

Week 5	Number in team	INDIVIDUAL POINTS from RUNNING + Bonuses				LONGEST RUN		TOTAL Individ'al Points = Av from No of Runs + Av from Longest Run	
		Total points from pledged runs alone	Bonus Points		total points from indiv'als	Average % per member for RUNNING + ind'v'l Bonuses	Total points from Longest Run		Average % per member from Longest Run
TEAMS	Sub-zero and Hottie Points		Pre-7 or Post-8						
Old Birds	14	135.0	3	2	140.0	100.0	136.4	97.4	197.4
Fighting Feathers	13	130.0	3	11	144.0	110.8	128.8	99.0	209.8
Rowdy Roosters	13	117.5	2	1	120.5	92.7	116.4	89.5	182.2
Clucky Ducks	13	130.0	1	11	142.0	109.2	115.6	88.9	198.2
Squawky Chicks	12	116.7	2	4	122.7	102.2	107.3	89.4	191.6
<b>TOTAL</b>	<b>65</b>	<b>629.2</b>	<b>11</b>	<b>29</b>	<b>669.2</b>	<b>102.9</b>	<b>604.4</b>	<b>464.3</b>	<b>567.2</b>



Individual Smiletastic Stars this week (22 points and above)

Individual Stars <i>(alphabetical on Strava names!)</i>	Points from No of runs and Longest run	Bonuses claimed	Timed runs	Total	Team
Fiona Jeffries	20	2	1	23	Fighting Feathers
Isabelle P	20	2	1	23	Old Birds
Ali Griff	20	1	1	22	Clucky Ducks
Bronwen Doyle	20	2	0	22	Fighting Feathers
Catherine Bowman	20	1	1	22	Rowdy Roosters
Delia Watts	20	1	1	22	Fighting Feathers
Isobel Ellis	20	2	0	22	Old Birds
Kathryn Wilkinson	20	2	0	22	Fighting Feathers
Laura Egan	20	1	1	22	Squawky Chicks
Lianna Bell	20	2	0	22	Clucky Ducks
Lorraine Reuber	20	1	1	22	Fighting Feathers
Lucy Marris	20	1	1	22	Fighting Feathers
Maeve Largey	20	2	0	22	Squawky Chicks
Pamela Leon	20	1	1	22	Fighting Feathers
Sarah Crossland	20	1	1	22	Clucky Ducks

Week TOTAL	Number in team	ELEVATION			
		total elevation	Number of miles	elevation per mile	TEAM Elevation Points
Old Birds	14	28284	303.4	93.2	2
Fighting Feathers	13	24463	246.5	99.2	8
Rowdy Roosters	13	17644	178.61	98.8	6
Clucky Ducks	13	25217	254	99.3	10
Squawky Chicks	12	14292	149.6	95.5	4
<b>TOTAL</b>	<b>65</b>	<b>109900</b>	<b>1132.11</b>	<b>97.1</b>	

TEAM bonus for Timed Runs <i>(see table below)</i>
3
4
2
2
2

WEEK's RESULTS	
Total points for week = Individual + Timed + Elevation	Position for Week TOTAL
202.4	3
221.8	1
190.2	5
210.2	2
197.6	4
1022.2	



Elevation stars this week	Elevation (ft) per mile
Lianna Bell	184
Elspeth Faulkner	180
Isobel Ellis	173
Nicola Sewell	165
Bronwen Doyle	145
Jasmina Towers	142

Timed Runs		Old Birds	Fighting Feathers	Rowdy Roosters	Clucky Ducks	Squawky Chicks	
Scunthorpe PR	1	0	0	0	0	1	1
Hallam PR	2	2	2	2	0	0	6
Graves PR	3	2	2	1	1	1	7
Dewsbury 10k	4	0	1	0	0	0	1
Sherwood Pines PR	5	0	0	0	1	0	1
Castle PR	6	1	0	0	0	0	1
Hillsborough PR	7	0	1	0	0	0	1
	8	0	0	0	0	0	0
	9	0	0	0	0	0	0
<b>Timed Run BONUS</b>	<b>10</b>	<b>3</b>	<b>4</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>18</b>

Only one point per team per event per week!

TEAMS	number completing 100% of pledged runs	Number of SANDBAGGERS! <i>(more runs than targetted)</i>	Number in team	SICKY cards played
Old Birds	13	4	14	0
Fighting Feathers	13	7	13	1
Rowdy Roosters	9	2	13	0
Clucky Ducks	13	4	13	1
Squawky Chicks	11	2	12	0
<b>TOTAL</b>	<b>59</b>	<b>19</b>	<b>65</b>	<b>2</b>

TEAMS - OVERALL POSITION	Sum of points	Overall Rank:	February points	February Rank	Week number												
					1	2	3	4	5	6	7	8	9	10	11	12	13
Old Birds	636	4	202	3	104.0	115.3	109.3	105.3	202.4								
Fighting Feathers	711	1	222	1	116.6	120.9	130.6	121.6	221.8								
Rowdy Roosters	640	3	190	5	113.5	118.4	107.3	110.8	190.2								
Clucky Ducks	662	2	210	2	108.8	114.2	110.8	118.5	210.2								
Squawky Chicks	619	5	198	4	106.7	106.1	104.1	104.3	197.6								

## HOW THE SCORING WORKS IN FEBRUARY

### INDIVIDUAL POINTS FOR NUMBER OF RUNS

Each person starts with 10 points

If they run all (or more) runs, they get 100% of their points. If you do more, then you're a SANDBAGGER!

If they run fewer runs, they get the percentage of the 100% (eg. If you run 3 out of 5 runs, you get 60% of the points)

### BONUS POINTS

Each person can claim 2 bonus points a week. The Sub-zero and pre7/post8 are added to individual scores.

So, each person can earn a maximum of 22 points per week in February (timed runs added in individual ranking table)

Individual points are totalled for each team, then divided by the number of team members to make every team equal size and given as a score out of 100.

*Note: The average score can go OVER 100% because bonus points for sub-zero and pre-7/post8 are added on.*

*extra* **STRAVA Art:** Points will be awarded for each person who manages to draw a recognisable heart!

### INDIVIDUAL POINTS FOR LONGEST RUN

Each person starts with 10 points

If they run within 10% (over or under) their targetted longest run, they get 100% of their points. If you do more, then you're a SANDBAGGER!

If they run more than 10% further or shorter than their targetted longest run, then they lose the percentage of the 10 points

*eg. If the target was 12 miles and you ran between 10.8 and 13.2 miles, you still get 10 points. If you run 15 miles, you have done 3 miles more which is 25% more and you lose 2.5 points so get 7.5 points. If you ran 8 miles, that's 4 miles less which is 33% less so you lose 3.3 points and get 6.7 points. See?*

### ADDITIONAL TEAM POINTS

*changed* Elevation per mile is worked out for each team and ranked to give 5 points to the highest team, 4 to the next down to 1 point to the lowest.

Timed run bonus points are added to the team's total (only one point per team per event - see table)

*Note: Only one timed run per person credited each week for the team's score.*

*extra* **Smiletastic celebrates the Year of the Fire Monkey:** Points will be awarded based on the percentage of the team that complete the challenge by 14 Feb 2016.

*extra* **Royal Flush:** Points will be awarded based on the quality (length, appropriate paces, etc) of the ONE royal Flush submitted per team by the end of Feb 2016.

**NOTE: Extra points will be added on AFTER the deadline for each challenge**