



Club Competitions 2010/11

Monthly Update – September & October



Introduction

Welcome to the fourth 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.

If you have any observations or comments to make on the competitions, please let me know. We are always looking to improve them and any suggestions on the races included, the points scoring system or any aspect of the competitions are welcome. We will be looking at the competitions again in the New Year, ready for the 2011/12 competition year starting in May.

There are six nominated races in September and October and details of the scoring in each event are detailed below.

September's Races

There were just two nominated races in September; the first was in fact any marathon distance race run in September. This is a historic feature of the Club Championship, which always had a September Marathon included and with the current strength and depth of marathon runners in the club, the same logic still applies. It is also one of the five long races in the nominated races list.

All six September marathons run by members count separately for the Handicap and Age-Graded Competitions, but only the best time counts for the Club Championship. For the Handicap Competition, road marathons are considered against previous road marathon times and off-road marathons are considered against previous off-road marathons.

(17a) Kent Coastal Marathon - Sunday, 5 th September 2010							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Dave Ross	3.16.14	17	n/a	7.01	6	66.64	7
Steve Cooney	3.34.56	45	n/a	12.09	4	60.00	5
Bill Walsh	3.44.17	63	n/a	8.42	5	60.52	6
Andy Stalley	3.48.26	80	n/a	30.36	2	58.98	3
Melanie Ross	4.19.34	143	n/a	22.59	3	53.49	2
Dave Freeborn	4.50.18	197	n/a	4.50.18	1	43.69	1
Rob Wilson	5.01.28	212	n/a	- 19.20	7	60.39	4
244 finished							

Dave Ross was the fastest on the day by over 18 minutes in his last run for the club and clearly achieved the highest age-grading, although no age-grading was particularly high.

Rob was the only member to beat his handicap time, running just outside five hours again, so took the maximum seven points. Given Rob's age (76) this time was yet another excellent effort. No one else was close to their handicap time, with Andy and Mel both not right on the day, so both well outside of their recent road marathon times.

(17b) Two2Go Marathon - Saturday, 11th September 2010							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Richard Fox	4.00.33	74	n/a	-1.00	2	54.77	2
Doug White	6.06.58	242	n/a	49.00	1	40.87	1
244 Finished							

Only two members ran the fourth edition of this event, which for the first time was run over a relatively accurate marathon distance, if you could follow the actual route.

Richard, along with a good percentage of the field, was the victim of a prankster who turned a course sign around and sent Richard off on a long detour. For the purposes of the Handicap, there is no way to account for the additional mileage run; so unfortunately Richard has the slow time shown as his time. It would be different if he had run a short course, but additional distance (Collingwood Marathon tradition) still means that he covered the required 26.2 miles.

A large number of Collingwood members made the trip to Nottingham to be part of the 30th running of the Robin Hood Marathon, the associated half marathon or just to watch.

(17c) 30th Robin Hood Marathon - Sunday, 12th September 2010							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Steve Cooney	3.31.47	242	n/a	4.06	5	60.89	5
Andy Stalley	3.34.38	268	n/a	7.48	4	62.77	6
Melanie Ross	4.19.44	881	n/a	18.42	3	53.46	2
Nicola Stevenson	4.31.19	1070	n/a	41.46	2	54.18	3
Kate Langley	4.33.07	1085	n/a	4.33.07	1	50.84	1
Annette Helliwell	4.35.57	1121	n/a	-9.48	6	56.22	4
1572 Finished							

Annette secured a big PB and therefore well beat her handicap time. Kate completed her debut marathon, so was a 'scratch' runner for the Handicap.

Steve was the fastest on the day and Andy had the highest age-grading.

(17d) Green Chain Marathon - Sunday, 19th September 2010							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Steve Cooney	3.50.50	6	n/a	- 36.00	1	55.87	1
66 Finished							

The Green Chain Marathon was run by just Steve, so he takes all the points available, both of them!

(17e) Farnham Pilgrims Marathon - Sunday, 19th September 2010							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Melanie Ross	4.52	161	n/a	- 27.00	1	47.53	1
253 Finished							

Like Steve, Mel takes both points from being the only member running the Farnham Pilgrims Marathon.

(17f) New Forest Marathon - Sunday, 26th September 2010							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Steve Cooney	3.28.25	62	n/a	1.23	3	61.88	3
Bill Walsh	3.33.10	71	n/a	- 5.20	4	63.68	4
Andy Stalley	3.50.59	169	n/a	18.39	2	58.32	2
Melanie Ross	4.38.39	394	n/a	25.24	1	49.83	1
496 Finished							

Steve was again the fastest runner, but was beaten to the top points in the Age-Graded and Handicap Competitions, by Bill with another strong time.

Andy and Mel both continued to struggle with recent injuries and were both disappointed with their times, so both well outside of their Handicap Times.

Kate Knight ran but unlike Richard at the Two2Go, she ended up running a short course. Marshals removed course signs and so Kate and a few others made a detour into a nearby village. By the time Kate got to the finish she had been well off-route and had run about four miles under-distance, so her result does not count for the competitions as she did not actually complete the full marathon distance.

(18) Croydon Switchback 5 - Sunday, 26th September 2010

Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Richard Fox	32.14	19	40	32.14	4	69.95	6
Martin Lloyd	33.11	21	39	- 2.03	7	71.66	7
Nicola Stevenson	40.14	58	38	0.53	5	58.78	5
Ruth Cottam	44.20	75	37	0.04	6	57.67	3
Annette Helliwell	46.36	78	36	46.36	3	57.85	4
Rupert Quested	51.20	96	35	51.20	2	51.51	2
Maja Mosegaard	52.36	97	34	52.36	1	44.96	1
103 finished							

Martin is running into form (sorry for the pun) and it is starting to show in the results. The Handicap is intended to recognise improvement and so Martin took top marks by hammering his handicap, over two minutes inside for just five miles. He also was clearly through the regional standard of 70%, which Richard very narrowly missed, but he was still the quickest on the day.

Last year eleven members ran at least one marathon each in September and this year twelve different members ran marathons in September.

The points for the September Marathon were decided by the best time in the month, so Dave collected the 40 points for his Kent Coastal time, with second place going to Steve Cooney with his time from New Forest and rewarding his consistent month of marathon running.

September Marathon Championship Points		
Member	Best Time	Championship Points
Dave Ross	3.16.14	40
Steve Cooney	3.28.25	39
Bill Walsh	3.33.10	38
Andy Stalley	3.34.38	37
Richard Fox	4.00.33	36
Melanie Ross	4.19.34	35
Nicola Stevenson	4.31.19	34
Kate Langley	4.33.07	33
Annette Helliwell	4.35.57	32
Dave Freeborn	4.50.18	31
Rob Wilson	5.01.28	30
Doug White	6.06.58	29

October's Races

There were four nominated races in October; the first was the Gibb 5, for which the actual race date was published quite late.

(19) Gibb 5 - Saturday, 2nd October 2010							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Martin Lloyd	33.12	17	40	- 0.41	4	71.62	4
Bill Walsh	33.54	20	39	33.54	2	68.53	3
Doug White	44.10	41	38	44.10	1	58.16	2
Ruth Cottam	45.04	42	37	1.27	3	56.73	1
52 Finished							

Martin's continuing return to form meant that he took the 40 Championship points and maximum points in the Age-Graded and Handicap Competitions.

As the Cross-Country races are split at different venues, both the Women's and Men's race count as separate races for all three competitions. Both races attract a three point bonus for the Handicap and Age-Graded Competitions.

(20) Surrey Ladies Cross Country League - Richmond Park (4.18 miles) Division 2 - Saturday, 9th October 2010							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Nicola Stevenson	33.11	52	40	4.00	6	59.42	8
Ruth Cottam	37.39	101	39	3.09	7	56.72	6
Annette Helliwell	38.01	104	38	1.56	8	59.24	7
Alison Fox	40.18	124	37	6.37	5	53.91	5
Kate Knight	63.00	150	36	10.04	4	35.91	4
150 Finished							

Annette has kindly accepted the role of Ladies Cross Country Captain, so will be organising the Ladies Cross Country entries and showed how much she has improved this year with a good time, eight points in the Handicap and only just being pipped by Nicola for eight points in the Age-Graded Competition.

The handicap time is based on previous races over the shorter distance for the Ladies Cross Country, which can vary in length, so looking at the handicap times, this course might have been a little longer than normal.

(20) Surrey Men's Cross Country League - Nork Park (5.38 miles)
Division 4 - Saturday, 9th October 2010

Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Martin Lloyd	35.49	14	40	- 0.57	15	72.13	16
Steve Cooney	37.23	24	39	1.33	13	64.12	12
Richard Fox	37.50	26	38	37.50	9	64.75	14
Bill Walsh	38.06	31	37	2.34	12	66.25	15
Keith Dunning	38.53	36	36	2.40	11	64.42	13
Andy Stalley	40.05	44	35	1.30	14	62.49	10
Tom Brake	40.21	47	34	40.21	8	64.03	11
Joe Bangs	42.51	63	33	42.51	7	55.16	7
Nigel Pointer	45.03	78	32	3.09	10	58.29	9
Dave Freeborn	46.02	82	31	46.02	6	50.34	4
Doug White	49.42	91	30	- 2.43	16	56.16	8
Tom Wilkie	52.06	94	29	52.06	5	53.08	6
Rupert Quested	55.26	97	28	55.26	4	51.82	5
97 Finished							

Last year, we averaged just six members in the four fixtures, so this year to get thirteen out for the first outing was excellent. Keith Dunning is now the Cross Country Captain and will be co-ordinating our entries, including getting our MP out for the club again and a number of debuts.

Martin was clearly the fastest on the day, with the best age-grading; combining good form with an aptitude for the off-roaders. As expected he beat his handicap time, but was pipped for top points by the only other member to do that, Doug, who was 2:43 inside his handicap.

Only John Allen ran the Croydon 10km in 2008, with six members competing last year. So, to have a strong entry of nine this year demonstrates the growth of the club membership and hopefully the interest in the club competitions.

(21) Croydon 10km - Sunday, 10th October 2010							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Martin Lloyd	41.41	35	40	- 1.17	7	72.65	9
Steve Cooney	41.56	39	39	0.59	5	66.46	7
Andy Stalley	42.01	40	38	2.19	3	69.31	8
Kaz Brandt	48.38	123	37	48.38	2	61.68	4
Marc Wood	50.17	146	36	0.59	5	55.04	2
Ruth Cottam	51.52	177	35	0.12	6	62.22	5
Annette Helliwell	52.25	193	34	- 2.54	9	64.92	6
Doug White	56.41	247	33	- 1.33	8	57.25	3
Lorraine Thomas	59.11	284	32	59.11	1	50.68	1
383 Finished							

Another really close battle for the Handicap points, with Doug edging out Martin for the second race on the trot, but both well beaten by Annette with an impressive 2:54 inside her handicap time.

Martin went above 70%, the regional standard, again.

(22a) Ron Hill Surrey Classic Series - Oxshott 10km - Sunday, 31st October 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Dave Johnson	39.37	18	n/a	- 0.05	11	68.09	11
Martin Lloyd	39.55	20	n/a	- 2.17	16	75.25	16
Richard Fox	40.10	22	n/a	- 0.03	10	70.90	15
Andy Stalley	41.56	34	n/a	1.01	7	69.45	13
Bill Walsh	42.05	36	n/a	0.39	8	69.73	14
Marc Wood	48.51	90	n/a	- 0.54	13	56.65	6
Paul Brooke	48.56	91	n/a	0.25	9	69.07	12
Cat Gaskell	52.49	125	n/a	52.49	2	56.64	5
Annette Helliwell	52.59	127	n/a	- 1.01	14	64.22	10
Doug White	53.16	129	n/a	- 1.51	15	60.92	9
Chris Brooke	54.33	139	n/a	1.30	6	60.04	7
Douglas Josham	56.20	148	n/a	56.20	1	53.11	3
Lorraine Thomas	58.50	165	n/a	- 0.21	12	50.98	2
Tom Wilkie	61.17	173	n/a	6.26	3	60.09	8
Gill Stalley	63.40	183	n/a	2.37	5	54.57	4
Kate Knight	83.26	205	n/a	5.46	4	41.17	1
205 Finished							

A damp Oxshott was the first of the three Ron Hill Surrey Classic Series Races for which only the best time recorded by a member counts in the Club Championship. All three races count in the other two competitions.

Ten members took part last year compared to six the year before and a massive sixteen this year, which would have been seventeen apart from illness on the day.

Seven members beat their handicap time, including a bandaged Martin, who head butted a sign just before the race, but it did not stop him recording his first sub-40 for some years and an excellent 75% in the Age-Graded Competition

Dave Johnson was the fastest on the day, making a rare appearance locally.

Standings

These are the leading places in the three competitions at the end of October, showing some significant changes and extremely close battles. At this stage, all six titles are still in the balance, with the Men's Club Championships looking the safest bet, but the other five titles are still very much up for grabs.

Club Championship	Men		Women	
1 st	Richard Fox	400	Nicola Stevenson	362
2 nd	Andy Stalley	390	Ruth Cottam	359
3 rd	Martin Lloyd	390	Annette Helliwell	339

Seven 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 passed Keith's winning score of 399 points achieved in the last two years and has the maximum 400 points. However, Martin is scoring heavy points at the moment, having jumped up from 376 points at the end of August. It is still very possible that he can tie with Richard on 400 points and that would require the three tie break rules to separate them. (For Martin and Richard's benefit; these are set out in the rules on the competitions page on the website).

Four ladies have a Championship score, with Nicola still first, adding 11 points in the last two months. The way the scoring works for the ladies means that there is always likely to be more movement in the points totals in the second half of the competition year than for the men, so this title is still open. As if to demonstrate this Ruth added 22 points and Annette added 19 points to their totals, both closing the gap on first place. Ruth is just three points away from the lead, which can be achieved in a single race.

Club Handicap	Men		Women	
1 st	Andy Stalley	179	Ruth Cottam	131
2 nd	Martin Lloyd	158	Nicola Stevenson	130
3 rd	Richard Fox	136	Annette Helliwell	118

At the end of August, Andy held a strong 36 point lead over Richard and 38 points over Martin. However, Andy's injury and Martin's strong form have really changed the position,

with Martin into second place and the lead now just 21 points, with current form likely to continue, Martin could well be in first place by Christmas.

Nicola held a narrow eight point lead over Ruth in August and a healthy 39 points over third placed Annette. Annette has really closed the gap to just 13 points off the lead, which is now held by Ruth by one point from Nicola. Remember this title went to the last few strides of the last race last year and Ruth won by just two points.

Club Age-Graded	Men		Women	
1 st	Martin Lloyd	194	Nicola Stevenson	112
2 nd	Andy Stalley	192	Annette Helliwell	94
3 rd	Richard Fox	182	Ruth Cottam	88

The Men's Age-Graded Competition was very tight in August, with just 8 points between the first three. Two months later, there is just 12 points between the new leader Martin and third placed Richard.

Annette moves up to second in the Ladies Competition.

November & December Races

There are five nominated races in November and December, as follows:

- 20b) Surrey Classic 10km - Nonsuch Park 7th November (road)
- 23) Surrey Cross-Country League 13th November (2 races) (off-road)
- 24) Epsom 10 21st November (off-road)
- 25) Surrey Cross-Country League 12th December (1 race) (off-road)
- 20c) Surrey Classic 10km - Horton Country Park 19th December (road)

Please note that the third ladies Cross Country fixture is not on the same date as the men's (12th December) and is now scheduled for January 15th.

The next update will be published in January and will cover these races.

Andy Stalley

15th November 2010

