

Kent Fitness League

2009/2010

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

THIS IS TO CERTIFY THAT

Gary Salmon

(Thanet RR)

SUCCESSFULLY COMPLETED 5 RACES AS FOLLOWS

Event Date	Venue	Pos	Out of	Score	Time	Rating
8th November 2009	Swanley Park	85	294	M2 - 3	34:19	71.43
22nd November 2009	Nurstead Court	74	279	M3 - 4	39:47	73.84
29th November 2009	Blean Woods	52	239	M2 - 3	35:03	78.66
3rd January 2010	Oxleas Wood	54	225	40 - 2	38:22	76.44
24th January 2010	Betteshanger Park	81	195	M4 - 5	34:46	58.97

Overall Rating: 71.87% Overall Position: 49th (out of 458)

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.