

SE LEAGUE SCORING

The target rates in mins/km for each age group are:

Age group	mins/km
M 10	8
M 12	7 $\frac{3}{4}$
M 14	7 $\frac{1}{2}$
M 16	7
M 18	6 $\frac{3}{4}$
M 20	6 $\frac{1}{2}$
M 21	6
M 35	6 $\frac{1}{2}$
M 40	6 $\frac{3}{4}$
M 45	7 $\frac{1}{4}$
M 50	7 $\frac{1}{2}$
M 55	8
M 60	8 $\frac{3}{4}$
M 65	9 $\frac{1}{2}$
M 70	10 $\frac{1}{2}$
M 75	11 $\frac{1}{2}$
M 80	13

Age group	mins/km
W 10	8 $\frac{1}{2}$
W 12	8 $\frac{3}{4}$
W 14	8 $\frac{3}{4}$
W 16	8 $\frac{1}{2}$
W 18	8 $\frac{1}{4}$
W 20	8
W 21	7 $\frac{1}{2}$
W 35	8 $\frac{1}{4}$
W 40	8 $\frac{3}{4}$
W 45	9 $\frac{1}{4}$
W 50	9 $\frac{3}{4}$
W 55	10 $\frac{1}{2}$
W 60	11 $\frac{3}{4}$
W 65	12 $\frac{3}{4}$
W 70	14
W 75	15 $\frac{1}{4}$
W 80	17

Each competitor's score at a League Event is calculated, a total score for each Club produced and displayed on this board at later League Events, and also distributed to Clubs.

If you wish to calculate your own score:-

MULTIPLY THE DISTANCE OF YOUR COURSE BY YOUR TARGET RATE ABOVE.

This number, in minutes, is your target time, and achievement of this scores 100 points. For each 1% more than the target time you lose 1 point, thus double the target time will reduce your score to zero. Each successful course completion, however slow, is awarded 1 point.

EXAMPLE: Course distance 6 km, M55 rate 8 mins/km.

M55 target time is $6 \times 8 = 48$ minutes.

Taking 64 minutes (one third more than target) scores 66 points. Taking 72 minutes (one half more than target) scores 50 points. It is possible to score over 100 points if you take less than your target time.

YOU MAY RUN 'ABOVE' YOUR AGE GROUP COURSE (i.e. a harder course).

You then score at the mins/km rate for your own age group but for the distance for the course run.

YOU MAY RUN 'BELOW' YOUR AGE GROUP COURSE (i.e. an easier course).

If you run a shorter course than that recommended for your age (i.e. "down"), you are scored at the mins/km rate for your age group and a proportion of the resulting score is awarded. Running 1 course down will reduce your score by 25%, 2 courses down by 50% and 3 courses down by 75%. Running 4 or more courses down will score 1 point.

Completion of a string or Wayfarer course, or running in a group, will score 1 point.

WHEN CLUB SCORES HAVE BEEN TOTALLED, MATCH POINTS ARE AWARDED.

Starting with the 2010/11 season the league has being split into 2 divisions with approximately half of the clubs in each based on the positions at the end of the previous season.

Within each division the top club scores 7 points then 6, 5, 4, 3, 2, 1 for the following clubs. At the end of the season the club with most points in each division is the winner. The SE League Trophy is awarded for the First Division and a new CROC Trophy for the Second Division.

After each season the bottom two clubs in the First Division will be relegated and the top two clubs in the Second Division will be promoted.

An analysis of each competitor's scores is sent to Club Secretaries as soon after the end of the season as I can manage, but interim Club or personal scores are available on request.