

West Cheshire Endurance Competition 2019

Female Points Table at end of March

		*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)		Road & Track Performance Pts	"Helpers" Points	Total Points	Points/event													
										At end of 2018	Now - at end of Mar 19	Handicap Profile (Road Races)		Cross Country	Fell, Hill	Multi-terrain parkruns (subject to performance)	Road	Track (3000m and longer)	Total Races	L&D (Feb)	Manchester ()					North Wales (Jan, Feb)	North Staffs ()	Championships (Ches, Northern, ECCA)	Cheshire League	Wirral (September - 4 races)	Borders L (Jan, Mar, 1,2)	Ches GP	Relays (NA 6 stage)	Cross Country (N Wales 1,2; Ches, NA Ch)	Road (BL Jan, Mar x2; NA RR)	Track	25K(15 ml) to 20ml (32K) inc	>20ml to Marathon inc
										1 point per event										1 2 3pts																		
Females																																						
Eleanor	ROBINSON	13.6	13.6	*	5	3		2																												22		
Clare	MALLON	18.2	17.4	*	2			7	1																											22		
Claire	HARRIS	10.3	10.3	*	5			3	1																											22		
Keely	SMITH	10.8	10.6	*				7	1																											17		
Debra	BEMAND	17.1	17.3	*	2			4																												15		
Kerry	RILEY	13.6	13.7	*	2	1		1	2																											15		
Angela	TEGG	18.6	18.6	*	4																															12		
Alex	DUFFEY	[24.4]	25.0		2			2																												12		
Claire	WILLIAMS	16.5	16.9	*	2			1	2																											11		
Kay	HAYES	22.7	22.2	*	1	1		1	1																											9		
Brygida	GORECKA	22.3	21.5	*	1				2																											7		
Ellen	McMAHON	25.0	25.0	*	2																															6		
Anest	MULLER	11.2	11.2	*	2																															6		
Sharon	STOLL				2																															6		
Hannah	MOORHOUSE	29.5	29.3	*	1				2																											6		
Sarah	HIBBERT	[26.8]	24.7	*				4																												6		
Heather	McLINTOCK	[14.7]	14.7	*				2																												6		
Claire	BENNETTE	[36.6]	26.8	*				2																												4		
Sophie	SMITHDALE	[27.2]	25.3	*				2																												4		
Karen	WAUGH	31.9	31.6	*				2																												4		
Pam	ACKROYD	18.9	18.9	*	1																															3		
Sharon	DODD	24.9	23.9	*					2																											3		
Rosemary	ROGERS	23.4	24.0	*					1																											2		
Sarah	HUGHES	27.1	26.9	*					1																											2		
Katharine	HARVEY		[34.4]						1																											1		
Louise	MOORE		[20.1]						1																											1		
Claire	GLOYNE-PHILLIPS	[25.3]	25.4						1																											1		
Paula	NEWMAN		[27.2]						1																											1		
Jane	NOBLE		[28.5]						1																											1		
Totals:		performances			34	5	1	5	53	3																											101	
		athletes			15	3	1	4	23	3																											29	

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