

# Kent Fitness League

## 2011/2012

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

**THIS IS TO CERTIFY THAT**  
***Caroline Terburgh***  
**(Larkfield AC)**

**SUCCESSFULLY COMPLETED 5 RACES AS FOLLOWS**

Event Date	Venue	Pos	Out of	Score	Time	Rating
13th November 2011	Swanley Park	17	125	NS	37:29	87.20
27th November 2011	Oxleas Wood	16	111	35 - 2	43:10	86.49
8th January 2012	Minnis Bay	14	90	F2 - 3	46:13	85.56
15th January 2012	Nurstead Court	21	125	F2 - 3	44:29	84.00
19th February 2012	Blean Woods	16	107	35 - 2	37:14	85.98

**Overall Rating: 85.84% Overall Position: 13th (out of 250)**

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. "NSBLS" indicates that the runner did not score but was better placed than the last scorer for their team. 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.