SBOC CLUB CHAMPIONSHIP RULES

(Nov 2025)

Our SBOC club championships have 4 categories.

Categories

Junior men	M10 – M18
Junior women	W10 – W18
Senior men	M20 upwards
Senior women	W20 upwards

The winner is based on their pace per km multiplied by their BOF Speed ratio, which are the 'current ratios' as below. We have scaled the M/W 20, 21 and 35 ratios so that the winners among these classes would have had an equal pace compared to the winners of the Veteran categories in 2022.

This has been done by calculating the percentage increase in ratio required for the M/W 20, 21 and 35 (separately for Male and Female winners). We then amended those classes' ratios, so that M21 changed from 1 to 1.3, and W21 changed from 0.82 to 1.03. The M/W20 and M/W35 class ratios were similarly scaled.

Then we divided all of the ratios by 1.3, for every age class, so that the M21 ratio shows as 1. This means most of the age class ratios show as being lower than previously.

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.

What you should run

Juniors will run the following courses as a default but can run 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 member 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.

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

BOF Ratios v SBOC ratios for senior classes

Class	BOF Ratios	SBOC Ratios	Class	BOF Ratios	SBOC Ratios	Class	BOF Ratios	SBOC Ratios	Class	BOF Ratios	SBOC Ratios
M20	0.92	0.77	M60	0.7	0.54	W20	0.71	0.57	W60	0.53	0.41
M21	1	1	M65	0.64	0.49	W21	0.82	0.79	W65	0.48	0.37
M35	0.92	0.77	M70	0.57	0.44	W35	0.71	0.57	W70	0.42	0.32
M40	0.89	0.68	M75	0.5	0.38	W40	0.69	0.53	W75	0.35	0.27
M45	0.86	0.66	M80	0.41	0.31	W45	0.67	0.52	W80	0.28	0.22
M50	0.82	0.63	M85	0.32	0.25	W50	0.63	0.48	W85	0.19	0.15
M55	0.77	0.59				W55	0.58	0.45			