West Cheshire Endurance Competition 2019

Female Points Table at end of May

**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					Track	Fell	Multi Terrain	Road Leagues/series			Team points			Distance Pts (any surface; one race at each distance)					
		At end of 2018	Now - at end of May 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)	Cheshirte League	CAU I/c	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
												1 point per event														1	2	3pts			
Females																															
Eleanor	ROBINSON	13.6	12.3	*	5	8	2		5	1	21			2		3		1		2		1	4	2					2	3	41
Clare	MALLON	18.2	16.8	*	2				10	2	14			1		1	1			4			2	3					5		31
Claire	HARRIS	10.3	10.3	*	5				3	2	10			2		3	1			1		1	4	1					1		24
Debra	BEMAND	17.1	17.2	*	2				6	1	9			2						3			2	3					2	2	23
Keely	SMITH	10.8	10.4	*					10	1	11									2		1		3			2		3		22
Kerry	RILEY	13.6	13.7	*	2	3		1	3		9			2				1		1		1	2	2					1	2	21
Alex	DUFFEY	[24.4]	24.8	*	2	1	1	1	5		10			2						3			2	3					1		21
Kay	HAYES	22.7	21.0	*	1	1		2	5		9			1						2			1	2					3		18
Angela	TEGG	18.6	18.6	*	4						4			2		2							4							1	13
Heather	McLINTOCK	[14.7]	15.1	*					3		3											1		1		1	2		1	2	11
Claire	WILLIAMS	16.5	16.9	*	2			1	2		5			1		1						1	2	1							11
Brygida	GORECKA	22.3	22.1	*	1		1		4		6	1								1				1					1		10
Karen	WAUGH	31.9	32.3	*			1		5		6									1				1					2		10
Hannah	MOORHOUSE	29.5	27.6	*	1			4			5					1							1						3		10
Pam	ACKROYD	18.9	19.5	*	1			1	2		4			1									1						1	3	10
Anest	MULLER	11.2	11.2	*	2						2			2									2							2	8
Ellen	McMAHON	25.0	22.4	*	2				1		3					2							2						1		8
Sharon	STOLL		33.0	*	2			1			3			2									2						1		8
Sophie	SMITHDALE	[27.2]	25.3	*					3		3																		2	2	7
Sarah	HIBBERT	[26.8]	24.7	*					5		5																		2		7
Eloise	ECCLES		[14.0]						2		2									1				1			2		1		7
Cathryn	WHALLEY		21.5	*					3		3									1				1					1		6
Claire	BENNETTE	[36.6]	26.8	*					3		3																		2		5
Katharine	HARVEY		[37.0]						2		2																2				4
Sharon	DODD	24.9	24.1	*					3		3																		1		4
Claire	GLOYNE-PHILLIPS	[25.3]	[25.5]						1		1																			2	3
Amy	MILLS		[22.0]						1		1																2				3
Rosemary	ROGERS	23.4	24.0	*			2		1		3																				3
Sarah	HUGHES	27.1	26.9	*					2		2																		1		3
Louise	MOORE		[20.3]						2		2																				2
Jayne	NOBLE		[30.4]						2		2																				2
Isobel	ROBERTSON	29.6	29.2	*					1		1																		1		2
Lorraine	McFAUL	24.8	25.9	*					1		1																				1
Paula	NEWMAN		[27.2]						1		1																				1
	Totals:	*performances*			*34*	*13*	*7*	*11*	*97*	*7*	*169*																				
			athletes		*15*	*4*	*5*	*7*	*30*	*5*	*34*																				

**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.