

# West Cheshire Endurance Competition 2018

## Female Points Table at end of November

	Handicap for Road Running		Number of Races (1pt/race)							Cross Country											Track	Multi Terrain	Bonus Points						Road & Track Performance Pts		"Helpers" Points		Total Points	Points/event
	At end of 2017	Now - at end of Nov 18	Cross Country	Fell	Multi-terrain parkruns (subject to performance)	Road	Track (3000m plus)	Total Races	L&D (Nov)	Manchester (Jan, Oct)	North Wales (Jan, Feb, Oct, Nov)	North Staffs (Sep, Oct, Nov)	Championships (Ches, N Wales, Northern, National)	Chesh League (May, Jun); Ches Champ (May)	Wirral (September - 4 races)	Borders L (Jan, Feb, Apr, 2, Oct, Nov)	Ches GP (Whitley 10K, Colshaw H 10K, Hollins Gr 5K)	Relays (Ches; NA Manchester)	Cross Country (N Wales 4; Ches. Ch, N Staffs 3)	Road (BL: Jan, Apr 1, 2, Oct, Nov)	Track (Ches L Jun, Jly) 25K (15 ml) to 20ml (32K) inc	>20ml to Marathon inc >Marathon	Distance Pts (any surface; one race at each distance)	Road & Track Performance Pts	"Helpers" Points	Total Points	Points/event							
													1 point per event							1 2 3 pts														
<b>Females</b>																																		
Angela	TEGG	19.4 18.6	11	5	21	1	22	4	64	1	1	4	3	2	4	3	4	2	1	8	4	2	1	2	8	5	119	1.78						
Eleanor	ROBINSON	12.5 13.6	11	14	9		14	6	54			5	3	3	3		2	9	4	2			2	6	98	1.70								
Clare	MALLON	17.9 18.2	6	4		15	4	29			4	2	1	3	3	1	1	7	3	2	1	2	4	4	67	2.17								
Claire	HARRIS	11.0 10.1	9	1	1	8	2	21	1	1	5		3	1	3		1	6	3	1			3	2	50	2.29								
Kay	HAYES	22.8	1	6	14	4	25				1			2	1			1	1				13	2	46	1.76								
Debra	BEMAND	[21.0] 17.3	3	1		14	18				2	1			5		2	3	5				7	2	45	2.39								
Kerry	RILEY	[15.7] 13.5	5	2	4	6	2	19			3		2	1	2	1	1	4	1	1			3	3	41	2.00								
Brygida	GORECKA	[19.8] 22.3	4	2	1	10	17		1	3					2			3	2		1		3		32	1.88								
Rosemary	ROGERS	20.9 23.4		3	3	17	23											3	2				1	3	27	1.04								
Anest	MULLER	10.0 11.2	6			5	11			5		1			2			5	2				4		26	2.36								
Ellen	McMAHON	25.0	3		2	4	9				3				2		2	3	2				4		25	2.78								
Keely	SMITH	10.7 10.8		1		13	14								3	1	2	3	3				2		25	1.79								
Hannah	MOORHOUSE	29.6 29.5	6		3	1	10		1	1	3	1						5					1	1	23	2.20								
Claire	WILLIAMS	16.5	1		3	3	1	8				1					1	1					5		16	2.00								
Pam	ACKROYD	18.1 18.9	1			3	4			1					2			1	2				3	3	13	2.50								
Alex	DUFFEY		3				3			1	2							3								9	3.00							
Karen	WAUGH	31.9				3	3								2				2				2		9	3.00								
Anne-Marie	TAIT	[20.6] 29.3			5		5																4		9	1.80								
Sarah	HUGHES	26.3 27.1			1	6	7														1		1		9	1.29								
Isobel	ROBERTSON	28.0 28.7				3	3														1		1		5	1.67								
Sharon	DODD	24.9			1	2	3														1				4	1.33								
Zoe	REES	[26.0] 27.8			2	2	2																	2		4	1.00							
Chloe	VENABLES	[19.5] [20.2]			1	1	1								1				1						3	3.00								
Heather	McLINTOCK	14.0			1	1	2										1								3	1.50								
Lorraine	McFAUL	24.5 24.8			2	2	2														1				3	1.50								
Shilpa	MANUPATI	[44.7]			1	1	1																1		2	2.00								
Sarah	HIBBERT	[26.8]			1	1	1																		1	1.00								
Sophie	SMITHDALE	[27.2]			1	1	1																		1	1.00								
Claire	BENNETTE	[36.6]			1	1	1																		1	1.00								
Claire	GLOYNE-PHILLIPS	23.5 [25.3]			1	1	1																		1	1.00								
<b>Totals</b>			70	22	53	34	164	19	362																									

NOTE : Handicap number requires minimum of 3 races in previous 18 months; [xx] = only 1 or 2 races  
 Handicap is up-dated after each road race, if necessary.