

SUFFOC CLUB LEAGUE 2026

[Updated rules 2/1/2026]

All SUFFOC members who complete a run as an individual at an event will score. The rules are as follows:

Points are calculated thus:

- 1 The length of the course is adjusted for height climbed
- 2 Your pace (in min/km) is calculated
- 3 Your pace is multiplied by your age factor and your TD factor
- 4 Your adjusted pace is compared with the fastest SUFFOC pace and awarded points thus:
- 5 Total score is the sum of your best 6 scores.

Adjusted length = length in km + (climb in m/100)

Pace = time/adj length of course

Adjusted pace = pace x TD factor x age factor/100

Points = (fastest adj pace/your adj pace) x 100

The league will run for a calendar year.

Note: Any non-competing planner, organiser or controller will gain a score equal to their maximum for that event.

The age factors are as shown below (taken from BOF rules):

Class	Age factor						
M10	74	M45	86	W10	73	W45	67
M12	70	M50	82	W12	62	W50	63
M14	80	M55	77	W14	65	W55	58
M16	84	M60	70	W16	67	W60	53
M18	90	M65	64	W18	70	W65	48
M20	92	M70	57	W20	71	W70	42
M21	100	M75	50	W21	82	W75	35
M35	92	M80	41	W35	71	W80	28
M40	89	M85	32	W40	69	W85	19

If you run the correct TD course for your age class, your TD factor will be 1. If you run an easier course, you will be penalised, and if you run a harder course, you will be rewarded by using the following TD factors:

	TD factor	Age class	correct TD (colour coded, forest events)	Urban course
+4 TD	0.33			
+3 TD	0.5			
+2 TD	0.67	M/W 10	TD2 (yellow)	Young Junior
+1 TD	0.83	M/W 12	TD3 (orange)	Young Junior
Correct TD	1	M/W 14	TD4 (light green)	Junior
		M/W 16	TD5	Junior
-1 TD	1.2	M/W 18 - 20	TD5	Open
-2 TD	1.5	M/W 21 +	TD5	Open
-3 TD	2	M/W 40+	TD5	Veteran
-4 TD	3	M/W 55+	TD5	Super Veteran
		M/W 65+	TD5	Ultra Veteran
		M/W 75+	TD5	Hyper Veteran

At Urban and Sprint events you should run the correct course for your age class and will be penalised in a similar manner to the TD factors for running down. No advantage to running up.

Events to include in the Club League:

Events must have at least 7 SUFFOC members participating to score points in the club league.

- EAOA Regional or National events
- Any neighbouring region National event.
- Major (and National) events anywhere in UK including British Orienteering Championship events, Area Championships, JK, Scottish 6 day, Croeso and Lakes 5 events (at the Captain's discretion).