49.42	54.22	32
Ruth Cottam		51.45	50.28	31
Annette Helliwell	52.59	51.52	54.06	30
Doug White	53.16	52.23	54.12	29
Chris Brooke	54.33	54.23	53.22	28
Tom Wilkie	61.17	53.45		27
Douglas Josham	56.20	54.44	57.47	26
Lorraine Thomas	58.50	57.06	56.52	25
Rupert Quested		61.10	57.36	24
Gill Stalley	63.40	65.08	62.12	23
Kate Knight	83.26	80.51	95.27	22
Sophie Gaskin			88.47	21

Final Standings

The following are the final standings in the three Club Competitions, which produced some interesting results this year.

In 2008/09, we had only 31 members competing, 23 men and 8 women, completing 246 individual races.

Last year, numbers were up and we had 26 men and 13 women competing, a total of 39 members, who ran 354 races.

This year, numbers were up again, we had 30 men and 16 women; an overall total of 46 members, who completed 436 races.

One of the aims of the competitions is to get members out competing in local races and representing the club, so clearly it is achieving that goal.

Club Championship	Men		Women	
1 st	Martin Lloyd	400	Nicola Stevenson	376
2 nd	Richard Fox	400	Ruth Cottam	373
3 rd	Andy Stalley	390	Annette Helliwell	353

The Ladies Club Championship first three places were the same as last year and the positions were not affected by the five March races.

Congratulations to Nicola for retaining her title, for the third year running.

Martin had already secured his title before March, on the first tie break rule from Richard, having both secured the maximum 400 points.

Overall, 8 men achieved a full championship score having satisfied the four qualifying conditions, the same as in both of the last two years. However, five women had a championship score, compared to four and two in the last two years.

Club Handicap	Men		Women	
1 st	Martin Lloyd	271	Ruth Cottam	229
2 nd	Andy Stalley	234	Annette Helliwell	208
3 rd	Doug White	222	Nicola Stevenson	158

Annette could not close Ruth's gap in March, so Ruth retains her Handicap Title. Annette's score of 208 points was the winning score last year. **Congratulations Ruth.**

No change in the men's competition with Martin having already wrapped up the title. Last year the winning score was only 200.

Club Age-Graded	Men		Women	
1 st	Martin Lloyd	358	Annette Helliwell	203
2 nd	Richard Fox	289	Ruth Cottam	191
3 rd	Andy Stalley	287	Nicola Stevenson	146

Annette scored 119 points last year to take third place, this year she took the title breaking the 200 point barrier. Last year's winning score was 179 points. **Congratulations Annette on your first club title.**

For the men, Martin took his third title, scoring a lot more points than Bill required last year, which was 253. Richard overtook Andy in the last event to take second place.

Overall

For the first time all three ladies competitions were won by different members. This was a great success, as all three competitions are intended to judge performance in a different way, so to get three separate winners was just what the competitions are hoped to achieve. However, Martin dominated the men's competitions taking all three titles.

Congratulations to all our winners and a huge well done to everyone for competing so well and making this a great competition year.

Andy Stalley

29th March 2011

