

**WIM/WSX Summer League Apr – Sept 24: Scoring****CHANGES HIGHLIGHTED**

You may notice your scores have changed slightly from last month: please check the highlighted changes below

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 partial minute over the time limit. Anyone scoring full points is awarded 10 pts per minute under the time limit.

**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:

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

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

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.

**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 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 with Age graded score 14.00 pts.

- 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. Top 4 scores to count towards league. If 2 competitors have the same final score, the lowest total time for their top 8 runs is favoured.

# Maprun League after 2 events - Top 50 Runners

Open											
Name	Club	Age Class	Events	Upton	Poundbury	Wareham	West Moors	Bearwood	Ringwood	Best 4	Volunteer
James Crickmore	WSX	M21	2	500	500					1000	0
Tom Alcock	WIM	M21	2	431	445					876	0
Oliver Heckford	WSX	M18	2	403	451					854	0
John Oakes	WIM	M50	2	389	457					846	0
Rob Mills	WIM	M55	2	417	427					844	0
Cat Edwardes	DEVON	W50	1	354						834	480
Jason Falconer	WSX	M50	2	382	439					821	0
Justin Aspland-Monger	IND	M45	2	424	360					784	0
Mike Christopher	WIM	M65	2	375	348					723	0
Emma Heckford	WSX	W14	2	347	354					701	0
Vicky McCreadie	WIM	W40	2	333	360					693	0
Linda Pakuls	WIM	W65	2	326	360					686	0
Chris Branford	WIM	M75	2	313	372					685	0
Katherine Pike	WIM	W60	2	319	354					673	0
Laura Wilcox	WSX	W60	2	299	360					659	0
Jim Graham	WIM	M70	2	319	335					654	0
Helen Hodge	WIM	W60	2	299	354					653	0
Ian Tait	SARUM	M70	2	306	335					641	0
Ian Sayer	WSX	M70	2	292	348					640	0
Colin Raynor	WIM	M55	2	278	354					632	0
Giri Gurung	IND	M21	2	347	268					615	0
Sheila Gold	WSX	W70	2	285	317					602	0
Julie Astin	WSX	W70	2	250	329					579	0
Caroline Christopher	WIM	W70	2	278	299					577	0
Rebecca Carron	IND	W50	2	257	299					556	0
Anish Gurung	IND	M21	2	264	274					538	0
L-J Evans	WIM	W45	2	250	256					506	0
Penelope Misselbrook	WIM	W60	2	236	268					504	0
Chris Wilson	WIM	M60	2	208	274					482	0
Lynn Branford	WIM	W70	2	215	256					471	0
Harry Bratcher-Howard	WIM	M18	1		463					463	0
Lynn Wilson	WIM	W60	2	236	226					462	0
Denise Mullins	SARUM	W70	2	181	280					461	0
Monty Bratcher-Howard	WIM	M16	1		457					457	0
Roger Crickmore	WSX	M60	1	444						444	0
Teresa Heckford	WSX	W50	2	194	244					438	0
Pauline Worrall	WIM	W65	2	188	213					401	0
Bruno Smith	WSX	M60	1		384					384	0
Karen French	WIM	W55	1	375						375	0
Martin Cross	WIM	M75	2	97	244					341	0
Alice French	WIM	W14	1		335					335	0
Alan Hooper	WSX	M80	2	118	213					331	0
Emma Townsend	WIM	W40	1	319						319	0
Roger Wilson	IND	M60	1		299					299	0
Eamon Staunton	WIM	M65	1	292						292	0
Gillian Cross	WIM	W75	2	42	244					286	0
Russell McCreadie	WIM	M16	2	146	140					286	0
Robbie Miller	IND	M18	1	271						271	0
Kirsty Staunton	WIM	W65	1	264						264	0
Dave Mullins	SARUM	M75	1	264						264	0

Age Graded											
Name	Club	Age Class	Events	Upton	Poundbury	Wareham	West Moors	Bearwood	Ringwood	Best 4	Volunteer
James Crickmore	WSX	M21	2	475	500					975	0
Linda Pakuls	WIM	W65	2	465	493					958	0
Chris Branford	WIM	M75	2	430	495					925	0
Rob Mills	WIM	M55	2	454	461					915	0
Cat Edwardes	DEVON	W50	1	423						903	480
John Oakes	WIM	M50	2	401	484					885	0
Caroline Christopher	WIM	W70	2	434	450					884	0
Sheila Gold	WSX	W70	2	425	455					880	0
Katherine Pike	WIM	W60	2	418	445					863	0
Julie Astin	WSX	W70	2	379	480					859	0
Jason Falconer	WSX	M50	2	395	458					853	0
Mike Christopher	WIM	M65	2	450	402					852	0
Helen Hodge	WIM	W60	2	396	451					847	0
Laura Wilcox	WSX	W60	2	391	453					844	0
Oliver Heckford	WSX	M18	2	384	442					826	0
Emma Heckford	WSX	W14	2	415	406					821	0
Jim Graham	WIM	M70	2	402	406					808	0
Ian Tait	SARUM	M70	2	395	406					801	0
Tom Alcock	WIM	M21	2	387	407					794	0
Ian Sayer	WSX	M70	2	367	421					788	0
Justin Aspland-Monger	IND	M45	2	411	335					746	0
Lynn Branford	WIM	W70	2	342	392					734	0
Vicky McCreadie	WIM	W40	2	353	366					719	0
Denise Mullins	SARUM	W70	2	269	402					671	0
Colin Raynor	WIM	M55	2	307	358					665	0
Rebecca Carron	IND	W50	2	303	339					642	0
Penelope Misselbrook	WIM	W60	2	305	333					638	0
Lynn Wilson	WIM	W60	2	305	280					585	0
Pauline Worrall	WIM	W65	2	292	284					576	0
Giri Gurung	IND	M21	2	320	235					555	0
L-J Evans	WIM	W45	2	275	271					546	0
Chris Wilson	WIM	M60	2	243	290					533	0
Roger Crickmore	WSX	M60	1	500						500	0
Teresa Heckford	WSX	W50	2	221	267					488	0
Anish Gurung	IND	M21	2	236	244					480	0
Gillian Cross	WIM	W75	2	72	407					479	0
Alan Hooper	WSX	M80	2	170	302					472	0
Harry Bratcher-Howard	WIM	M18	1		467					467	0
Monty Bratcher-Howard	WIM	M16	1		467					467	0
Martin Cross	WIM	M75	2	137	330					467	0
Karen French	WIM	W55	1	465						465	0
Bruno Smith	WSX	M60	1		413					413	0
Alice French	WIM	W14	1		385					385	0
Kirsty Staunton	WIM	W65	1	382						382	0
Eamon Staunton	WIM	M65	1	362						362	0
Dave Mullins	SARUM	M75	1	343						343	0
Emma Townsend	WIM	W40	1	333						333	0
Roger Wilson	IND	M60	1		316					316	0
Nicola Harvey	WIM	W50	1	285						285	0
Russell McCreadie	WIM	M16	2	142	131					273	0

# Physical League after 2 events - Top 50 Runners

Open											
Name	Club	Age Class	Events	Hamworthy	Hive Beach	Corfe Castle	Verwood	Christchurch	Gore Heath	Best 4	Volunteer
James Crickmore	WSX	M21	2	500	500					1000	0
John Oakes	WIM	M50	2	459	467					926	0
Rob Mills	WIM	M55	1	411						891	480
Cat Edwardes	DEVON	W50	1	370						850	480
Roger Crickmore	WSX	M60	2	377	447					824	0
Oliver Heckford	WSX	M18	2	384	413					797	0
Ian Sayer	WSX	M70	1		307					787	480
Colin Raynor	WIM	M55	2	397	360					757	0
Vicky McCreadie	WIM	W40	2	363	347					710	0
Julie Astin	WSX	W70	1		213					693	480
Emma Townsend	WIM	W40	2	356	307					663	0
Laura Wilcox	WSX	W60	2	336	307					643	0
Ian Tait	SARUM	M70	2	315	320					635	0
Mike Christopher	WIM	M65	2	295	307					602	0
Kirsty Staunton	WIM	W65	2	212	340					552	0
Jim Graham	WIM	M70	2	281	260					541	0
Sheila Gold	WSX	W70	2	260	273					533	0
Alan Blanchflower	WSX	M35	1	493						493	0
Monty Bratcher-Howard	WIM	M16	1		487					487	0
Harry Bratcher-Howard	WIM	M18	1		487					487	0
Mike Kite	WIM	M75	0							480	480
Russell McCreadie	WIM	M16	2	137	320					457	0
Philip Harvey	WIM	M50	1		427					427	0
Alice French	WIM	W14	1		400					400	0
Emma Heckford	WSX	W14	1		400					400	0
Nick Monckton	IND	M55	1		400					400	0
Mke Dean	IND	W10	1		400					400	0
Deborah Mays	WIM	W60	1		400					400	0
Jon Brooke	WSX	M55	1	397						397	0
Becca Ewing	WIM	W35	1	390						390	0
Damian Boyle	IND	M50	1	390						390	0
Self Family 1	IND	M10	1		387					387	0
Caroline Christopher	WIM	W70	2	192	193					385	0
Nicola Harvey	WIM	W50	2	158	220					378	0
Justin Aspland-Monger	IND	M45	1	377						377	0
Thomas Staunton	IND	M35	1	377						377	0
Tom Alcock	WIM	M21	1	370						370	0
Karen French	WIM	M55	1	370						370	0
Rob Hick	WSX	M60	1		367					367	0
Scott Elford	WSX	M21	1		360					360	0
Self Family 2	IND	M10	1		360					360	0
Heather Harvey	WIM	W16	1		360					360	0
Eamon Staunton	WIM	M65	1	342						342	0
Robert Lines	SO	M55	1		340					340	0
Chris Wilson	WIM	M60	1		320					320	0
Tony Hext	QO	M75	1	308						308	0
Carolyn Dent	BOK	W60	1		307					307	0
Helen Hodge	WIM	W60	1	281						281	0
Dave Mullins	SARUM	M75	1		280					280	0
Denise Mullins	SARUM	W70	1		280					280	0

Age Graded											
Name	Club	Age Class	Events	Hamworthy	Hive Beach	Corfe Castle	Verwood	Christchurch	Gore Heath	Best 4	Volunteer
Rob Mills	WIM	M55	1	468						948	480
Cat Edwardes	DEVON	W50	1	457						937	480
John Oakes	WIM	M50	2	500	431					931	0
James Crickmore	WSX	M21	2	489	419					908	0
Roger Crickmore	WSX	M60	2	433	443					876	0
Ian Sayer	WSX	M70	1		337					817	480
Laura Wilcox	WSX	W60	2	455	354					809	0
Colin Raynor	WIM	M55	2	433	331					764	0
Ian Tait	SARUM	M70	2	411	352					763	0
Julie Astin	WSX	W70	1		282					762	480
Sheila Gold	WSX	W70	2	402	356					758	0
Kirsty Staunton	WIM	W65	2	318	429					747	0
Oliver Heckford	WSX	M18	2	380	347					727	0
Vicky McCreadie	WIM	W40	2	398	320					718	0
Mike Christopher	WIM	M65	2	377	321					698	0
Emma Townsend	WIM	W40	2	382	278					660	0
Jim Graham	WIM	M70	2	366	286					652	0
Caroline Christopher	WIM	W70	2	311	264					575	0
Alice French	WIM	W14	1		500					500	0
Alan Blanchflower	WSX	M35	1	496						496	0
Mike Kite	WIM	M75	0							480	480
Karen French	WIM	W55	1	475						475	0
Nicola Harvey	WIM	W50	2	240	224					464	0
Emma Heckford	WSX	W14	1		461					461	0
Jon Brooke	WSX	M55	1	449						449	0
Monty Bratcher-Howard	WIM	M16	1		437					437	0
Harry Bratcher-Howard	WIM	M18	1		426					426	0
Tony Hext	QO	M75	1	422						422	0
Eamon Staunton	WIM	M65	1	421						421	0
Becca Ewing	WIM	W35	1	415						415	0
Damian Boyle	IND	M50	1	407						407	0
Chris Branford	WIM	M75	1	401						401	0
Helen Hodge	WIM	W60	1	386						386	0
Philip Harvey	WIM	M50	1		383					383	0
Justin Aspland-Monger	IND	M45	1	377						377	0
Denise Mullins	SARUM	W70	1		373					373	0
Nick Monckton	IND	M55	1		371					371	0
Rob Hick	WSX	M60	1		366					366	0
Carolyn Dent	BOK	W60	1		355					355	0
Thomas Staunton	IND	M35	1	353						353	0
Katherine Pike	WIM	W60	1	351						351	0
Alastair Moir	SOC	M70	1	346						346	0
Tom Alcock	WIM	M21	1	343						343	0
Russell McCreadie	WIM	M16	2	147	178					325	0
Robert Lines	SO	M55	1		324					324	0
Mke Dean	IND	W10	1		321					321	0
Dave Mullins	SARUM	M75	1		318					318	0
Lynn Branford	WIM	W70	1	316						316	0
Chris Wilson	WIM	M60	1		307					307	0
Tracy Crickmore	WSX	W55	1		304					304	0

# Combined League after 4 events - Top 50 Runners

Open				Maprun League					Physical League								
Name	Club	Age Class	Events	Upton	Poundbury	Wareham	West Moors	Bearwood	Ringwood	Hamworthy	Hive Beach	Corfe Castle	Verwood	Christchurch	Gore Heath	Best 8	Volunteer
James Crickmore	WSX	M21	4	500	500					500	500					2000	0
John Oakes	WIM	M50	4	389	457					459	467					1772	0
Rob Mills	WIM	M55	3	417	427					411						1735	480
Oliver Heckford	WSX	M18	4	403	451					384	413					1651	0
Ian Sayer	WSX	M70	3	292	348						307					1427	480
Vicky McCreddie	WIM	W40	4	333	360					363	347					1403	0
Colin Raynor	WIM	M55	4	278	354					397	360					1389	0
Mike Christopher	WIM	M65	4	375	348					295	307					1325	0
Laura Wilcox	WSX	W60	4	299	360					336	307					1302	0
Ian Tait	SARUM	M70	4	306	335					315	320					1276	0
Julie Astin	WSX	W70	3	250	329						213					1272	480
Roger Crickmore	WSX	M60	3	444						377	447					1268	0
Tom Alcock	WIM	M21	3	431	445					370						1246	0
Cat Edwardes	DEVON	W50	2	354						370						1204	480
Jim Graham	WIM	M70	4	319	335					281	260					1195	0
Justin Aspland-Monger	IND	M45	3	424	360					377						1161	0
Sheila Gold	WSX	W70	4	285	317					260	273					1135	0
Emma Heckford	WSX	W14	3	347	354						400					1101	0
Emma Townsend	WIM	W40	3	319						356	307					982	0
Caroline Christopher	WIM	W70	4	278	299					192	193					962	0
Chris Branford	WIM	M75	3	313	372					267						952	0
Harry Bratcher-Howard	WIM	M18	2		463						487					950	0
Monty Bratcher-Howard	WIM	M16	2		457						487					944	0
Helen Hodge	WIM	W60	3	299	354					281						934	0
Katherine Pike	WIM	W60	3	319	354					240						913	0
Jason Falconer	WSX	M50	2	382	439											821	0
Kirsty Staunton	WIM	W65	3	264						212	340					816	0
Chris Wilson	WIM	M60	3	208	274						320					802	0
Karen French	WIM	W55	2	375						370						745	0
Russell McCreddie	WIM	M16	4	146	140					137	320					743	0
Denise Mullins	SARUM	W70	3	181	280						280					741	0
Alice French	WIM	W14	2		335						400					735	0
Linda Pakuls	WIM	W65	2	326	360											686	0
Penelope Misselbrook	WIM	W60	3	236	268					178						682	0
Lynn Wilson	WIM	W60	3	236	226						220					682	0
Lynn Branford	WIM	W70	3	215	256					192						663	0
Eamon Staunton	WIM	M65	2	292						342						634	0
Giri Gurung	IND	M21	2	347	268											615	0
Nicola Harvey	WIM	W50	3	215						158	220					593	0
Pauline Worrall	WIM	W65	3	188	213					158						559	0
Rebecca Carron	IND	W50	2	257	299											556	0
Martin Cross	WIM	M75	3	97	244						207					548	0
Dave Mullins	SARUM	M75	2	264							280					544	0
Anish Gurung	IND	M21	2	264	274											538	0
L-J Evans	WIM	W45	2	250	256											506	0
Alan Blanchflower	WSX	M35	1							493						493	0
Mike Kite	WIM	M75	0													480	480
Gillian Cross	WIM	W75	3	42	244						160					446	0
Teresa Heckford	WSX	W50	2	194	244											438	0
Philip Harvey	WIM	M50	1								427					427	0

Age Graded				Maprun League					Physical League								
Name	Club	Age Class	Events	Upton	Poundbury	Wareham	West Moors	Bearwood	Ringwood	Hamworthy	Hive Beach	Corfe Castle	Verwood	Christchurch	Gore Heath	Best 8	Volunteer
James Crickmore	WSX	M21	4	475	500					489	419					1883	0
Rob Mills	WIM	M55	3	454	461					468						1863	480
John Oakes	WIM	M50	4	401	484					500	431					1816	0
Laura Wilcox	WSX	W60	4	391	453					455	354					1653	0
Sheila Gold	WSX	W70	4	425	455					402	356					1638	0
Julie Astin	WSX	W70	3	379	480						282					1621	480
Ian Sayer	WSX	M70	3	367	421						337					1605	480
Ian Tait	SARUM	M70	4	395	406					411	352					1564	0
Oliver Heckford	WSX	M18	4	384	442					380	347					1553	0
Mike Christopher	WIM	M65	4	450	402					377	321					1550	0
Jim Graham	WIM	M70	4	402	406					366	286					1460	0
Caroline Christopher	WIM	W70	4	434	450					311	264					1459	0
Vicky McCreddie	WIM	W40	4	353	366					398	320					1437	0
Colin Raynor	WIM	M55	4	307	358					433	331					1429	0
Roger Crickmore	WSX	M60	3	500						433	443					1376	0
Cat Edwardes	DEVON	W50	2	423						457						1360	480
Chris Branford	WIM	M75	3	430	495					401						1326	0
Emma Heckford	WSX	W14	3	415	406						461					1282	0
Helen Hodge	WIM	W60	3	396	451					386						1233	0
Katherine Pike	WIM	W60	3	418	445					351						1214	0
Tom Alcock	WIM	M21	3	387	407					343						1137	0
Kirsty Staunton	WIM	W65	3	382						318	429					1129	0
Justin Aspland-Monger	IND	M45	3	411	335					377						1123	0
Lynn Branford	WIM	W70	3	342	392					316						1050	0
Denise Mullins	SARUM	W70	3	269	402						373					1044	0
Emma Townsend	WIM	W40	3	333						382	278					993	0
Linda Pakuls	WIM	W65	2	465	493											958	0
Karen French	WIM	W55	2	465						475						940	0
Monty Bratcher-Howard	WIM	M16	2		467						437					904	0
Harry Bratcher-Howard	WIM	M18	2		467						426					893	0
Alice French	WIM	W14	2		385						500					885	0
Penelope Misselbrook	WIM	W60	3	305	333					238						876	0
Jason Falconer	WSX	M50	2	395	458											853	0
Lynn Wilson	WIM	W60	3	305	280						257					842	0
Chris Wilson	WIM	M60	3	243	290						307					840	0
Pauline Worrall	WIM	W65	3	292	284									226		802	0
Eamon Staunton	WIM	M65	2	362						421						783	0
Nicola Harvey	WIM	W50	3	285						240	224					749	0
Gillian Cross	WIM	W75	3	72	407						242					721	0
Martin Cross	WIM	M75	3	137	330						254					721	0
Dave Mullins	SARUM	M75	2	343							318					661	0
Rebecca Carron	IND	W50	2	303	339											642	0
Russell McCreddie	WIM	M16	4	142	131					147	178					598	0
Giri Gurung	IND	M21	2	320	235											555	0
L-J Evans	WIM	W45	2	275	271											546	0
Alan Blanchflower	WSX	M35	1							496						496	0
Teresa Heckford	WSX	W50	2	221	267											488	0
Anish Gurung	IND	M21	2	236	244											480	0
Mike Kite	WIM	M75	0													480	480
Alan Hooper	WSX	M80	2	170	302											472	0

