



Club Competitions 2010/11

Monthly Update – July & August



Introduction

Welcome to the third monthly update on the 2010/11 Club Competitions. 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 the last two years competitions are also shown on the website.

There were five nominated races in July and August and details of the scoring in each event are detailed below.

July's Races

Collingwood fielded three full teams in the Nonsuch Park Relay Race run by David Denton.

- > Keith, Andy, Richard and Steve finished 9th overall
- > Andrew, Bill, Doug and Martin were 20th
- > Nicola, Annette, Gill and Ruth finished 39th

| (13) Nonsuch Park Relay Race (1.87 miles) - Thursday, 1st July 2010 | | | | | | | |
|---|--------------|-----------|---------------------|---------------|-----------|--------------|-----------|
| Member | Time | Place | Championship Points | Handicap | | Age-Graded | |
| | | | | Nett Time | Points | % | Points |
| Richard Fox | 10.44 | 36 | 40 | 10.44 | 2 | 74.66 | 11 |
| Keith Dunning | 10.47 | 39 | 39 | - 0.59 | 10 | 75.99 | 12 |
| Andy Stalley | 11.09 | 57 | 38 | - 0.27 | 8 | 72.93 | 10 |
| Steve Cooney | 11.18 | 63 | 37 | - 0.09 | 3 | 69.39 | 6 |
| Bill Walsh | 11.23 | 68 | 36 | 11.23 | 1 | 72.53 | 9 |
| Martin Lloyd | 11.41 | 75 | 35 | - 0.15 | 6 | 72.34 | 8 |
| Andrew Griffin | 11.59 | 85 | 34 | - 0.57 | 9 | 70.53 | 7 |
| Nicola Stevenson | 12.41 | 104 | 33 | - 0.11 | 4 | 65.66 | 5 |
| Doug White | 13.58 | 141 | 32 | - 1.04 | 11 | 65.38 | 4 |
| Ruth Cottam | 14.33 | 159 | 31 | - 0.24 | 7 | 62.48 | 2 |
| Annette Helliwell | 14.56 | 168 | 30 | - 0.13 | 5 | 64.22 | 3 |
| Gill Stalley | 15.40 | 179 | 29 | - 1.24 | 12 | 59.04 | 1 |
| 196 finished | | | | | | | |

Richard and Keith were separated by just three seconds and Richard banked his ninth 40 points in the Club Championship.

The Handicap Competition produced a stunning set of results, with two 'scratch' runners and ten members having a handicap time to beat, which all ten did! Gill's improvement over the last year meant that she took the top twelve points on offer. Spare a thought for Steve, who beats his handicap by nine seconds and still only comes tenth!

The Age-Graded Competition again produced another set of great results with six members over 70%, with Keith leading the way with an impressive 75.99%.

The 22nd Elmore 7 was run as part of the Chipstead Village Fair and Flower Show. Entry to the race also allows entry to the fair, which serves a very nice tea. This year the Elmore 7 was added to the Surrey Road League, so carried three bonus points for the Handicap and Age-Graded Competitions, as does the Elmbridge 10km. With seventeen members running, a huge 20 points were on offer at Elmore.

| (14) Elmore 7 Mile Road Race - Saturday, 17th July 2010 | | | | | | | |
|---|--------------|-----------|---------------------|---------------|-----------|--------------|-----------|
| Member | Time | Place | Championship Points | Handicap | | Age-Graded | |
| | | | | Nett Time | Points | % | Points |
| Andy Stalley | 44.43 | 38 | 40 | - 3.58 | 20 | 73.21 | 20 |
| Keith Dunning | 46.18 | 58 | 39 | 2.10 | 11 | 71.25 | 19 |
| Richard Fox | 46.57 | 65 | 38 | 46.57 | 10 | 68.71 | 16 |
| Martin Lloyd | 48.04 | 82 | 37 | 48.04 | 9 | 70.78 | 18 |
| Bill Walsh | 48.20 | 87 | 36 | - 0.32 | 16 | 68.77 | 17 |
| Andy Southern | 51.13 | 120 | 35 | 51.13 | 8 | 61.64 | 11 |
| Ray Sullivan | 51.44 | 125 | 34 | 51.44 | 7 | 62.36 | 12 |
| Nicola Stevenson | 52.02 | 132 | 33 | 1.06 | 13 | 65.18 | 14 |
| Ruth Cottam | 59.42 | 217 | 32 | - 1.22 | 17 | 61.21 | 10 |
| Annette Helliwell | 61.09 | 235 | 31 | - 2.28 | 18 | 63.01 | 13 |
| Chris Brooke | 61.34 | 240 | 30 | 0.18 | 15 | 60.25 | 9 |
| Kate Langley | 63.34 | 261 | 29 | 63.34 | 6 | 53.36 | 6 |
| Doug White | 63.54 | 266 | 28 | - 2.43 | 19 | 57.52 | 8 |
| Rob Wilson | 65.50 | 286 | 27 | 1.42 | 12 | 67.91 | 15 |
| Rupert Quested | 69.59 | 308 | 26 | 69.59 | 5 | 54.06 | 7 |
| Gill Stalley | 78.51 | 344 | 25 | 78.51 | 4 | 47.15 | 5 |
| Kate Knight | 92.23 | 360 | 24 | 0.56 | 14 | 41.71 | 4 |
| 360 finished | | | | | | | |

Andy had a strong run, taking top points in all three competitions. Doug produced another good score in the Handicap, taking nineteen points.

| (15) Elmbridge 10km - Sunday, 25th July 2010 | | | | | | | |
|--|--------------|------------|---------------------|---------------|-----------|--------------|-----------|
| Member | Time | Place | Championship Points | Handicap | | Age-Graded | |
| | | | | Nett Time | Points | % | Points |
| Bill Walsh | 41.38 | 144 | 40 | 0.10 | 7 | 70.48 | 10 |
| Martin Lloyd | 42.51 | 178 | 39 | - 0.08 | 8 | 70.10 | 9 |
| Ray Sullivan | 44.03 | 209 | 38 | - 0.25 | 9 | 64.65 | 7 |
| Nicola Stevenson | 47.49 | 300 | 37 | 1.25 | 4 | 62.57 | 6 |
| Marc Wood | 49.40 | 347 | 36 | 0.26 | 5 | 55.72 | 4 |
| Ruth Cottam | 52.00 | 397 | 35 | 0.25 | 6 | 62.06 | 5 |
| Annette Helliwell | 52.24 | 404 | 34 | - 4.08 | 10 | 64.94 | 8 |
| 588 finished | | | | | | | |

Bill and Martin took the honours in both the Club Championships and Age-Graded Competition. However Annette stormed to maximum points in the Handicap Competition, beating her handicap time by a huge 4:08.

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 again awarded for this month's race.

| (5c) 3rd Near-As-Damn-It 10km - Thursday, 29th July 2010 | | | | | | | |
|---|--------------|-----------|---------------------|---------------|----------|--------------|----------|
| Member | Time | Place | Championship Points | Handicap | | Age-Graded | |
| | | | | Nett Time | Points | % | Points |
| Andy Stalley | 41.15 | 15 | n/a | - 0.06 | 3 | 70.06 | 6 |
| Bill Walsh | 42.55 | 29 | n/a | - 0.25 | 4 | 68.38 | 4 |
| Martin Lloyd | 43.45 | 33 | n/a | - 1.12 | 6 | 68.66 | 5 |
| Doug White | 55.38 | 82 | n/a | 0.16 | 2 | 58.33 | 3 |
| Kate Langley | 58.49 | 97 | n/a | - 0.31 | 5 | 45.86 | 2 |
| Gill Stalley | 66.44 | 107 | n/a | 3.16 | 1 | 43.64 | 1 |
| 109 finished | | | | | | | |

Andy managed to break the 70% barrier for this off-road course, which is unusual. Martin was faster than his recent off-road 10kms and therefore took the six points in the Handicap Competition.

For the second year running, 16 members ran at least one of the three races making the Championship points a keenly contested battle. Andy was the most consistent and pipped the forty points from Richard in the last event.

| Near-as-damn-it 10km's Championship Points | | | | |
|---|--------------|--------------|--------------|----------------------------|
| Member | 1st | 2nd | 3rd | Championship Points |
| Andy Stalley | 41.29 | 41.30 | 41.15 | 40 |
| Richard Fox | 41.25 | 42.29 | | 39 |
| Keith Dunning | 42.42 | | | 38 |
| Martin Lloyd | 42.54 | | 43.45 | 37 |
| Bill Walsh | | | 42.55 | 36 |
| Steve Cooney | | 44.14 | | 35 |
| Andy Southern | 45.35 | | | 34 |
| Nicola Stevenson | 48.34 | 50.47 | | 33 |
| Ray Sullivan | | 48.47 | | 32 |
| David Freeborn | 50.01 | | | 31 |
| Ruth Cottam | 55.13 | 57.05 | | 30 |
| Doug White | | | 55.38 | 29 |
| Annette Helliwell | 56.06 | | | 28 |
| Kate Langley | | 59.20 | 58.49 | 27 |
| Rupert Quested | 64.39 | 64.56 | | 26 |
| Gill Stalley | | 67.18 | 66.44 | 25 |

August's Race

The last Surrey Road League event was the only August race in the Club Championship, the Wimbledon 5km, which was previously called the Belgrave Bolt. Given that the event clashed with a popular marathon and is held in the holiday period, only three members ran.

| (16) Wimbledon 5km - Sunday, 8th August 2010 | | | | | | | |
|--|-------------|--------------|----------------------------|------------------|---------------|-------------------|---------------|
| Member | Time | Place | Championship Points | Handicap | | Age-Graded | |
| | | | | Nett Time | Points | % | Points |
| Martin Lloyd | 97 | 21.02 | 40 | - 0.09 | 6 | 69.06 | 6 |
| Marc Wood | 149 | 23.47 | 39 | 23.47 | 4 | 56.28 | 4 |
| Ruth Cottam | 168 | 25.25 | 38 | 0.17 | 5 | 61.49 | 5 |
| 204 finished | | | | | | | |

Martin took the honours in all three competitions.

Standings

These are the leading places in the three competitions at the end of August with some changes and close battles.

| Club Championship | Men | | Women | |
|--------------------------|--------------------|------------|-------------------------|------------|
| 1 st | Richard Fox | 399 | Nicola Stevenson | 351 |
| 2 nd | Andy Stalley | 390 | Ruth Cottam | 337 |
| 3 rd | Martin Lloyd | 379 | Annette Helliwell | 320 |

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. He has now matched Keith's winning score of 399 points, achieved in the last two years.

Andy and Martin closed the gap, but have a lot of ground to cover to catch Richard.

Four ladies have a Championship score, with Kate Langley slipping from first place down to fourth this month, on 316 points.

Nicola, Ruth and Annette all moved up one place, with Nicola on course to retain her title.

| Club Handicap | Men | | Women | |
|----------------------|---------------------|------------|-------------------------|------------|
| 1 st | Andy Stalley | 147 | Nicola Stevenson | 117 |
| 2 nd | Richard Fox | 111 | Ruth Cottam | 109 |
| 3 rd | Martin Lloyd | 109 | Annette Helliwell | 78 |

Last year's winner Andy scored heavily to open a strong lead from Richard and Martin, who are separated by only two points.

Nicola stays in first place, from Ruth and Annette, with her lead reduced considerably.

| Club Age-Graded | Men | | Women | |
|------------------------|---------------------|------------|-------------------------|-----------|
| 1 st | Andy Stalley | 150 | Nicola Stevenson | 96 |
| 2 nd | Richard Fox | 145 | Ruth Cottam | 73 |
| 3 rd | Martin Lloyd | 142 | Annette Helliwell | 63 |

The Men's Age-Graded Competition was very tight in June, but it has closed up even more. Andy has overtaken Richard into first place and Martin has overtaken Keith to move into third place. There are only eight points between the top three.

The top three Ladies stay in the same order in that competition.

September and October Races

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

| | | | | |
|------|-------------------------------|----------------------------|---------------|------------|
| 17) | Any September Marathon | September | | (road) |
| 18) | Croydon Switchback 5 | 26 th September | | (off-road) |
| 19) | Gibb 5 | October | (Date to set) | (off-road) |
| 20) | Surrey Cross-Country League | 9 th October | (2 races) | (off-road) |
| 21) | Croydon 10km | 10 th October | | (road) |
| 22a) | Surrey Classic 10km (Oxshott) | 31 st October | | (road) |

The next update will be published at the start of November.

Andy Stalley

15th August 2010

