

# THE NEW ORIENTEERS GUIDE TO THE SE LEAGUE

The South East League is a competition for all Clubs in the SE region.

All cross country Regional (Level B) Events registered in the SEOA are normally used as League Events. Occasionally other events may also be included in the SE League with the agreement of the SEOA Committee, for example Southern Championships, Urban races, Loop races and Night Championships.

From 2009 Regional Events have had courses designated by colour, the same as for Local events. Each course is set for specific age groups. Although Regional Events are normally pre-entry, entry is normally possible on the day - shown in publicity as 'EOD' - while maps are available. All courses will qualify for points in the League scoring system unless groups of people are running together.

The League scoring system is basically the same each season, with each age group having a target speed which reflects speeds attained in National status competitions. To achieve the best score for your Club, you should complete the course set for your age group. However, it is **STRONGLY** recommended that you do **NOT** attempt one of the longer or more technically difficult courses, even if it is an 'official' one for your age, until you have the necessary experience and fitness.

A very slow or incomplete run on a long course will not only **NOT** benefit your Club, but more importantly may cause you unnecessary physical distress or injury; it may also involve many of the organising Club's members having to mount a search for you if you are out too long.

This table shows how the Colour Courses map to age classes:

Colour	Technical difficulty	Men	Women
Black	5	M21	
Brown	5	M35 M40	
Short Brown	5	M20 M18 M45 M50	W21
Blue	5	M16 M55 M60	W35 W40
Short Blue	5	M65	W20 W18 W45 W50
Green	5	M70	W16 W55 W60
Short Green	5	M75 M80	W65 W70 W75 W80
Light Green	4	M14	W14
Orange	3	M12	W12
Yellow	2	M10	W10
White	1		

The age groupings are shown by - M (Men) or W (Women) - followed by the age group. The age group number indicates the age you have reached, OR WILL REACH DURING THIS CALENDAR YEAR. It defines the **STARTING** year of each age group. Thus 'W40' is for ladies who will become 40 to 44 in the current year.

The courses get longer and more difficult from M/W10 up to M/W21, then from M/W35 shorter with each 5-year age group.

Anyone may run a longer or shorter course than that recommended for their age group, the scoring is based on the target speed for their actual age. If a shorter course is run then the points are reduced as detailed on the Scoring sheet opposite. Competitors should run a course suited to their ability,

At many events there will be a 'String' course. This allows the very young to follow a marked route, unaccompanied if considered prudent. Sometimes a Wayfarers course may be offered for beginners. Successful completion of either of these will score one League Point for your Club.

Philip Gristwood 12/2010