

# West Cheshire Endurance Competition 2022

## Female PointsTable - at end of April

		Road Handicap		PARTICIPATION POINTS (1 point per race)							BONUS POINTS													Total Points
				Cross Country	Fell, Hill	Multi-terrain, Trail parkruns (subject to performance)	Road	Track	Total Races	Cross Country	Track	Multi Terrain	Road Leagues/series	Team points	Distance Points (Any surface. One race at each distance)	"Helpers" Points	Points 2022							
		At end of 2021	At end of February 2022								1 point per event						1 2 3pts							
				Liverpool & Dist (Nov)	Manchester (Oct, Nov, Dec)	North Wales (Wrexham, Bangor)	North Staffs (Sep-Dec)	Championships (Ches)	Chesh T&F Champs 5K, CT&F	Wirral (September - 4 races)	Borders L (Oct, Nov, Dec)	Relays (NW)	Cross Country (Ches, N Staffs, M/c)	Road (NWRR, Bige Oct, Nov, Dec)	Track (NA Lge)	25K (15mi) to 20mi (32K) inc	>20mi to Marathon inc	>Marathon	Road & Track Performance Pts	"Helpers" Points	Points 2022			
<b>Females</b>																								
Debra	BEMAND	15.8	15.5	6		7		13														29		
Claire	HARRIS	11.7	12.9	4		4		8														19		
Ellie	ROBINSON	12.6	13.5	5		2		7														18		
Keely	SMITH	5.6	4.6	1		6		7														18		
Kate	TITLOW	10.4	8.4	6		1		7														17		
Joy	HICKMAN	15.2[1]	15.9	2		4	1	7														16		
Traci	SHIPLEY	15.9	16.2	2		4		6														14		
Angela	TEGG	20.1	20.0	3		1		4														13		
Fiona	COOK	7.5	8.2		1	3		4														9		
Clare	MALLON	16.9	17.0	1		2		3														8		
Claire	WILLIAMS	17.3	17.6	1		1		2														6		
Amy	MILLS	18.6	18.5			2		2														6		
Rosemary	ROGERS	27.6	27.3			1	4	5														6		
Jane	BARKER	21.1[1]	25.3	1		1		2														5		
Eloise	ECCLES	11.8	11.8				1	1		1												5		
Anest	MULLER	12.3	12.3	1				1														3		
Dorota	GEBSKA		22.5[2]			2		2														3		
Kimberley	MORRIS		22.9[2]			2		2														3		
Emma	NUTT		16.3[1]			1		1														3		
Kay	HAYES	28.4	27.3			2		2														2		
Sarah	HUGHES		36.1			1		1														2		
Katrina	HUGHES		18.7[1]			1		1														1		
Zoe	SMITH	19.2[1]	20.7			1		1														1		
Cathryn	WHALLEY	22.3	22.5			1		1														1		
Isabel	ROBERTSON	27.7	27.8			1		1														1		
Sarah	HIBBERT	27.3	28.1			1		1														1		

Totals:	Perfs	33	0	1	4	53	2	93	0	8	9	0	16	2	0	17	0	0	28	16	0	1	2	3	15	0
	Athletes	12	0	1	1	14	2	16	0	5	6	0	10	2	0	11	0	0	13	10	0	1	1	1	10	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.