West Cheshire Endurance Competition 2017
Male Points Table at end of September

		Handicap for Road Running		Number of Races (1pt/race)							Bonus Points																			
											Cross Country					Track	Multi Terrain	Road Leagues/series			Team points			Distance points (any surface, one race at each distance)			Road & Track Performance Pts	"Helpers" Points	Total Points	Points/event
		At end of 2016	At end of Sep 2017	Cross Country	Fell	Multi-terrain & Trail	Park Runs (subject to performance)	Road	Track (3K or longer)	Total Races	L&D ()	Manchester ()	North Wales (Jan,Feb)	North Staffs (Sep)	Championships (Ches, Northern, National)	Cheshirte League	Wirral (September - 4 races)	Borders L (Jan, Mar, Apr1,2), Ches GP (Mid-Ches 5K, Alderley ED BP 10K, Pie & Peas)		Relays (NW RR, NA RR)	Cross Country (Ches, Nwales Feb,)(N Staffs Sep) Road (BL Jan, Mar, Apr1,2), WCR		Track	25K (15ml) to 20ml (32K) inc	>20ml to Marathon inc	>Marathon				
											1 point per event													1	2	3				
Males																															
Andrew	CLAGUE	12.1	11.6	6		4	10	12	5	37			2	1	3		4	4		2	3	5					7		68	1.84
Andrew	CARTER	13.1	10.3	4		5		17	5	31			1		3			4	3		2	5		1	2		7	2	61	1.90
Dave	ALEXANDER	9.6	11.2	4	5	6	1	11	2	29			2	1	1	1		2	1	2	3	4					3	4	53	1.69
Richard	HAYES	12.3	13.1	3	2	9		9		23			1	1	1		4	3	2	1	3	3		1		3		3	49	2.00
Mark A	DAVIES (M40)	10.9	10.5		5	4		14	4	27						1	3	3				4		1			6	2	47	1.67
Peter	SMITH	26.5	25.5	3		1	3	6		13			1	1	1			4			3	5					3	4	35	2.38
Bob	BENSON	17.0	17.5	1		3		5	4	13				1		2	3	3		1	1	3					4	4	35	2.38
Chris	PALMER	15.1	13.4			8		12		20							4	2				3		1	2		3		35	1.75
Julian	TEGG	20.0	20.3	1		11	1	6	4	23					1		4	1		1		2					2	1	35	1.48
Ian	ACKROYD	[26.7]	24.0				8	9		17								3				3					6		29	1.71
John	PARLEVLIET	13.1	13.2	5				4		9			1	1	3			3			3	4						4	28	2.67
Trevor	HOLMES		16.2			4	1	9		14								3				3			2		3		25	1.79
Anthony	WOODALL	16.9	16.0	2		2	3	4	1	12			1	1				2			2	3					3		24	2.00
Alex	STANIFORTH	14.1	11.4			1	4	7		12								2				2					7		23	1.92
Tom	BOOTH	9.2	9.2		1	9		2		12							2			2				1	2	3			22	1.83
Ian	GLOYNE-PHILLIPS	11.8	12.6			2		6		8							1	2				3			2		1	3	20	2.13
Brian	BEATTIE	31.5	31.9			6	1	7		14							2	1				1					1	1	20	1.36
Wullie	McGARRELL	17.1	16.6			1	2	5		8												1			2	3	3		17	2.13
Daniel	MITCHELL	12.6	12.0		1		1	5		7								1				2			2		2	3	17	2.00
Luke	ELLIS	14.1	13.9					10		10														1	2		3	1	17	1.60
Darren	SHILLINGTON	27.4	26.2			3	4	2	1	10						1		1				1					3		16	1.60
Robert	FREEMAN	16.5	18.1				1	8		9								3				3							15	1.67
Robert	LITTLE	9.6	9.4					10		10								1	1			2					1		15	1.50
Andrew	DAWE	15.9	15.8					8		8								1				2			2		1		14	1.75
Steve	HILLIER	19.1	17.7				4	5		9																	5		14	1.56
Mark	POVEY	29.9	29.2			5		4		9							2										2		13	1.44
Tony	KENNEDY	25.7	25.9			7		2		9							3											1	13	1.33
David	BISH	26.8	29.0				1	4		5								1				1			2			2	11	1.80
Graham	WELLS	11.3	11.0					4	1	5								2				2					1		10	2.00
Dave	TIERNAN	18.1	18.9					3		3								3				3							9	3.00
Neil	WEBSTER	18.3	18.2			1		2		3															2	3	1		9	3.00
Vincent	HODGES	20.9	20.9			4				4							4												8	2.00
Richard	BATTERHAM	23.3	23.9			2		1		3							2											3	8	1.67
Dave	BRIERLEY	39.0	40.4			3		2		5							3												8	1.60
Joe	FOY	16.1	16.6					5		5										1		1						1	8	1.40
Neil	HERSHAW	12.8	12.8					2		2								1				1					1	2	7	2.50
Ben	McKEAN	19.8	19.1					4		4																	3		7	1.75
Phil	WOODLEY	15.9	16.2	1		2		1	1	5					1						1								7	1.40
Neil	CARTER	19.2	20.5					3		3																		4	7	1.00
Robert	BOGGILD		21.9					3		3																	1	2	6	1.33
Richard	HUNT	24.5	25.3					3		3															2				5	1.67
Daniel	IRVING		18.4			1	2	1		4									1										5	1.25
Andrew	STARKEY	13.0	13.4					2		2																		3	5	1.00
Clive	GIDDIS					2				2							2												4	2.00
Stephen	CUNNINGHAM	16.1	16.6					2		2								1				1							4	2.00
Stuart	THOMAS			1						1				1							1								3	3.00
Iain	BULLOCK		[24.9]					2		2																	1		3	1.50
Stephen	BALL		[26.0]					2		2																	1		3	1.50
Jon	MOORHOUSE		[23.2]					2		2										1									3	1.50
Chris	WHITE	16.4	16.5					1		1									1										2	2.00
Mark J	DAVIES (M45)		[37.1]					1		1																			1	1.00
Andrew	LEISHMAN	26.2	26.2						1	1																			1	1.00
Tom	CABLE		[16.6]					1		1																			1	1.00
Juan	ARAGON		[11.0]					1		1																			1	1.00
Thomas	CASTLE		[31.7]					1		1																			1	1.00
	Totals			*31*	*14*	*106*	*47*	*252*	*29*	*479*																				

NOTE : Handicap number requires minimum of 3 races within previous 18 months; [xx] = only 1 or 2 races

Handicap is up-dated after each road race, if necessary.

PLEASE NOTE : following consultation with the road running group, no GP **bonus** points will be given for the Chester Spring 5 nor the Guilden Sutton 10K this year (both are (

This is to maintain a degree of parity with those who help with WCAC club races (chosing not to race) and those who race.

There are 4 more GP races this year which will attract bonus points - those who ran in the Mid-Cheshire 5K have already got points

GP races)