



# Club Competitions 2010/11

## Monthly Update – June



### Introduction

Welcome to the second monthly update on the 2010/11 Club Competitions. June was a busy month for the competitions with eight races taking place. Therefore the dust has started to really settle in all the competitions and particularly for the men's Club Championship where a clear favourite for the title has already emerged. All the other five titles are shaping up to be closer battles and hopefully at least one could go down to the last race of the year again.

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.

### June's Races

Before detailing the Tour of Epsom results, it might help to explain a little more about the scoring system used for the Age-Graded Competition. For standard distance road races, such as the Dorking 10, the age-gradings are easy for the internet-based tool to calculate, as there will be an official world record for that distance; for Dorking that would be the road 10 mile world record.

However, when you go off-road and race over odd distances, as in the Tour of Epsom, there will not be an official world record to calculate against. So the internet-based tool has to do some extra maths and calculate the percentage using a little more estimation. Therefore, the age-gradings for odd distances might look a fraction away from similar road age-gradings, but they will be consistent.

Additionally, for the Age Grading Competitions no account is taken for the surface and all calculations are based on road race times. This is simply because no internet-based tool takes into account the surface and they are all based on road times. So age-graded percentage will generally be lower for off-road events compared to road races, as off-road courses will generally be harder and therefore slower than road courses. So the near-as-damn-it age-gradings will always appear lower than the Richmond 10km ones.

For our competitions the same internet-based tool is always used for the odd distance races, so the results will always be consistent and therefore equally fair for everyone.

The distances for the Tour of Epsom that are used for the calculations are those taken from Andy Stalley's Garmin. This is probably a better gauge of the distances than David Denton's estimations and it also ensures that everyone is judged against one distance.

June opened with David Denton's 'Epsom Run Week', commonly known as the "Tour of Epsom", with five races in five nights. The Monday night race route is a single lap of the tracks in Horton Country Park; which this year proved to be less of a challenge than last year, when Bill and Andy went on a scenic detour! That detour meant that their handicap times this year were always going to be relatively good.

<b>(6) Tour of Epsom (Horton Country Park) (3.19 miles) - Monday, 7<sup>th</sup> June 2010</b>							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
<b>Richard Fox</b>	<b>19:28</b>	<b>9</b>	<b>40</b>	19.28	4	72.76	11
Keith Dunning	19:33	10	39	0.04	8	<b>74.08</b>	<b>13</b>
Martin Lloyd	20:22	17	38	- 0.30	9	73.34	12
Dave Ross	20:29	18	37	20.29	3	68.65	8
Andy Stalley	20:36	20	36	- 3.55	12	69.77	10
Steve Cooney	20:49	21	35	0.36	6	66.59	7
Bill Walsh	21:05	24	34	<b>- 5.07</b>	<b>13</b>	68.69	9
Andy Southern	21:46	27	33	21.46	2	63.68	5
Nicola Stevenson	22:35	34	32	- 0.55	10	65.55	6
Ruth Cottam	25.59	71	31	0.17	7	61.84	4
Doug White	26:10	74	30	1.01	5	61.66	3
Kate Langley	27:25	80	29	27.25	1	54.05	1
Gill Stalley	29:41	101	28	- 2.05	11	55.08	2
122 finished							

Richard and Keith set the pattern for the rest of the week, being the quickest two members. Some slightly atypical performances tonight with Steve, Mel and Dave fresh off the plane from South Africa, Andy with a marathon in his legs from the day before, with Bill and Gill carrying injuries.

Keith was one of three men about 70% and took the thirteen points on offer for the Age-Graded Competition with an excellent 74.08%, which given the trail nature of the course was even better than it at first appears. Martin was over 73% and Richard over 72% which again were excellent percentages.

Nicola set the pattern for the rest of the week by being the fastest lady.

The second race was a two-lap version of July's Relay Race, which was first used in the tour last year. So for the purposes of the Handicap Competition, anyone who ran it last year had a handicap time, everyone else was a scratch runner, of which there were six.

<b>(7) Tour of Epsom (Nonsuch Park) (3.69 miles) - Tuesday, 8<sup>th</sup> June 2010</b>							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
<b>Richard Fox</b>	<b>22:39</b>	<b>9</b>	<b>40</b>	<b>- 1.32</b>	<b>13</b>	<b>72.95</b>	<b>13</b>
Keith Dunning	23:13	16	39	0.49	8	72.77	12
Andy Stalley	23:21	18	38	- 1.05	12	71.81	10
Martin Lloyd	24:01	21	37	24:01	6	72.55	11
Andy Southern	24:41	23	36	24:41	5	67.93	9
Steve Cooney	24:45	24	35	24:45	4	65.33	8
Nicola Stevenson	26:13	36	34	- 0.05	10	59.43	5
David Freeborn	27:03	45	33	27.03	3	59.77	6
Doug White	29:38	74	32	- 0.26	11	63.51	7
Ruth Cottam	29:52	76	31	0.35	9	55.73	4
Kate Langley	31:00	83	30	31.00	2	50.26	1
Annette Helliwell	32:53	97	29	1.08	7	52.99	2
Rupert Quested	36:20	119	28	36.20	1	53.32	3
131 finished							

Richard took the honours in all three competitions, with nearly 73% in the Age-Graded Competition. Andy joined Richard, Keith and Martin with a seventy plus percentage.

For the Handicap, Richard and Andy continued their recent improvements by making big improvements on their times from last year.

The third race was another new course around the Hogsmill Open Space in Ewell, which David Denton seems to change ever year recently. By adding distance and going over a very different route, this course was not comparable to any previous year's course. So, it was a scratch race for everyone, which obviously benefitted the quicker runners.

<b>(8) Tour of Epsom (Hogsmill Open Space) (3.64 miles) - Wednesday, 9<sup>th</sup> June 2010</b>							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
<b>Richard Fox</b>	<b>22.43</b>	<b>8</b>	<b>40</b>	<b>22.43</b>	<b>11</b>	71.69	9
Keith Dunning	23.03	12	39	23.03	10	72.25	10
Andy Stalley	23.16	14	38	23.16	9	71.03	8
Martin Lloyd	23.38	17	37	23.38	8	<b>72.67</b>	<b>11</b>
Bill Walsh	25.06	25	36	25.06	7	66.35	7
Nicola Stevenson	26.38	33	35	26.38	6	63.97	6
Doug White	29.54	62	34	29.54	5	62.05	5
Ruth Cottam	30.10	65	33	30.10	4	61.24	4
Kate Langley	31.29	75	32	31.29	3	54.16	2
Annette Helliwell	32.39	85	31	32.39	2	59.67	3
Rupert Quested	36.43	104	30	36.43	1	52.01	1
112 finished							

Richard was again to the front, taking the Championship and Handicap points, but the third different member of the week took the Age-Graded points, this time Martin.

A return after a year away to the two lap course at Tattenham Corner, meaning that the previous years races count for the Handicap Competition. However, the coldest and breeziest night of the week meant that times were down on what could be expected on this course.

<b>(9) Tour of Epsom (Tattenham Corner) (3.17 miles) - Thursday, 10<sup>th</sup> June 2010</b>							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
<b>Richard Fox</b>	<b>19.44</b>	<b>9</b>	<b>40</b>	19.44	6	71.30	10
Keith Dunning	20.00	10	39	0.40	8	<b>71.93</b>	<b>12</b>
Andy Stalley	20.28	14	38	- 0.24	11	69.76	9
Martin Lloyd	20.40	18	37	-0.09	10	71.79	11
Steve Cooney	21.08	23	36	0.43	7	65.15	8
Nicola Stevenson	23.35	38	35	<b>- 1.14</b>	<b>12</b>	62.35	7
Ruth Cottam	26.31	65	34	0.21	9	60.20	6
Doug White	27.04	69	33	27.04	5	59.21	4
Kate Langley	27.24	73	32	27.24	4	53.72	3
Annette Helliwell	28.13	84	31	28.13	3	59.66	5
Gill Stalley	30.23	97	30	30.23	2	53.45	2
Rupert Quested	31.21	106	29	31.21	1	52.62	1
121 finished							

Tonight Nicola took the Handicap points having improved a lot over the last two years. Keith again took the Age-Graded points, but with the lowest percentage of the week, due to the conditions.

Although it was a different version of the course around the NESCOL playing fields, Friday night's route was so close in distance to last year's Thursday race, that it could be counted as the same for the purposes of normal handicap scoring. This avoided the race being classed as another scratch race. This was a proper handicap race based on runners' times over the previous four nights.

<b>(10) Tour of Epsom (NESCOL) (3.48 miles) - Friday, 11<sup>th</sup> June 2010</b>							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
<b>Richard Fox</b>	<b>21.13</b>	<b>7</b>	<b>40</b>	21.13	6	73.21	9
Martin Lloyd	21.35	9	39	21.35	5	<b>75.89</b>	<b>11</b>
Keith Dunning	21.35	10	39	0.24	8	73.58	10
Andy Stalley	21.40	13	37	<b>- 1.17</b>	<b>11</b>	72.75	8
Steve Cooney	22.52	20	36	22.52	4	66.47	6
Bill Walsh	23.09	24	35	0.03	10	68.60	7
Nicola Stevenson	24.49	33	34	0.08	9	65.46	5
Doug White	29.19	73	33	0.49	7	60.35	3
Kate Langley	29.33	74	32	29.33	3	55.01	2
Annette Helliwell	30.20	80	31	30.20	2	61.26	4
Rupert Quested	34.16	100	30	34.16	1	53.14	1
111 finished							

Richard completed a clean sweep for the week in the Championship with his fifth first place.

In the Handicap, Andy was the only member to improve on last year's time so took the eleven points on offer.

Martin had his best run of the week, and in age-graded terms the best run of the week by any member with a brilliant 75.89%. Remember that the course is on grass and the percentage is calculated for road, so that makes it even better.

In 2008 members completed 35 runs at the Tour of Epsom, last year that rose to 59 and this year, there were 60.

The Beddington Park 10km replaced the Hillcrest 10km this year. Hillcrest unfortunately clashed with the Richmond Half Marathon, which as a Surrey Road League event took priority. The Beddington Park 10km is run twice a year; the last event in the Autumn had a short course, well under six miles due to marshalling errors. This problem was corrected on this occasion, but the course still came up short at around 6 miles. For the purpose of the Age-Graded Competition, it is regarded as 6.01 miles, as taken from Andy's Garmin. As this is significantly short of a 10km, this race cannot be judged against previous 10km's for the Handicap Competition. Therefore and unfortunately this was another scratch race.

<b>(11) Beddington Park 10km - Sunday, 13<sup>th</sup> June 2010</b>							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
<b>Richard Fox</b>	<b>38.28</b>	<b>3</b>	<b>40</b>	<b>38.28</b>	<b>5</b>	71.49	4
Andy Stalley	38.43	4	39	38.43	4	<b>72.09</b>	<b>5</b>
Bill Walsh	41.59	13	38	41.59	3	66.98	3
Marc Wood	48.59	27	37	48.59	2	54.56	1
Annette Helliwell	54.16	56	36	54.16	1	60.56	2
107 finished							

Only five members ran, with Martin pulling out just before the start. Richard and Andy continued their good form to share the top two places in all three competitions, on a four lap course that has many turns and is therefore not the quickest.

The Richmond 10km is the new name for the Surrey Road League race, which was formally the Dysart Dash. A new and fast course this year compared to the old Dysart Dash route was run in good conditions.

<b>(12) Richmond 10km - Sunday, 20<sup>th</sup> June 2010</b>							
<b>Member</b>	<b>Time</b>	<b>Place</b>	<b>Championship Points</b>	<b>Handicap</b>		<b>Age-Graded</b>	
				<b>Nett Time</b>	<b>Points</b>	<b>%</b>	<b>Points</b>
<b>Andy Stalley</b>	<b>38.41</b>	<b>108</b>	<b>40</b>	- 1.39	10	<b>74.41</b>	<b>11</b>
Keith Dunning	40.10	142	39	0.23	5	72.51	10
Steve Cooney	40.59	168	38	0.18	6	68.00	8
Bill Walsh	41.56	186	37	0.49	4	69.98	9
Nicola Stevenson	45.24	274	36	- 1.31	9	65.90	7
Marc Wood	49.19	345	35	0.10	7	56.11	5
Annette Helliwell	52.21	413	34	<b>- 3.10</b>	<b>11</b>	65.61	6
Kate Langley	53.39	432	33	0.03	8	55.42	4
finished							

Andy ran another PB to secure the 40 Championship Points, the top points in the Age-Grading with a high 74.41%. Bill narrowly missed the 70% regional standard by just 0.02%.

Annette beat her handicap time by an impressive 3:10 to take the 11 points, with the usual three bonus points awarded for a Surrey Road League event for the Handicap and Age-Graded Competitions.



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 after the July event. Each race however counts separately for the Handicap and Age-Graded Competitions, so points were awarded for this month's race.

<b>(5b) 2<sup>nd</sup> Near-As-Damn-It 10km - Thursday, 24<sup>th</sup> June 2010</b>							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
<b>Andy Stalley</b>	<b>41.30</b>	<b>12</b>	n/a	<b>- 1.09</b>	<b>9</b>	<b>69.64</b>	<b>9</b>
Richard Fox	42.29	19	n/a	- 0.20	7	67.04	8
Steve Cooney	44.14	30	n/a	1.23	5	63.00	7
Ray Sullivan	48.47	50	n/a	- 0.29	8	58.38	5
Nicola Stevenson	50.47	58	n/a	0.29	6	58.91	6
Ruth Cottam	57.05	76	n/a	1.35	4	56.53	4
Kate Langley	59.20	82	n/a	59.20	2	50.42	2
Rupert Quested	64.56	89	n/a	64.56	1	51.44	3
Gill Stalley	68.13	92	n/a	7.02	3	48.13	1
94 finished							

Richard and Andy swapped positions on the night before Andy broke away to come home first, in a reverse of last months places, but in a slightly slower time. Everyone found the evening to be very hot and humid, so no surprise that times were slightly slower overall.

No one broke 70%, with Andy the closest. Being a technically challenging and turning off-road course, to break 70% is a good achievement for the near-as-damn-it

## Standings

These are the leading places in the three competitions at the end of June. The lead in four of six of the competitions changed hands during the month, as with eight well-supported races in June, there was a very healthy amount of points available.

<b>Club Championship</b>	Men		Women	
1 <sup>st</sup>	<b>Richard Fox</b>	<b>398</b>	<b>Kate Langley</b>	<b>315</b>
2 <sup>nd</sup>	Andy Stalley	383	Nicola Stevenson	313
3 <sup>rd</sup>	Martin Lloyd	299	Ruth Cottam	264

Three men have now achieved the four criteria to have a full Championship Score, with Richard's string of fast times putting him well into the lead and on course for the title for the first time. Martin has only eight scoring races that count so far, so will close the gap when he scores points in the next two events that he competes in, which should make the battle for second place pretty close with Andy.

Last year's winner Keith only lies in fourth place, yet to score forty points in any race, so has a lot of ground to make up and also needs to complete a long race (10 miles or over) to complete the criteria set. But with a lot of races to go, the gap is definitely closable.

Four ladies have a Championship score, with Kate moving ahead of Ruth into first place, with Ruth dropping into third behind last year's winner Nicola. Annette is the fourth lady with a Championship Score. Nicola's score is from only nine events with Ruth's and Annette's from eight, so all three should make it a close four way battle for the lead next month.

<b>Club Handicap</b>	Men		Women	
1 <sup>st</sup>	<b>Andy Stalley</b>	<b>116</b>	Nicola Stevenson	<b>96</b>
2 <sup>nd</sup>	Richard Fox	99	Ruth Cottam	74
3 <sup>rd</sup>	Martin Lloyd	74	Kate Langley	46

Last year's winner Andy moved up from second into the lead, from Richard with Martin, the 2008 winner, still in third. The Handicap Competition is designed to recognise improvement and therefore rewards members who are running well and achieving personal bests. Hence why Andy and Richard are the clear leaders at present.

Nicola moves up into first place, from Ruth and Annette, with a handy 22 point lead.

Club Age-Graded	Men		Women	
1 <sup>st</sup>	<b>Richard Fox</b>	<b>118</b>	<b>Nicola Stevenson</b>	<b>71</b>
2 <sup>nd</sup>	Andy Stalley	114	Ruth Cottam	51
3 <sup>rd</sup>	Keith Dunning	98	Annette Helliwell	39

The Men's Age-Graded Competition is very tight with Richard just holding a four point lead from Andy. Although Richard is running faster than Andy, he is slightly younger and therefore does not fare as well in the scoring, which recognises performance for your age. Keith moves up into third place, with age and speed working for him.

June was a good month for Nicola who opened a healthy twenty point lead over Ruth, with Annette again in third place.

### July and August Races

There are five nominated races in July and August, as follows:

- |  |                        |                   |
|--|------------------------|-------------------|
| 13) Nonsuch Park Relays                                | 1 <sup>st</sup> July   | <i>(road)</i>     |
| 14) Elmore 7 (SRL)                                     | 17 <sup>th</sup> July  | <i>(road)</i>     |
| 15) Elmbridge 10 km (SRL)                              | 25 <sup>th</sup> July  | <i>(road)</i>     |
| 5a) 3 <sup>rd</sup> Near-as-damn-it 10km               | 29 <sup>th</sup> July  | <i>(off-road)</i> |
| 16) Wimbledon 5km <i>(formally Belgrave 5km)</i> (SRL) | 8 <sup>th</sup> August | <i>(road)</i>     |

The next update will be published in mid-August.

*Andy Stalley*

6<sup>th</sup> July 2010

