

# West Cheshire Endurance Competition 2024

## Female PointsTable - at end of February

		PARTICIPATION POINTS					BONUS POINTS										Total Points									
		(1 point per race)					Cross Country					Track	Multi Terrain	Road Leagues/series		Team points			Distance Pts (any surface; one race at each distance)							
		Cross Country	Fell, Hill	Multi-terrain, Trail	Road	Track (3000m and longer)	Total Races	L&D ()	Manch. Lge (Jan, Feb, Oct)	North Wales (Feb, Mar, Oct 1, 2, Nov)	North Staffs ()	Champs (Ches, NA, Eng Nat, I/County)	Ultra 24 hr champ, NA Lge Apr, Track	Wirral (Sept - 4 races)	Borders L (Feb, Mar, Apr, May, Oct, Dec)	24hr Ultra		Relays (Cheshire, Northern Athletics)	Cross Country (Ches, M/c Lge, N Wales)	Road (BL Feb, Mar, Apr, May) ChesHM, RRChes, NA; UK team Ultra	Track (NA Lge; Ches Lge)	25K (15 ml) to 20ml (32K) inc	>20ml to Marathon inc	>Marathon	Road & Track Performance Pts	"Helpers" Points
					1 point per event										1	2	3pts									
<b>Females</b>																										
Emma	NUTT	4	1	2	7		2	1	1				2				3	2								18
Anest	MULLER	4		1	5		1	2	1				1				3	1								14
Joy	HICKMAN	3	1	1	5			2	1				2				2	2								14
Clare	MALLON	1	1	2	4				1				2				1	2								10
Debra	BEMAND	2	1	1	4			1	1				2					2								10
Lindsay	FISHER		1	3	4								2					2					1			9
Keely	SMITH		1	3	4								2					2					1			9
Angela	TEGG	2	1	1	4		1		1								2									8
Amanda	NEWELL	2	1		3		2						1				1	1								8
Alex	DUFFEY	2			2		1	2									2									7
Amy	MILLS		1	2	3								2					2								7
Tracy	ROGERS	2			2		2										1									5
Anna	WOOLGAR	1			1		1										1									3
Traci	SHIPLEY		1		1								1					1								3
Lucie	TRUETT	1			1		1										1									3
Rebecca	ROSALSKI			1	1								1					1								3
Claire	HARRIS	1			1		1																			2
Fiona	COOK			1	1																					1
Sarah	HIBBERT			1	1																					1
<b>Totals:</b>		25	1	9	19	0	54	0	12	8	0	6	0	0	18	0	0	17	18	0	0	0	0	2	0	135
		12	1	9	12	0	19	0	9	5	0	6	0	0	11	0	0	10	11	0	0	0	0	2	0	19