

Congleton Harriers Summer Competition					30/08/2019 after race 31 - Mid Cheshire 5k		
OPEN Competition Standings					Category Standings		
<i>(Two race categories to secure a qualifying score)</i>					<i>(three races in a Fell/MT/XC category will ensure inclusion; four for Road)</i>		
Name	Races Completed	Qualifying Score	Best Eight	Overall Standing	Road	Fell	Multi Terrain
Chris Moss	11	319	319	First man	Chris Moss	Andy Roberts	Mel Worthington
Mel Worthington	10	319	319	First lady	Adam Powell	Chris Moss	Chris Moss
Jack Sargeant	10	315	315	Second man	Kelly Hurlstone	Sarah Proudmore	Paul Steel
Sarah Proudmore	15	314	314	Second lady	Suzie Roscoe	Josie Galbraith	Jack Sargeant
Kelly Hurlstone	13	313	313	Third lady	Rob Parkin	Jody Brooks	Paula Kennerley
Paul Steel	11	312	312	Third man			Adam Powell
Adam Powell	13	311	311		X-Country	Off Road <small>(Fell, Multi-Terrain & X-Country)</small>	<i>To qualify in the Off Road category, members need to have competed in at least two different off road events</i>
Josie Galbraith	12	301	301			Anthony Allan	
Jody Brooks	10	301	301			Chris Moss	
Suzie Roscoe	10	301	301			Kelly Hurlstone	
Paul Crean	12	299	299			Sarah Proudmore	
David Whittaker	13	295	295			Andy Roberts	
Rob Parkin	8	292	292			Paul Steel	

Competition rules are simple: just run in events from the competition list in order to win points. Maximum score (40 points) is awarded to the first Congleton Harrier home; 39 for second and so on. Independent scoring for ladies and men.

Precedence is given to members who secure a qualifying score by competing in different race categories - Fell, Multi-Terrain, X-Country & Road. See our Club website for a list of events

Best eight scores to count. Qualify by competing in two different race categories (summer) or three race categories (winter) to secure a **Qualifying Score** which must include at least one score from each qualifying category.

If the scores are tied, then precedence is given to the runner who has competed in the most race categories and then the most overall events.

Please report any errors or omissions to Rich Benson