

Monthly Update – June 2008

Welcome to the second monthly update on our revised Club competitions. There were eight nominated races in June and details of the scoring in each event are detailed below.

Dorking 10 Road Race - Sunday, 1 st June 2008							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Andy Stalley	70.25	152	40	-3.43	6	66.67	6
Nicola Dicks	86.18	456	39	86.18	4	57.22	5
Tom Wilkie	96.05	582	38	7.40	5	53.71	4
		666 finished					

Nicola was a scratch runner for the Handicap Competition, so did not do well in that category, despite her result being a personal best. Andy also ran a PB and a big improvement over recent 10 milers, so clearly scored well in the handicap compared to Tom, who was slower than his previous outings over the distance.

Three bonus points are awarded for all the Surrey Road League races, which includes the Dorking 10 and the Dysart Dash. Therefore, good points were available in both the Handicap and Age-Graded Competitions.

Before the Tour of Epsom results, it might help to explain a little more about the Age-Grading Competition scoring system. For standard distance road races, such as the Dorking 10, the age-gradings are easy for the internet-based tool to calculate as there will be an official world record for that distance.

However, when you go off-road and to odd distances, as in the Tour of Epsom, there will not be an official world record to calculate against. So the internet-based tool has to do some maths and calculate the percentage using a little more estimation. Therefore, the age-gradings for odd distances might look a fraction away from similar road age-gradings.

Additionally, for the age-gradings no account is taken for surface and all calculations are based on road times. This is because no internet-based tool takes into account surface. So, age-graded percentage will always be lower for off-road events compared to road races.

For our competition the same internet-based tool is always used, so the results will be consistent and therefore equally fair for everyone.

**Tour of Epsom – 3.3 miles – Horton Country Park
Monday, 9th June 2008**

Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Keith Dunning	19.35	12	40	-0.13	6	75.53	7
Steve Cooney	20.13	21	39	20.13	3	70.09	4
Andy Stalley	20.37	23	38	-0.37	7	71.22	6
Martin Lloyd	21.38	30	37	1.04	4	70.47	5
Nicola Dicks	24.22	67	36	24.22	2	63.00	2
Tom Wilkie	24.54	73	35	0.14	5	64.81	3
Lisa Shennan	30.55	130	34	30.55	1	50.07	1
		145 finished					

In the Club Championship, the order of Keith, Steve, Andy, Martin, Nicola, Tom and Lisa was the same every night, apart from one change when Tom out-sprinted Nicola on Tuesday night. So, good points were available to all seven runners.

Steve, Nicola and Lisa were making their tour debuts so were all scratch runners in the Handicap Competition, so did not score well across the week. Andy was quicker than last year, so fared better than Martin and Tom, who were slower than in the past. Keith was consistent, so scored well.

However, the course on Wednesday was a new one, so everyone was a scratch runner that night.

In the Age-Graded Competition, Keith was consistently fast all week, above 71% every day. Martin and Andy being older than Steve scored better.

Tour of Epsom – 4.4 miles – Nonsuch Park
Tuesday, 10th June 2008

Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Keith Dunning	26.52	16	40	0.35	5	74.47	7
Steve Cooney	27.31	22	39	27.31	3	69.65	5
Andy Stalley	27.59	27	38	-0.35	7	70.98	6
Martin Lloyd	29.41	37	37	2.05	4	69.48	4
Tom Wilkie	34.14	81	36	0.22	6	63.77	3
Nicola Dicks	34.16	82	35	34.16	2	60.73	2
Lisa Shennan	41.35	138	34	41.35	1	50.34	1

148
finished

Tour of Epsom – 3.5 miles – Hogsmill Open Space
Wednesday, 11th June 2008

Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Keith Dunning	21.50	13	40	21.50	7	72.10	7
Steve Cooney	22.46	21	39	22.46	6	66.23	4
Andy Stalley	23.00	22	38	23.00	5	67.94	6
Martin Lloyd	24.03	28	37	24.03	4	67.46	5
Nicola Dicks	27.18	59	36	27.18	3	59.87	3
Tom Wilkie	32.41	100	35	32.41	2	52.55	2
Lisa Shennan	33.21	109	34	33.21	1	49.39	1

122
finished

Tour of Epsom – 3.1 miles – Tattenham Corner
Thursday, 12th June 2008

Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Keith Dunning	19.20	10	40	0.00	6	71.59	7
Steve Cooney	20.25	22	39	20.25	3	64.94	4
Andy Stalley	20.42	25	38	-0.22	7	66.38	6
Martin Lloyd	21.39	32	37	1.15	4	65.89	5
Nicola Dicks	24.49	67	36	24.49	2	57.86	3
Tom Wilkie	26.36	86	35	0.43	5	56.77	2
Lisa Shennan	30.17	115	34	30.17	1	47.83	1

127
finished

Tour of Epsom – 3.8 miles – Equus Riding Centre
Friday, 13th June 2008

Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Keith Dunning	23.17	11	40	0.31	6	73.72	7
Steve Cooney	23.49	17	39	23.49	3	69.04	4
Andy Stalley	24.37	22	38	-0.37	7	69.22	5
Martin Lloyd	25.20	27	37	1.04	5	69.84	6
Nicola Dicks	29.29	61	36	29.29	2	60.48	2
Tom Wilkie	30.31	71	35	2.01	4	61.37	3
Lisa Shennan	35.37	106	34	35.37	1	50.43	1

122
finished

2nd Near-as-damn-it 10km - Farthing Downs
Thursday, 26th June 2008

Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Keith Dunning	41.07	19	n/a	-1.21	3	69.8	6
Steve Cooney	42.31	25	n/a	-2.14	4	64.6	3
Andy Stalley	43.28	30	n/a	-2.21	5	65.5	4
Martin Lloyd	44.22	36	n/a	0.44	2	66.7	5
Doug White	56.08	80	n/a	-4.28	6	56.8	2
Kate Knight	85.01	112	n/a	85.01	1	39.3	1

112
finished

As there are three Near-as-damn-it races of which only the best time counts for the Club Championships, no points are awarded yet in that competition. Each race however counts separately for the Handicap and Age-Graded Competitions, so points were awarded for this month's race.

Doug was a lot faster than his one previous off-road 10km shown on the club website, so took top points in the Handicap.

Dysart Dash - Sunday, 29th June 2008

Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Steve Cooney	40.13	82	40	-0.54	8	68.3	11
Martin Lloyd	43.39	156	39	2.40	6	67.7	10
Nigel Pointer	45.09	185	38	-1.28	9	66.5	9
Nicola Dicks	49.02	284	37	-2.42	10	61.1	8
Tom Wilkie	55.41	377	36	3.11	5	56.2	6
John Allen	57.10	394	35	0.53	7	58.4	7
Lisa Shennan	60.19	419	34	-2.54	11	49.7	5
Kate Knight	80.57	464	33	80.57	4	41.2	4

464
finished

With three bonus points available for the Dysart Dash in the Handicap and Age-graded Competitions, 11 points were available. Lisa took then in the Handicap, improving by nearly three minutes on her Sutton 10km time, while Steve took top marks in the Age-Graded. This race clearly demonstrates how the different competitions throw up different scores.

Club Championship Tables – June 2008							
Position	Member	Total Points	Eligible races completed				Championship Points Total
			8 +	Long	Medium	Short	
1	Andy Stalley	310	Y	Y	Y	Y	310
2	Tom Wilkie	250		Y	Y	Y	0
3	Steve Cooney	235			Y	Y	0
4	Martin Lloyd	224			Y	Y	0
5	Keith Dunning	200				Y	0
6	John Allen	105			Y	Y	0
7	Nigel Pointer	75			Y		0
8	Andy Flett	40				Y	0
=9	David Johnson	39			Y		0
=9	Allan Rumbles	39				Y	0
11	Ben Cady	38			Y		0
12	Rob Wilson	35			Y		0
13	Doug White	34			Y		0
1	Nicola Dicks	329	Y	Y	Y	Y	329
2	Lisa Shennan	236			Y	Y	0
3	Kate Knight	33			Y		0

Andy and Nicola are the first to score points in the Championship having completed the minimum of eight races and at least one over the three distances. Both retained their leads from May.

With points still to be awarded for the Near-as-damn-it races and with a number of members close to eight races and one distance away from the set, then places will change as more members score Championship scores.

Club Handicap Tables – June 2008		
Position	Member	Points Total
1	Andy Stalley	61
2	Keith Dunning	37
3	Steve Cooney	36
=4	Tom Wilkie	32
=4	Martin Lloyd	32
6	Doug White	19
=7	John Allen	18
=7	Nigel Pointer	18
9	Ben Cady	8
10	David Johnson	7
11	Andy Flett	6
12	Rob Wilson	5
13	Allan Rumbles	3
1	Nicola Dicks	33
2	Lisa Shennan	20
3	Kate Knight	5

Andy and Nicola retain their leads. However, given a large turnout at the Nonsuch Park Relays, good points will be available and positions will potentially change.

Age-Graded Tables – June 2008

Position	Member	Points Total
1	Andy Stalley	53
2	Keith Dunning	46
3	Martin Lloyd	44
4	Steve Cooney	38
5	Tom Wilkie	23
6	Nigel Pointer	19
7	John Allen	17
8	Rob Wilson	12
9	Andy Flett	10
10	David Johnson	9
11	Doug White	8
12	Ben Cady	7
13	Allan Rumbles	3
1	Nicola Dicks	32
2	Lisa Shennan	14
3	Kate Knight	5

Again Andy and Nicola retain their leads, but Keith, Martin and Steve are all within touching distance of first place. Nicola has a comfortable lead over Lisa.