

# Club Championship 2011

Penallta Park LCL

07/06/2011

## Race Results

<u>CH Pos</u>	<u>Name</u>	<u>Time</u>	<u>Pace (min/mile)</u>
1	Matt Stott	31:59	06:09
2	Steve Harris	32:01	06:09
3	Paul Dodd	32:05	06:10
4	James Blore	33:04	06:22
5	Matthew Lawson	33:10	06:23
6	Paul Lidgett	33:30	06:27
7	Laurie Carter	33:36	06:28
8	Nathan Nicholls	34:32	06:38
9	Ivan Teed	34:38	06:40
10	Dave Somersall	34:55	06:43
11	Luke Malarz	35:07	06:45
12	Lou Summers	35:39	06:51
13	Jane Horler	36:24	07:00
14	Neil Grant	36:26	07:00
15	Vanessa Lawson	36:40	07:03
16	Andy Stott	36:58	07:07
17	Helen Duffield	37:29	07:12
18	Gerry Ashton	38:21	07:23
19	Andrew Calway	38:37	07:26
20	Jan Morris	38:50	07:28
21	Chris Rees	39:43	07:38
22	Steve Horler	39:51	07:40
23	Mike Smith	41:00	07:53
24	Esther Barrett	41:23	07:58
25	Allan McCall	41:33	07:59
26	Joc Dodd	41:34	08:00
27	Sue Ashton	41:41	08:01
28	Brenda Avery	41:46	08:02
29	Dick Finch	42:26	08:10
30	Judith Austerberry	42:36	08:12
31	Rob Brown Snr	44:36	08:35
32	Andy Bray	45:26	08:44
33	Berta Havers	46:07	08:52
34	Gill Stott	46:44	08:59
35	Brett Regulski	49:38	09:33
36	Karen Elvers	51:37	09:56
37	Syd Wheeler	54:35	10:30

The 2nd running of the Penallta Park LCL saw a big Chepstow turnout (to get club championship points of course). The route is a flat out-and-back course with two loops of a hill in the middle, as seen in the profile below.

## Hills are speedwork in disguise



### **Notes on Best in Club**

Ages are of 31/12/2010

The age adjusted time is your race time multiplied by your age related factor (dependent on your age). In theory it is the time you would run if you were at the optimum age for this race.

The age graded percentage is derived from your age adjusted time in relation to the open standard time for the race.

The race distance was approximately 5.2 miles, thus I have used the 5 mile factors and 5.2 mile open standard times in the calculations.

The open standard times for the men and women were thus as follows:

Open Standard (M)	00:22:14
Open Standard (F)	00:25:12

Of those that did last month's Tyntesfield Ten race, the age graded percentages for this race are, on average, 5% higher; with 13 people achieving over 70% this time round compared to only 4 last month.

**Best in Club**

<b><u>Pos</u></b>	<b><u>Name</u></b>	<b><u>Age</u></b>	<b><u>Time</u></b>	<b><u>Age adjusted time</u></b>	<b><u>Graded %</u></b>	<b><u>Points</u></b>
1	Paul Dodd	53	32:05	27:23	81.18%	100
2	Brenda Avery	60	41:46	32:19	77.97%	99
3	Laurie Carter	53	33:36	28:41	77.52%	98
4	Neil Grant	59	36:26	29:34	75.22%	97
5	Joc Dodd	57	41:34	33:31	75.17%	96
6	Sue Ashton	57	41:41	33:37	74.96%	95
7	Lou Summers	43	35:39	33:48	74.57%	94
8	Paul Lidgett	44	33:30	30:43	72.38%	93
9	Matthew Lawson	42	33:10	30:53	72.00%	92
10	Jane Horler	39	36:24	35:26	71.12%	91
11	Vanessa Lawson	39	36:40	35:41	70.61%	90
12	Steve Harris	33	32:01	31:39	70.25%	89
13	Gerry Ashton	57	38:21	31:39	70.24%	88
14	Matt Stott	22	31:59	31:58	69.54%	87
15	Andy Stott	51	36:58	32:04	69.32%	86
16	Dick Finch	66	42:26	32:20	68.76%	85
17	Helen Duffield	38	37:29	36:41	68.71%	84
18	Jan Morris	42	38:50	37:05	67.94%	83
19	Dave Somersall	41	34:55	32:45	67.88%	82
20	James Blore	21	33:04	32:56	67.50%	81
21	Ivan Teed	33	34:38	34:14	64.94%	80
22	Nathan Nicholls	29	34:32	34:30	64.44%	79
23	Andrew Calway	47	38:37	34:36	64.27%	78
24	Rob Brown Snr	64	44:36	34:37	64.23%	77
25	Luke Malarz	32	35:07	34:51	63.81%	76
26	Mike Smith	53	41:00	35:00	63.53%	75
27	Gill Stott	53	46:44	39:44	63.43%	74
28	Chris Rees	47	39:43	35:35	62.49%	73
29	Esther Barrett	37	41:23	40:41	61.95%	72
30	Judith Austerberry	36	42:36	42:03	59.93%	71
31	Steve Horler	42	39:51	37:06	59.93%	70
32	Syd Wheeler	73	54:35	38:23	57.93%	69
33	Allan McCall	43	41:33	38:24	57.91%	68
34	Andy Bray	54	45:26	38:28	57.81%	67
35	Berta Havers	30	46:07	46:06	54.66%	66
36	Brett Regulski	51	49:38	43:04	51.63%	65
37	Karen Elvers	39	51:37	50:15	50.16%	64

### Men's Championship

<u>Pos</u>	<u>Name</u>	<u>Points</u>
1	Matt Stott	100
2	Steve Harris	99
3	Paul Dodd	98
4	James Blore	97
5	Matthew Lawson	96
6	Paul Lidgett	95
7	Laurie Carter	94
8	Nathan Nicholls	93
9	Ivan Teed	92
10	Dave Somersall	91
11	Luke Malarz	90
12	Neil Grant	89
13	Andy Stott	88
14	Gerry Ashton	87
15	Andrew Calway	86
16	Chris Rees	85
17	Steve Horler	84
18	Mike Smith	83
19	Allan McCall	82
20	Dick Finch	81
21	Rob Brown Snr	80
22	Andy Bray	79
23	Brett Regulski	78
24	Syd Wheeler	77

### Ladies' Championship

<u>Pos</u>	<u>Name</u>	<u>Points</u>
1	Lou Summers	100
2	Jane Horler	99
3	Vanessa Lawson	98
4	Helen Duffield	97
5	Jan Morris	96
6	Esther Barrett	95
7	Joc Dodd	94
8	Sue Ashton	93
9	Brenda Avery	92
10	Judith Austerberry	91
11	Berta Havers	90
12	Gill Stott	89
13	Karen Elvers	88

If anyone has any problems with the results or thinks something is wrong then please email me at [stats@chepstowharriers.org.uk](mailto:stats@chepstowharriers.org.uk) or just grab me on a training night

### The next Club Championship race

is

### Any 10k in July

(provided there's proper results for it)

Some local-ish races may be:

Thornbury Carnival

Frampton (sold out apparently)

Magor Marsh

Urchfont Moonraker 10k

Tenby

GWR Towpath series

Castle Combe