

Week 7	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
			Sub-zero and Hottie Points	Pre-7 or Post-8					
TEAMS									
Old Birds	14	126.7	6	4	136.7	97.6	121.8	87.0	184.6
Fighting Feathers	12	110.0	9	9	128.0	106.7	109.0	90.8	197.5
Rowdy Roosters	13	121.7	4	4	129.7	99.7	121.0	93.0	192.8
Clucky Ducks	13	128.0	6	5	139.0	106.9	127.1	97.8	204.7
Squawky Chicks	12	118.0	4	4	126.0	105.0	76.9	64.1	169.1
<b>TOTAL</b>	<b>64</b>	<b>604.3</b>	<b>29</b>	<b>26</b>	<b>659.3</b>	<b>103.0</b>	<b>555.7</b>	<b>86.8</b>	<b>189.9</b>

Strava Heart Art	Number in team using Strava	Number who did it	Percentage who created Strava Art	Points: 10 for highest, 8 for next etc.
Old Birds	13	8	61.5%	4
Fighting Feathers	12	11	91.7%	8
Rowdy Roosters	12	10	83.3%	6
Clucky Ducks	13	12	92.3%	10
Squawky Chicks	12	7	58.3%	2
<b>TOTAL</b>	<b>62</b>	<b>48</b>	<b>77%</b>	

\*ONLY in Week 7

Week TOTAL	Number in team	ELEVATION				TEAM bonus for Timed Runs (see table below)
		total elevation	Number of miles	elevation per mile	TEAM Elevation Points	
Old Birds	14	24459	292.35	83.7	8	5
Fighting Feathers	12	24641	281.1	87.7	10	7
Rowdy Roosters	13	14782	179.68	82.3	6	3
Clucky Ducks	13	25217	325.6	77.4	4	4
Squawky Chicks	12	12331	171.2	72.0	2	3
<b>TOTAL</b>	<b>64</b>	<b>101430</b>	<b>1249.93</b>	<b>81.1</b>		

Timed Runs		Old Birds	Fighting Feathers	Rowdy Roosters	Clucky Ducks	Squawky Chicks
Concord PR	1	1	0	0	0	0
Hallam PR	2	4	1	1	1	0
Castle PR	3	1	1	1	1	0
Graves PR	4	1	0	0	1	0
Hillsborough PR	5	0	1	1	1	0
Botanical Orienteering	6	0	2	0	0	0
Bath Skyline PR	7	0	0	0	0	1
Conwy PR	8	1	0	0	0	0
Leamington PR	9	0	0	0	0	1
Rother Valley PR	10	0	1	0	0	0
Clumber PR	11	0	1	0	0	1
Riverbend 5k	12	0	1	0	0	0
Timed Run BONUS	10	5	7	3	4	3

Only one point per team per event per week!



Individual Smiletastic Stars for week 7 (23 points and above)

Individual Stars for week 7 (alphabetical on Strava names!)	Points from No of runs and Longest run	Bonuses claimed	Timed runs	Heart	Total	Team
Bronwen Doyle	20.0	2	2	1	25.0	Fighting Feathers
Lorraine Reuber	20.0	2	2	1	25.0	Fighting Feathers
Catherine Bowman	20.0	2	1	1	24.0	Rowdy Roosters
Charlotte Shepherd	20.0	2	1	1	24.0	Fighting Feathers
Dot Kesterton	20.0	2	1	1	24.0	Old Birds
Elizabeth Carr	20.0	2	1	1	24.0	Old Birds
Kathryn Wilkinson	20.0	2	1	1	24.0	Fighting Feathers
Nicola Rafferty	20.0	2	1	1	24.0	Old Birds
Pamela Leon	20.0	2	1	1	24.0	Fighting Feathers
Ruth Jacobs	20.0	2	1	1	24.0	Fighting Feathers
Sarah Crossland	20.0	2	1	1	24.0	Clucky Ducks
A Hathway	20.0	2		1	23.0	Clucky Ducks
Dawn Trueman	20.0	2		1	23.0	Rowdy Roosters
Fiona Jeffries	20.0	2		1	23.0	Fighting Feathers
Lianna Bell	20.0	2		1	23.0	Clucky Ducks
Lotty B	20.0	1	1	1	23.0	Clucky Ducks
Lucy Marris	20.0	1	1	1	23.0	Fighting Feathers
Nicola Sewell	20.0	2		1	23.0	Fighting Feathers
Sophie Milner	20.0	2		1	23.0	Rowdy Roosters
Sue Bains	20.0	1	1	1	23.0	Old Birds

TEAMS	number completing 100% of pledged runs	Number of SANDBAGGERS !(more runs than targeted)	Number in team	SICKY cards played
Old Birds	12	5	14	1
Fighting Feathers	11	6	12	0
Rowdy Roosters	11	3	13	1
Clucky Ducks	12	4	13	0
Squawky Chicks	11	3	12	2
<b>TOTAL</b>	<b>57</b>	<b>21</b>	<b>64</b>	<b>4</b>



WEEK 7's RESULTS		
Total points for week = Individual + Timed + Elevation + Strava Art Heart		Position for Week TOTAL
Old Birds	201.6	4
Fighting Feathers	222.5	2
Rowdy Roosters	207.8	3
Clucky Ducks	222.7	1
Squawky Chicks	176.1	5

Elevation stars for week 7 for 104 and over			
	Total Elevation	miles	ft. per mile
Lianna Bell	2646	13	202.0
Barbara Jenkins	1291	6.9	187.1
Bronwen Doyle	4213	30	138.6
Isobel Ellis	5158	40	129.6
Sophie Milner	1946	16	123.2
A Hathway	4313	36	120.5
Jemma Babiker	359	3	119.7
Laura Egan	1282	11	116.5
Julie Peckett	1726	16	105.9
Andi Herrick	1348	13	104.5

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	1035	4	601	3	104.0	115.3	109.3	105.3	202.4	196.8	201.6						
Fighting Feathers	1132	1	642	2	116.6	120.9	130.6	121.6	221.8	197.8	222.5						
Rowdy Roosters	1038	3	588	4	113.5	118.4	107.3	110.8	190.2	189.8	207.8						
Clucky Ducks	1106	2	654	1	108.8	114.2	110.8	118.5	210.2	221.2	222.7						
Squawky Chicks	966	5	545	5	106.7	106.1	104.1	104.3	197.6	171.1	176.1						

#### 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**