

Kent Fitness League

2014/2015

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

THIS IS TO CERTIFY THAT

Lee Lintern

(Sevenoaks AC)

SUCCESSFULLY COMPLETED 6 RACES AS FOLLOWS

| Event Date | Venue | Pos | Out of | Score | Time | Rating |
|--------------------|-------------------|-----|--------|--------|-------|--------|
| 19th October 2014 | Knole Park | 73 | 281 | NS | 38:42 | 74.38 |
| 9th November 2014 | Swanley Park | 56 | 326 | M2 - 4 | 35:34 | 83.13 |
| 23rd November 2014 | Oxleas Wood | 45 | 268 | M2 - 4 | 37:43 | 83.58 |
| 30th November 2014 | Betteshanger Park | 34 | 229 | M1 - 3 | 33:31 | 85.59 |
| 28th December 2014 | Nurstead Court | 45 | 249 | M3 - 5 | 34:48 | 82.33 |
| 8th February 2015 | Blean Woods | 43 | 235 | M3 - 4 | 34:31 | 82.13 |

Overall Rating: 83.35% Overall Position: 39th (out of 574)

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.