Instructions are at the bottom

Pos	Name	MW	Age	Club	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	Pen (m)	pts	score	League Score
	Control Score				10	10	10	10	10	10	10	10	10	10	15	15	15	15	20	20	20	25	25	30	30	30	40	50	50	50	50				
	Control No.				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27				
					1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1		**600**		
																										winning score								**440**	
1	SHARP, R	M	40	TVOC	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1		1			1	1	1		1		1	1		440	**440**	1000
2	CRICHTON	M		BAOC	1	1	1				1	1		1	1			1	1	1	1	1		1	1	1		1		1	1		415	**415**	943.181818
3	WALSH, Eddie	M		BAOC	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	19	600	**410**	931.818182
4	LUDFORD, Tony	M		BADO	1	1	1	1	1	1	1	1	1	1	1	1		1	1		1			1	1	1		1		1	1	2	425	**405**	920.454545
5	REYNOLDS, Andrew	M		BAOC	1			1	1	1	1	1	1	1	1	1	1	1	1	1	1	1		1	1	1				1	1	5	415	**365**	829.545455
6	CAMERON, Neil	M		NGOC	1		1				1	1		1	1			1	1	1	1		1	1	1	1				1	1		355	**355**	806.818182
7	MACGREGOR, Andy	M		BAOC	1	1	1	1			1			1	1			1	1		1			1	1	1				1	1		320	**320**	727.272727
8	SREEVES, John	M	45	NWO		1	1	1	1	1			1		1	1			1	1	1	1		1	1	1				1	1	8	365	**285**	647.727273
9	CAGE, John	M	35	Ind	1		1	1	1	1	1			1											1	1				1	1		230	**230**	522.727273
10	HALLIGAN	M		BAOC	1	1	1				1	1		1				1			1				1	1				1	1	3	255	**225**	511.363636
11	PHIPPS, Alan	M	55	BAOC	1	1	1	1			1	1		1				1			1				1	1				1	1		265	**265**	602.272727
12	SHARP, Helen	F	40	SWOC	1	1	1	1			1	1		1	1			1	1					1	1	1						2	210	**190**	431.818182
13	OWENS, Andrew	M														1	1					1	1					1	1				180	**180**	409.090909
14	LUDFORD, Serena	F	40	BADO	1	1	1		1	1	1			1	1			1	1		1			1									170	**170**	386.363636
15	JEFFERY, Richard	M	40	BOK	1	1	1	1	1	1	1			1	1				1					1									145	**145**	329.545455
16	ROBERTS, David	M	60	NWO	1											1	1	1				1						1					130	**130**	295.454545
17	LEWIS, John	M	70	KNAVS												1	1			1		1						1					125	**125**	284.090909
18	OWENS, Cameron	M	Jnr		1	1	1	1	1	1	1	1			1				1														115	**115**	261.363636
19	LEWIS OWENS, Alex	F			1	1	1	1			1	1		1				1															85	**85**	193.181818
20	DAVIES, Sam	M	Jnr	NWO	1		1	1	1	1		1									1												80	**80**	181.818182
21	DAWSON	M	45	Sarum	1	1	1	1							1			1	1													1	90	**80**	181.818182
22	DUNCAN, Charlotte	F		Sarum	1	1	1	1	1	1	1	1		1	1			1	1		1			1								11	190	**80**	181.818182
23	BARNES, Freddie	M	Jnr		1			1	1	1	1			1				1															75	**75**	170.454545
24	OWENS, Caitlin	F	Jnr		1	1	1	1	1	1	1																						70	**70**	159.090909
25	JEFFERY, Jessica	F	Jnr	BOK	1					1	1							1															45	**45**	102.272727
26	GOODWIN, Will	M	Jnr	BOK	1			1		1	1																						40	**40**	90.9090909
27	STUKES, Jack	M	Jnr	BOK	1					1	1																						30	**30**	68.1818182
28	JEFFERY, Matthew	M	Jnr	BOK	1					1																							20	**20**	45.4545455

Instructions

Only enter in the BLUE boxes, the others will be calculated from what you enter

1. Enter the Control Score for each numbered control and check that the total (in AH6) has been calculated correctly

2. Enter details for each competitor

3. For each runner put a "1" in the box for controls visited and the number of whole minutes late in Pen (m). Their score will be calculated for you

4. When you have entered for all runners, find the top score and type into blue box AI 7 and their league score will be calculated for you