

Week 8	Number in team	INDIVIDUAL POINTS from RUNNING + Bonuses				LONGEST RUN		TOTAL Individual 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	13	121.7	7	3	131.7	101.3	117.0	90.0	191.3
Fighting Feathers	12	120.0	11	10	141.0	117.5	113.7	94.7	212.2
Rowdy Roosters	13	124.2	5	5	134.2	103.2	123.3	94.9	198.1
Clucky Ducks	13	125.0	5	5	135.0	103.8	114.9	88.4	192.3
Squawky Chicks	11	98.0	5	3	106.0	96.4	86.7	78.8	175.2
TOTAL	62	588.8	33	26	647.8	104.5	555.6	89.6	194.1

Royal Flush results*		Rank	Points
Old Birds		1	10
Fighting Feathers		2	8
Rowdy Roosters		4	4
Clucky Ducks		3	6
Squawky Chicks		5	2

* the rationale behind these results is being published separately.



Individual Smiletastic Stars for week 8 (23 points and above)

Individual Stars for week 8 (alphabetical on Strava names!)	Points from No of runs and Longest run	Bonuses claimed	Timed runs	Total	Team
Catherine Bowman	20.0	2	2	24.0	Rowdy Roosters
Pamela Leon	20.0	2	2	24.0	Fighting Feathers
Barbara Jenkins	20.0	1	2	23.0	Old Birds
Charlotte Shepherd	20.0	2	1	23.0	Fighting Feathers
Fiona Jeffries	20.0	2	1	23.0	Fighting Feathers
Isabelle P	20.0	2	1	23.0	Old Birds
Jemma Babiker	20.0	2	1	23.0	Squawky Chicks
Jo Rockliff	20.0	2	1	23.0	Rowdy Roosters
Kathryn Wilkinson	20.0	2	1	23.0	Fighting Feathers
Lotty B	20.0	1	2	23.0	Clucky Ducks
Lucy Marris	20.0	1	2	23.0	Fighting Feathers
Nicola Sewell	20.0	2	1	23.0	Fighting Feathers
Ruth Jacobs	20.0	2	1	23.0	Fighting Feathers
Sandi Carman	20.0	1	2	23.0	Rowdy Roosters
Sarah Crossland	20.0	2	1	23.0	Clucky Ducks
Sarah Hillary	20.0	2	1	23.0	Squawky Chicks
Sophie Milner	20.0	2	1	23.0	Rowdy Roosters
Tee Dublu	20.0	1	2	23.0	Rowdy Roosters

Week TOTAL	Number in team	ELEVATION			TEAM bonus for Timed Runs (see table below)	
		total elevation	Number of miles	elevation per mile		
TEAMS				TEAM Elevation Points		
Old Birds	13	24819	290.72	85.4	2	4
Fighting Feathers	12	24749	263.6	93.9	8	9
Rowdy Roosters	13	21026	244.44	86.0	4	5
Clucky Ducks	13	36350	320.1	113.6	10	7
Squawky Chicks	11	17515	189.6	92.4	6	4
TOTAL	62	124459	1308.46	95.1		

TEAMS	number completing 100% of pledged runs	Number of SANDBAGGERS ! (more runs than targetted)	Number in team	SICKY cards played
Old Birds	11	3	13	0
Fighting Feathers	12	3	12	0
Rowdy Roosters	11	4	13	0
Clucky Ducks	12	5	13	1
Squawky Chicks	7	1	11	0
TOTAL	53	16	62	1

Timed Runs. Only one point per team per event per week!	Old Birds	Fighting Feathers	Rowdy Roosters	Clucky Ducks	Squawky Chicks
Longshaw 10k	1	2	4	1	3
Moor Valley PR	2	0	0	1	0
Hallam PR	3	4	3	1	0
Dark&White Race 1	4	0	0	1	0
Graves PR	5	0	0	1	1
Monyash fell	6	0	0	1	0
Hope Fell race	7	1	0	1	2
Blandford PR	8	0	1	0	0
Marmalade 10k	9	0	0	0	1
Harewood House Half	10	1	0	0	0
Belvoir challenge	11	0	1	0	0
Castle PR	12	0	0	0	0
Hillsborough PR	13	0	2	1	0
Concord PR	14	0	1	0	0
Clermont PR	15	0	1	0	0
(Heartbreaker Half)	16			(1)	
Timed Run BONUS	10	4	9	5	4

WEEK 8's RESULTS		
Total points for week = Individual + Timed + Elevation + ROYAL FLUSH points		Position for Week TOTAL
Old Birds	207.3	4
Fighting Feathers	237.2	1
Rowdy Roosters	211.1	3
Clucky Ducks	215.3	2
Squawky Chicks	187.2	5



Elevation stars for week 8 for 109 and over	Total Elevation	miles	ft per mile
A Hathway	8565	39	219.6
Lianna Bell	7833	36	217.6
Clare Moody	1572	9.7	162.1
Isobel Platt	3183	23	138.4
Maeve Largey	3159	23.3	135.6
Isobel Ellis	3640	28.4	128.2
Dot Kesterton	2926	23.7	123.5
Ruth Jacobs	3480	29.1	119.6
Sarah Gibbon	2943	25.9	113.6
Cath Wheen	1717	15.2	113.0
Bronwen Doyle	2291	20.7	110.7
Jane Boden	2202	19.9	110.7
Lorraine Reuber	2002	18.3	109.4
Nicola Sewell	1342	12.4	108.2
Charlotte Shepherd	3315	31.2	106.3
helen pennington	2247	21.6	104.0
Andi Herrick	1883	18.2	103.5

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	1242	4	808	3	104.0	115.3	109.3	105.3	202.4	196.8	201.6	207.3					
Fighting Feathers	1369	1	879	1	116.6	120.9	130.6	121.6	221.8	197.8	222.5	237.2					
Rowdy Roosters	1249	3	799	4	113.5	118.4	107.3	110.8	190.2	189.8	207.8	211.1					
Clucky Ducks	1321	2	869	2	108.8	114.2	110.8	118.5	210.2	221.2	222.7	215.3					
Squawky Chicks	1153	5	732	5	106.7	106.1	104.1	104.3	197.6	171.1	176.1	187.2					

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

Elevation per mile is worked out for each team and ranked to give 10 points to the highest team, 8 to the next down to 2 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