

Kent Fitness League

2011/2012

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

THIS IS TO CERTIFY THAT

Simon Cowie

(Bromley Vets AC)

SUCCESSFULLY COMPLETED 6 RACES AS FOLLOWS

Event Date	Venue	Pos	Out of	Score	Time	Rating
23rd October 2011	Knole Park	244	247	M4 - 6	58:58	1.62
13th November 2011	Swanley Park	292	297	NS	50:52	2.02
27th November 2011	Oxleas Wood	269	279	NS	56:02	3.94
2nd January 2012	Avery Hill Park	276	278	NS	50:20	1.08
8th January 2012	Minnis Bay	213	216	M3 - 5	1:01:50	1.85
15th January 2012	Nurstead Court	294	303	NS	58:40	3.30

Overall Rating: 2.55% Overall Position: 189th (out of 530)

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.