

# Kent Fitness League

## 2005/2006

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

**THIS IS TO CERTIFY THAT**

***Chris Young***

**(Bromley Vets AC)**

**SUCCESSFULLY COMPLETED 5 RACES AS FOLLOWS**

Event Date	Venue	Pos	Out of	Score	Time	Rating
16th October 2005	Blean Woods	53	89	F1 - 2	43:26	41.57
13th November 2005	Swanley Park	59	103	F1 - 2	44:31	43.69
27th November 2005	Nurstead Court	47	96	F1 - 2	48:34	52.08
18th December 2005	Oxleas Wood	38	70	F1 - 2	45:31	47.14
2nd January 2006	Avery Hill Park	41	71	F2 - 3	40:01	43.66

**Overall Rating: 45.63% Overall Position: 32nd (out of 198)**

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. "NSBLS" indicates that the runner did not score but was better placed than the last scorer for their team. 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.