West Cheshire Endurance Competition 2019

Male Points Table at end of August

**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*	*Multi Terrain*	*Road Leagues/series*			*Team points*					*Road & Track Performance Pts*	*"Helpers" Points*	*Total Points*	
		At end of 2018	*Now -end of August 19*	*Handicap Profile (Road Races)*	*Cross Country*	*Fell, Hill*	*Multi-terrain, Trail*	*parkruns (subject to performance)*	*Road*	*Track*	*Total Races*	*L&D (Feb)*	*Manchester (Jan)*	*North Wales (Jan,Feb)*	*North Staffs ()*	*Championships (Ches, Northern, NMAC, ECCA)*	*Cheshirte League*	*Wirral (September - 4 races)*	*Borders L (Jan, Mar x2, Apr)*	*Ches GP (not in 2019)*	*Relays (NA 12 stage)*	*Cross Country (Ches, Nwales Jan, Feb)*	*Road (BLJan,Mar x2,Apr; NA RR, Welsh Castle R)*	*Track*	*25K (15ml) to 20ml (32K) inc*	*>20ml to Marathon inc*	*>Marathon*				*Points/event*
												1 point per event													*1*	*2*	*3pts*				
Males																															
Andrew	CARTER	12.2	10.1	*	4	7	7		20	2	40			1		3			4		1	2	6					8		65	
Steven	FERNYHOUGH	13.8	10.6	*	2	1	5	6	20		34			2					3		1	2	5			2		13		62	
Andrew	CLAGUE	13.0	13.5	*	5		1	12	9	2	29			2		3			4		1	3	6					7		55	
Antony	WOODALL	14.6	14.3	*	3	5	6	2	11	1	28	1		2			1		2			2	3					6		45	
Mark A	DAVIES (M40)	10.3	10.3	*	1	4	3	2	11	1	22					1			4		1	1	5		1			3		38	
Mark	GALLAGHER	20.8	23.8	*	1	1	4	5	10		21			1					3			1	4			2		3		35	
Tom	BOOTH	10.3	7.4	*		4	8		5	1	18								1		1		3		1	2	3	5		34	
Richard	HAYES	13.9	12.6	*	3	4	3	1	7		18			2		1			1			3	2			2		3		32	
Ian	ACKROYD	23.3	22.0	*			1	8	9		18								1				2					8		29	
Dave	ALEXANDER	11.3	11.3	*	5	4	1		4		14			2		3			2			3	2					1	1	28	
Ian	GLOYNE-PHILLIPS	14.1	12.5	*	1		1		7	1	10			1					2		1	1	3					4	2	24	
David	IRVING	18.1	16.7	*			1	5	6		12								2				2					5		21	
Mark	DUFFEY		36.2	*		3	2		5		10								3				3					3	1	20	
Neil	HERSHAW	11.4	10.8	*	2				8	1	11			1		1					1	2	1					3		20	
John	PARLEVLIET	13.3	13.1	*	1				4		5					1			4			1	4					1	3	19	
David	BISH	30.5	31.6	*				3	5		8															2		3	3	16	
Bradley	SPURDENS	9.8	7.7	*	1				5		6			1					2		1	1	3					2		16	
Antony	SPRUCE	[16.6]	18.3	*	1	1	3		5		10			1								1				2		2		16	
Graham	WELLS	10.1	10.6	*			1		5	2	8								3				3					1		15	
Joe	FOY	16.6	17.7	*			2		6		8								2				3							13	
Chris	PALMER	12.8	11.5	*		3			4		7								1				1			2		2		13	
Tom	CABLE	12.7	13.2	*					7	1	8								1				1			2		1		13	
Dave	TIERNAN	22.1	23.0	*					4		4								4				4							12	
Danny	PADDOCK	12.9	13.0	*		1	2		5		8												1			2		1		12	
Darren	SHILLINGTON	25.2	25.2	*		1	1	1	3		6								2				2					1		11	
Brian	BEATTIE	34.1	36.0	*				2	5		7								2				2							11	
Adam	POOLE	23.8	22.1	*	1				2		3			1					2			1	2					2		11	
Mark	POVEY	30.2	32.3	*			3		7		10																	1		11	
Dan	THWAITES		17.8	*		3	3	1	1		8												1					2		11	
Michael	YOUNG		13.9	*			1		4	1	6																3	1		10	
Jon	PARK		8.7	*		1	2		3	1	7															2		1		10	
Tony	KENNEDY	27.1	28.1	*			3		2		5								2				2							9	
Alex	STANIFORTH	10.4	12.5	*		1		1	3		5								1				1			2				9	
Robert	BOGGILD	22.2	19.2	*					4		4																	3	1	8	
Phil	WOODLEY	15.1	15.0	*	1				2		3					1						1				2		1		8	
Nick	DUFFY	[19.8]	15.7	*					5		5																	3		8	
Brian	WRIGHT		24.8	*					5		5																	3		8	
Steve	HILLIER	18.3	18.8	*				1	4		5																	2		7	
Stephen	BALL	24.2	24.7	*					4		4								1				1					1		7	
John	MERCER	40.6	37.3	*					4		4																	3		7	
Michael	DENNIS		32.6	*				2	1		3																	3		6	
Dave	BRIERLEY	42.5	43.0	*					4		4								1				1							6	
Bob	BENSON	21.7	21.7	*	1						1			1								1							3	6	
Trevor	HOLMES	16.9	17.3	*				1	2		3															2		1		6	
Luke	ELLIS	14.6	15.3	*		1			5		6																			6	
Richard	HUNT	24.7	25.6	*				1	2		3															2				5	
Peter	SMITH	26.1	26.1	*		1	1				2																		3	5	
Julian	TEGG	20.5	21.9	*			2		2		4												1							5	
Barry	THOMAS	[34.1]	33.5	*	1			1			2					1						1						1		5	
Wullie	McGARRELL	16.6	17.1	*					2		2															2				4	
Rob	LITTLE	9.2	9.8	*					4		4																			4	
Phil	HOWE	26.3	27.9	*					2		2								1				1							4	
Dominic	WALSTER		21.9	*				1	2		3																	1		4	
Paul	WOOD	[28.1]	28.2	*					2		2																	1		3	
Matthew	STANLEY		29.7	*					1		1								1				1							3	
Ian	WETHERALL				1						1			1								1								3	
Daniel	WATLING	[24.9]	25.1	*					2		2																	1		3	
Richard	SMITH		[25.0]						1		1																		1	2	
Jon	MOORHOUSE	[28.8]	27.6	*					1		1																	1		2	
Tony	SANGHA					1	1				2																			2	
Andrew	COOPER		[11.0]						1		1																			1	
Stuart	HAGUE		[21.6]						1		1																			1	
Jack	GANNON	14.7	15.2	*					1		1																			1	
Bernard	LONGMAN						1				1																			1	
	Totals:	*performances*			*35*	*47*	*69*	*56*	*276*	*14*	*497*																				
		athletes			*18*	*19*	*27*	*19*	*58*	*11*	*64*																				

**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.