

KENT FITNESS LEAGUE CROSS-COUNTRY RESULTS - ROUGH COMMON (07/02/16)

MEN

| 1st Name | 2nd Name   | Time<br>Mins | Time<br>Secs | Time<br>Secs | Position | Rating<br>% | Handicap<br>Factor | H/cap in<br>Secs | H/cap<br>Mins | Time<br>Secs | Handicap<br>Position | New H/cap<br>Factor | Runs |
|----------|------------|--------------|--------------|--------------|----------|-------------|--------------------|------------------|---------------|--------------|----------------------|---------------------|------|
| Tom      | Woodcock   | 38           | 8            | 2288         | 50       | 77.1        | 0.69               | 1579             | 26            | 18           | 1                    | 0.81                | 4    |
| Alan     | Cox        | 41           | 22           | 2482         | 96       | 55.6        | 0.72               | 1787             | 29            | 47           | 2                    | 0.75                | 7    |
| Harry    | Phelps     | 39           | 23           | 2363         | 67       | 69.2        | 0.77               | 1820             | 30            | 19           | 3                    | 0.78                | 6    |
| Anthony  | O'Brien    | 40           | 11           | 2411         | 79       | 63.6        | 0.76               | 1832             | 30            | 32           | 4                    | 0.77                | 5    |
| Steve    | Hull       | 44           | 58           | 2698         | 145      | 32.7        | 0.68               | 1835             | 30            | 34           | 5                    | 0.69                | 5    |
| Alan     | Jackaman   | 56           | 49           | 3409         | 208      | 3.3         | 0.54               | 1841             | 30            | 40           | 6                    | 0.54                | 5    |
| Nigel    | Kent       | 47           | 15           | 2835         | 162      | 24.8        | 0.65               | 1843             | 30            | 42           | 7                    | 0.65                | 5    |
| Peter    | Cane Jnr   | 39           | 24           | 2364         | 68       | 68.7        | 0.78               | 1844             | 30            | 43           | 8                    | 0.78                | 3    |
| John     | Kemp       | 49           | 36           | 2976         | 178      | 17.3        | 0.62               | 1845             | 30            | 45           | 9                    | 0.62                | 7    |
| Sas      | Parmar     | 71           | 40           | 4300         | 214      | 0.5         | 0.43               | 1849             | 30            | 49           | 10                   | 0.43                | 1    |
| Craig    | Gibbons    | 40           | 12           | 2412         | 80       | 63.1        | 0.77               | 1857             | 30            | 57           | 11                   | 0.77                | 6    |
| Bill     | Phelps     | 43           | 39           | 2619         | 126      | 41.6        | 0.71               | 1859             | 30            | 59           | 12                   | 0.71                | 6    |
| Dai      | Jones      | 44           | 27           | 2667         | 138      | 36.0        | 0.70               | 1867             | 31            | 6            | 13                   | 0.69                | 4    |
| Sam      | Deathe     | 36           | 51           | 2211         | 33       | 85.0        | 0.85               | 1879             | 31            | 19           | 14                   | 0.84                | 5    |
| Joe      | Regan      | 51           | 16           | 3076         | 187      | 13.1        | 0.62               | 1907             | 31            | 47           | 15                   | 0.60                | 5    |
| Sean     | McGranahan | 50           | 55           | 3055         | 183      | 15.0        | 0.63               | 1925             | 32            | 4            | 16                   | 0.61                | 4    |
| Paul     | Miller     | 44           | 29           | 2669         | 139      | 35.5        | 0.73               | 1948             | 32            | 28           | 17                   | 0.69                | 7    |
| Steve    | Walker     | 50           | 45           | 3045         | 182      | 15.4        | 0.64               | 1949             | 32            | 28           | 18                   | 0.61                | 5    |
| David    | Cheeseman  | 44           | 43           | 2683         | 143      | 33.6        | 0.73               | 1959             | 32            | 38           | 19                   | 0.69                | 5    |
| Andrew   | Eastment   | 39           | 33           | 2373         | 71       | 67.3        | 0.83               | 1970             | 32            | 49           | 20                   | 0.78                | 3    |
| Nello    | Lorenzotti | 46           | 12           | 2772         | 157      | 27.1        | 0.75               | 2079             | 34            | 39           | 21                   | 0.67                | 5    |

Winning Time 30 52 1852

Finishers  
NEJ Finishers

214  
21

Men's Team =9th Place  
Combined Team = 9th Place

LADIES

| 1st Name | 2nd Name   | Time<br>Mins | Time<br>Secs | Time<br>Secs | Position | Rating<br>% | Handicap<br>Factor | H/cap in<br>Secs | H/cap<br>Mins | Time<br>Secs | Handicap<br>Position | New H/cap<br>Factor | Runs |
|----------|------------|--------------|--------------|--------------|----------|-------------|--------------------|------------------|---------------|--------------|----------------------|---------------------|------|
| Janet    | Lugton     | 51           | 42           | 3102         | 64       | 36.4        | 0.67               | 2078             | 34            | 38           | 1                    | 0.70                | 4    |
| Rebecca  | White      | 56           | 56           | 3416         | 81       | 19.2        | 0.63               | 2152             | 35            | 52           | 2                    | 0.63                | 5    |
| Alison   | Bell       | 51           | 16           | 3076         | 61       | 39.4        | 0.70               | 2153             | 35            | 53           | 3                    | 0.70                | 5    |
| Laura    | Portway    | 38           | 58           | 2338         | 6        | 94.9        | 0.93               | 2174             | 36            | 14           | 4                    | 0.92                | 6    |
| Kate     | Evan-Jones | 47           | 17           | 2837         | 42       | 58.6        | 0.77               | 2184             | 36            | 24           | 5                    | 0.76                | 5    |
| Jenny    | Neal       | 42           | 19           | 2539         | 21       | 79.8        | 0.92               | 2336             | 38            | 55           | 6                    | 0.85                | 5    |
| Mandy    | White      | 56           | 56           | 3416         | 82       | 18.2        | 0.70               | 2391             | 39            | 51           | 7                    | 0.63                | 5    |

Winning Time 36 1 2161

Finishers  
NEJ Finishers

99  
7

Ladies Team = 7th Place