

Dear NOC member,

The wait is over and I can finally reveal the club champs will be held at NOC's Walesby event on Sunday 18th December!

To make the Club champs a more social experience, they will be held at the Walesby event and we propose to use a chasing start format for the adult courses so that everyone will finish around the same time. The proposed format will be as follows:

- M/W14- run age class courses as usual (10s on Yellow, 12s Orange, 14s Light Green) and can choose their own start time
- M/W16+ will run as part of a "chase" handicap. There will be 3 courses of c3.5km, c5km, c6.5km, all of technical difficulty 5. The three courses will be a similar shape but have different controls.
- The course and start time on the "chase" will be determined by Age class, a draft example in the table at the foot of this email. The proposed start time window is 11.30-11.39. The slightly later start time should allow the maximum number of helpers to also get a run in the club champs.
- It will be a staggered mass start, with the aim that a similar performance for each course and class combination should result in a similar finish time (we've calibrated the start times using British Orienteering orienteering speeds).
- There will be prize for within each age class and the first over the line on the day to be crowned the prestigious title of "senior club champion".
- All courses will be entry on the day and will also be open for members of other clubs.
- So overall it should be akin to a one man relay where you can compare between each age class (as they run the same course), whilst having an overall first to finish prize.
- Runners on the chase will not be eligible for EMOA Galoppen points or BOF ranking points due to the "head-to-head" nature, but we hope this won't detract from what should be a great event.

We hope to have the usual soup/catering at the event (TBC).

I'll be in touch around a week before the event to firm up the start times. In the meantime, please put the date in your diaries and I hope to see you at Walesby.

Thanks

Andy  
Team Manager

| Start Time | Short (c3.5km) | Medium (c5km) | Long (c6.5km) |
|------------|----------------|---------------|---------------|
| 11:30      | W70+,M80+      | W55           | M55           |
| 11:31      |                |               |               |
| 11:32      |                |               | M50 W21       |
| 11:33      |                | M65 W50       | M16           |
| 11:34      | W65            |               | M45           |
| 11:35      |                | W45 W16       | M40           |
| 11:36      | M75            | M60 W40 W18   | M20           |
| 11:37      |                | W20 W35       | M18 M35       |

11:38

W60

11:39

M70

M21