

**West Cheshire Endurance Competition 2022**

**Women's Points Table at end of June**

		PARTICIPATION POINTS							BONUS POINTS											Total Points																	
		(1 point per race)							Cross Country				Track			Team points					Distance Points. (Any surface. One race at each distance)																
		Road Handicap	Road Handicap						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&T	Wirral (September - 4 races)	Multi Terrain	Borders L (Oct, Nov, Dec)	Relays (NW)	Road Leagues/series	Cross Country (Ches, N Staffs, Mic)	Road (NWRR, Blige Oct, Nov, Dec)	Track (NA Lge)	25K (15ml) to 20ml (32K) inc	>20ml to Marathon inc	>Marathon	Road & Track Performance Pts	"Helpers" Points	Points 2022	
		At end of 2021	At end of February 2022						1 point per event											1 2 3pts																	
<b>Females</b>																																					
Debra	BEMAND	15.8	15.9	6	2	1	10	19																													
Ellie	ROBINSON	12.6	13.5	5	3	1	3	12																													
Joy	HICKMAN	15.2[1]	15.2	2	1	1	5	2	11																												
Keely	SMITH	5.6	5.1	1			8	9																													
Fiona	COOK	7.5	7.0			2	8	10																													
Claire	HARRIS	11.7	11.5	4			5	9																													
Angela	TEGG	20.1	21.1	3		2	4	9																													
Clare	MALLON	16.9	17.1	1	1	2	4	1	9																												
Kate	TITLOW	10.4	8.7	6			2	8																													
Traci	SHIPLEY	15.9	16.1	2			6	8																													
Amy	MILLS	18.6	18.7				6	6																													
Rosemary	ROGERS	27.6	27.8				1	8	9																												
Emma	NUTT		15.8[2]				2	2																													
Claire	WILLIAMS	17.3	17.6	1		1	1	3																													
Eloise	ECCLES	11.8	11.8			1		2																													
Kimberley	MORRIS		22.5				3	3																													
Jane	BARKER	21.1[1]	25.3	1			1	2																													
Sarah	HIBBERT	27.3	28.5				2	2																													
Anest	MULLER	12.3	12.3	1				1																													
Dorota	GEBSKA		22.5[2]				2	2																													
Lorraine	McFAUL	25.8	24.9				1	1																													
Isabel	ROBERTSON	27.7	27.2				2	2																													
Kay	HAYES	28.4	27.3				2	2																													
Sarah	HUGHES		36.1				1	1	2																												
Cathryn	WHALLEY	22.3	22.5			1		1	2																												
Kerry	RILEY	12.1			1	1		2																													
Katrina	HUGHES		18.7[1]				1	1																													
Zoe	SMITH	19.2[1]	20.7				1	1																													
Lisa	DAVIES		29.7[1]				1	1																													

Totals:	Perfs	33	8	13	4	88	4	150	0	8	9	0	16	4	0	23	0	0	27	30	0	1	4	3	27	15
Athletes		12	5	10	3	25	3	29	0	5	6	0	10	3	0	12	0	0	12	15	0	1	2	1	17	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.