Rules SOS Club Championships

The following scoring system was devised by Andrew Cordle.

* All members entering TD4 courses (Light Green and above) will be eligible.
* Members with dual club membership must either enter as SOS or email the scorer stating their wish to be included in the Championship scoring.
* Running speed (RS) is calculated in min/km with course length corrected for climb (0.1km added for 10m climb).
* Adjusted running speed (ARS) is calculated as percentage using speed factor (SF) table below.

 ARS = RS x SF ÷ 100

|  |  |  |  |
| --- | --- | --- | --- |
| M10 | 74 | W10 | 56 |
| M12 | 81 | W12 | 61 |
| M14 | 86 | W14 | 66 |
| M16 | 90 | W16 | 70 |
| M18 | 93 | W18 | 72 |
| M20 | 97 | W20 | 75 |
| M21 | 100 | W21 | 84 |
| M35 | 97 | W35 | 75 |
| M40 | 93 | W40 | 72 |
| M45 | 90 | W45 | 70 |
| M50 | 86 | W50 | 66 |
| M55 | 81 | W55 | 61 |
| M60 | 74 | W60 | 56 |
| M65 | 67 | W65 | 50 |
| M70 | 60 | W70 | 44 |
| M75 | 53 | W75 | 37 |
| M80 | 46 | W80 | 30 |

Points are calculated relative to fastest adjusted running speed (FRS). FRS ÷ ARS x 100. i.e. the fastest running speed is awarded 100 points.

The member scoring 100 points will be declared Club Champion

The Junior Champion will be awarded using a similar system.

* Only M/W14 and under will be eligible. Older Juniors are eligible for the Open Championship.
* White, Yellow and Orange courses will also be included.
* The min/km for corrected course length will be calculated and the age class factor applied as above
* A course factor is then applied to correct for technical difficulty

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| White | Yellow | Orange | Light Green | Green |
| 1 | 1.1 | 1.2 | 1.3 | 1.4 |