



Club Competitions 2009/10

Monthly Update

September & October



Introduction

Welcome to the fourth monthly update on the 2009/10 Club Competitions. Monthly or bi-monthly updates will hopefully be added to the club website in the first week of the following calendar month. However, the update is reliant on the publication of official results, so could be slightly delayed if they are not promptly available. Each update will provide a commentary on the results and the scoring for the nominated club races.

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.

September's Races

There were just two nominated races in September; the first was in fact any September marathon.

All September marathons 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.

The second nominated race was the Croydon Switchback 5.

The first marathon of the four September marathons run by members was the Kent Coastal Marathon in Margate.

(17a) Kent Coastal Marathon - Sunday, 6th September 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Dave Ross	3.07.18	13	n/a	1.15	5	69.34	6
Steve Cooney	3.25.16	38	n/a	4.02	4	62.38	5
Andy Stalley	3.37.35	61	n/a	18.44	2	61.01	4
Allan Rumbles	3.48.20	80	n/a	16.20	3	56.88	2
Rob Wilson	4.59.34	214	n/a	- 7.42	6	59.89	3
Tom Wilkie	5.40.40	233	n/a	32.55	1	42.86	1
236 finished							

Allan was the only member to run the Kent Coastal Marathon in 2008; he returned and was 9 minutes quicker this year, but slower than in recent marathons.

Dave was the fastest on the day by 18 minutes and clearly achieved the highest age-grading, just under 70%.

Rob was the only member to beat his handicap time running under 5 hours again, so took the maximum six points.

Members cumulative count	2008/09	104	2009/10	168
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(17b) Three2Go Marathon - Saturday, 12th September 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Richard Fox	3.49.45	30	n/a	5.01	3	64.09	2
Bill Walsh	3.52.12	34	n/a	7.58	2	64.49	3
Doug White	6.16.15	123	n/a	39.15	1	46.54	1
123 Finished							

Three members ran the third edition of this event, which for the first time was run over a relatively accurate marathon distance.

Members cumulative count	2008/09	107	2009/10	171
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A large number of Collingwood members made the trip to Scotland to be part of Mel's 100th marathon celebrations, compared to just two running this race last year.

(17c) 28th Moray Marathon - Sunday, 13th September 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Andy Stalley	3.16.20	27	n/a	- 8.20	6	67.60	7
Dave Ross	3.48.40	80	n/a	42.58	2	56.80	5
Melanie Johnstone	3.48.40	81	n/a	- 24.15	7	60.72	6
Allan Rumbles	3.48.40	82	n/a	4.40	5	56.80	5
Steve Cooney	3.53.29	90	n/a	31.24	3	54.85	1
Nicola Stevenson	3.53.29	91	n/a	3.53.29	1	59.47	3
Martin Lloyd	3.53.29	92	n/a	28.34	4	59.04	2
252 Finished							

Andy ran his best time for a while being the fastest on the day and achieving the highest age-graded percentage.

Dave and Allan escorted Mel home, in her fastest time for a while and therefore the most improved in the Handicap Competition.

Martin and Steve took Nicola to the finish of her first marathon, but with a healthy age-grading of just under 60%.

Dave and Allan ran the same time and being the same age, achieved the same age-graded percentage.

Members cumulative count	2008/09	109	2009/10	178
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(17d) Green Chain Marathon - Sunday, 20th September 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Steve Cooney	3.54.13	5	n/a	4.00	1	54.68	1
70 Finished							

The Green Chain Marathon was not run by any member last year. Steve ran this off-roader on his own, so takes all the points available, both of them!

(17e) New Forest Marathon - Sunday, 27th September 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Dave Ross	3.04.39	12	n/a	- 16.18	5	70.34	6
Steve Cooney	3.31.30	69	n/a	1.23	1	60.55	4
Bill Walsh	3.32.55	76	n/a	- 11.35	4	63.27	5
Allan Rumbles	3.35.31	86	n/a	- 8.41	3	60.27	3
Melanie Johnstone	3.50.37	173	n/a	- 17.35	6	60.21	2
Annette Helliwell	4.51.15	444	n/a	- 2.11	2	52.80	1
514 Finished							

Another fast time by Dave securing him the top points in the Age-Graded Competition.

In the Handicap Competition, the points were awarded with five members beating their handicap time.

Bill and Annette both achieved Personal Bests.

Members cumulative count	2008/09	118	2009/10	185
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(18) Croydon Switchback 5 - Sunday, 27th September 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Ruth Cottam	43.40	66	40	- 3.13	1	58.55	1
103 finished							

Only Ruth ran the Croydon Switchback 5, so takes the maximum points in all competitions, which in the case of the Handicap and Age-Graded Competitions is a single point, as she was the only runner.

Members cumulative count	2008/09	120	2009/10	186
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With 11 members running at least one marathon each in September, there were plenty of points available in the Club Championship.

The points for the September Marathon were decided by the best time in the month, so Dave collected the 40 points for his New Forest time, with Andy second with his time from Moray.

Martin and Nicola are awarded the same points as their times at Moray were identical.

September Marathon Championship Points		
Member	Best Time	Championship Points
Dave Ross	3.04.39	40
Andy Stalley	3.16.20	39
Steve Cooney	3.25.16	38
Bill Walsh	3.32.55	37
Allan Rumbles	3.35.31	36
Mel Johnstone	3.48.40	35
Richard Fox	3.49.45	34
Nicola Stevenson	3.53.29	33
Martin Lloyd	3.53.29	33
Annette Helliwell	4.51.15	31
Rob Wilson	4.59.34	30
Tom Wilkie	5.40.40	29
Doug White	6.16.15	28

October's Races

There were four nominated races in October; the first was the Gibb 5. Only two members took part last year, but the pattern of increased participation in the Club Competitions continued with five runners this year.

(19) Gibb 5 - Saturday, 3rd October 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Martin Lloyd	34.32	22	40	- 1.11	3	68.32	5
Ray Sullivan	37.20	29	39	37.20	1	59.95	4
Nicola Stevenson	37.23	31	38	- 3.57	5	57.02	2
Ruth Cottam	42.39	42	37	- 2.38	4	59.94	3
Kate Knight	66.02	46	36	- 0.35	2	40.46	1
46 Finished							

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

Four out of five members beat their handicap times, with Ray debuting over the distance.

In the Age-Graded Competition, Ray took 4 points to Ruth's 3, by a mere 0.01%.

Collingwood won the prize for first visiting team, assisted slightly by being the only visiting team.

Members cumulative count	2008/09	122	2009/10	191
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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 3 point bonus for the Handicap and Age-Graded Competitions.

(20) Surrey Ladies Cross Country League - Reigate Priory Park (6km) Saturday, 10th October 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Nicola Stevenson	30.25	42	40	3.04	6	61.53	7
Ruth Cottam	34.01	80	39	- 1.11	7	59.61	6
Wendy Matlock	37.05	113	38	37.05	4	51.21	5
Kate Knight	54.19	139	37	10.38	5	39.01	4
139 Finished							

Nicola was the fastest, but was pipped for the 7 handicap points by Ruth, but took the 7 age-graded points.

Wendy made her cross country debut for the club and entered the Club Competitions for the first time.

Members cumulative count	2008/09	126	2009/10	195
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(20) Surrey Men's Cross Country League - Cranford Park (8km)							
Saturday, 10th October 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Andy Stalley	33.12	35	40	- 5.47	8	68.41	7
Martin Lloyd	33.25	37	39	- 3.20	6	70.61	9
Bill Walsh	33.35	39	38	33.35	4	68.65	8
Steve Cooney	34.48	51	37	- 2.03	5	62.96	5
Nigel Pointer	35.15	56	36	- 6.05	9	68.01	6
Ray Sullivan	35.48	60	35	- 4.40	7	62.52	4
85 Finished							

All six members finished close together in time, with an equally close battle in the Handicap Competition, with five beating their handicap time and Bill being a scratch runner.

Martin took the points for the age-graded Competition, with Bill, Andy and Nigel all above 68% and split by only 0.64%.

Members cumulative count	2008/09	136	2009/10	201
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Only John Allen ran the Croydon 10km last year.

(21) Croydon 10km - Sunday, 18th October 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Bill Walsh	40.57	60	40	- 1.41	3	71.11	5
Martin Lloyd	41.20	64	39	- 0.17	2	72.10	6
Nicola Stevenson	47.40	173	38	- 2.19	6	62.76	3
Ruth Cottam	49.49	227	37	- 2.17	5	64.78	4
Annette Helliwell	54.24	304	36	- 2.16	4	61.99	2
Kate Langley	54.59	318	35	54.59	1	54.41	1
502 Finished							

Another really close battle for the Handicap points, this time with just 3 seconds between Nicola, Ruth and Annette. Five members beat their handicap times and Kate entered the Club Competitions for the first time, in her first 10km race.

Bill and Martin both went above 70%, the regional standard.

Members cumulative count	2008/09	137	2009/10	207
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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 this year compared to six last year.

(22a) Ron Hill Surrey Classic Series - Oxshott 10km - Sunday, 18th October 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Andy Stalley	41.17	30	n/a	- 0.06	5	69.49	10
Martin Lloyd	42.53	40	n/a	1.16	3	69.49	10
Ray Sullivan	44.10	46	n/a	44.10	2	64.01	7
Nicola Stevenson	47.03	73	n/a	1.13	4	63.59	6
Paul Brooke	48.50	91	n/a	- 1.30	8	68.40	8
Ruth Cottam	50.43	110	n/a	- 0.30	6	63.63	5
Chris Brooke	53.10	120	n/a	- 3.35	10	61.04	3
Annette Helliwell	54.07	126	n/a	- 1.40	9	62.31	4
Kate Langley	54.10	127	n/a	- 0.49	7	55.23	2
Gill Stalley	60.34	152	n/a	60.34	1	53.74	1
178 Finished							

Andy was the fastest, but tied for first place with Martin in the Age-Graded Competition, with their percentages being the same to two decimal places. Six other members went above the 60% or local-level rating.

Kate achieved a Personal Best, with Ray and Gill debuting over the distance.

Members cumulative count	2008/09	143	2009/10	217
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Standings

These are the leading places in the three competitions at the end of October. 32 members have scored points so far this year, up 8 on last year at this stage.

Club Championship	Men		Women	
1 st	Keith Dunning	399	Nicola Stevenson	380
2 nd	Andy Stalley	389	Ruth Cottam	372
3 rd	Bill Walsh	387	Annette Helliwell	336

Keith remains well on the way to retaining his title, already equalling his 399 points from last year, but having not scored points since the Dysart Dash. Bill and Andy both closed the gap on Keith, but remain 2 points apart. So far only five men have a full championship score, with Doug now being the fourth and Martin fifth.

The first three places stay the same in the ladies competition, with Nicola, Ruth and Annette all scoring good points. There are the only four women with a full championship score, the fourth being Kate Knight.

Overall 9 members have a championship score so far, compared to just 4 at the same time last year.

Club Handicap	Men		Women	
1 st	Andy Stalley	119	Nicola Stevenson	137
2 nd	Keith Dunning	102	Ruth Cottam	121
3 rd	Bill Walsh	94	Kate Knight	71

There has been a big change in the men's Club Handicap, with Andy scoring good points during the last two months to move clear into first place, with Bill closing up in third.

The women's competition is close, with Nicola staying ahead of Ruth in 2nd and Kate in 3rd.

Last year the top scores in the Handicap Competition were only 84 and 43 points at the end of October. The winning scores at the end of the year were 135 for the men and 93 for the women, so it is likely that this year's winners will have to score considerably more to take the titles. Nicola is already ahead of Kate's winning points total for last year.

Club Age-Graded	Men		Women	
1 st	Bill Walsh	134	Nicola Stevenson	117
2 nd	Andy Stalley	133	Ruth Cottam	110
3 rd	Keith Dunning	125	Annette Helliwell	70

Andy moved from 3rd to 2nd in a very tight title race, with Bill only one points ahead, having moved up from 2nd.

Nicola and Ruth stay in 1st and 2nd places with Nicola having a narrow 7 point lead. Annette remains 3rd.

Last year the top scores in the Age-Graded Competition were only 92 and 42 points at the end of October. The winning scores at the end of the year were 181 for the men and 64 for the women, so it is likely that this year's winners will have to score considerably more to take the titles.

November & December Races

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

- 20b) Surrey Classic 10km - Nonsuch Park 1st November (road)
- 23) Surrey Cross-Country League 14th November (2 races) (off-road)
- 24) Pirie 10 5th December (off-road)
- 25) Surrey Cross-Country League 12th December (2 races) (off-road)
- 20c) Surrey Classic 10km - Horton Country Park 20th December (road)

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

Andy Stalley

28th October 2009

