

WIM/WSX Summer League Apr – Sept 24: Scoring

**** Note 8/7/24: Several people have been deducted points for crossing an uncrossable feature in Wareham Maprun. Contact Tom or Jon Brooke WSX for more info. ****

12 events total: 6 Maprun, 6 Physical. For a full programme please click [here](#)

All events are score courses, usually with a max score of 600 points, and a time limit of 60 minutes.

Lateness penalty is **10 pts per full or part minute** over the time limit. e.g. 62:01 = 30 point deduction. Time bonus for those who score max points, and is **10 pts per full minute** under the time limit. e.g. 58:30 = 10 point bonus

Separate Maprun and Physical Leagues**Open Scoring (best 4 scores to count)**

$$\text{Event Score} = \text{Control Points} \pm \text{Bonus/Penalty}$$

All event scores to be adjusted to 500 points max. Calculated as:

$$\text{League Points} = \text{Event Score} \times (500 \div \text{Winning Score})$$

For typical distances, this ensures that a runner of a consistent standard should expect to receive a similar league score each event regardless of event difficulty - assuming that the speed of the fastest runner is similar across events.

Top 4 scores to count towards league. If 2 competitors have the same final score, the competitor with the lowest total time for their top 4 runs is favoured.

Age Graded Scoring (best 4 scores to count)

$$\text{Event Score for Age Grading} = \text{Control Points (no bonus or penalty, this comes later!)}$$

$$\text{Points per Minute (PPM)} = \text{Event Score} \div \text{Adjusted Time}$$

- If you score max pts, adjusted time is your raw time
- If you score less than max pts, **and** finish in 60 minutes or less, your adjusted time is 60:00
- If you score less than max pts, **and** take longer than 60 minutes, your adjusted time is your raw time.

This is to encourage everyone to fully use the 60 minutes!

The **Speed Ratio** is derived from the World Athletics Age Grading System, based on a 10KM race. Your individual speed ratio can be found in the detailed breakdown on Page 5.

$$\text{Age Graded League Points (unadjusted)} = \text{PPM} \div \text{Speed Ratio}$$

Your age graded league points are then adjusted as previously, such that the winner receives 500 points.

Top 4 scores to count towards league. If 2 competitors have the same final score, the competitor with the lowest total time for their top 4 runs is favoured.

For example

A 50 year old female runner scores **550 points in 58:30 minutes**; winner scores 600 pts and has an AG score of 14.00.

- Her open score is **458.33 pts** ($500 / 600 * 550$)
- She scores less than max pts, so her adjusted time is **60 minutes**
- Her PPM is **9.17** ($550 \text{ pts} / 60.00 \text{ minutes}$)
- Her speed ratio is **0.78765**, so her unadjusted event score is **11.64 pts** ($9.17 / 0.78765$)
- This is then adjusted to **416 pts** ($500 / 14.00 * 11.64$)

N.B. Since Year of Birth is not provided by Racesignup, I have used where possible the club rankings on the BOF website. **If you do not have a BOF ranking, your name is in orange**, and your age graded score is based on the year in your Age Class (e.g. M40 is assumed to be 40 years old).

Combined League

The same scoring system is used, but your **top 8 scores from any league** are added to give your combined league score. If 2 competitors have the same final score, the competitor with the lowest total time for their top 8 runs is favoured.

Physical League after 4 Events

Open												
Name	Club	Age Class	Events	Harmworthy	Hive Beach	Corfe Castle	Verwood	Christchurch	Gore Heath	Best 4	Volunteer	
James Crickmore	WSX	M21	4	500	500	500	500			2000	0	
John Oakes	WIM	M50	4	459	467	465	472			1863	0	
Roger Crickmore	WSX	M60	3	377	447		208			1512	480	
Colin Raynor	WIM	M55	4	397	360	333	389			1479	0	
Harry Bratcher-Howard	WIM	M18	3		487	491	493			1471	0	
Vicky McCreadie	WIM	W40	4	363	347	377	354			1441	0	
Rob Mills	WIM	M55	2	411		465				1356	480	
Monty Bratcher-Howard	WIM	M16	3		487	377	472			1336	0	
Oliver Heckford	WSX	M18	3	384	413	447				1244	0	
Karen French	WIM	W55	2	370		377				1227	480	
Jim Graham	WIM	M70	4	281	260	298	326			1165	0	
Sheila Gold	WSX	W70	4	260	273	246	264			1043	0	
Russell McCreadie	WIM	M16	4	137	320	201	347			1005	0	
Chris Branford	WIM	M75	3	267		342	354			963	0	
Alan Blanchflower	WSX	M35	2	493		447				940	0	
Julie Astin	WSX	W70	2		213		236			929	480	
Tom Alcock	WIM	M21	1	370						850	480	
Jon Brooke	WSX	M55	2	397		439				836	0	
Laura Wilcox	WSX	W60	3	336	307	193				836	0	
Alice French	WIM	W14	2		400		417			817	0	
Becca Ewing	WIM	W35	2	390			410			800	0	
Ian Sayer	WSX	M70	1		307					787	480	
Kath Pike	WIM	W60	3	240		246	292			778	0	
Justin Aspland-Monger	IND	M45	2	377			354			731	0	
Cat Edwardes	DEVON	W50	2	370		351				721	0	
Emma Townsend	WIM	W40	2	356	307					663	0	
Deborah Mays	WIM	W60	2		400		236			636	0	
Ian Tait	SARUM	M70	2	315	320					635	0	
Mike Christopher	WIM	M65	2	295	307					602	0	
Helen Hodge	WIM	W60	2	281			319			600	0	
Penelope Misselbrook	WIM	W60	3	178		211	194			583	0	
Nick Heckford	WSX	M55	2	247		333				580	0	
Chris Wilson	WIM	M60	2		320	254				574	0	
Kirsty Staunton	WIM	W65	2	212	340					552	0	
Pauline Worrall	WIM	W65	3	158		140	250			548	0	
Lynn Branford	WIM	W70	3	192		167	181			540	0	
Jolyon Medlock	WSX	M50	1			491				491	0	
Dave Mullins	SARUM	M75	2		280	211				491	0	
Andy French	WIM	M55	0							480	480	
Mike Kite	WIM	M75	0							480	480	
Bruno Smith	WSX	M60	0							480	480	
Nigel Morris	WIM	M65	2		233		208			441	0	
Harry Stuart	WIM	M21	1			439				439	0	
Marc Balston	SARUM	M50	1			439				439	0	
Jason Falconer	WSX	M50	1				438			438	0	
Denise Mullins	SARUM	W70	2		280	158				438	0	
Philip Harvey	WIM	M50	1		427					427	0	
Martin Cross	WIM	M75	2		207	219				426	0	
Quinn Family	IND	W14	1				417			417	0	
Alcock Family	IND	W50	1				417			417	0	

Age Graded												
Name	Club	Age Class	Events	Harmworthy	Hive Beach	Corfe Castle	Verwood	Christchurch	Gore Heath	Best 4	Volunteer	
John Oakes	WIM	M50	4	500	431	478	500			1909	0	
James Crickmore	WSX	M21	4	489	419	442	467			1817	0	
Roger Crickmore	WSX	M60	3	433	443		231			1587	480	
Colin Raynor	WIM	M55	4	433	331	350	408			1522	0	
Sheila Gold	WSX	W70	4	402	356	361	393			1512	0	
Vicky McCreadie	WIM	W40	4	398	320	394	374			1486	0	
Rob Mills	WIM	M55	2	468		500				1448	480	
Jim Graham	WIM	M70	4	366	286	371	410			1433	0	
Karen French	WIM	W55	2	475		462				1417	480	
Harry Bratcher-Howard	WIM	M18	3		426	467	494			1387	0	
Chris Branford	WIM	M75	3	401		464	486			1351	0	
Monty Bratcher-Howard	WIM	M16	3		437	362	475			1274	0	
Oliver Heckford	WSX	M18	3	380	347	421				1148	0	
Julie Astin	WSX	W70	2		282		357			1119	480	
Laura Wilcox	WSX	W60	3	455	354	277				1086	0	
Kath Pike	WIM	W60	3	351		317	381			1049	0	
Alice French	WIM	W14	2		500		494			994	0	
Jon Brooke	WSX	M55	2	449		478				927	0	
Alan Blanchflower	WSX	M35	2	496		407				903	0	
Cat Edwardes	DEVON	W50	2	457		413				870	0	
Lynn Branford	WIM	W70	3	316		262	286			864	0	
Becca Ewing	WIM	W35	2	415			421			836	0	
Tom Alcock	WIM	M21	1	343						823	480	
Ian Sayer	WSX	M70	1		337					817	480	
Helen Hodge	WIM	W60	2	386			423			809	0	
Pauline Worrall	WIM	W65	3	226		203	345			774	0	
Penelope Misselbrook	WIM	W60	3	238		268	262			768	0	
Ian Tait	SARUM	M70	2	411	352					763	0	
Kirsty Staunton	WIM	W65	2	318	429					747	0	
Justin Aspland-Monger	IND	M45	2	377			349			726	0	
Mike Christopher	WIM	M65	2	377	321					698	0	
Russell McCreadie	WIM	M16	4	147	178	139	223			687	0	
Emma Townsend	WIM	W40	2	382	278					660	0	
Denise Mullins	SARUM	W70	2		391	244				635	0	
Nick Heckford	WSX	M55	2	272		346				618	0	
Chris Wilson	WIM	M60	2		316	284				600	0	
Deborah Mays	WIM	W60	2		273		321			594	0	
Dave Mullins	SARUM	M75	2		318	270				588	0	
Caroline Christopher	WIM	W70	2	311	264					575	0	
Martin Cross	WIM	M75	2		254	304				558	0	
Gillian Cross	WIM	W75	2		242	300				542	0	
Jolyon Medlock	WSX	M50	1			488				488	0	
Andy French	WIM	M55	0							480	480	
Mike Kite	WIM	M75	0							480	480	
Bruno Smith	WSX	M60	0							480	480	
Lynn Wilson	WIM	W60	2		261	216				477	0	
Nigel Morris	WIM	M65	2		235		240			475	0	
Sue Hands	WIM	W75	1				467			467	0	
Nicola Harvey	WIM	W50	2	240	224					464	0	
Emma Heckford	WSX	W14	1		461					461	0	

Maprun League after 3 Events

Open											
Name	Club	Age Class	Events	Upton	Poundbury	Wareham	West Moors	Bearwood	Ringwood	Best 4	Volunteer
James Crickmore	WSX	M21	3	500	500	500				1500	0
Tom Alcock	WIM	M21	3	431	445	411				1287	0
Rob Mills	WIM	M55	3	417	427	419				1263	0
Oliver Heckford	WSX	M18	3	403	451	395				1249	0
Cat Edwardes	DEVON	W50	2	354		363				1197	480
Jason Falconer	WSX	M50	3	382	439	355				1176	0
Karen French	WIM	W55	3	375	415	363				1153	0
Justin Aspland-Monger	IND	M45	3	424	360	355				1139	0
Mike Christopher	WIM	M65	3	375	348	347				1070	0
Chris Branford	WIM	M75	3	313	372	347				1032	0
Colin Raynor	WIM	M55	3	278	354	371				1003	0
Ian Tait	SARUM	M70	3	306	335	331				972	0
Helen Hodge	WIM	W60	3	299	354	315				968	0
Vicky McCreddie	WIM	W40	3	333	360	266				959	0
Ian Sayer	WSX	M70	3	292	348	306				946	0
Jim Graham	WIM	M70	3	319	335	290				944	0
Laura Wilcox	WSX	W60	3	299	360	274				933	0
Kath Pike	WIM	W60	3	319	354	258				931	0
Harry Bratcher-Howard	WIM	M18	2		463	452				915	0
Monty Bratcher-Howard	WIM	M16	2		457	427				884	0
Giri Gurung	IND	M21	3	347	268	250				865	0
Sheila Gold	WSX	W70	3	285	317	258				860	0
John Oakes	WIM	M50	2	389	457					846	0
Dave Mullins	SARUM	M75	3	264	299	274				837	0
Julie Astin	WSX	W70	3	250	329	234				813	0
Rebecca Carron	IND	W50	3	257	299	242				798	0
Caroline Christopher	WIM	W70	3	278	299	210				787	0
Anish Gurung	IND	M21	3	264	274	218				756	0
Chris Wilson	WIM	M60	3	208	274	258				740	0
L-J Evans	WIM	W45	3	250	256	226				732	0
Denise Mullins	SARUM	W70	3	181	280	258				719	0
Emma Heckford	WSX	W14	2	347	354					701	0
Lynn Branford	WIM	W70	3	215	256	218				689	0
Penelope Misselbrook	WIM	W60	3	236	268	185				689	0
Linda Pakuls	WIM	W65	2	326	360					686	0
Pauline Worrall	WIM	W65	3	188	213	274				675	0
Lynn Wilson	WIM	W60	3	236	226	177				639	0
Tracy Crickmore	WSX	W55	2		293	274				567	0
Martin Cross	WIM	M75	3	97	244	218				559	0
Alan Hooper	WSX	M80	3	118	213	169				500	0
Gillian Cross	WIM	W75	3	42	244	194				480	0
Roger Crickmore	WSX	M60	1	444						444	0
Teresa Heckford	WSX	W50	2	194	244					438	0
Bruno Smith	WSX	M60	1		384					384	0
Nigel Morris	WIM	M65	2		134	226				360	0
Alice French	WIM	W14	1		335					335	0
Paul Roberts	QO	M60	1			323				323	0
Emma Townsend	WIM	W40	1	319						319	0
Roger Wilson	SLOW	M60	1		299					299	0
Eamon Staunton	WIM	M65	1	292						292	0

Age Graded											
Name	Club	Age Class	Events	Upton	Poundbury	Wareham	West Moors	Bearwood	Ringwood	Best 4	Volunteer
James Crickmore	WSX	M21	3	475	489	476				1440	0
Karen French	WIM	W55	3	465	500	472				1437	0
Chris Branford	WIM	M75	3	430	484	500				1414	0
Rob Mills	WIM	M55	3	454	451	479				1384	0
Cat Edwardes	DEVON	W50	2	423		454				1357	480
Mike Christopher	WIM	M65	3	450	393	442				1285	0
Helen Hodge	WIM	W60	3	396	441	437				1274	0
Sheila Gold	WSX	W70	3	425	444	403				1272	0
Ian Tait	SARUM	M70	3	395	397	450				1242	0
Caroline Christopher	WIM	W70	3	434	439	361				1234	0
Jason Falconer	WSX	M50	3	395	447	390				1232	0
Julie Astin	WSX	W70	3	379	469	371				1219	0
Oliver Heckford	WSX	M18	3	384	432	395				1211	0
Laura Wilcox	WSX	W60	3	391	442	376				1209	0
Kath Pike	WIM	W60	3	418	435	354				1207	0
Ian Sayer	WSX	M70	3	367	411	405				1183	0
Jim Graham	WIM	M70	3	402	397	383				1182	0
Tom Alcock	WIM	M21	3	387	398	386				1171	0
Denise Mullins	SARUM	W70	3	282	412	423				1117	0
Justin Aspland-Monger	IND	M45	3	411	327	371				1109	0
Lynn Branford	WIM	W70	3	342	383	363				1088	0
Dave Mullins	SARUM	M75	3	343	371	374				1088	0
Colin Raynor	WIM	M55	3	307	350	409				1066	0
Vicky McCreddie	WIM	W40	3	353	358	295				1006	0
Pauline Worrall	WIM	W65	3	292	278	404				974	0
Linda Pakuls	WIM	W65	2	465	482					947	0
Penelope Misselbrook	WIM	W60	3	305	325	316				946	0
Rebecca Carron	IND	W50	3	303	331	299				933	0
Harry Bratcher-Howard	WIM	M18	2		456	459				915	0
Monty Bratcher-Howard	WIM	M16	2		456	436				892	0
John Oakes	WIM	M50	2	401	472					873	0
Chris Wilson	WIM	M60	3	250	292	306				848	0
Lynn Wilson	WIM	W60	3	309	277	243				829	0
Gillian Cross	WIM	W75	3	72	398	352				822	0
Emma Heckford	WSX	W14	2	415	397					812	0
L-J Evans	WIM	W45	3	275	264	260				799	0
Giri Gurung	IND	M21	3	320	229	245				794	0
Martin Cross	WIM	M75	3	137	322	321				780	0
Alan Hooper	WSX	M80	3	170	295	255				720	0
Tracy Crickmore	WSX	W55	2		350	366				716	0
Anish Gurung	IND	M21	3	236	239	231				706	0
Roger Crickmore	WSX	M60	1	500						500	0
Teresa Heckford	WSX	W50	2	221	261					482	0
Nigel Morris	WIM	M65	2		145	273				418	0
Bruno Smith	WSX	M60	1		403					403	0
Paul Roberts	QO	M60	1			403				403	0
Kirsty Staunton	WIM	W65	1	382						382	0
Alice French	WIM	W14	1		377					377	0
Eamon Staunton	WIM	M65	1	362						362	0
Emma Townsend	WIM	W40	1	333						333	0

Age Grading Calculations (by Surname)

Table with columns for Name, Club, Age Class, Events, Speed Ratio, and various leagues (Upton, Foundry, Warehouse, West Moors, Bearwood, Ringwood, Hamworthy, Hive Beach, Corfe Castle, Verwood, Christchurch, Gore Heath). Each league has sub-columns for Points, Time, PPA, and AG Score.