

West Cheshire Endurance Competition 2019

Female 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							BONUS POINTS																				
				Number of Races (1pt/race)							Cross Country			Track	Fell	Multi Terrain	Road Leagues/series		Team points		Distance Pts (any surface; one race at each distance)										
				At end of 2018	Nov - at end of August 19	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 (BL Jan, Mar, Apr; NA RR; Welsh Castles R)	Track (Ch Lge, May, Jul)	25K(15 ml) to 20ml (32K) Inc	>20ml to Marathon inc >Marathon	Road & Track Performance Pts	"Helpers" Points	Total Points	Points/event
				Handicap Profile (Road Races)																											
											1 point per event										1 2 3pts										
Females																															
Eleanor	ROBINSON	13.6	12.3	*	5	14	7	5	3	34		2	3	2	1		2	1	4	3	2				2	3	59				
Clare	MALLON	18.2	16.9	*	2	1	5	13	4	25		1	1	3		4			2	3	2				6		47				
Debra	BEMAND	17.1	17.5	*	2	1	2	11	2	18				1		3			2	3	1				4	2	36				
Claire	HARRIS	10.3	10.3	*	5	2	3	3	3	16		2	3	2		1	1		4	2	2				1		34				
Alex	DUFFEY	[24.4]	25.0	*	2	5	1	2	10	20		2				3			2	3					2		32				
Kerry	RILEY	13.6	13.7	*	2	5	3	1	3	14		2		1		1	1		2	3					1	2	27				
Keely	SMITH	10.8	10.4	*	1	1	2	10	1	14						2	1			3			2		3		25				
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	6	16															4		20				
Sarah	HIBBERT	[26.8]	24.7	*				11		11															4		15				
Angela	TEGG	18.6	18.6	*	4		1			5		2	2						4						1		14				
Pam	ACKROYD	18.9	18.8	*	1		1	5	7	7		1							1						2	3	14				
Cathryn	WHALLEY		20.9	*			1	6	7	7						1				2					4		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	8						1				2					2		13				
Heather	McLINTOCK	[14.7]	15.1	*				3	3	3							1			1		1	2		1	2	11				
Eloise	ECCLES		[14.0]			1	2	2	5	5						1				2					1		11				
Brygida	GORECKA	22.3	22.1	*	1		1	4	4	6	1					1				1					1		10				
Hannah	MOORHOUSE	29.5	27.6	*	1		4		5	5		1							1						3		10				
Anest	MULLER	11.2	11.2	*	2				2	2		2							2							2		8			
Ellen	McMAHON	25.0	22.4	*	2			1	3	3		2							2						1		8				
Sharon	STOLL		33.0	*	2		1		3	3		2							2						1		8				
Sophie	SMITHDALE	[27.2]	25.3	*				3	3	3															2	2	7				
Claire	BENNETTE	[36.6]	26.8	*				3	3	3															2		5				
Katie	CLARKE (from 11/5)							3	3	3															2		5				
Katharine	HARVEY		[37.0]					2	2	2												2				1		4			
Sharon	DODD	24.9	24.1	*				3	3	3															1		4				
Sarah	HUGHES	27.1	26.9	*			1	2	3	3															1		4				
Claire	GLOYNE-PHILLIPS	[25.3]	[25.5]					1	1	1																2		3			
Amy	MILLS		[22.0]					1	1	1												2					3				
Isobel	ROBERTSON	29.6	29.2	*			1	1	2	2															1		3				
Louise	MOORE		[20.3]					2	2	2																	2				
Jayne	NOBLE		[30.4]					2	2	2																	2				
Lorraine	McFAUL	24.8	25.9	*			1	1	2	2																	2				
Paula	NEWMAN		[27.2]					1	1	1																	1				
Totals:		performances			34	31	39	20	128	16	268																				
		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.