

I'm so fast that last night I turned off the light switch in my hotel room and was in bed before the room was dark

# Club Championship 2012

Forest of Dean Half Marathon

01/04/2012

## Race Results

<u>CH Pos</u>	<u>Name</u>	<u>Time</u>	<u>Pace (min/mile)</u>
1	Paul Murrin	01:19:05	06:02
2	Steve Caldwell	01:23:44	06:24
3	Paul Dodd	01:24:18	06:26
4	Mark Harvey Jr	01:25:25	06:31
5	Lou Summers	01:29:07	06:48
6	Niki Morgan	01:29:42	06:51
7	Rob Hook	01:30:10	06:53
8	Kath Matthews	01:30:55	06:56
9	Mark English	01:31:52	07:01
10	Vanessa Lawson	01:32:12	07:02
11	Jane Horler	01:32:40	07:04
12	Rob Taylor	01:33:13	07:07
13	Andy Stott	01:35:24	07:17
14	Dave Austin	01:36:28	07:22
15	Leo Cohen	01:37:49	07:28
16	Jan Morris	01:40:04	07:38
17	Mike Smith	01:40:45	07:41
18	Paul Fosh	01:42:11	07:48
19	Becky Comins	01:43:04	07:52
20	Mark Harvey Snr	01:43:27	07:54
21	Esther Barrett	01:44:07	07:57
22	Andrew Calway	01:44:31	07:59
23	Allan McCall	01:47:50	08:14
24	Joc Dodd	01:50:34	08:26
25	Brenda Avery	01:53:51	08:41
26	Dave Andrews	01:54:40	08:45
	Gerry Ashton	01:54:40	08:45
28	Judith Austerberry	01:57:25	08:58
29	Adam Blythe	01:58:29	09:03
30	Denise Evans	01:59:20	09:07
31	Berta Havers	01:59:37	09:08
32	Brett Regulski	02:00:04	09:10
33	Tom Riddington	02:04:46	09:31
34	Bill Bewg	02:11:33	10:03
35	Syd Wheeler	02:21:05	10:46

A decent turnout for the biggest local half saw 34 Harriers journey through the forest on the way to Speech House. Perfect weather conditions on a good course led to some quick times and a few PB's.

Chepstow came away with numerous prizes, yet the men's team prize still eludes us. Always next year... (said last year).

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As the race organisers seemingly change their minds every few years and change the course, hopefully they've now settled on the same one for the foreseeable future.

After a flat start, the course throws itself downhill for an incredibly quick mile. Passing the ponds in another flat section and crossing the road (and hopefully not getting stopped by traffic) leads to the long fairly continuous uphill drag to halfway. Once you get to 7 miles the hardest part is over and it's plain sailing\* and flat to downhill before a small\*\* climb to the finish.

\*may not be plain sailing

\*\* compared to Ben Nevis

It's a considerably quick course considering all considerable factors.



### **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 a half marathon s and I have used this distance to calculate the open standard times. I have used the half marathon age factors (obviously).

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

Open Standard (M)	00:59:13
Open Standard (F)	01:05:50

Paul is, as usual, top and the only person into the 80s, but a large number of 70+ percentages indicate some good performances.

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### 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	Paul Dodd	54	1:24:18	1:12:01	82.24%	100
2	Lou Summers	44	1:29:07	1:23:47	78.57%	99
3	Niki Morgan	44	1:29:42	1:24:20	78.06%	98
4	Paul Murrin	38	1:19:05	1:17:06	76.80%	97
5	Brenda Avery	61	1:53:51	1:26:51	75.80%	96
6	Joc Dodd	58	1:50:34	1:27:58	74.84%	95
7	Vanessa Lawson	40	1:32:12	1:29:14	73.78%	94
8	Steve Caldwell	40	1:23:44	1:20:23	73.67%	93
9	Jane Horler	40	1:32:40	1:29:41	73.41%	92
10	Kath Matthews	34	1:30:55	1:30:19	72.89%	91
11	Rob Hook	47	1:30:10	1:21:47	72.40%	90
12	Andy Stott	52	1:35:24	1:22:56	71.40%	89
13	Jan Morris	43	1:40:04	1:34:51	69.41%	88
14	Mark Harvey Jr	24	1:25:25	1:25:25	69.33%	87
15	Mike Smith	54	1:40:45	1:26:04	68.81%	86
16	Mark English	43	1:31:52	1:26:06	68.77%	85
17	Becky Comins	42	1:43:04	1:38:26	66.88%	84
18	Dave Andrews	64	1:54:40	1:29:18	66.31%	83
19	Esther Barrett	38	1:44:07	1:41:53	64.62%	82
20	Mark Harvey Snr	49	1:43:27	1:32:17	64.17%	81
21	Dave Austin	40	1:36:28	1:32:36	63.95%	80
22	Rob Taylor	32	1:33:13	1:33:12	63.54%	79
23	Andrew Calway	48	1:44:31	1:34:01	62.99%	78
24	Paul Fosh	45	1:42:11	1:34:14	62.84%	77
25	Gerry Ashton	58	1:54:40	1:34:30	62.67%	76
26	Bill Bewg	71	2:11:33	1:35:25	62.06%	75
27	Leo Cohen	37	1:37:49	1:36:03	61.65%	74
28	Denise Evans	47	1:59:20	1:49:04	60.37%	73
29	Syd Wheeler	74	2:21:05	1:38:19	60.23%	72
30	Allan McCall	44	1:47:50	1:40:15	59.07%	71
31	Judith Austerberry	37	1:57:25	1:55:25	57.04%	70
32	Brett Regulski	52	2:00:04	1:44:22	56.74%	69
33	Berta Havers	31	1:59:37	1:59:29	55.10%	68
34	Adam Blythe	40	1:58:29	1:53:44	52.07%	67
35	Tom Riddington	39	2:04:46	2:00:43	49.06%	66

Some interesting things:

Average age of Chepstow Harriers running this is 46.

With an average time of 1:43:06, but with an average age-graded time of 1:33:11

We are an old club.

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### Men's Championship

<u>Pos</u>	<u>Name</u>	<u>Points</u>
1	Paul Murrin	100
2	Steve Caldwell	99
3	Paul Dodd	98
4	Mark Harvey Jr	97
5	Rob Hook	96
6	Mark English	95
7	Rob Taylor	94
8	Andy Stott	93
9	Dave Austin	92
10	Leo Cohen	91
11	Mike Smith	90
12	Paul Fosh	89
13	Mark Harvey Snr	88
14	Andrew Calway	87
15	Allan McCall	86
16	Dave Andrews Gerry Ashton	85
18	Adam Blythe	83
19	Brett Regulski	82
20	Tom Riddington	81
21	Bill Bewg	80
22	Syd Wheeler	79

### Ladies' Championship

<u>Pos</u>	<u>Name</u>	<u>Points</u>
1	Lou Summers	100
2	Niki Morgan	99
3	Kath Matthews	98
4	Vanessa Lawson	97
5	Jane Horler	96
6	Jan Morris	95
7	Becky Comins	94
8	Esther Barrett	93
9	Joc Dodd	92
10	Brenda Avery	91
11	Judith Austerberry	90
12	Denise Evans	89
13	Berta Havers	88

Dave and Gerry share points for getting exactly the same time and yet not finishing together. Very impressive timing.

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)