

SBOC CLUB CHAMPIONSHIP RULES

(May 2018)

Any junior wishing to run a more difficult or longer course than that specified for their age group in the rules below, may do so. For all competitors, the BOF **speed** ratio handicap will be applied in the usual way, with the course length also taken into account. (The course length will be used without consideration of the climb).

Categories

Junior men	M10 – M18
Junior women	W10 – W18
Senior men	M20 – M35
Senior women	W20 – W35
Veteran men	M40 upwards
Veteran women	W40 upwards

Competitors can 'run up' in the senior category (but not across men/women's categories). Competitors who wish to 'run up' must inform the organiser **when they enter/register** for the event (not after their run).

NB: Competitors who 'run up' will take the M/W21 handicap (see below).

What you should run

Juniors will run the following courses or any more difficult and longer than that specified:

M/W10	Yellow
M/W12	Orange
M/W14	Light Green
M/W16	Green
M/W18	Green

Any Senior or Veteran may run any of the technical courses: Green, Blue or Brown, regardless of their age and sex.

NOTE: M70 and above and W65 and above can run Short Green or above to qualify if this course is available. If not they can run Light Green and still be competitive for the Veteran championship.

A competitor may not 'shadow' a junior prior to their run (*i.e.* you should shadow the junior after your run otherwise you must declare yourself non-competitive).

Results calculations:

All categories: Final result = [time taken (*minutes*) / course length (*km*)] x handicap

Handicap is the BOF speed ratio (BOF 2016 Rules version 3.6 (December 2016) Appendix B 7.1.1) as shown in table below:

M10	0.74	W10	0.73	M40	0.89	W40	0.69
M12	0.70	W12	0.62	M45	0.86	W45	0.67
M14	0.80	W14	0.65	M50	0.82	W50	0.63
M16	0.84	W16	0.67	M55	0.77	W55	0.58
M18	0.90	W18	0.70	M60	0.70	W60	0.53
M20	0.92	W20	0.71	M65	0.64	W65	0.48
M21	1.00	W21	0.82	M70	0.57	W70	0.42
M35	0.92	W35	0.71	M75	0.50	W75	0.35
				M80	0.41	W80	0.28
				M85	0.32	W85	0.19