

# Kent Fitness League

## 2015/2016

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

**THIS IS TO CERTIFY THAT**

***Joe Regan***

**(New Eltham J)**

**SUCCESSFULLY COMPLETED 5 RACES AS FOLLOWS**

Event Date	Venue	Pos	Out of	Score	Time	Rating
25th October 2015	Knole Park	265	305	NS	51:16	13.44
8th November 2015	Swanley Park	291	337	NS	47:22	13.95
29th November 2015	Oxleas Wood	261	296	NS	50:40	12.16
20th December 2015	Nurstead Court	263	307	NS	47:39	14.66
7th February 2016	Blean Woods	187	214	NS	51:16	13.08

**Overall Rating: 13.46%    Overall Position: 166th (out of 634)**

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. Two of the male scorers have to be veterans over 50 ("50:1" and "50:2" in the score column) and one has to be over 40 ("40"). One of the female scorers has to be over 35 ("35") and one over 45 ("45"). 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.