

# Kent Fitness League

2007/2008

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

**THIS IS TO CERTIFY THAT**

***Lionel Stielow***

**(Paddock Wood AC)**

**SUCCESSFULLY COMPLETED 6 RACES AS FOLLOWS**

Event Date	Venue	Pos	Out of	Score	Time	Rating
11th November 2007	Swanley Park	158	245	NS	38:52	35.92
25th November 2007	Knole Park	123	200	NS	40:45	39.00
16th December 2007	Nurstead Court	101	194	NS	43:43	48.45
30th December 2007	Avery Hill Park	100	174	NS	35:56	43.10
13th January 2008	Minnis Bay	114	195	NS	47:56	42.05
3rd February 2008	Oxleas Wood	84	188	M5 - 7	40:14	55.85

**Overall Rating: 45.69%    Overall Position: 87th (out of 407)**

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.