

A cross-country runner is a landscape panter

Club Championship 2012

Kymin fell race

07/01/2012

Race Results

<u>CH Pos</u>	<u>Name</u>	<u>Time</u>	<u>Pace (min/mile)</u>
1	Paul Murrin	31:01	07:28
2	James Blore	33:33	08:05
3	Mark Harvey Jr	33:58	08:11
4	Steve Caldwell	34:04	08:13
5	Matthew Lawson	34:27	08:18
6	Laurie Carter	34:39	08:21
7	Andy Creber	36:44	08:51
8	Mark English	36:45	08:51
9	Niki Morgan	37:14	08:58
10	Jane Horler	37:25	09:01
11	Lou Summers	38:23	09:15
12	Vanessa Lawson	38:24	09:15
13	Rob Taylor	39:27	09:30
14	Neil Grant	39:56	09:37
15	Leo Cohen	40:13	09:41
16	Luke Malarz	40:31	09:46
17	Gerry Ashton	40:42	09:48
18	Joc Dodd	42:55	10:20
19	John Thomas	43:23	10:27
20	Esther Barrett	43:33	10:30
21	Jan Morris	43:34	10:30
22	Dick Finch	44:40	10:46
23	Mark Harvey Snr	44:43	10:47
24	Gareth Jones	45:48	11:02
25	Mike Evans	46:37	11:14
26	Allan McCall	46:42	11:15
27	Rob Brown Snr	47:15	11:23
28	Helen Duffield	48:11	11:37
29	Judith Austerberry	48:24	11:40
30	Denise Evans	49:25	11:54
31	Barry Evans	50:51	12:15
32	Jane Rymer	52:02	12:32
33	Dave Andrews	52:03	12:33
34	Rob Summers	53:01	12:47
35	Jane Bayliss	54:08	13:03
36	Syd Wheeler	55:52	13:28

The first race of the 2012 Championship saw a large turnout of 36 harriers going up and down (and up and down) the Kymin hill outside Monmouth.

Although the Kymin is only a small hill, the race still packs in 1200ft of climb in just over 4 miles by taking you nearly all the way to the top before descending and having to regain that height.

As the wildly distorted profile below shows (making it look laughably steep), the first almost-mile is all uphill before a short downhill recovery and the second climb begins in earnest, or dread, depending on how you're feeling. Luckily it's not too steep a climb, just a long one, and there are some great views from the top. From there, its a flat out run all downhill back to the finish.



Notes on Best in Club

Ages are of 31/12/2011

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 approx. 4.15 miles and I have used this distance to calculate the open standard times. I have used the 4 mile age factors, although it would not matter if I used 5k through to 10k factors as they are exactly the same.

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

Open Standard (M)	00:17:31
Open Standard (F)	00:19:59

Age graded percentages are thus very low compared to a 'normal' flat race. Estimate as much as 20% less than what people normally expect to get. Of course I could change the distance used to calculate the OS times, and give more 'reasonable' percentages, but I'm not going to. For all races this year I will use the actual race distance to calculate percentages*.

*Unless I forget or change my mind.

Best in Club

<u>Pos</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Age adjusted time</u>	<u>Graded %</u>	<u>Points</u>
1	Laurie Carter	54	34:39	29:20	59.72%	100
2	Paul Murrin	38	31:01	29:45	58.88%	99
3	Joc Dodd	58	42:55	34:09	58.53%	98
4	Niki Morgan	44	37:14	35:00	57.08%	97
5	Andy Creber	53	36:44	31:21	55.86%	96
6	Lou Summers	44	38:23	36:05	55.37%	95
7	Jane Horler	40	37:25	36:13	55.18%	94
8	Matthew Lawson	43	34:27	31:50	55.03%	93
9	Neil Grant	60	39:56	32:07	54.54%	92
10	Steve Caldwell	40	34:04	32:12	54.41%	91
11	Vanessa Lawson	40	38:24	37:10	53.77%	90
12	Gerry Ashton	58	40:42	33:19	52.59%	89
13	James Blore	22	33:33	33:32	52.23%	88
14	Dick Finch	67	44:40	33:43	51.94%	87
15	Mark English	43	36:45	33:57	51.58%	86
16	Mark Harvey Jr	24	33:58	33:58	51.57%	85
17	Gareth Jones	64	45:48	35:33	49.28%	84
18	Jan Morris	43	43:34	41:18	48.39%	83
19	Rob Brown Snr	65	47:15	36:20	48.20%	82
20	Jane Bayliss	59	54:08	42:29	47.04%	81
21	Esther Barrett	38	43:33	42:37	46.89%	80
22	John Thomas	48	43:23	38:34	45.43%	79
23	Syd Wheeler	74	55:52	38:41	45.29%	78
24	Mike Evans	56	46:37	38:48	45.14%	77
25	Leo Cohen	37	40:13	38:51	45.08%	76
26	Rob Taylor	32	39:27	39:09	44.75%	75
27	Mark Harvey Snr	49	44:43	39:26	44.43%	74
28	Denise Evans	47	49:25	45:10	44.25%	73
29	Luke Malarz	33	40:31	40:03	43.74%	72
30	Dave Andrews	64	52:03	40:24	43.36%	71
31	Helen Duffield	39	48:11	46:54	42.61%	70
32	Judith Austerberry	37	48:24	47:35	42.00%	69
33	Jane Rymer	46	52:02	48:02	41.60%	68
34	Allan McCall	44	46:42	42:49	40.91%	67
35	Barry Evans	44	50:51	46:37	37.57%	66
36	Rob Summers	46	53:01	47:52	36.60%	65

As mentioned, age graded percentages are low, with top-placed Laurie not even making it above 60%, when he is usually in the late 70s/early 80s (insert your own music based joke here).

Fortunately, this actual value does not matter for the scoring; only how it compares to another person's percentage.

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Men's Championship

<u>Pos</u>	<u>Name</u>	<u>Points</u>
1	Paul Murrin	100
2	James Blore	99
3	Mark Harvey Jr	98
4	Steve Caldwell	97
5	Matthew Lawson	96
6	Laurie Carter	95
7	Andy Creber	94
8	Mark English	93
9	Rob Taylor	92
10	Neil Grant	91
11	Leo Cohen	90
12	Luke Malarz	89
13	Gerry Ashton	88
14	John Thomas	87
15	Dick Finch	86
16	Mark Harvey Snr	85
17	Gareth Jones	84
18	Mike Evans	83
19	Allan McCall	82
20	Rob Brown Snr	81
21	Barry Evans	80
22	Dave Andrews	79
23	Rob Summers	78
24	Syd Wheeler	77

Ladies' Championship

<u>Pos</u>	<u>Name</u>	<u>Points</u>
1	Niki Morgan	100
2	Jane Horler	99
3	Lou Summers	98
4	Vanessa Lawson	97
5	Joc Dodd	96
6	Esther Barrett	95
7	Jan Morris	94
8	Helen Duffield	93
9	Judith Austerberry	92
10	Denise Evans	91
11	Jane Rymer	90
12	Jane Bayliss	89

If anyone has any problems with the results or thinks something is wrong then please email me at stats@chepstowharriers.org.uk

The next Club Championship race is the

Tough Ten

on

Sunday 19th February