

## Yorkshire Superleague 2015

The new rules for the 2015 Yorkshire Superleague are as follows:

- The Superleague remains open to all from M/W 10 to M/W 80. It will continue to run on a calendar year basis and will include around nine nominated fixtures across the YHOA region. For 2015 the current list is:

<b>1 Mar 15</b>	SYO BNC Weekend Event (UKOL) (B) Cawthorne & Deffer
<b>22 Mar 15</b>	EBOR Level B Event, Gilling
<b>29 Mar 15</b>	HALO YHOA Middle Championships (B), Knapton Wood
<b>12 Apr 15</b>	AIRE Level C Middle Distance, Calverley Wood
<b>30 Aug 15</b>	EBOR White Rose Weekend (B), Pickering Forest
<b>20 Sep 15</b>	AIRE Dales Weekend Day 2(UKOL)/YHOA Championships (B), Hawkswick Clowder
<b>1 Nov 15</b>	SYO Level C Event, Wharnccliffe
<b>22 Nov 15</b>	CLARO Level C Event, Brimham Rocks

- The Superleague will be organised by age class. Individuals are eligible for the relevant age class based on their age on 1 Jan of the year of the competition. What is new is that individuals will score only in their age class, even if they run up or down (using the rules below).
- Individuals will automatically get a placing in the league once they have completed **two or more** events successfully.
- The standard colour course for each age class is defined in the table below.

Course	Men	Women
<b>Black</b>	M21	
<b>Brown</b>	M35 M40	
<b>Short Brown</b>	M18 M20 M45 M50	W21
<b>Blue</b>	M16 M55 M60	W35 W40
<b>Short Blue</b>	M65	W18 W20 W45 W50
<b>Green</b>	M70	W16 W55 W60
<b>Short Green</b>	M75 M80	W65 W70 W75 W80
<b>Light Green</b>	M14	W14
<b>Orange</b>	M12	W12
<b>Yellow</b>	M10	W10

- Individuals can choose to run up (run a harder/longer course) or run down (run a shorter/easier course)
- Scoring will be based on speed compared to a target speed for your class. Speed will be calculated as time taken divided by adjusted course distance (to allow for height gain), where the distance is increased by 0.1km per 10m of climb.

- If you run up, you score at the mins/km rate for your age class, but for the distance for the course run.
- If you run down, you score at the mins/km rate for your age class 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.
- Speeds will also be adjusted proportionally between events by using the average of all winning times for each event so there is no bias for runnability.

## Scoring

Individual scores will be calculated as follows:

- The target time for each age class is calculated by multiplying the target speed by the adjusted course distance. Achievement of this time is worth 100 points.
- For each whole 1% more than the target time you take, you lose 1 point. For each whole 1% less than the target time you gain 1 point.
- The lowest score for a successful course completion is 1pt.

## EXAMPLES:

An M55 runs the Blue course.

- Blue course distance is 5.0km with 100m climb. Adjusted course distance is  $5.0 + (0.1 \times 10) = 6.0$  km. M55 target rate is 7 mins/km, so M55 target time is  $6 \times 7 = 42$  minutes.
- A time of 51 minutes is  $(51/42)$  or 121% of 42, so scores  $(100-21)$  or 79 points.
- A time of 39 minutes is  $(39/42)$  or 92%, so scores 108 points.

An M55 runs down on the 4.0km (100m climb) Short Blue (target time of  $5 \times 7 = 35$  mins) in 33 mins. He scores  $(33/35 = 94\%)$  so 106 points, less 25% for running down 1 course makes 80 points.

## Target speeds for 2015

Class	Speed (min/km)	Class	Speed (min/km)
M10	7.50	W10	9.00
M12	8.50	W12	11.00
M14	8.00	W14	10.50
M16	7.00	W16	8.50
M18	6.75	W18	8.25
M20	6.50	W20	7.75
M21	5.75	W21	7.00
M35	6.00	W35	7.50
M40	6.40	W40	8.00
M45	6.60	W45	8.50
M50	6.75	W50	9.00
M55	7.00	W55	9.50
M60	7.50	W60	10.00
M65	8.00	W65	11.00
M70	9.50	W70	13.75
M75	11.50	W75	15.50
M80	15.00	W80	18.00