

# Monthly Update – May 2008

Welcome to the first monthly update on the revised Club competitions. 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. It will also give the end of month positions in each competition.

There are five nominated races in May and details of the scoring in each event are detailed below.

Dave Clarke 5km Road Race - Thursday, 1 <sup>st</sup> May 2008							
Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Andy Stalley	19.43	13	40	-1.10	1	69.86	1
		67 finished					

As Andy was the only Collingwood runner, he clearly took the 40 points in the Club Championship.

However, as he was the only runner, he only scored a single point in both the Handicap and Age-Graded Competitions.

His age-graded percentage was 69.86, which is just short of the Regional Standard of 70%. This would in normal events be a good points scoring percentage.

As Andy's time was a personal best, his nett time was a healthy -1.10; which if there had been other runners would potentially have lead to scoring a healthy number of points.

## Sutton Runners 10km Road Race - Sunday, 4<sup>th</sup> May 2008

Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Andy Stalley	41.15	71	40	-1.36	11	69.07	11
David Johnson	45.25	150	39	1.37	7	59.39	9
Ben Cady	47.06	177	38	1.33	8	57.94	7
Nigel Pointer	47.40	187	37	1.24	9	63.02	10
Nicola Dicks	51.44	258	36	51.44	6	57.83	6
Rob Wilson	54.55	302	35	54.55	5	69.88	12
Doug White	56.04	319	34	-4.04	12	56.84	5
John Allen	56.44	324	33	0.32	10	58.88	8
Lisa Shennan	63.13	374	32	63.13	4	47.32	4
		399 finished					

9 Collingwood members raced the Sutton 10km in warm conditions. Andy was first home with another 69% age-grading. However, Rob had the highest percentage with 69.88, which clearly demonstrates the relevance of age-grading as a means of judging performance. Doug was comfortably faster than his average time in the last three road 10km races that he had run, so he took top points in the handicap. It is interesting to see how the three competitions produced three separate winners for this race.

David, Ben, Nicola, Doug and John's race times varied from 45.25 to 56.44, but their age-graded percentages ranged from just 56.84 to 59.39. Again, this illustrates why age-grading is such an interesting way to look at times.

Nicola was the first lady home, from Lisa.

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

## Richmond Half Marathon - Sunday, 11<sup>th</sup> May 2008

Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points

No Collingwood members competed in this race.

952  
finished

## Hillcrest 8km - Sunday, 18<sup>th</sup> May 2008

Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Andy Flett	30.46	1st	40	0.18	4	72.75	4
Allan Rumbles	35.49	18	39	35.49	3	61.60	3
Nicola Dicks	41.20	37	38	41.20	2	57.21	1
John Allen	45.26	57	37	45.26	1	58.20	2

97  
finished

Andy won the race and took top points in all three competitions. His time was just outside of his average from his three previous Hillcrest 8km times, so he took top points in the handicap. Andy's age-graded percentage was also an excellent 72.75%.

Allan, Nicola and John had no previous recorded times over the distance, so all had scratch times.

Nicola was the 3<sup>rd</sup> lady to finish

## 1<sup>st</sup> Near-as-damn-it 10km - Thursday, 27<sup>th</sup> May 2008

Member	Time	Place	Championship Points	Handicap		Age-Graded	
				Nett Time	Points	%	Points
Andy Flett	39.11	9	n/a	39.11	2	72.15	6
Keith Dunning	42.58	23	n/a	0.45	4	66.77	5
Steve Cooney	43.20	24	n/a	-2.51	6	63.41	3
Andy Stalley	45.34	31	n/a	-0.24	5	62.50	2
Martin Lloyd	46.04	35	n/a	3.39	3	64.19	4
Doug White	60.36	67	n/a	60.36	1	52.59	1
		71 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.

Andy Flett produced another excellent 72.15% to take the points in the Age-Graded Competition. But as he and Doug were scratch runners, they lost out in the Handicap. Andy Stalley was slightly quicker than his runs last year and Steve was nearly three minutes quicker than his previous outing over the course, so they scored best in the Handicap Competition.

## Club Championship Tables – May 2008

Position	Member	Dave Clarke 5km	Sutton 10km	Hillcrest 8km	Points Total
1	<b>Andy Stalley</b>	40	40		80
2	John Allen		33	37	70
3	Andy Flett			40	40
=4	David Johnson		39		39
=4	Allan Rumbles			39	39
6	Ben Cady		38		38
7	Nigel Pointer		37		37
8	Rob Wilson		35		35
9	Doug White		34		34
1	<b>Nicola Dicks</b>		36	38	74
2	Lisa Shennan		32		32

After four races, Andy Stalley has a slight lead over John Allen, with Andy Flett in third.

Nicola leads Lisa in the Ladies Championship.

No one yet has completed the minimum eight races and over the three distances required, so positions are calculated on total points scored.

## Club Handicap Tables – May 2008

Position	Member	Dave Clarke 5km	Sutton 10km	Hillcrest 8km	Near-As Damn It	Points Total
1	<b>Andy Stalley</b>	1	11		5	17
2	Doug White		12		1	13
3	John Allen		10	1		11
4	Nigel Pointer		9			9
5	Ben Cady		8			8
6	David Johnson		7			7
=7	Steve Cooney				6	6
=7	Andy Flett			4	2	6
9	Rob Wilson		5			5
10	Keith Dunning					
=11	Allan Rumbles			3		3
=11	Martin Lloyd				3	3
1	<b>Nicola Dicks</b>		6	2		8
2	Lisa Shennan		4			4

After five races, Andy Stalley has a slight lead over Doug White and John Allen.

Nicola leads Lisa in the Ladies Handicap Competition.

## Club Age-Graded Tables – May 2008

Position	Member	Dave Clarke 5km	Sutton 10km	Hillcrest 8km	Near-As Damn It	Points Total
1	<b>Andy Stalley</b>	1	11		2	14
2	Rob Wilson		12			12
=3	Nigel Pointer		10			10
=3	John Allen		8	2		10
=3	Andy Flett			4	6	10
6	David Johnson		9			9
7	Ben Cady		7			7
8	Doug White		5		1	6
9	Keith Dunning				5	5
10	Martin Lloyd				4	4
=11	Allan Rumbles			3		3
=11	Steve Cooney				3	3
1	<b>Nicola Dicks</b>		6	1		7
2	Lisa Shennan		4			4

After five races, Andy Stalley has a slight lead over Rob Wilson and Nigel Pointer. Nicola leads Lisa in the Ladies Age-Graded Competition.