

SUFFOC Club Championship 2024

The 2024 Club Championships were held at the NOR event at Hockham on 10th November 2024.

The results are based on competitors pace multiplied by an age class factor.

RESULTS

Position	Person	Age	Course	Distance	Time	min/km	Factor	Factored min/km
1	David Hodkinson	M40	Brown	8.7	00:58:56	00:06:46	0.89	00:06:02
2	Sally Wilkinson	W60	Green	5	00:59:34	00:11:55	0.53	00:06:19
3	Robin Thomas	M70	Green	5	00:57:45	00:11:33	0.57	00:06:35
4	Louise Walker	W55	Green	5	00:57:42	00:11:32	0.58	00:06:42
5	Martin Hore	M70	Green	5	01:02:10	00:12:26	0.57	00:07:05
6	Clive Wilkinson	M60	Blue	7	01:14:45	00:10:41	0.7	00:07:29
7	Phil Halford	M70	Green	5	01:09:06	00:13:49	0.57	00:07:53
8	Rod Mansel	M65	Green	5	01:03:10	00:12:38	0.64	00:08:05
9	Bert Park	M55	Blue	7	01:18:33	00:11:13	0.77	00:08:38
10	Simon Hooton	M65	Green	5	01:08:00	00:13:36	0.64	00:08:42
11	James Clarke	M14	Light Green	3.7	00:41:54	00:11:19	0.8	00:09:04
12	Theo Steventon-Barnes	M18	Blue	7	01:11:39	00:10:14	0.9	00:09:13
13	Reuben Constable-Simmonds	M10	Yellow	2.1	00:26:21	00:12:33	0.74	00:09:17
14	David Lyness	M50	Blue	7	01:23:33	00:11:56	0.82	00:09:47
15	Julia Baldwin	W50	Green	5	01:20:46	00:16:09	0.63	00:10:11
16	Hannah Steventon-Barnes	W50	Green	5	01:39:43	00:19:57	0.63	00:12:34
17	John Clarke	M55	Blue	7	02:07:05	00:18:09	0.77	00:13:59

RUNNING DOWN

n/a	Skye Hodkinson	W10	White	1.6	00:25:53	00:16:11	0.73	00:11:49
n/a	Adam Willis	M21	Green	5	00:42:32	00:08:30	1	00:08:30
n/a	Andrew Elliott	M50	Green	5	00:54:56	00:10:59	0.82	00:09:01
n/a	Louise Goddard	W50	Short Green	3.7	01:11:24	00:19:18	0.63	00:12:09
n/a	Hannah Constable-Simmonds	W50	Orange	3.2	00:52:08	00:16:17	0.63	00:10:16
n/a	Sarah Mansel	W55	Yellow	2.1	00:31:24	00:14:57	0.58	00:08:40
n/a	Rika Park	W60	Orange	3.2	01:55:17	00:36:02	0.53	00:19:06
n/a	Emily Vallow	DNF						
n/a	Samantha Franks	DNF						

AGE CLASS FACTOR

Age Class	Male		Female	
10	Yellow	0.74	Yellow	0.73
12	Orange	0.7	Orange	0.62
14	Lt Green	0.8	Lt Green	0.65
16	Green	0.84	Lt Green	0.67
18	Blue	0.9	Green	0.7
20	Brown	0.92	Green	0.71
21	Brown	1	Blue	0.82
35	Brown	0.92	Blue	0.71
40	Brown	0.89	Blue	0.69
45	Blue	0.86	Green	0.67
50	Blue	0.82	Green	0.63
55	Blue	0.77	Green	0.58
60	Blue	0.7	Green	0.53
65	Green	0.64	Sh Green	0.48
70	Green	0.57	Sh Green	0.42
75	Sh Green	0.5	Sh Green	0.35
80	Sh Green	0.41	Sh Green	0.28
85	Sh Green	0.32	Sh Green	0.19