

West Cheshire Endurance Competition 2022

Women's Points Table at end of December

*Handicap profiles are available from John Driscoll (jld@sunnyfield.co.uk). (3 recent road races required before profile compiled)		PARTICIPATION POINTS							BONUS POINTS											Total Points								
		Road Handicap		(1 point per race)					Cross Country			Track	Multi Terrain	Road Leagues/series	Team points			Distance Points. (Any surface. One race at each distance)										
		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& Track	Wirral (September - 4 races)	Borders L (Oct, Nov, Dec)	Relays (NW)	Cross Country (Ches, N Staffs, M/c)		Road (NWRP, Bige Oct, Nov, Dec)	Track (NA Lge)	25K (15mi) to 20mi (32K) inc	>20mi to Marathon inc	>Marathon	Road & Track Performance Pts	"Helpers" Points	
									1 point per event												1	2	3pts					
Females																												
Debra	BEMAND	15.8	17.6	9	2	1	18	1	31																			73
Ellie	ROBINSON	12.6	13.5	9	6	1	5	2	23																			54
Joy	HICKMAN	15.2[1]	16.1	5	1	1	8	4	19																			51
Clare	MALLON	16.9	15.8	2	1	9	10	2	24																			48
Angela	TEGG	20.1	21.6	6		7	7		20																			44
Traci	SHIPLEY	15.9	16.1	5			10		15																			39
Claire	HARRIS	11.7	11.7	7		1	9		17																			37
Emma	NUTT		14.6	3	1	4	7		15																			37
Keely	SMITH	5.6	5	1			15		16																			33
Fiona	COOK	7.5	7.3			3	12		15																			27
Amy	MILLS	18.6	18.6				11		11																			24
Kate	TITLOW	10.4	8.7	6			2		8																			19
Rosemary	ROGERS	27.6	28			1	12		14																			17
Sarah	HIBBERT	27.3	23.2				2		5																			14
Anest	MULLER	12.3	12.3	4					4																			13
Eloise	ECCLES	11.8	11.8			1	1		3																			11
Claire	WILLIAMS	17.3	18.1	1		2	2		5																			11
Cathryn	WHALLEY	22.3	21.4			1	7		8																			10
Kerry	RILEY	12.1	12.1			3	4		7																			10
Alex	DUFFEY	28.5	26.6	1			5		1																			9
Kimberley	MORRIS		22.6				4		4																			7
Jane	BARKER	21.1[1]	21.7	1			1		3																			6
Lindsay	FISHER		5.8[2]				2		2																			6
Agnieszka	SHAW		28.8[2]				2		2																			5
Dorota	GEBSKA		22.5[2]				2		2																			3
Lorraine	McFAUL	25.8	24.9				1		1																			3
Isabel	ROBERTSON	27.7	27.2				2		2																			3
Ellen	McMAHON	19.7	19.7				1		1																			3
Kay	HAYES	28.4	27.3				2		2																			2
Sarah	HUGHES		36.1				1		2																			2
Katrina	HUGHES		18.7[1]				1		2																			2
Zoe	SMITH	19.2[1]	20.7				1		1																			1
Hannah	MOORHOUSE		28.2				1		1																			1
Lisa	DAVES ? (EII P?)		29.7[1]				1		1																			1

Totals:	Perfs	60	14	37	12	161	10	295	0	19	25	0	16	9	4	46	1	5	53	60	10	5	6	3	47	22
	Athletes	14	6	14	6	29	5	32	0	7	9	0	10	5	2	14	1	4	13	20	5	5	3	1	23	8

*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.