**SOS/HAVOC Mid-Week Summer & Winter Series**

**Method of Calculation for League tables**

**Race Result**

Each runner’s time is recorded

A five minute penalty is added for each missed control or incorrect answer.

The results are listed for both the Long and the Short course

**League Results**

Each runner is awarded an age/gender handicap based on the table below (based on Parkrun).

That handicap figure is then applied to each runner’s time and the race order revised accordingly.

The runner with the best handicapped time is then awarded 100 points.

All other runner’s points are then awarded as a percentage of the above runner’s time.

The League normally comprises eight events for the Summer Series and ten events for the Winter Series. The best 6 results will count.

**Bonus Points**

100 points is awarded to anyone planning and organising an event.

15 points bonus is applied for running on the night.

**Catchup Runs**

If the event is run on Maprun and you miss the event, you will normally be able to do a ‘catchup’ run if you complete it within the following 2 weeks.

In order to be fair a 7 minutes penalty is added to all catchup runs in Winter and 5 minutes penalty in Summer.

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| **Male Age Categories** | M10 | M12 | M14 | M16 | M18 | M20 | M21 | M35 | M40 | M45 | M50 | M55 | M60 | M65 | M70 | M75 | M80 | M85 |
| Handicaps % | 82 | 86 | 90 | 94 | 97 | 99 | 100 | 97 | 94 | 90 | 86 | 83 | 79 | 76 | 72 | 66 | 58 | 48 |
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| **Female Age Categories** | W10 | W12 | W14 | W16 | W18 | W20 | W21 | W35 | W40 | W45 | W50 | W55 | W60 | W65 | W70 | W75 | W80 | W85 |
| Handicaps % | 70 | 75 | 81 | 84 | 86 | 87 | 87 | 86 | 83 | 80 | 75 | 70 | 66 | 61 | 56 | 50 | 45 | 40 |