



EBOR LEAGUE 2011-12

League format, rules and how points are calculated.

Format

The league is calculated from performance at up to 15 events, organised by EBOR and other Clubs in the area. Your 10 best event scores will count using a scoring system based on your time in relation to your age and course distance.

Calculation of League Points

Calculation of league points will be by the following method. Any problems will be considered by the coordinator, whose decisions will be final.

1. Using the course lengths and climbs specified by the planner, get the equivalent course lengths, where Equivalent length (km) = Specified length (km) + climb (m)
2. Each competitor's time, as normally given in the results, is then used to determine the competitors average speed; i.e. Speed (km/min) = Equivalent length (km) / competitors time (min)
3. Get a standard value of minutes/kilometre for competitors of that age and sex from the table below. These figures have been derived from the current British Orienteering event guidelines, and correspond roughly to that achieved by leading competitors of that class.

Age	Men	Women
10	10	11
12	9	10
14	8	9
16	7.5	8.5
18	7	8
20	6.5	7.5
21	6	7
35	6.5	7.5
40	6.75	7.75
45	7	8
50	7.25	8.5
55	7.5	9
60	7.75	9.5
65	8	10
70	9	11
75+	10	12

4. Determine the competitor's points for that event from the following formula:-

$$\text{Points} = 100 * \text{Standard min/km} * \text{Speed (km/min)}$$

5. A competitor achieving the standard value will score 100 points. Also those competitors are competing against the standard value, regardless of who else is competing in that particular event.

6. Planners, organisers and controllers will receive a score based on the average of all their other scores during the league.

Prizes

Prizes will be awarded to the top three in each of the club championship age groups :

Category	Ages
Young Junior	M/W 10/12
Junior Men	M 14/16
Senior Men	M 18/20/21/35/40/45
Veteran Men	M 50+
Junior Women	W 14/16
Senior Women	W 18/20/21/35/40
Veteran Women	W 45+

The coordinator of the league is LIONEL CARTER. Any queries [click here](#)