

# Kent Fitness League

## 2001/2002

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

**THIS IS TO CERTIFY THAT**

***Helen James***

**(Bromley Vets AC)**

**SUCCESSFULLY COMPLETED 7 RACES AS FOLLOWS**

Event Date	Venue	Pos	Out of	Score	Time	Rating
21st October 2001	Blean Woods	61	64	F2 - 3	54:21	6.25
11th November 2001	Swanley Park	68	75	NS	56:28	10.67
25th November 2001	Knole Park	64	70	F2 - 3	57:34	10.00
30th December 2001	Avery Hill Park	52	56	40 - 1	51:40	8.93
6th January 2002	Minnis Bay	52	55	NS	51:20	7.27
13th January 2002	Mote Park	79	81	F2 - 3	53:18	3.70
3rd February 2002	Oxleas Wood	61	67	F2 - 3	1:00:21	10.45

**Overall Rating: 9.46%    Overall Position: 42nd (out of 142)**

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.