

Kent Fitness League

2006/2007

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

THIS IS TO CERTIFY THAT

George Old

(NEJ Running Club)

SUCCESSFULLY COMPLETED 7 RACES AS FOLLOWS

Event Date	Venue	Pos	Out of	Score	Time	Rating
15th October 2006	Blean Woods	125	227	M4 - 6	37:25	45.37
12th November 2006	Swanley Park	125	224	M3 - 5	37:15	44.64
26th November 2006	Nurstead Court	95	241	M1 - 2	42:00	61.00
17th December 2006	Knole Park	102	201	M2 - 3	38:52	49.75
14th January 2007	Minnis Bay	93	212	M3 - 4	44:12	56.60
18th February 2007	Oxleas Wood	81	178	M3 - 4	39:39	55.06
25th February 2007	Capstone Park	68	160	M2 - 4	45:30	58.13

Overall Rating: 56.11% Overall Position: 61st (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.