West Cheshire Endurance Competition 2019

Female Points Table at end of February

		Handicap for Road Running		Number of Races (1pt/race)							Bonus Points: Cross Country					Track	Multi Terrain	Road Leagues/series			Team points			Distance Pts (any surface; one race at each distance)						
		At end of 2018	Now - at end of Feb 19	Cross Country	Fell, Hill	Multi-terrain	Park Runs (subject to performance)	Road	Track	Total Races	L&D (Feb)	Manchester ()	North Wales (Jan, Feb)	North Staffs ()	Championships (Ches, Northern, ECCA)	Cheshirte League	Wirral (September - 4 races)	Borders L (Jan)	Ches GP	Relays	Cross Country (N Wales 1,2; Ches, NA Ch)	Road (Jan BL1)	Track	25K(15 ml) to 20ml (32K) inc	>20ml to Marathon inc	>Marathon	Road & Track Performance Pts	"Helpers" Points	Total Points	Points/event
											1 point per event													1	2	3pts				
Females																														
Eleanor	ROBINSON	13.6	13.6	5	1					6			2		3						4								15	
Claire	HARRIS	10.3	10.3	5						5			2		3						4								14	
Clare	MALLON	18.2	18.0	2				3		5			1		1			1			2	1					1		12	
Angela	TEGG	18.6	18.6	4						4			2		2						4								12	
Debra	BEMAND	17.1	17.1	2				2		4			2					1			2	1					1		11	
Kerry	RILEY	13.6	13.7	2	1		1	1		5			2					1			2	1							11	
Alex	DUFFEY	[24.4]	[24.4]	2				1		3			2					1			2	1							9	
Keely	SMITH	10.8	10.1					3		3								1				1					2		7	
Claire	WILLIAMS	16.5	16.5	2						2			1		1						2								6	
Ellen	McMAHON	25.0	25.0	2						2					2						2								6	
Kay	HAYES	22.7	22.1	1	1		1			3			1								1						1		6	
Anest	MULLER	11.2	11.2	2						2			2								2								6	
Sharon	STOLL			2						2			2								2								6	
Hannah	MOORHOUSE	29.5	29.5	1			1			2					1						1						1		5	
Brygida	GORECKA	22.3	22.4	1				1		2	1																		3	
Sarah	HIBBERT	[26.8]	25.9					2		2																	1		3	
Pam	ACKROYD	18.9	18.9	1						1			1								1								3	
Claire	BENNETTE	[36.6]	[32.2]					1		1																	1		2	
Sophie	SMITHDALE	[27.2]	[26.1]					1		1																	1		2	
Rosemary	ROGERS	23.4	24.0			1		1		2																			2	
Sharon	DODD	24.9	24.9					1		1																			1	
Karen	WAUGH	31.9	32.1					1		1																			1	
	Totals performances			*34*	*3*	*1*	*3*	*18*	*0*	*59*																				
			athlete:	*15*	*3*	*1*	*3*	*12*	*0*	*22*																				

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

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