

Week 6	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	140.0	4	2	146.0	104.3	107.2	76.5	180.8
Fighting Feathers	13	108.0	9	9	126.0	96.9	103.9	79.9	176.8
Rowdy Roosters	13	106.7	4	5	115.7	89.0	114.2	87.8	176.8
Clucky Ducks	13	130.0	3	5	138.0	106.2	130.0	100.0	206.2
Squawky Chicks	12	83.3	4	6	93.3	77.8	97.6	81.3	159.1
TOTAL	65	568.0	24	27	619.0	95.2	552.8	425.6	520.8



Individual Smiletastic Stars for week 6 (23 points and above)

Individual Stars for week 6 (alphabetical on Strava names!)	Points from No of runs and Longest run	Bonuses claimed	Timed runs	Fire Monkey	Total	Team
Charlotte Shepherd	20.0	2	1	1	24.0	Fighting Feathers
Laura Egan	20.0	2	1	1	24.0	Squawky Chicks
Ali Griff	20.0	2		1	23.0	Clucky Ducks
Bronwen Doyle	20.0	2		1	23.0	Fighting Feathers
Catherine Bowman	20.0	1	1	1	23.0	Rowdy Roosters
Delia Watts	20.0	2		1	23.0	Fighting Feathers
Elizabeth Carr	20.0	2		1	23.0	Old Birds
Fiona Jeffries	20.0	2		1	23.0	Fighting Feathers
Isobel Ellis	20.0	2		1	23.0	Old Birds
Jemma Babiker	20.0	2		1	23.0	Squawky Chicks
Lorraine Reuber	20.0	2		1	23.0	Fighting Feathers
Pamela Leon	20.0	1	1	1	23.0	Fighting Feathers
Ruth Jacobs	20.0	2		1	23.0	Fighting Feathers
Sarah Crossland	20.0	1	1	1	23.0	Clucky Ducks
Sarah Hillary	20.0	1	1	1	23.0	Squawky Chicks
Sue Bains	20.0	1	1	1	23.0	Old Birds

Smiletastic Celebrates the year of the Fire Monkey*	Number in team living in Sheffield area	Number who ran it	Percentage who ran it	Points: 10 for highest, 8 for next etc.
Old Birds	13	9	69.2%	6
Fighting Feathers	12	10	83.3%	8
Rowdy Roosters	12	8	66.7%	2
Clucky Ducks	13	12	92.3%	10
Squawky Chicks	13	9	69.2%	6
TOTAL	63	48	76%	

*ONLY in Week 6

Week TOTAL	Number in team	ELEVATION				TEAM bonus for Timed Runs (see table below)
TEAMS		total elevation	Number of miles	elevation per mile	TEAM Elevation Points	
Old Birds	14	24892	274.45	90.7	6	4
Fighting Feathers	13	18037	188.6	95.6	10	3
Rowdy Roosters	13	17866	196.69	90.8	8	3
Clucky Ducks	13	23930	292.9	81.7	2	3
Squawky Chicks	12	14233	163.9	86.8	4	2
TOTAL	65	98958	1116.54	88.6		

TEAMS	number completing 100% of pledged runs	Number of SANDBAGGERS ! (more runs than targetted)	Number in team	SICKY cards played
Old Birds	14	5	14	0
Fighting Feathers	10	4	13	1
Rowdy Roosters	10	3	13	0
Clucky Ducks	13	6	13	0
Squawky Chicks	7	0	12	1
TOTAL	54	18	65	2

Timed Runs	Old Birds	Fighting Feathers	Rowdy Roosters	Clucky Ducks	Squawky Chicks
Liversage Half	1	0	1	1	0
Hallam PR	2	1	2	0	1
Wrexham Half	3	0	0	1	0
Scunthorpe PR	4	0	0	0	1
Stewart PR	5	1	0	0	0
Bury St Edmonds P	6	0	1	0	0
Hillsborough PR	7	0	0	1	1
Crosby PR	8	1	0	0	0
Richmond PR	9	0	1	0	0
St Albans PR	10	1	0	0	0
Timed Run BONUS	4	3	3	3	2

Only one point per team per event per week!

WEEK 7's RESULTS		
Total points for week = Individual + Timed + Elevation + Fire Monkey	Position for Week TOTAL	
Old Birds	196.8	3
Fighting Feathers	197.8	2
Rowdy Roosters	189.8	4
Clucky Ducks	221.2	1
Squawky Chicks	171.1	5



Elevation stars for week 6	Total Elevation	miles	ft per mile
Bronwen Doyle	1230	4.2	293
Lianna Bell	4031	19.7	205
Isobel Ellis	6039	34	178
A Hathway	4912	35.7	138
Isabelle P	2707	20.1	135
Stephanie Fauset	2003	16.6	121

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	833	3	399	3	104.0	115.3	109.3	105.3	202.4	196.8							
Fighting Feathers	909	1	420	2	116.6	120.9	130.6	121.6	221.8	197.8							
Rowdy Roosters	830	4	380	4	113.5	118.4	107.3	110.8	190.2	189.8							
Clucky Ducks	884	2	431	1	108.8	114.2	110.8	118.5	210.2	221.2							
Squawky Chicks	790	5	369	5	106.7	106.1	104.1	104.3	197.6	171.1							

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