

West Cheshire Endurance Competition 2018

Final Female Points Table

		Handicap for Road Running		Number of Races (1pt/race)						Bonus Points																														
		At end of 2017	At end of 2018	Cross Country	Fell	Multi-terrain	Park Runs (subject to performance)	Road	Track (3000m plus)	Total Races	Cross Country					Track	Multi Terrain	Road Leagues/series			Team points		Distance Pts (any surface; one race at each distance)		Road & Track Performance Pts	"Helpers" Points	Total Points	Points/event												
											L&D (Nov)	Manchester (Jan, Oct)	North Wales (Jan, Feb, Oct, Nov)	North Staffs (Sep, Oct, Nov, Dec)	Championships (Ches, N Wales, Northern, National)	Chesh League (May, Jun); Ches Champ (May)	Wirral (September - 4 races)	Borders L (Jan, Feb, Apr1,2, Oct, Nov)	Ches GP (Whitley 10K, Colshaw H 10K, Hollins Gr 5K)	Relays (Ches; NA Manchester)	Cross Country (NWales4; Ches.Ch, Nstaffs4)	Road (BL: Jan, Apr1,2, Oct, Nov)	Track (Ches L Jun, Jly)	25K(15 ml) to 20ml (32K) inc	>20ml to Marathon inc	>Marathon														
											1 point per event										1	2	3 pts																	
Females																																								
Angela	TEGG	19.4	18.6	12	5	21	1	22	4	65	1	1	4	4	2	4	3	4	2	1	9	4	2	1	2	8	6	123	1.80											
Eleanor	ROBINSON	12.5	13.6	12	15	9		14	6	56			5	4	3	3		5	2	2	10	4	2			2	7	103	1.71											
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	10.3	9	2	1		9	2	23	1		5		3	1		4		1	6	4	1			3	2	54	2.26											
Debra	BEMAND	[21.0]	17.1	3		1		15		19			2	1				6		2	3	6				8	3	50	2.47											
Kay	HAYES		22.7	1		6	15	4		26			1				2	1			1	1				14	2	48	1.77											
Kerry	RILEY	[15.7]	13.5	5	3	5		7	2	22					2	1		2	1	1	4	1	1			3	3	44	1.86											
Brygida	GORECKA	[19.8]	22.3	4		2	1	10		17		1	3					2			3	2		1		3	3	32	1.88											
Rosemary	ROGERS	20.9	23.4			4	3	17		24											3					1	3	28	1.04											
Anest	MULLER	10.0	11.2	6				5		11			5		1			2			5	2				1	1	27	2.36											
Ellen	McMAHON		25.0	3			2	4		9					3			2		2	3	2				4		25	2.78											
Hannah	MOORHOUSE	29.6	29.5	6		1	4	1		12	1		1	3	1						5					1	1	25	2.00											
Keely	SMITH	10.7	10.8			1		13		14								3	1			3				2	2	25	1.79											
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				4		14	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														1			4	1.00												
Chloe	VENABLES	[19.5]	[20.2]					1		1								1				1					3	3.00												
Heather	McLINTLOCK		14.0				1	1		2										1							3	1.50												
Lorraine	McFAUL	24.5	24.8					2		2														1			3	1.50												
Shilpa	MANUPATI		[44.7]					1		1																1		2	2.00											
Sarah	HIBBERT		[26.8]			1		1		2																	2	1.00												
Claire	BENNETTE		[36.6]			1		1		2																	2	1.00												
Sophie	SMITHDALE		[27.2]					1		1																	1	1.00												
Claire	GLOYNE-PHILLIPS	23.5	[25.3]					1		1																	1	1.00												
Totals		Races		72	25	58	36	167	19	377																														
		Athletes		14	4	14	10	28	6	30																														

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.