

Kent Fitness League

2006/2007

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

THIS IS TO CERTIFY THAT

Eric Pestell

(Gravesend RR & AC)

SUCCESSFULLY COMPLETED 6 RACES AS FOLLOWS

Event Date	Venue	Pos	Out of	Score	Time	Rating
15th October 2006	Blean Woods	122	227	50 - 5	37:10	46.70
12th November 2006	Swanley Park	132	224	50 - 6	37:27	41.52
17th December 2006	Knole Park	105	201	50 - 6	38:59	48.26
14th January 2007	Minnis Bay	125	212	M5 - 7	46:19	41.51
18th February 2007	Oxleas Wood	97	178	50 - 5	41:16	46.07
25th February 2007	Capstone Park	94	160	50 - 3	47:03	41.88

Overall Rating: 44.88% Overall Position: 74th (out of 436)

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.