

West Cheshire Endurance Competition 2019

Female Points Table at end of April

		*Handicap profiles are available from John Driscoll (jld@sunnyfield.co.uk). (3 recent road races required before profile compiled)		*Handicap for Road Running		PARICIPATION POINTS Number of Races (1pt/race)												BONUS POINTS																	
						Cross Country		Fell, Hill		Multi-terrain parkruns (subject to performance)		Road		Track (3000m and longer)		Total Races		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 April 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, Apr)	Ches GP (not in 2019)	Relays (NA 6 stage)	Cross Country (N Wales 1,2; Ches, NA Ch)	Road (BL Jan, Mar x2, Apr; NA RR)	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	13.0	*	5	6		4		15																									
Clare	MALLON	18.2	16.9	*	2			9	1	12																									
Claire	HARRIS	10.3	10.3	*	5			3	1	9																									
Keely	SMITH	10.8	10.6	*				8	1	9																									
Debra	BEMAND	17.1	17.4	*	2			5		7																									
Alex	DUFFEY	[24.4]	24.8	*	2		1	4		7																									
Kay	HAYES	22.7	20.5	*	1	1		2	4	8																									
Kerry	RILEY	13.6	13.7	*	2	1		1	3	7																									
Angela	TEGG	18.6	18.6	*	4					4																									
Claire	WILLIAMS	16.5	16.9	*	2			1	2	5																									
Heather	McLINTOCK	[14.7]	15.1	*				3		3																									
Brygida	GORECKA	22.3	21.5	*	1			3		4	1																								
Ellen	McMAHON	25.0	22.4	*	2			1		3																									
Karen	WAUGH	31.9	31.7	*				3		3																									
Anest	MULLER	11.2	11.2	*	2					2																									
Sharon	STOLL		[33.6]		2					2																									
Hannah	MOORHOUSE	29.5	29.3	*	1		2			3																									
Sarah	HIBBERT	[26.8]	24.7	*				4		4																									
Sophie	SMITHDALE	[27.2]	25.3	*				3		3																									
Pam	ACKROYD	18.9	19.0	*	1			1		2																									
Claire	BENNETTE	[36.6]	26.8	*				2		2																									
Katharine	HARVEY		[37.0]					2		2																									
Sharon	DODD	24.9	23.9	*				2		2																									
Eloise	ECCLES		[14.1]					1		1																									
Amy	MILLS		[22.0]					1		1																									
Catherine	WHALLEY		[21.5]					1		1																									
Rosemary	ROGERS	23.4	24.0	*			1	1		2																									
Sarah	HUGHES	27.1	26.9	*				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	8	1	7	75	3	128																								
		athletes			15	3	1	5	28	3	32																								

*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.