

West Cheshire Endurance Competition 2020

Female Points Table - at end of January

**Handicap profiles are available from John Driscoll (jld@sunnyfield.co.uk). (3 recent road races required before profile compiled)*

		PARICIPATION POINTS Number of Races (1pt/race)							BONUS POINTS																						
									Cross Country				Track	Multi Terrain	Road Leagues/series			Team points				Distance Pts (any surface; one race at each distance)									
									Cross Country				Road																		
									L&D ()	Manchester ()	North Wales (Jan)	North Staffs ()	Championships (Ches, Northern,)	Cheshire League	Wirral (Sept - 4 races)	Borders L (Jan)	Relays ()	Cross Country (Ches, N Wales-Jan)		Road (BL Jan)	Track ()	25K(15 ml) to 20ml (32K) inc	>20ml to Marathon inc	>Marathon	Road & Track Performance Pts	"Helpers" Points	Total Points	Points/event			
		At end of 2019	Now - at end of Jan 20	Handicap Profile (Road Races)	Cross Country	Fell, Hill	Multi-terrain parkruns (subject to performance)	Road	Track (3000m and longer)	Total Races	1 point per event														1	2	3pts				
Females																															
Eleanor	ROBINSON	12.6	12.6		3	1			4			1	2					2											9		
Ellen	McMAHON	21.3	20.3		2		1		3				2			1		1	1							1			9		
Claire	HARRIS	10.8	10.8		3				3			1	2					2											8		
Clare	MALLON	17.0	16.8		1		2		3				1			1		1	1						1				8		
Angela	TEGG	18.6	18.6		2	1			3			1	1					2											7		
Alex	DUFFEY	24.6	24.6		2				3			1	1					2											6		
Anest	MULLER	11.2	11.2		1	1			2			1						1											4		
Hannah	MOORHOUSE	27.4	28.2		1		1		2				1					1											4		
Rachael	PATTERSON	17.3	16.7				1		1							1				1					1				4		
Debra	BEMAND	15.1	15.2				1		1							1				1									3		
Eloise	ECCLES	15.3	14.1				1		1																	1			2		
Rhiannon	ROBSON	[17.4]2	16.2				1		1																1				2		
Kerry	RILEY	12.1	12.1			1			1																				1		
Claire	BENNETTE	27.3	27.5				1		1																				1		
Totals:		performances			15	0	4	0	9	0	28	0	0	5	0	10	0	0	4	0	0	12	4	0	0	0	0	5	0		
		athletes			8	0	4	0	8	0	14	0	0	5	0	7	0	0	4	0	0	8	4	0	0	0	0	5	0		

*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.