

# Kent Fitness League

2016/2017

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

THIS IS TO CERTIFY THAT

*Vernon Thomas*

(Plumstead Rnnrs)

SUCCESSFULLY COMPLETED 7 RACES AS FOLLOWS

Event Date	Venue	Pos	Out of	Score	Time	Rating
30th October 2016	Knole Park	301	371	NS	49:31	19.14
13th November 2016	Swanley Park	267	315	NS	48:27	15.56
20th November 2016	Oxleas Wood	259	292	NS	52:13	11.64
8th January 2017	Minnis Bay	220	250	M4 - 7	56:33	12.40
29th January 2017	Nurstead Court	214	246	NS	49:46	13.41
5th February 2017	Blean Woods	186	214	M5 - 8	47:59	13.55
19th February 2017	Betteshanger Park	140	160	NS	43:58	13.12

**Overall Rating: 14.96%    Overall Position: 137th (out of 613)**

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 eight scoring positions for men and four for women. Two of the male scorers have to be veterans over 50 ("50:1" and "50:2" in the score column) and one has to be over 40 ("40"). One of the female scorers has to be over 35 ("35") and one over 45 ("45"). 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.