West Cheshire Endurance Competition 2019

Female Points Table at end of July

*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)			Road & Track Performance Pts	"Helpers" Points	Total Points	Points/event
		At end of 2018	Now - at end of July 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	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 (SL Jan, Mar x2, Apr; NA RR; Welsh Castles R)	Track (Ch Lge, May;Jul)	25K(15 mil) to 20ml (32K) inc	>20ml to Marathon inc	>Marathon				
												1 point per event														1	2	3pts				
Females																																
Eleanor	ROBINSON	13.6	12.3	*	5	14	6		5	3	33			2		3	2	1		2		1	4	3	2				2	3	58	
Clare	MALLON	18.2	16.9	*	2	1	3		13	3	22			1		1	2			4			2	3	2				6		43	
Debra	BEMAND	17.1	17.3	*	2	1	2		9	2	16			2			1			3			2	3	1				4	2	34	
Claire	HARRIS	10.3	10.3	*	5	2	2		3	3	15			2		3	2			1		1	4	2	2				1		33	
Alex	DUFFEY	[24.4]	25.2	*	2	4	1	2	8		17			2						3			2	3					1		28	
Kerry	RILEY	13.6	13.7	*	2	5	1	1	3		12			2				1		1		1	2	3					1	2	25	
Keely	SMITH	10.8	10.4	*		1	1		10	1	13									2		1		3			2		3		24	
Kay	HAYES	22.7	21.0	*	1	1	2	2	5		11			1						2			1	3					3		21	
Rosemary	ROGERS	23.4	22.5	*			3	7	5		15																		4		19	
Angela	TEGG	18.6	18.6	*	4		1				5			2		2							4							1	14	
Claire	WILLIAMS	16.5	16.9	*	2		1	2	2		7			1		1						1	2	1							13	
Karen	WAUGH	31.9	32.3	*			2		6		8									1				2					2		13	
Sarah	HIBBERT	[26.8]	24.3	*					9		9																		4		13	
Pam	ACKROYD	18.9	19.6	*	1			1	4		6			1									1						1	3	12	
Cathryn	WHALLEY		21.0	*			1		5		6									1				2					3		12	
Heather	McLINTOCK	[14.7]	15.1	*					3		3											1		1			1	2	1	2	11	
Eloise	ECCLES		[14.0]			1	2		2		5									1				2			2		1		11	
Brygida	GORECKA	22.3	22.1	*	1		1		4		6	1								1				1					1		10	
Hannah	MOORHOUSE	29.5	27.6	*	1			4			5					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	
Claire	BENNETTE	[36.6]	26.8	*					3		3																		2		5	
Katie	CLARKE (from 11/5)									3	3																		2		5	
Katharine	HARVEY		[37.0]						2		2																2				4	
Sharon	DODD	24.9	24.1	*					3		3																		1		4	
Sarah	HUGHES	27.1	26.9	*			1		2		3																		1		4	
Claire	GLOYNE-PHILLIPS	[25.3]	[25.5]						1		1																			2	3	
Amy	MILLS		[22.0]						1		1																2				3	
Isobel	ROBERTSON	29.6	29.2	*			1		1		2																		1		3	
Louise	MOORE		[20.3]						2		2																				2	
Jayne	NOBLE		[30.4]						2		2																				2	
Lorraine	McFAUL	24.8	25.9	*			1		1		2																				2	
Paula	NEWMAN		[27.2]						1		1																				1	
	Totals:	performances			34	30	32	20	119	15	250																					
		athletes			15	9	18	8	30	6	35																					

*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.