West Cheshire Endurance Competition 2022
Women's Points Table at end of May

*Handicap profiles are available from John Driscoll (jld@sunnyfield.co.uk). (3 recent road races required before profile compiled)		Road Handicap		PARTICIPATION POINTS (1 point per race)							BONUS POINTS: Cross Country (1 point per event)					Track	Multi Terrain	Road Leagues/series			Team points			Distance Points. (Any surface. One race at each distance)					Total Points
		At end of 2021	At end of February 2022	Cross Country	Fell, Hill	Multi-terrain, Trail	parkruns (subject to performance)	Road	Track	Total Races	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, Blge Oct, Nov, Dec)	Track (NA Lge)	25K (15ml) to 20ml (32K) inc (1)	>20ml to Marathon inc (2)	>Marathon (3pts)	Road & Track Performance Pts	"Helpers" Points	Points 2022
Females																													
Debra	BEMAND	15.8	15.9	6	1			10		17		2	2		2			3		5	3					1	2	37
Ellie	ROBINSON	12.6	13.5	5	2			3		10		2	1		2			1		4	1						3	24
Keely	SMITH	5.6	5.1	1				8		9					1			3		1	4		1	2		2		23
Claire	HARRIS	11.7	11.5	4				5		9			2		2			2		3	2					1		21
Joy	HICKMAN	15.2[1]	15.2	2				5	1	8			2			1		1		2	1					3	2	20
Kate	TITLOW	10.4	8.7	6				2		8		2			4					3	1					1		19
Traci	SHIPLEY	15.9	16.1	2				6		8		1			1			3		2	3					1		19
Clare	MALLON	16.9	17.1	1	1	1		4	1	8					1	1		2		1	3					2	1	19
Angela	TEGG	20.1	20.0	3		1		1		5		1	1		1			1		3	1					1	3	17
Fiona	COOK	7.5	7.8			1		5		6								2			3					3		14
Amy	MILLS	18.6	18.7					4		4								2			3					2		11
Rosemary	ROGERS	27.6	27.3				1	5		6																1	1	8
Emma	NUTT		15.8[2]					2		2								2			2					1		7
Claire	WILLIAMS	17.3	17.6	1				1		2					1			1		1	1							6
Eloise	ECCLES	11.8	11.8			1			1	2						1									3			6
Kimberley	MORRIS		22.5					3		3											1					2		6
Jane	BARKER	21.1[1]	25.3	1				1		2					1					1						1		5
Sarah	HIBBERT	27.3	28.1					1		1																	3	4
Anest	MULLER	12.3	12.3	1						1			1							1								3
Dorota	GEBSKA		22.5[2]					2		2																1		3
Lorraine	McFAUL	25.8	24.9					1		1											1					1		3
Kay	HAYES	28.4	27.3				2			2																		2
Sarah	HUGHES		36.1				1	1		2																		2
Cathryn	WHALLEY	22.3	22.5			1		1		2																		2
Katrina	HUGHES		18.7[1]					1		1																		1
Zoe	SMITH	19.2[1]	20.7					1		1																		1
Lisa	DAVIES		29.7[1]					1		1																		1
Kerry	RILEY				1					1																		1
Isabel	ROBERTSON	27.7	27.8					1		1																		1
Totals:	Perfs			33	5	5	4	75	3	125	0	8	9	0	16	3	0	23	0	0	27	30	0	1	2	3	24	15	
	Athletes			12	4	5	3	25	3	29	0	5	6	0	10	3	0	12	0	0	12	15	0	1	1	1	16	7	

**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.