SBOC CLUB CHAMPIONSHIP RULES

(Oct 2024)

Our SBOC rules are changing slightly this year so that all over-18s will now be competing for the overall M or W trophy. In past years there has been a Senior - Veteran split at M/W40. Juniors remain separate.

The winner is based on their pace per km multiplied by their BOF Speed ratio, which are the 'current ratios' as below. Under these old ratios, our Senior trophy winners were still significantly faster than the Veteran trophy winners on their speed x handicap. We are not saying this is incorrect, however in order to make the competition more exciting for everyone, we have scaled the MW 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 MW 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 MW20 and MW35 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, but relatively it means everyone will have a better chance against Ben and Megan!

We only used last year's results as these were on Kenfig, and this year's Club Championships will be on Broughton. We can review how it goes after this year to see if we need to make any further amendments for future years. The hope is to come up with better speed ratio list for all of SBOC to enjoy a competitive Club Champs each year.

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.

Categories

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

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 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

New Ratios v old ratios

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