



# Club Competitions 2010/11

## Monthly Update

### January & February



#### Introduction

Welcome to the sixth 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.

The six titles were very getting interesting and shaping up nicely by the end of December. The races in January and February have clarified a few issues. But they have also tightened up the standings and some titles will be going down to the last month, maybe the last race and maybe the last finishing straight.

#### Men's Club Championship

However, the first title is decided in an amazing 'come from behind' performance. Richard stormed into a huge league in the Club Championship and then completed his tenth 40-point maximum to achieve the magic 400 points, the maximum possible score. He was also twenty points ahead of Martin and surely it was not possible for him to be caught? By the end of October, the lead was ten, by the end of December it was down to just three points.

Due to a string of ten maximums since August, by the end of February the scores were level at 400 each! Could we split them? Well yes we could. We have three tie break rules and the first tie breaker is points scored in the four Surrey Cross Country League events. Richard has run two and scored 77 points. Martin ran all four and collected 160 points!

**Therefore the 2010/11 Men's Club Championship winner is Martin Lloyd.** Brilliant running Martin, but almost equally brilliant running from Richard. Well done gentlemen.

#### March's Races

As for the last two competition years, titles are still up for grabs going into March and given that there are races each week which will make a difference, then weekly updates will be issued. Remember that all Banstead Woods parkruns and all Roundshaw Downs parkruns count for the Competitions.

Last year, the Ladies Handicap went down to the last few strides of the last Banstead Woods parkrun. If Ruth had not worked hard down the home straight and had finished just two seconds slower, then she would not have won the title!

## January's Races

The first nominated race in January was the last long race on the Nominated Races List, the Tadworth 10. To qualify for a Championship Score, you need to have run at least one of the longer races, ten miles or longer.

<b>(26) Tadworth 10 - Sunday, 2<sup>nd</sup> January 2011</b>							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
<b>Martin Lloyd</b>	<b>70.06</b>	<b>61</b>	<b>40</b>	<b>- 2.43</b>	<b>12</b>	<b>70.64</b>	<b>12</b>
Richard Fox	70.13	62	39	0.05	10	66.86	10
Bill Walsh	71.11	75	38	1.06	9	68.48	11
Nigel Wood	77.26	154	37	77.26	3	66.09	9
Andy Stalley	82.02	226	36	11.25	4	58.51	8
Marc Wood	88.18	330	35	- 0.49	11	51.66	4
Ruth Cottam	94.08	396	34	2.42	8	56.80	7
Annette Helliwell	100.06	450	33	5.11	7	56.34	6
Doug White	101.31	463	32	7.10	5	53.18	5
Rupert Quested	110.49	496	31	110.49	2	50.17	3
Douglas Josham	112.17	502	30	112.17	1	39.78	2
Kate Knight	147.37	539	29	6.20	6	38.21	1
539 Finished							

Just one PB for Marc recorded today, but other times were still good for a reasonably challenging 10-miler. This was Martin's 10<sup>th</sup> top score on the trot in the Age-Graded Competition.

Martin continued to be our first runner home, but only just on this occasion, beating Richard by a mere seven seconds. How vital did that turn out to be in the Championship? Well it made a huge difference. If Richard had beaten Martin, then by now (end of February) he would still hold a lead of 400 to 399; and given the fact that Richard is a faster parkrun, it would have been likely that the scores would be 400 to 399 going into the last of the Surrey Classic Series races. It would have been a straight race between them, fastest on the day, took the title. Speaking as a neutral and speaking as the administrator of the competitions, I wish Richard had found eight seconds from somewhere as I would have loved to have seen the grandstand finish at Horton Country Park.

As the Cross-Country races are split at different venues and sometimes different days, 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.

The third Ladies Cross Country fixture was not held in December like the men, but took place in January.

**(25) Surrey Ladies Cross Country League - (8km) - Ham  
Division 2 - Saturday, 15<sup>th</sup> January 2011**

Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
<b>Nicola Stevenson</b>	<b>39.05</b>	<b>60</b>	<b>40</b>	0.35	4	60.51	5
Ruth Cottam	43.16	100	39	0.29	5	59.09	4
Annette Helliwell	43.41	104	38	<b>- 0.35</b>	<b>6</b>	<b>62.30</b>	<b>6</b>
149 Finished							

Only three ladies were out for the third fixture in the league, with all three being very close in terms of their handicap times and also age-grading.

A new venue and a new course for The Perch this year, as there are increasing problems staging events on Epsom Downs. So Nonsuch Park entertained 12 members.

**(27) The Perch (Nonsuch Park) - Sunday, 16<sup>th</sup> January 2011**

Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
<b>Richard Fox</b>	<b>43.05</b>	<b>33</b>	<b>40</b>	0.22	7	66.51	9
Martin Lloyd	43.32	38	39	- 0.02	9	<b>69.42</b>	<b>12</b>
Bill Walsh	43.51	41	38	0.39	6	67.86	11
Bob Chart	45.20	51	37	<b>- 4.35</b>	<b>12</b>	64.64	8
Nigel Wood	46.08	55	36	46.08	2	67.70	10
Nicola Stevenson	54.21	148	35	3.26	3	55.38	3
Doug White	56.08	181	34	- 0.38	10	58.70	6
Ruth Cottam	57.03	192	33	0.49	4	57.40	5
Annette Helliwell	57.31	197	32	0.03	8	60.08	7
Chris Brooke	58.37	205	31	0.42	5	56.22	4
Lorraine Thomas	62.34	231	30	62.34	1	49.78	1
Rupert Quested	63.49	238	29	- 0.58	11	53.19	2
297 Finished							

Richard took revenge for the close finish at Tadworth, pushing Martin back into second place, but not stopping him from taking the top 12 points on offer in the Age-Graded Competition. This was Martin's 11<sup>th</sup> top score on the trot in the Age-Graded Competition. Lots of people close to their Handicap time, but a very clear winner in that category was Bob Chart.

A changed date brought the last men's Cross-Country fixture a week earlier than originally planned, but that change had not been received by the club. So given the very late notification of the date, 11pm on Thursday, to have five members competing was an excellent achievement and still lacking five scorers, we came fifth on the day.

Sutton Runners and Tadworth were promoted and we were fifth overall in the league.

<b>(28) Surrey Men's Cross Country League - (5.3 miles) - Wimbledon Common</b>							
<b>Division 4 - Saturday, 5<sup>th</sup> February 2011</b>							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
<b>Martin Lloyd</b>	<b>34.24</b>	<b>15</b>	<b>40</b>	- 1.23	5	<b>71.12</b>	<b>8</b>
Bill Walsh	35.26	18	39	- 1.37	7	67.56	7
Andy Stalley	39.45	39	38	0.44	4	60.00	5
Nigel Pointer	41.29	52	37	- 1.24	6	60.26	6
Doug White	47.30	64	36	<b>- 3.13</b>	<b>8</b>	57.11	4
67 Finished							

Martin again was the fastest on the day and had the best age-grading. Doug has been stringing together a series of strong handicap points, so no real surprise that he took the top points.

The last Ladies Cross-Country fixture was a week after the men's. Like the men we managed to get a team of five out.

<b>(28) Surrey Ladies Cross Country League - (8km) - Wimbledon Common</b>							
<b>Division 2 - Saturday, 12<sup>th</sup> February 2011</b>							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
<b>Nicola Stevenson</b>	<b>44.39</b>	<b>38</b>	<b>40</b>	<b>5.58</b>	<b>8</b>	<b>52.97</b>	<b>8</b>
Cat Gaskell	50.04	81	39	50.04	5	47.24	5
Ruth Cottam	52.20	96	38	9.33	6	48.85	6
Annette Helliwell	53.53	101	37	9.28	7	50.51	7
Kate Knight	85.22	145	35	85.22	4	31.88	4
145 Finished							

Collingwood finished 21<sup>st</sup> of 45 teams in the League this year. Nicola took a clean sweep of top points.

Thirteen members ran this year's Valentine's 10km and were rewarded with a green t-shirt. Martin did not know it, but being first home would secure the Club Championship and he made no mistake, being first home by over three minutes.

<b>(29) Valentines 10km - Sunday, 13<sup>th</sup> February 2011</b>							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
<b>Martin Lloyd</b>	<b>40.07</b>	<b>42</b>	<b>40</b>	- 0.15	12	<b>74.87</b>	<b>13</b>
Steve Cooney	43.09	83	39	2.03	6	65.05	11
Andy Stalley	43.51	93	38	2.39	3	66.41	12
Nicola Stevenson	46.49	145	37	0.06	9	63.90	9
Nigel Pointer	47.35	173	36	- 0.02	10	64.17	10
Cat Gaskell	50.50	242	35	<b>- 0.25</b>	<b>13</b>	58.85	5
Ruth Cottam	52.27	279	34	0.34	8	61.53	6
Doug White	52.59	288	33	1.08	7	62.42	8
Annette Helliwell	55.33	336	32	3.08	2	61.83	7
Chris Brooke	56.41	366	31	2.30	4	57.78	4
Alison Fox	58.21	402	30	2.16	5	56.27	2
Rupert Quested	59.09	416	29	- 0.08	11	57.04	3
Gill Stalley	66.05	476	28	3.09	1	50.12	1
509 Finished							

Steve was comfortably second despite having completed a marathon the day before.

Cat secured the handicap points with a 25 second improvement on her handicap time.

This was Martin 13<sup>th</sup> age-grading top points on trot and he was the only member over the 70% barrier.

## Standings

These are the leading places in the three competitions at the end of February, showing some significant changes and ever closing battles.

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

Rupert became the eighth man to achieve the four criteria to have a full Championship Score and Kate Knight became the fifth lady.

At the end of December, Ruth had a single point lead over Nicola with Annette a further 22 points behind. All three scored well over the last two months but Nicola now has a three point lead, with just two events to go, so looks good to retain her title, but remember Richard looked unbeatable in the summer!

<b>Club Handicap</b>	Men		Women	
1 <sup>st</sup>	<b>Martin Lloyd</b>	<b>240</b>	<b>Ruth Cottam</b>	<b>186</b>
2 <sup>nd</sup>	Andy Stalley	204	Annette Helliwell	162
3 <sup>rd</sup>	Doug White	181	Nicola Stevenson	154

Martin's string of high scores stretches his lead to a probable winning 36 points over Andy. Doug was a point behind Richard in December, but has overtaken him to take third.

The three ladies at the top all scored well, but the gaps opened a little. Ruth looks a good favourite to take the title, but with traditionally a good number of members out at the parkruns in March, that could change in a couple of weeks.

<b>Club Age-Graded</b>	Men		Women	
1 <sup>st</sup>	<b>Martin Lloyd</b>	<b>289</b>	<b>Annette Helliwell</b>	<b>143</b>
2 <sup>nd</sup>	Andy Stalley	238	Ruth Cottam	140
3 <sup>rd</sup>	Richard Fox	227	Nicola Stevenson	137

The Men's Age-Graded Competition was very tight in October, with Martin just a point ahead of Andy, but now he has a virtually unstoppable lead.

The closeness of the Ladies competition is brilliant. There was just one point between the three in December, just six now. Lots of points to run for in March, so this is still wide open.

While Martin looks to be on route to a clean sweep of titles, the Ladies Competitions are much more open. We could have three different winners, which would be excellent as each competition is indeed to recognise performance in a different way.

## March's Races

There are five nominated races in March, as follows:

30)	Banstead Woods or Roundshaw Down parkrun	5 <sup>th</sup> March	<i>(off-road)</i>
30)	Banstead Woods or Roundshaw Down parkrun	12 <sup>th</sup> March	<i>(off-road)</i>
30)	Banstead Woods or Roundshaw Down parkrun	19 <sup>th</sup> March	<i>(off-road)</i>
30)	Banstead Woods or Roundshaw Down parkrun	26 <sup>th</sup> March	<i>(off-road)</i>
22c)	3 <sup>rd</sup> Ron Hill Surrey Classic 10km	27 <sup>th</sup> March	<i>(road)</i>

The re-scheduling of the third of David Denton's races to the last weekend in March means that instead of the two parkruns on the 26<sup>th</sup> deciding titles, it could go down to a race off on the 10km route from Horton Country Park.

*Andy Stalley*

16<sup>th</sup> February 2011

