West Cheshire Endurance Competition 2019

Final Female PointsTable

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 December 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 (Oct, Nov, Dec)	North Wales (Jan, Feb, Oct, Nov)	North Staffs (Sep, Oct, Nov)	Championships (Ches, Northern, ECCA)	Cheshire League	CAU I/c	Wirral (September - 4 races)	Borders L (Jan,Mar,1,2, Apr, Oct, Nov, Dec)	Ches GP (not in 2019)	Relays (NA 6 st, NW)	Cross Country (N Wales 1,2,Oct, Nov); Ches, NA Ch, N Staffs Sep, Oct,Nov; Man Nov, Dec)	Road (BL Jan, Mar x2, Apr;Oct, Nov, Dec; NA RR; Welsh Castles R)	Track (Ch Lge, May;Jul, Sep)	25K(15 ml) to 20ml (32K) inc	>20ml to Marathon inc	>Marathon				
												1 point per event														1	2	3pts				
Females																																
Eleanor	ROBINSON	13.6	12.6	*	12	16	8		9	4	49		2	5	2	3	3	1		3	2	10	4	3				2	7	96	
Clare	MALLON	18.2	16.8	*	6	1	7		16	5	35		2	3		1	4			6		5	6	3	1			7		73	
Debra	BEMAND	17.1	16.0	*	6	1	2	1	16	3	29		1	4	1		2			6	1	6	6	2				8	3	69	
Alex	DUFFEY	[24.4]	24.6	*	10	5	5	2	12		34		2	5	3				2	3	1	9	3					3	1	66	
Claire	HARRIS	10.3	10.7	*	8	2	3		5	3	21		1	4		3	2			3	1	6	4	2				1	1	49	
Kerry	RILEY	13.6	12.1	*	4	6	4	1	6		21			4				1		2	2	4	4					3	2	43	
Angela	TEGG	18.6	18.6	*	8		7				15		2	4		2			4			8							1	36	
Keely	SMITH	10.8	10.9	*	1	1	2		12	1	17			1						2	1	1	3				2		3		30	
Ellen	McMAHON	25.0	21.3	*	5				4		9			2	1	2				3	1	4	2						3		27	
Sarah	HIBBERT	[26.8]	23.7	*			1		17		18														1				7		26	
Rosemary	ROGERS	23.4	22.7	*			6	7	7		20								1										4		25	
Karen	WAUGH	31.9	34.1	*			4		10		14								2	2			3		1			2			24	
Anest	MULLER	11.2	11.2	*	6						6		1	5								6							3	21	
Hannah	MOORHOUSE	29.5	27.4	*	4			5			9				3	1						4						4		21	
Kay	HAYES	22.7	21.0	*	1	1	2	2	5		11			1						2		1	3					3		21	
Cathryn	WHALLEY		20.9	*			1		9		10									1			2		1			5		19	
Pam	ACKROYD	18.9	18.8	*	1			1	5		7			1								1						2	4	15	
Claire	WILLIAMS	16.5	16.9	*	2		1	2	2		7			1		1					1	2	1							13	
Eloise	ECCLES		15.3	*		1	2		3		6									1			2			2		2		13	
Heather	McLINTOCK	[14.7]	15.1	*					3		3										1		1		1	2		1	2	11	
Katie	CLARKE (from 11/5)				6					3	9																	2		11	
Brygida	GORECKA (resigned)	22.3	22.1	*	1		1		4		6	1								1			1					1		10	
Rachel	PATTERSON		17.3	*					4		4									2			2					2		10	
Lisa	DAVIES		[22.6]						3		3									3			3						1	10	
Amy	MILLS		23.3	*					3		3									1			1		1	2		1		9	
Sharon	STOLL		33.0	*	2			1			3			2								2						1	1	9	
Sophie	SMITHDALE	[27.2]	25.3	*					3		3																	2	2	7	
Claire	BENNETTE	[36.6]	27.3	*			1		4		5																	2		7	
Isobel	ROBERTSON	29.6	29.0	*			1		2		3														1			2		6	
Sarah	HUGHES	27.1	27.1	*			1		3		4														1			1		6	
Sharon	DODD	24.9	24.6	*					4		4														1			1		6	
Rhiannon	ROBSON		15.4	*					2		2															2		1		5	
Katharine	HARVEY		[37.0]						2		2															2				4	
Claire	GLOYNE-PHILLIPS	[25.3]	[25.5]						1		1																		2	3	
Susan	BEARD								1		1									1			1							3	
Jayne	NOBLE		[30.4]						2		2																			2	
Lorraine	McFAUL	24.8	25.9	*			1		1		2																			2	
Louise	MOORE		[20.3]						2		2																			2	
Nicola	GORE						1				1																			1	
Mary	RADFORD						1				1																			1	
Paula	NEWMAN		[27.2]						1		1																			1	
	Totals:	*performances*			*83*	*34*	*62*	*22*	*183*	*19*	*403*	1	11	42	10	13	11	2	9	42	0	11	69	52	10	9	12	0	76	30		
		athletes			*17*	*9*	*22*	*9*	*34*	*6*	*41*	1	7	14	5	7	4	2	4	17	0	9	15	19	4	9	6	0	28	13		

**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.