

Monthly Update

November & December 2008

Welcome to the combined November and December update on our revised club competitions. There were two nominated races in November and another two in December. 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.

The first November nominated race was held in Nonsuch Park, Cheam.

It was the second of the three Ron Hill Surrey Classic Series Races for which only the best time recorded by a member counts in the Club Championship. However, all three races count in the other two competitions.

Ron Hill Surrey Classic Series Nonsuch Park 10km - Sunday, 2nd November 2008							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
David Johnson	41.25	40	n/a	- 2.00	6	65.13	4
Andy Stalley	41.37	42	n/a	- 0.39	4	68.43	6
Martin Lloyd	42.28	56	n/a	0.12	3	69.63	7
Paul Brooke	50.20	142	n/a	1.24	1	65.71	5
Ruth Cottam	51.52	151	n/a	0.45	2	61.70	3
John Allen	54.24	169	n/a	- 1.13	5	61.40	2
Kate Knight	73.26	229	n/a	- 6.39	7	45.51	1
		230 finished					

David Johnson's sprint finish meant that he banked a good time in the Club Championship, which would prove important.

Kate's second PB in two weeks helped secure top marks in the Handicap by a wide margin.

Martin was the best age-grading wise in what was a tight result with six members in the 60%'s.

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								
Lightwater Park - Saturday, 8 th November 2008								
Member	Time	Place	Championship Points	Handicap		Age-Graded		
				Nett Time	Points	%	Points	
Ruth Cottam	34.59	109	40	2.43	4	53.32	6	
Annette Helliwell	39.37	125	39	1.51	5	51.06	5	
Kate Knight	46.46	132	38	- 5.42	6	42.17	4	
		132 finished						

Kate improved considerably over recent cross-country races to take top marks in the Handicap, again by a wide margin.

The Age-Graded Competition was tight between Annette and Ruth, with Ruth just taking the six points.

Surrey Men's Cross-Country - Division 4								
Lightwater Park - Saturday, 8 th November 2008								
Member	Time	Place	Championship Points	Handicap		Age-Graded		
				Nett Time	Points	%	Points	
Martin Lloyd	36.31	36	40	- 1.49	6	64.04	6	
Steve Cooney	37.05	41	39	0.39	4	58.43	5	
Nigel Pointer	40.56	64	38	- 1.27	5	64.07	7	
John Allen	46.00	78	37	- 6.20	7	57.18	4	
		84 finished						

Martin was the fastest and John improved his recent cross country times to take top marks in the handicap, by a good distance.

The age-graded result was really tight with Nigel taking the seven points from Martin by only 0.03%.

It was good to see all three competitions produced a different winner.

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.

The third nominated race was the South London Harriers Pirie 10, which was the fourth of five races of ten or more miles in the nominated races list.

Pirie 10 - Saturday, 6th December 2008							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Andy Flett	64.46	14	40	64.46	4	71.97	5
Martin Lloyd	73.54	52	39	2.52	5	65.97	4
Ben Cady	77.38	64	38	77.38	3	57.97	3
Doug White	96.11	102	37	96.11	2	54.61	1
John Allen	96.36	103	36	96.36	1	56.99	2
		51 finished					

Andy was comfortably the fastest and had an excellent 71.97% age-grading, which is calculated against road times, which makes his percentage figure even more impressive.

Martin was the only member with a time for an off-road 10 mile race shown on the club website, so was the only member to have a handicap time.

Horton Country Park was the last of the three Ron Hill Surrey Classic Series Races.

Ron Hill Surrey Classic Series							
Horton Country Park 10km - Sunday, 21 st December 2008							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Andy Stalley	40.47	50	n/a	- 0.58	7	69.82	7
Martin Lloyd	41.28	54	n/a	- 0.24	5	71.31	8
Paul Brooke	50.09	137	n/a	0.02	4	65.95	6
Ruth Cottam	52.24	160	n/a	0.51	3	61.07	5
John Allen	55.07	178	n/a	1.07	2	60.60	4
Chris Brooke	56.15	190	n/a	1.25	1	57.17	3
Annette Helliwell	57.14	194	n/a	- 0.38	6	59.45	2
Kate Knight	74.43	238	n/a	- 4.36	8	44.73	1
		239 finished					

Andy was fastest, but Kate 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 Classic Series Championship Points				
Member	1 st	2 nd	3 rd	Championship Points
Andy Stalley	42.45	41.37	40.47	40
David Johnson		41.25		39
Martin Lloyd	42.56	42.28	41.28	38
Paul Brooke	49.31	50.20	50.09	37
Ruth Cottam	53.11	51.52	52.24	36
John Allen	55.44	54.24	55.07	35
Chris Brooke			56.15	34
Annette Helliwell			57.14	33
Kate Knight	77.15	73.26	74.43	32

Andy's Horton Country Park time was the fastest in the series and therefore collected the 40 points. David Johnson took the 39 points for second place by just 3 seconds from Martin.

Three nominated races in January

25)	Tadworth 10 miles	4 th January		<i>(road)</i>
26)	Surrey Cross-Country League	10 th January	(2 races)	<i>(off-road)</i>
27)	The Perch	25 th January		<i>(off-road)</i>

The Tadworth 10 mile race is the last of the longer distances races in the nominated race list and one of the three required distances for the Club Championship.

Overall Standings

Club Championships

Andy Stalley's first place in the Club Championship was taken by Steve Cooney by a single point in September, but over the last two months, Steve added another point and Andy two points to tie in first place with 391 points. Martin is dangerously close in third with 388 points. If Keith completes the last 10-miler (Tadworth 10), then the top of the table will be very tight.

In the Ladies Club Championship, Nicola's (367 points) huge lead has been reduced to 59 points by Kate (308 points), who still has only nine scores counting, so if she completes another race, the gap will close even more, as she will have a full ten scoring races.

With six events left, there is plenty of scope for any of the leaders to replace a lower scoring race with a higher scoring race, so the Championships should go down to the last event.

Handicap Competition

Martin (89 points) continues to close Andy's lead (95 points) in the Handicap, with Steve (71 points) not far behind in third. With nine scoring races left, the competition is still wide open.

Kate (46 points) has run a series of good times including PBs so has scored heavily in the Handicap, sufficient to take the lead from Nicola (43 points).

Age-Graded Competition

Martin (117 points) continues to widen his lead in the Age-Graded Competition over Andy (94 points). Keith (74 points) and Steve (71 points) share third and fourth places. With nine scoring races left, the competition is still open.

Nicola (42 points) still holds the lead in the Women's competition from Ruth (24 points), who has been scoring good points recently.