

Kent Fitness League

2018/2019

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

THIS IS TO CERTIFY THAT

Andy Farrant

(Canterbury H)

SUCCESSFULLY COMPLETED 6 RACES AS FOLLOWS

Event Date	Venue	Pos	Out of	Score	Time	Rating
11th November 2018	Swanley Park	302	351	NS	49:03	14.25
25th November 2018	Oxleas Wood	246	294	NS	51:10	16.67
9th December 2018	Betteshanger Park	196	222	NS	49:05	12.16
6th January 2019	Nurstead Court	200	288	NS	43:35	30.90
13th January 2019	Minnis Bay	217	273	NS	53:23	20.88
3rd February 2019	Blean Woods	165	230	NS	42:18	28.70

Overall Rating: 22.28% Overall Position: 160th (out of 602)

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.