

# Active Community Cup

## Week 2 - Top 3 Fastest Runners

### 4km Male

Company	Team	Surname	Firstname	Time
CITY OF ONKAPARINGA	EARNITWITHSWEAT	Juvado	Salvador	14:50
ONKAPARINGA COUNCIL	EHOC	Nais	Craig	15:38
ONKAPARINGA COUNCIL	SHIRRO'S POCKET ROCKETS	Brown	Tyson	16:04

### 4km Female

Company	Team	Surname	Firstname	Time
CITY OF ONKAPARINGA	TEAMO RAPIDO	Flynn	Kylie	17:33
CITY OF ONKAPARINGA	TEAMO RAPIDO	Maiden	Jo	17:45
NOARLUNGA EMERGENCY	NOARLUNGA EMERGENCY	Magor	Cathy	19:20

### 2km Male

Company	Team	Surname	Firstname	Time
CHRISTIES BEACH HIGH SENIOR PROG.	CBHS- SENIOR PROG.	Smith	Joden	10:03
LIFE. BE IN IT	RUNNING ON EMPTY	Warren	Neil	10:38
CITY OF ONKAPARINGA	HALOPENOS	Cowley	Dan	10:51

### 2km Female

Company	Team	Surname	Firstname	Time
TREACY	JEN JEN	Treacy	Jennifer	11:18
LIFE. BE IN IT	RUNNING ON EMPTY	Summerton	Jo	11:33
LEGAL SERVICES COMMISSION	LSC	Bradley	Debra	12:03

## Average Run Times

Dist.	Sex	<20	20 - 29	30 - 39	40 - 49	50 - 59	60+
4km	Female	00:00	30:02	34:35	32:40	37:06	36:29
4km	Male	23:09	22:47	23:52	22:55	23:40	35:29
2km	Female	00:00	15:04	18:08	21:48	19:12	21:07
2km	Male	20:41	10:03	10:45	11:50	21:50	22:30

## How Scoring Works

### Week 2

The aim was to match your time in week 1. The closer you are to your week 1's time the more points you receive. This is encouraging consistency and participation. However, if you managed to improve on week 1's time we are rewarding you with an extra 5 points. We have now averaged week 1 and 2's time which will now become your new base time.

### Week 3

Using your new base time, the aim is to try and improve on your time. You will receive 5 points for participating and extra points for improvement. If you improve, this will then create your new Base Time. If you do not improve your base time will not change.