

Week 11	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 Sub-zero and Hottie 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									
Old Birds	12	110.0		3	113.0	94.2	87.2	72.6	166.8
Fighting Feathers	12	115.0		7	122.0	101.7	113.2	94.4	196.0
Rowdy Roosters	13	113.3	1	5	119.3	91.8	111.0	85.4	177.2
Clucky Ducks	13	128.0		7	135.0	103.8	116.2	89.4	193.2
Squawky Chicks	11	104.7		4	108.7	98.8	75.8	68.9	167.7
TOTAL	61	571.0	1	26	598.0	98.0	503.3	82.5	180.5

		PBs claimed	Parkrun	10k	Half M'thon	Marathon	other	Age graded
Old Birds	12	4	3				1	2
Fighting Feathers	12	4	2	1			1	3
Rowdy Roosters	13	2	1				1	2
Clucky Ducks	13	4	3				1	2
Squawky Chicks	11	3		1			2	1
TOTAL	61	17	9	2			6	10

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	
TEAMS						
Old Birds	12	19022	188.8	100.8	10	4
Fighting Feathers	12	16810	192.9	87.1	8	8
Rowdy Roosters	13	18895	220.84	85.6	6	5
Clucky Ducks	13	20792	308.8	67.3	4	3
Squawky Chicks	11	8454	148.8	56.8	2	4
TOTAL	61	83973	1060.14	79.2		

Timed Runs. Only one point per team per event per week!		Old Birds	Fighting Feathers	Rowdy Roosters	Clucky Ducks	Squawky Chicks
Longshaw 10k	1	1	1	1		2
Hallam PR	2			3	2	1
Ashby 20	3			1	1	1
Concord PR	4		1			
Graves PR	5	1		1	1	1
Wardown PR	6			1		
Wolfs Pit fell race	7	1	1			
Nottingham resolution 10k	8		1			
Hillsborough PR	9	1	1			
Castle Pr	10		1			
Gainsborough 10k	11		1			
Bushy PR	12		1			
Timed Run BONUS	13	4	8	5	3	4



Individual Smiletastic Stars for week 11 (22 points and above)

Individual Stars for week 11 (alphabetical on Strava names!)	Points from No of runs and Longest Run	Bonuses claimed	Timed runs	PB & Age	Bunny	Total	Team
Ruth Jacobs	20.0	1	2	2	1	26.0	Fighting Feathers
Tee Dublin	20.0	1	2	2	1	26.0	Rowdy Roosters
Bronwen Doyle	20.0	1	2	1	1	25.0	Fighting Feathers
Claire MacDermott	20.0	1	2	2		25.0	Squawky Chicks
Helen Pennington	20.0	1	1	2	1	25.0	Clucky Ducks
Isabelle P	20.0	1	2	1	1	25.0	Old Birds
Juliet Heatley	20.0	1	1	2	1	25.0	Old Birds
Sarah Crossland	20.0	1	1	2	1	25.0	Clucky Ducks
Cath When	20.0		1	2	1	24.0	Fighting Feathers
Catherine Bowman	20.0	2	1		1	24.0	Rowdy Roosters
Jemma Babiker	20.0	1	1	1	1	24.0	Squawky Chicks
Kathryn Wilkinson	20.0	1	1	1	1	24.0	Fighting Feathers
Dot Kesterton	18.8		2	2	1	23.8	Old Birds
Andi Herrick	20.0	1	1		1	23.0	Rowdy Roosters
Barbara Jenkins	20.0		2	1		23.0	Old Birds
Charlotte Shepherd	20.0	1	1		1	23.0	Fighting Feathers
Clare Thompson	20.0		1	1	1	23.0	Clucky Ducks
Delia Watts	20.0	1	1		1	23.0	Fighting Feathers
Cass Dowthwaite	20.0	1			1	22.0	Clucky Ducks
Dawn Trueman	20.0		1		1	22.0	Rowdy Roosters
Fiona Jeffries	20.0		1		1	22.0	Fighting Feathers
Isobel Ellis	20.0	1			1	22.0	Old Birds
Kerry Newton	20.0	1			1	22.0	Clucky Ducks
Lucy Marris	20.0		1		1	22.0	Fighting Feathers
Nicola Sewell	20.0	1			1	22.0	Fighting Feathers

TEAMS (only those on Strava)	Number of bunnies	percentage of team (out of those on Strava)	POINTS
1 not on Strava Old Birds	6	54.5%	4
Fighting Feathers	11	91.7%	10
1 not on Strava Rowdy Roosters	6	50.0%	2
Clucky Ducks	9	69.2%	8
Squawky Chicks	7	63.6%	6
TOTAL	39		

TEAMS	number completing 100% of pledged runs	Number of SANBAGGERS! (more runs than targeted)	Number in team	SICKY cards played
Old Birds	11	2	12	1
Fighting Feathers	11	3	12	1
Rowdy Roosters	11	4	13	none
Clucky Ducks	12	4	13	none
Squawky Chicks	9	1	11	2
TOTAL	54	14	61	4

WEEK 11's RESULTS		
Total points for week = Individual + Timed + Elevation +PB and Age Grading points + Bunny points		Position for Week TOTAL
Old Birds	190.8	4
Fighting Feathers	229.0	1
Rowdy Roosters	194.2	3
Clucky Ducks	214.2	2
Squawky Chicks	183.7	5

Elevation stars for week 11 for 93 ft per mile and over	Total Elevation	miles	ft per mile
Lorraine Reuber	2444	14	174.6
Charlotte Jenkinson	1381	8.1	170.5
Hazel Fyffe	1885	13.1	143.9
A Hathway	3566	25.1	142.1
Ruth Jacobs	2141	15.3	139.9
Dot Kesterton	3814	28.8	132.4
Isobel Ellis	2014	16.4	122.8
Bronwen Doyle	2409	21.4	112.6
Pamela Leon	2395	22.8	105.0
Sophie Milner	2504	24.3	103.0
Dawn Trueman	2868	28.8	99.6
Jo Rockliff	2285	23.1	98.9
Isabelle P	1919	19.7	97.4
Charlotte Shepherd	1729	18.4	94.0

TEAMS - OVERALL POSITION	Sum of points	Overall Rank:	March point	March Rank	Week number													
					1	2	3	4	5	6	7	8	9	10	11	12	13	
Old Birds	1839	4	597	4	104.0	115.3	109.3	105.3	202.4	196.8	201.6	207.3	169.5	236.8	190.8			
Fighting Feathers	2072	1	703	1	116.6	120.9	130.6	121.6	221.8	197.8	222.5	237.2	211.5	262.1	229.0			
Rowdy Roosters	1871	3	622	3	113.5	118.4	107.3	110.8	190.2	189.8	207.8	211.1	203.7	224.5	194.2			
Clucky Ducks	1980	2	658	2	108.8	114.2	110.8	118.5	210.2	221.2	222.7	215.3	211.0	233.0	214.2			
Squawky Chicks	1741	5	588	5	106.7	106.1	104.1	104.3	197.6	171.1	176.1	187.2	199.9	204.4	183.7			

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

target was

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