

Kent Fitness League

2019/2020

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

THIS IS TO CERTIFY THAT

Tim Sowter

(Bromley Vets AC)

SUCCESSFULLY COMPLETED 5 RACES AS FOLLOWS

Event Date	Venue	Pos	Out of	Score	Time	Rating
3rd November 2019	Knole Park	64	356	50:1 - 3	42:53	82.30
10th November 2019	Swanley Park	79	364	50:1 - 2	36:16	78.57
1st December 2019	Oxleas Wood	63	307	50:1 - 2	39:52	79.80
5th January 2020	Shorne Woods	55	320	50:1 - 1	37:06	83.12
12th January 2020	Minnis Bay	49	300	50:1 - 1	41:41	84.00

Overall Rating: 82.31% Overall Position: 43rd (out of 582)

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. "NSBLS" indicates that the runner did not score but was better placed than the last scorer for their team. There are seven scoring positions for men and three 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 four ratings.