

Kent Fitness League

2010/2011

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

THIS IS TO CERTIFY THAT

Jane Blackmore

(Swanley & Dist AC)

SUCCESSFULLY COMPLETED 5 RACES AS FOLLOWS

Event Date	Venue	Pos	Out of	Score	Time	Rating
24th October 2010	Blean Woods	25	99	F1 - 2	40:15	75.76
14th November 2010	Swanley Park	29	137	F1 - 2	39:43	79.56
28th November 2010	Betteshanger Park	27	61	NS	47:20	57.38
9th January 2011	Minnis Bay	26	77	35 - 2	52:11	67.53
20th February 2011	Oxleas Wood	25	74	35 - 1	44:43	67.57

Overall Rating: 72.60% Overall Position: 23rd (out of 218)

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.