

Week 10	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	12	120.0	1	4	125.0	104.2	108.8	90.6	194.8
Fighting Feathers	12	120.0	4	7	131.0	109.2	115.6	96.3	205.5
Rowdy Roosters	13	122.5	3	4	129.5	99.6	120.8	92.9	192.5
Clucky Ducks	13	130.0		7	137.0	105.4	111.2	85.6	191.0
Squawky Chicks	11	100.0	2	3	105.0	95.5	94.5	85.9	181.4
TOTAL	61	592.5	10	25	627.5	102.9	550.9	90.3	193.2

		PBs claimed	Parkrun	10k	Half M'thon	Marathon	other	Age graded
Old Birds	12	4	1	1	1		1	3
Fighting Feathers	12	4	2				2	2
Rowdy Roosters	13	2	1		1			1
Clucky Ducks	13	3		2			1	2
Squawky Chicks	11	3	2		1			3
TOTAL	61	16	6	3	3		4	11

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	12	21886	272.5	80.3	4	4
Fighting Feathers	12	22505	261.4	86.1	10	8
Rowdy Roosters	13	19877	233.99	84.9	8	5
Clucky Ducks	13	31796	379.2	83.9	6	5
Squawky Chicks	11	14779	211.9	69.7	2	4
TOTAL	61	110844	1358.99	81.6		

Timed Runs. Only one point per team per event per week!		Old Birds	Fighting Feathers	Rowdy Roosters	Clucky Ducks	Squawky Chicks
Hallam PR	1	2	1	1	1	2
Grindleford Gallop	2	1	2	1	3	1
Silverstone HM	3	1		1		
Dronfield 10k	4	1			2	
ForgeDamOrienteering	5		1			
Graves PR	6		1	1	1	
Bath Half Marathon	7		1			
Hillsborough PR	8		1	1		
Knighton 20miles	9					1
Castle PR	10		1		1	
Concord PR	11		1			
Liverpool HM	12					1
	13					
Timed Run BONUS	10	4	8	5	5	4

WEEK 10's RESULTS	
Total points for week = Individual + Timed + Elevation +PB and Age Grading points + INITIAL MARCH SEGMENT POINTS	Position for Week TOTAL
Old Birds	236.8
Fighting Feathers	259.5
Rowdy Roosters	224.5
Clucky Ducks	233.0
Squawky Chicks	204.4



Individual Smiletastic Stars for week 10 (23 points and above)

Individual Stars for week 10 (alphabetical on Strava names!)	Points from No of runs and Longest run	Bonuses claimed	Timed runs	PB & Age	Total	Team
Juliet Heatley	20.0	2	1	2	25.0	Old Birds
Caroline French	20.0		2	2	24.0	Clucky Ducks
Cass Dowthwaite	20.0	1	1	2	24.0	Clucky Ducks
Charlotte Shepherd	20.0	2	1	1	24.0	Fighting Feathers
Elizabeth Carr	20.0	1	1	2	24.0	Old Birds
Nicola Rafferty	20.0		2	2	24.0	Old Birds
Nicola Sewell	20.0	1	1	2	24.0	Fighting Feathers
Pamela Leon	20.0	1	1	2	24.0	Fighting Feathers
Tee Dublu	20.0	1	1	2	24.0	Rowdy Roosters
A Hathway	20.0	1	1	1	23.0	Clucky Ducks
Bronwen Doyle	20.0		3		23.0	Fighting Feathers
Isobel Ellis	20.0	1	1	1	23.0	Old Birds
Jemma Babiker	20.0		1	2	23.0	Squawky Chicks
Jo Rockliff	20.0	1	1	1	23.0	Rowdy Roosters
Kathryn Wilkinson	20.0	2	1		23.0	Fighting Feathers
Ruth Jacobs	20.0	1	1	1	23.0	Fighting Feathers
Sarah Hillary	20.0		1	2	23.0	Squawky Chicks
Stephanie Fauset	20.0		1	2	23.0	Squawky Chicks

TEAMS	number completing 100% of pledged runs	Number of SANDBAGGERS !(more runs than targetted)	Number in team	SICKY cards played
Old Birds	12	5	12	none
Fighting Feathers	12	8	12	1
Rowdy Roosters	11	6	13	none
Clucky Ducks	13	8	13	none
Squawky Chicks	10	2	11	none
TOTAL	58	29	61	1



Elevation stars for week 10 for 92 and over	Total Elevation	miles	ft per mile
Sophie Milner	1879	14.2	132.3
Isobel Ellis	4311	33.5	128.7
Julie Peckett	2699	23	117.3
Nic Frow	2798	24.1	116.1
Sandi Carman	2950	26.1	113.0
Jasmina Towers	826	7.8	105.9
Dawn Trueman	2829	27.3	103.6
Ruth Jacobs	3469	33.5	103.6
Charlotte Shepherd	4405	43.4	101.5
Sarah Gibbon	3470	34.7	100.0
Lianna Bell	3187	32.2	99.0
Kathryn Wilkinson	1682	17.1	98.4
A Hathway	3968	40.6	97.7
Tee Dublu	2351	25.4	92.6

MARCH SEGMENT POINTS	Avg time all segments	Points from initial time	Number available	Percentage of each team on each segment Strava table (out of those on Strava)										TOTAL
				Whirlow	points	Graves	points	Ringinglow	points	Millhouses	points	Porter	points	
Old Birds	19:46:45	10	11	10	3	10	4	9	2	10	3	11	5	27
Fighting Feathers	20:47:07	6	13	12	4	12	5	12	5	13	5	13	5	30
Rowdy Roosters	20:50:37	4	13	11	2	8	1	12	5	10	1	12	3	16
Clucky Ducks	20:03:25	8	13	12	4	9	2	12	5	12	4	12	3	26
Squawky Chicks	21:29:57	2	11	9	1	8	3	9	2	9	2	10	1	11

Note: Over the next 3 weeks, the challenge is to decrease the average time for each segment. Points will be awarded for each segment separately and for individuals.

TEAMS - OVERALL POSITION	Sum of points	Overall Rank:	March points	March Rank	Week number												
					1	2	3	4	5	6	7	8	9	10	11	12	13
Old Birds	1648	4	406	4	104.0	115.3	109.3	105.3	202.4	196.8	201.6	207.3	169.5	236.8			
Fighting Feathers	1840	1	471	1	116.6	120.9	130.6	121.6	221.8	197.8	222.5	237.2	211.5	259.5			
Rowdy Roosters	1677	3	428	3	113.5	118.4	107.3	110.8	190.2	189.8	207.8	211.1	203.7	224.5			
Clucky Ducks	1766	2	444	2	108.8	114.2	110.8	118.5	210.2	221.2	222.7	215.3	211.0	233.0			
Squawky Chicks	1558	5	404	5	106.7	106.1	104.1	104.3	197.6	171.1	176.1	187.2	199.9	204.4			

HOW THE SCORING WORKS IN MARCH

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 for Sub-zero and pre7/post8 which are added to individual scores.

March extra Each person can also claim bonus points for a PB (one per race!) and for a new best Age Grading. These are added to the teams's running points.

So, each person can earn up to about 25 points per week in March (extra timed runs are 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.

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

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 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?

INDIVIDUAL POINTS FOR IMPROVEMENT OVER STRAVA SEGMENTS

March extra Points will be added to each individual total at the end of week 13 for improved times over the 5 Strava Segments

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

March extra Points will be allocated at the end of week 10 for the total average pace across all 5 Strava Segments together. 10 for fastest, 8 for next etc.

March extra Points will be allocated at the end of week 10 for the percentage of each team who have run each of the 5 Strava Segments. 5 for the most, 4 next etc.

March extra Points will be allocated at the end of week 13 for the IMPROVEMENT in the average pace for each team for each of the 5 Strava segment. 5 for best, 4 next.etc

"Improved" average pace will be calculated by a combination of absolute change, improvement percentage from original and how many of the team have improved.

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

How the points were awarded after midnight on 13 March 2016

The team numbers are those using Strava

Number of each team o

Smiletastic runs Whirlow to Knowle lane				
14/03/2016	Number who have run it	Percentage of team	Number on Segment points	Average time for each team
Old Birds	10	91%	3	12:01
Fighting Feathers	12	92%	4	11:53
Rowdy Roosters	11	85%	2	12:33
Clucky Ducks	12	92%	4	11:29
Squawky Chicks	9	82%	1	12:41
TOTAL	54	89%		

Smiletastic 2016 runs round Graves Park				
14/03/2016	Number who have run it	Percentage of team	Number on Segment points	Average time for each team
Old Birds	10	91%	4	08:27
Fighting Feathers	12	92%	5	08:53
Rowdy Roosters	8	62%	1	08:28
Clucky Ducks	9	69%	2	09:41
Squawky Chicks	8	73%	3	08:41
TOTAL	47	77%		

Climbs Ringinglow				
14/03/2016	Number who have run it	Percentage of team	Number on Segment points	Average time for each team
Old Birds	9	82%	1	11:34
Fighting Feathers	12	92%	3	12:38
Rowdy Roosters	12	92%	3	12:24
Clucky Ducks	12	92%	3	11:37
Squawky Chicks	9	82%	1	12:14
TOTAL	54	89%		

Runs Millhouses				
14/03/2016	Number who have run it	Percentage of team	Number on Segment points	Average time for each team
Old Birds	10	91%	3	06:29
Fighting Feathers	13	100%	5	06:28
Rowdy Roosters	10	77%	1	06:24
Clucky Ducks	12	92%	4	06:26
Squawky Chicks	9	82%	2	06:45
TOTAL	54	89%		

Smiletastic 2016 follows the Porter Brook				
14/03/2016	Number who have run it	Percentage of team	Number on Segment points	Average time for each team
Old Birds	11	100%	4	05:13
Fighting Feathers	13	100%	4	04:53
Rowdy Roosters	12	92%	2	04:58
Clucky Ducks	12	92%	2	04:48
Squawky Chicks	10	91%	1	05:07
TOTAL	58	95%		

Average Initial Time

14/03/2016	Total Average pace across all segments	Initial Time points
Old Birds	19:46	10
Fighting Feathers	20:47	6
Rowdy Roosters	20:50	4
Clucky Ducks	20:03	8
Squawky Chicks	21:29	2

Remember, the challenge for the rest of the month is to **IMPROVE** the average pace for each segment.

Summary of Points for getting onto the segments As of 6:00am 14 March 2016

14/03/2016	Total number who are on the segment tables	Total points for numbers as of 4 March 2016
Old Birds	50 out of a possible 55	15
Fighting Feathers	62 out of a possible 65	21
Rowdy Rooster	53 out of a possible 65	9
Clucky Ducks	57 out of a possible 65	15
Squawky Chicks	45 out of a possible 55	8

Numbers eligible for the second part of the challenge		
	Number in each team	Notes
Old Birds	11	One Smiletastic member not on Strava
Fighting Feathers	13	Includes Margo (as I suspect she'll be back)
Rowdy Roosters	13	
Clucky Ducks	13	
Squawky Chicks	11	
	61	

Note: If anyone who is on the segment tables now doesn't manage to run the segment in the second part of the challenge, it will have no effect on the result.

Strava tables will only change over the next 3 weeks if you run a **FASTER** time for a segment. There is no change to the table if your time is slower than shown on the current tables.