

# Kent Fitness League

2012/2013

An annual cross-country league competed for between  
October and March

THIS IS TO CERTIFY THAT

*David Ringrose*

(Dartford RR)

SUCCESSFULLY COMPLETED 5 RACES AS FOLLOWS

Event Date	Venue	Pos	Out of	Score	Time	Rating
11th November 2012	Swanley Park	66	281	NS	34:04	76.87
18th November 2012	Betteshanger Park	68	236	NS	31:48	71.61
25th November 2012	Oxleas Wood	69	272	NS	39:12	75.00
23rd December 2012	Nurstead Court	75	258	M5 - 6	40:40	71.32
17th February 2013	Blean Woods	66	217	NS	37:18	70.05

**Overall Rating: 72.97% Overall Position: 52nd (out of 506)**

In the table above, Score indicates whether the runner scored for her/his club in the race, with "NS" indicating that the runner did not score. There are seven scoring positions for men and three for women. One of the male scorers has to be a veteran over 50 ("50" in the score column) and one has to be over 40 ("40"). One of the female scorers has to be over 35 ("35") or, prior to the 2004-5 season, over 40. Scorers other than veterans are indicated by the scoring slot they are in e.g. M4 indicates the fourth male non-veteran scoring slot. The figure after the dash is the position of the runner amongst the scorers so "40 - 5" indicates that the runner was the over 40 scorer and the fifth male to score for the club in that race.

Rating is the percentage of runners beaten in the league race, taking into account a notional "extra" runner. For example, if a male runner finishes 101 out of 200 (with 200 being the total men in the league race) then the calculation is  $(201 - 101) / 200 = 0.5$  or 50%. The overall rating is calculated as the average of the best five ratings.