

mins/km		Factor
From	To	
0.000	6.999	2.4
7.000	7.999	2.3
8.000	8.999	2.2
9.000	9.999	2.1
10.000	10.999	2.0
11.000	11.999	1.9
12.000	12.999	1.8
13.000	13.999	1.7
14.000	14.999	1.6
15.000	15.999	1.5
16.000	16.999	1.4
17.000	17.999	1.3
18.000	18.999	1.2
19.000	19.999	1.1
20.000	20.999	1.0
21.000	21.999	0.9
22.000	22.999	0.8
23.000	23.999	0.7
24.000	24.999	0.6
25.000	25.999	0.5
26.000	26.999	0.4
27.000	27.999	0.3
28.000	28.999	0.2
29.000	& over	0.1

Class	Factor
M/W10 and younger	1.50
M/W12	1.40
M/W14	1.30
M/W16	1.20
M/W18	1.10
M/W20	1.00
M/W21	1.00
M/W35	1.05
M/W40	1.10
M/W45	1.15
M/W50	1.20
M/W55	1.25
M/W60	1.30
M/W65	1.35
M/W70	1.40
M/W75	1.45
M/W80 & over	1.50

Course	Factor
White	0.90
Yellow	1.00
Orange	1.10
Long Orange	1.20
Light Green	1.30
Very Short Green	1.35
Short Green	1.40
Green	1.50
Short Blue	1.55
Blue	1.60
Short Brown	1.65
Brown	1.70
Black	1.80

Newcastle and Tyneside Orienteers

Club Championship Factors

Multiply three factors to obtain score

All club members completing a course will be scored

- a) Select your chosen course taking account of your likely speed and its factor.
- b) Register and run your chosen course.
- c) Your score will be calculated as:

Age Factor x Course Factor x Actual Speed Factor

Course length is adjusted to account for climb (100 m.-> 1 km.)

EXAMPLE:

Young Sean's class is M18 --> factor 1.10

He may choose Light Green , Green or Blue

If he runs Light Green at 8.5 min/km he will score 1.10 x 1.3 x 2.2 = 3.146

If he runs Green at 10.5 min/km he will score 1.10 x 1.05 x 2.0 = 3.300

If he runs Blue at 12.5 min/km he will score 1.10 x 1.60 x 1.80 = 3.168