

WEST SUSSEX FUN RUN LEAGUE 2022 Seniors	change in position since last RACE																		TOTAL	Position	Average Score in 'away' races	Actual score in own race	Position in 2019
	change in position since last YEAR	Hangover 5	Run Your Heart Out 8K	Lewes 10K	Hedgehoppers 5	Trundle View	Downland Dash	Beach Run	Roundhill Romp	Hornets' Stinger	Seven Stiles	Highdown Hike	Windlesham House 4	Fittleworth 5	Tilgate Forest	Great Walstead 5	Steepdown Challenge	Gunpowder Trot					
Chichester Runners	↑	121																	121	1	121		9
Worthing & Dist. Harriers	↑	120																	120	2	120		5
Lewes AC	↓	116																	116	3	116		1
Portslade Hedgehoppers	↓	115																	115	4	115		3
Horsham Joggers	↑	109																	109	5	109		10
Steyning AC	↑	108																	108	6	108		16
Burgess Hill Runners	↓	103																	103	7	103		4
Lancing Eagles	↓	100																	100	8	100		6
Henfield Joggers	↑	97																	97	9=	97		13
Hove Hornets	↓	97																	97	9=	97		2
Arunners	↓	93																	93	11	93		8
Saints & Sinners	↓	88																	88	12	88		7
Fittleworth Flyers	↓	81																	81	13	81		11
Crawley Run Crew	↑	80																	80	14	80		17
Worthing Striders	↓	72																	72	15	72		12
Haywards Heath Harriers	↓	48																	48	16	48		14
Goring Road Runners	↑	2																	2	17	0	2	18
Totals		1550	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1550	1550			
Own Race																							
Black figures on yellow background: actual score in own race																							
Red figures on yellow background: average score so far substituted in own race																							

WSFRL 2022 SENIORS POINTS IMPROVEMENT	Hangover 5			Lewes 10k			Total improvement	Position
	2019	2022	imp't	2019	2022	imp't		
Steyning AC	56	108	52	84			52	1
Chichester Runners	83	121	38	101			38	2
Crawley Run Crew	55	80	25	92			25	3
Horsham Joggers	88	109	21	87			21	4
Portslade Hedgehoppers	113	115	2	112			2	5
Worthing & Dist. Harriers	119	120	1	118			1	6
Fittleworth Flyers	80	81	1	92			1	7
Henfield Joggers	97	97	0	102			0	8
Lancing Eagles	104	100	-4	103			-4	9
Burgess Hill Runners	111	103	-8	119			-8	10
Lewes AC	125	116	-9	125			-9	11
Saints & Sinners	104	88	-16	118			-16	12
Arunners	109	93	-16	99			-16	13
Hove Hornets	116	97	-19	116			-19	14
Worthing Striders	93	72	-21	84			-21	15
Haywards Heath Harriers	70	48	-22	102			-22	16
Goring Road Runners	32	2	-30	43			-30	17
Totals	1555	1550	-5	1697	0			
Own Race								
Black or blue figures on yellow background: actual score in own race								
Red figures on yellow background: average score (so far) substituted in own race								

SENIORS 2022 participation improvement	Hangover				Lewes				Totals				position
	no of runners in 2019	no of runners in 2022	numerical improvement	percentage improvement	no of runners in 2019	no of runners in 2022	numerical improvement	percentage improvement	no of runners in 2019	no of runners in 2022	numerical improvement	percentage improvement	
Steyning AC	7	21	14	200%	12				7	21	14	200%	1
Chichester Runners	14	27	13	93%	19				14	27	13	93%	2
Horsham Joggers	23	37	14	61%	32				23	37	14	61%	3
Crawley Run Crew	13	17	4	31%	25				13	17	4	31%	4
Hove Hornets	24	23	-1	-4%	42				24	23	-1	-4%	5
Portslade Hedgehoppers	31	29	-2	-6%	33				31	29	-2	-6%	6
Worthing Harriers	27	25	-2	-7%	23				27	25	-2	-7%	7
Haywards Heath Harriers	8	7	-1	-13%	16				8	7	-1	-13%	8
Lancing Eagles	32	26	-6	-19%	37				32	26	-6	-19%	9
Burgess Hill Runners	35	27	-8	-23%	63				35	27	-8	-23%	10
Fittleworth Flyers	17	13	-4	-24%	21				17	13	-4	-23.5%	11
Saints and Sinners	25	19	-6	-24%	47				25	19	-6	-24.0%	12
Arunners	32	24	-8	-25%	23				32	24	-8	-25%	13
Worthing Striders	21	15	-6	-29%	19				21	15	-6	-29%	14
Lewes AC	40	23	-17	-43%					40	23	-17	-43%	15
Henfield Joggers	33	18	-15	-45%	22				33	18	-15	-45%	16
Goring Road Runners					7				0	1	0	n/a%*	17
	382	351	-31		441	0	0		382	351	-31	-8%	

A club's own race is deliberately left out to allow clubs to devote more members to marshaling etc without incurring a penalty