

Kent Fitness League

2017/2018

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

THIS IS TO CERTIFY THAT

Vernon Thomas

(Plumstead Rnnrs)

SUCCESSFULLY COMPLETED 6 RACES AS FOLLOWS

Event Date	Venue	Pos	Out of	Score	Time	Rating
12th November 2017	Swanley Park	322	379	NS	49:09	15.30
26th November 2017	Oxleas Wood	278	324	NS	50:22	14.51
7th January 2018	Betteshanger Park	195	230	NS	47:14	15.65
14th January 2018	Minnis Bay	217	262	NS	54:49	17.56
28th January 2018	Nurstead Court	231	277	M4 - 7	48:36	16.97
4th February 2018	Blean Woods	190	228	NS	46:14	17.11

Overall Rating: 16.52% Overall Position: 164th (out of 619)

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.