

Monthly Update

January & February 2009

Welcome to the combined January and February update on our revised club competitions. There were three nominated races in January and another two in February. Details of the scoring in each event are detailed below. The points scored caused some significant changes to the overall standings, with the lead changing hands in two of the six competitions. Both Club Championships are now led by unstoppable leaders. However, both Handicap and both Age-Grading Competitions are still not settled. March's four Banstead Woods Time Trials will decide these four titles.

The first January nominated race held was the Tadworth 10, which was the last of the five long races in the Club Championship. Members need to have completed at least one of these longer events to have a Club Championship score.

Tadworth 10 Mile Road Race							
Sunday, 4 th January 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Keith Dunning	67.58	51	40	67.68	1	69.41	5
Nigel Pointer	81.50	271	39	0.38	4	61.13	4
Doug White	95.30	489	38	2.18	3	55.00	2
John Allen	96.42	504	37	5.03	2	59.93	3
Kate Knight	132.56	630	36	-3.08	5	41.29	1
		632 finished					

Keith ran the 10 miler he needed to complete the set of all three race distances and therefore achieved a score in the Club Championship and in doing so, he leapt from sixth to first place in the overall scoring.

Kate recorded another PB which helped secure top marks in the Handicap by a wide margin. Keith was a clear winner in the Age-Graded Competition.

As the Cross-Country races are split, 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 as members are representing the club.

Surrey Women's Cross-Country - Division 2							
Farthing Downs - Saturday, 10 th January 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Mel Johnstone	30.25	39	40	0.47	5	63.53	7
Ruth Cottam	35.44	93	39	1.06	4	57.03	5
Annette Helliwell	37.28	104	38	-1.14	7	57.97	6
Kate Knight	48.54	120	37	0.37	6	43.87	4
		120 finished					

Mel took top points in the Championship and Age-Graded Competition, with Annette the only lady to improve on their average time and therefore comfortably take the points in the Handicap.

Surrey Men's Cross-Country - Division 4							
Lloyd Park - Saturday, 10 th January 2009							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Andy Flett	31.21	7	40	0.31	4	71.40	9
Steve Cooney	35.36	30	39	-0.26	5	61.11	7
Martin Lloyd	36.49	42	38	-1.45	7	63.59	8
Nigel Pointer	41.12	71	37	-0.48	6	57.72	6
John Allen	46.51	82	36	-3.43	8	56.44	5
Doug White	49.45	83	35	-3.59	9	50.71	4
		86 finished					

Andy Flett was easily the winner in the Championship and Age-Graded Competition. Doug edged ahead of John in the Handicap. Five out of six men improved on the recent cross country times average.

As the actual courses were not run over standard race distances, the age-grading is calculated for the estimated distances for both men's and women's races. They are also calculated against standard road race times, so the resulting age-grade percentages, although consistent for all members will be slightly down on normal percentages. That said, Andy Flett was still above 70%.

The Perch - Sunday, 25th January 2009								
Member	Time	Place	Championship Points	Handicap		Age-Graded		
				Nett Time	Points	%	Points	
Martin Lloyd	45.22	73	40	0.52	6	65.18	8	
Nigel Pointer	52.22	231	39	2.37	3	57.36	5	
Paul Brooke	53.05	247	38	2.10	5	62.31	7	
Nicola Dicks	54.32	286	37	0.05	8	54.86	4	
John Allen	57.24	362	36	0.09	7	58.19	6	
Chris Brooke	58.45	381	35	58.45	2	54.74	3	
Bob Chart	72.18	546	34	72.18	1	39.39	2	
Kate Knight	87.20	588	33	2.19	4	38.27	1	
		594 finished						

Martin's return to form resulted in top marks in two competitions with Nicola the closest to improving on recent times to take top marks in the Handicap, by just four seconds from John.

Surrey Men's Cross-Country - Division 4
Wimbledon Common - Saturday, 7th February 2009

Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Keith Dunning	36.03	25	40	1.08	6	63.00	7
Martin Lloyd	36.55	32	39	-0.30	8	63.42	8
Andy Stalley	39.03	54	38	1.19	5	58.16	6
Nigel Pointer	41.51	67	37	2.01	4	56.82	5
John Allen	47.56	83	36	-0.14	7	55.16	4
		87 finished					

Martin and Keith shared the spoils at Wimbledon Common. All Age-Gradings were down due to the difficulty of the conditions on the course.

Valentines 10km - Sunday, 15th February 2009

Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Steve Cooney	40.12	67	40	-0.30	6	68.36	6
Andy Stalley	41.41	91	39	0.05	5	68.82	7
Martin Lloyd	41.41	92	38	-0.36	7	70.94	8
Nigel Pointer	46.05	181	37	0.18	4	65.18	5
Nicola Dicks	49.26	269	36	-0.46	8	60.52	3
John Allen	54.33	390	35	0.55	2	61.23	4
Doug White	55.23	409	34	0.49	3	57.54	2
Bob Chart	59.43	483	33	17.23	1	47.69	1
		592 finished					

Steve was fastest, just outside 40 minutes, but Nicola with another quick time took the honours in the Handicap and Martin was the only member above 70% so took the points in the Age-Graded Competition.

Surrey Women's Cross-Country - Division 2
Lloyd Park - Saturday, 28th February 2009

Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Nicola Dicks	27.21	21	40	27.21	5	70.32	7
Alison Fox	33.41	68	39	33.41	4	60.50	5
Annette Helliwell	35.34	78	38	-2.43	7	61.06	6
Kate Knight	45.38	87	37	-2.08	6	47.01	4
		87 finished					

Nicola and Annette shared the top points at the re-arranged Lloyd Park Cross-Country race.

One nominated race in March

The four Banstead Woods Time Trial races in March all count separately towards the Handicap and Age-Graded Competitions, but only a member's best time counts for the Club Championships.

Overall Standings

Club Championships

Steve Cooney's first place in the Club Championship was taken by Keith, who leapt from 6th to 1st place, with a score of 399 out of a maximum possible 400. He cannot now be beaten and could secure the full 400 if he is the fastest member during the four Banstead Woods Time Trials in March.

Martin moved into 2nd place from 3rd, Steve dropped to 3rd from 1st and Andy dropped to 4th from 2nd. Nigel moved from 8th to 5th.

In the Ladies' Club Championship, Nicola's lead has been reduced by 35 points by Kate to just 24 points. However like Keith her lead cannot be taken from her.

So congratulations to Keith and Nicola who win the first Club Championships under the new rules.

Handicap Competitions

Martin overtook Andy in the Handicap, with John moving up into 3rd place. With four scoring races left and only 12 points between Martin and Andy, the competition is still wide open.

Kate and Nicola stay in 1st and 2nd places with just 4 points between them. The competition will go down to the last race.

Age-Graded Competition

Martin continues to widen the lead in the Age-Graded Competition over Andy to an almost impossible gap to close.

Nicola still holds the lead in the Women's competition from Kate who moves into 2nd. Like Martin, Nicola's lead should be sufficient to take the competition.