



Club Competitions 2010/11

Monthly Update

November & December



Introduction

Welcome to the fifth 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.

By the end of December, we have the closest ever battle for a title in the Ladies Age-Graded Competition, with other Competitions shaping up for a very close finish. Many members ran well over the two months, lots of PBs and handicap beaten and high age-gradings.

November's Races

The first nominated race in November was the second of the Ron Hill Classic Series races run in Nonsuch Park, in Cheam. For the series only the best time recorded by a member counts in the Club Championship. However, all three races count in the other two competitions.

There were good PBs for Cat and Lorraine and three men under 40 minutes, with a brilliant seventeen members competing. Martin was the quickest on the day with Richard for the second year on the trot beating Andy in the last fifty yards at this race.

Amazingly in the Handicap Competition, thirteen members beat their handicap times; pity for Richard that he beat his handicap by eleven seconds and still only collected five points! Tom took the seventeen points by being 3:18 inside his handicap, Cat second with 3.07 and Doug third with 2.01.

Age-Grading wise, it was another excellent performance with five men over the 70% age-grading, which is regional standard. Martin achieved an excellent 76.04% to take the seventeen points on offer. Annette had the highest age-grading for a lady with 65.60%.

(22b) Ron Hill Surrey Classic Series – Nonsuch Park 10km
Sunday, 7th November 2010

Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Martin Lloyd	39.30	27	n/a	- 1.59	14	76.04	17
Richard Fox	39.54	28	n/a	- 0.11	5	71.38	14
Andy Stalley	39.56	29	n/a	- 1.06	10	72.92	16
Bill Walsh	41.04	38	n/a	- 0.49	9	71.46	15
Marc Wood	47.39	89	n/a	- 1.57	13	58.08	6
Paul Brooke	48.04	96	n/a	- 0.48	8	70.19	13
Cat Gaskell	49.42	112	n/a	- 3.07	16	60.20	8
Ruth Cottam	51.45	130	n/a	- 0.15	6	62.36	10
Annette Helliwell	51.52	131	n/a	- 0.44	7	65.60	12
Doug White	52.23	133	n/a	- 2.01	15	62.52	11
Tom Wilkie	53.45	139	n/a	- 3.18	17	59.83	7
Chris Brooke	54.23	145	n/a	0.53	4	60.22	9
Douglas Josham	54.44	148	n/a	- 1.36	11	49.28	2
Lorraine Thomas	57.06	159	n/a	- 1.54	12	52.53	4
Rupert Quested	61.10	172	n/a	3.46	1	54.61	5
Gill Stalley	65.08	191	n/a	3.03	2	50.85	3
Kate Knight	80.51	202	n/a	1.11	3	42.09	1
203 Finished							

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

Again Martin was the fastest and had the highest age-grading, well over 70% again with 74.04%.

Six of the eleven members running beat their handicap times, with Doug again doing well beating his handicap by 2.20, but Martin was 1.24 inside his time, showing how well he is running at present.

For the Ladies Mel was the quickest and had the highest age-grading.

Cat, Lorraine and Maja all ran their first cross-countries over the shortest Ladies distance, so were scratch runners. Ruth beat her handicap by 1.19 and Alison by 11 seconds.

(23) Surrey Men's Cross Country League - Lloyd Park (5.30 miles)
Division 4 - Saturday, 13th November 2010

Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Martin Lloyd	34.21	12	40	- 1.24	13	74.04	14
Richard Fox	36.46	25	39	- 1.04	11	65.59	12
Bill Walsh	37.00	27	38	- 0.04	9	67.15	13
Keith Dunning	37.42	33	37	- 0.06	10	63.50	11
Steve Cooney	38.47	37	36	2.50	5	60.84	10
Joe Bangs	39.53	42	35	0.00	8	58.34	7
Andrew Griffin	41.23	50	34	1.09	6	60.04	9
Nigel Pointer	43.30	60	33	0.35	7	59.43	8
Andy Stalley	45.27	69	32	6.26	4	54.25	5
Doug White	48.22	75	31	- 2.20	14	57.33	6
Rupert Quested	53.12	80	30	- 1.07	12	53.16	4
83 Finished							

(23) Surrey Ladies Cross Country League - Denbies (6km)
Division 2 - Saturday, 9th October 2010

Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Mel Ross	30.11	65	40	0.21	7	58.34	9
Cat Gaskell	31.52	101	39	31.52	6	54.85	7
Ruth Cottam	33.50	121	38	- 1.19	9	56.01	8
Lorraine Thomas	35.53	144	37	35.53	5	49.07	5
Alison Fox	36.49	151	36	- 0.11	8	52.37	6
Maja Mosegaard	38.16	165	35	38.12	4	45.68	4
97 Finished							

At the Epsom Ten, the fourth of the five long races in the Nominated Races, there were again some excellent performances.

PBs for Martin, Bill, Marc, Ruth and Annette; but this was Martin's race, fastest time, best handicap by a stunning 6.55 and highest age-grading again over 75%.

Pity for Marc who beat his handicap by 6.48 and still did not take top points! Two scratch runners and the other nine runners beat their handicaps, showing how well members are running at present.

(24) Epsom 10 miles - Sunday, 21st November 2010

Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Martin Lloyd	65.57	41	40	- 6.55	11	75.08	11
Bill Walsh	68.32	65	39	- 1.28	4	70.59	10
Steve Cooney	71.11	79	38	- 0.24	3	64.54	9
Nigel Pointer	78.01	148	37	- 2.16	6	64.51	8
Marc Wood	82.29	189	36	- 6.48	10	55.31	4
Dave Freeborn	84.14	207	35	84.14	2	54.54	3
Ruth Cottam	88.39	248	34	- 2.47	9	59.80	6
Doug White	91.37	259	33	- 2.44	8	59.13	5
Annette Helliwell	92.36	262	32	- 2.18	7	60.35	7
Lorraine Thomas	99.14	291	31	99.14	1	49.77	2
Kate Knight	139.30	318	30	- 1.47	5	40.06	1
318 Finished							

The third Ladies XC race was not held on the same date as the Men's and will take place on January 15th.

All five runners managed to beat their handicap times, which shows good improvement across the board; Doug again the highest by being 3.11 inside his time.

Martin again has another very high age-grading with 73.46%, which is calculated for a road race, which means that that was an even better performance given the nature of a cross country course.

Rupert's last three Cross Country Leagues times have varied by just 3 seconds, which shows remarkable consistency.

**(25) Surrey Men's Cross Country League - Lightwater Park (5.10 miles)
Division 4 - Saturday, 11th December 2010**

Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Martin Lloyd	33.15	10	40	- 2.16	6	73.46	8
Keith Dunning	35.43	22	39	- 2.26	7	64.37	7
Joe Bangs	38.58	36	38	- 0.55	5	57.35	5
Doug White	46.06	58	37	- 3.11	8	57.76	6
Rupert Quested	53.15	63	36	- 0.42	4	51.00	4
63 Finished							

(22c) Ron Hill Surrey Classic Series – Horton Country Park 10km
Sunday, 19th December 2010

The third race in the Ron Hill Classic Series Race was postponed due to the snow and is now scheduled for March 27th. Points in the Club Championship for the series will be issued after this race, which remains in the Nominated Race List.

Standings

These are the leading places in the three competitions at the end of December, showing some significant changes and ever closing battles. At this stage, with just three months to go, all six titles are still in the balance. The Men's Club Championships that was looking the safest bet has now joined the other five titles in being very much up for grabs.

Club Championship	Men		Women	
1 st	Richard Fox	400	Ruth Cottam	363
2 nd	Martin Lloyd	397	Nicola Stevenson	362
3 rd	Andy Stalley	390	Annette Helliwell	340

Seven men have achieved the four criteria to have a full Championship Score, with Richard's string of early season fast times putting him in the lead and on course for the title for the first time. He has passed Keith's winning score of 399 points achieved in the last two years and has the maximum possible 400 points.

However, Martin is continuing to score a series of six 40-point maximums, having jumped up from 376 points at the end of August to 397. It's looking likely 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 so far, but 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 four points to her score and has taken the lead by a single point from Nicola. Annette can still close the gap from third.

Club Handicap	Men		Women	
1 st	Martin Lloyd	202	Ruth Cottam	155
2 nd	Andy Stalley	193	Annette Helliwell	132
3 rd	Richard Fox	152	Nicola Stevenson	130

Martin's string of high scores have lifted him into first place, with Andy dropping to second whilst struggling with his injury

Richard stays third but Doug is just a point behind him now in fourth.

Ruth held a one point lead over Nicola with Annette a further twelve points back in third at the end of October. Without Nicola scoring any points, she drops to third behind Annette and Ruth moves into a strong lead

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	244	Annette Helliwell	113
2 nd	Andy Stalley	213	Nicola Stevenson	112
3 rd	Richard Fox	208	Ruth Cottam	112

The Men's Age-Graded Competition was very tight in October, with Martin just a point ahead of Andy. Two months later, there is now 31 points between the two, with Richard closing in on second place.

Martin's eight consecutive top scores have probably made this title safe, but not just yet.

The closeness of the Ladies competition is brilliant. Annette moves up from second to hold a single point lead over Ruth and Nicola. Given that all three Ladies are so close, this Competition should be decided in the last race or two of the year.

January & February Races

There are five nominated races in January and February, as follows:

- | | | | | |
|-----|-----------------------------|---------------------------|------------------|-------------------|
| 25) | Surrey Cross-Country League | 15 th January | <i>(Ladies)</i> | <i>(off-road)</i> |
| 26) | Tadworth 10 miles | 2 nd January | | <i>(road)</i> |
| 27) | The Perch | 16 th January | | <i>(off-road)</i> |
| 28) | Surrey Cross-Country League | 12 th February | <i>(2 races)</i> | <i>(off-road)</i> |
| 29) | Valentines 10km | 13 th February | | <i>(road)</i> |

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

Andy Stalley

12th January 2011

