

East Anglian League

All EAL events should offer the following range of courses: Brown, Blue, Green, Short Green, Light Green, Orange, Yellow and usually White. Sometimes more courses may be on offer. Anyone can enter any course they wish but the age class to course protocol for scoring points in the EAL is as shown below:

MEN Age Class	Designated course		WOMEN Age Class	Designated course	
	If offered	Otherwise		If offered	Otherwise
M10	Yellow	Yellow	W10	Yellow	Yellow
M12	Orange	Orange	W12	Orange	Orange
M14	Light Green	Light Green	W14	Light Green	Light Green
M16	Blue	Blue	W16	Green	Green
M18	Short Brown	Blue	W18	Short Blue	Green
M20	Short Brown	Blue	W20	Short Blue	Green
M21	Black	Brown	W21	Short Brown	Blue
M35	Brown	Brown	W35	Blue	Blue
M40	Brown	Brown	W40	Blue	Blue
M45	Short Brown	Blue	W45	Short Blue	Green
M50	Short Brown	Blue	W50	Short Blue	Green
M55	Blue	Blue	W55	Green	Green
M60	Blue	Blue	W60	Green	Green
M65	Short Blue	Green	W65	Short Green	Short Green
M70	Green	Green	W70	Short Green	Short Green
M75	Short Green	Short Green	W75	Very Short Green	Short Green
M80	Very Short Green	Short Green	W80	Very Short Green	Short Green
M85	Very Short Green	Short Green	W85	Very Short Green	Short Green

Eligibility

The following defines which runs are eligible to count in the East Anglian League/ East Anglian Urban League:

- Any member of SOS, SUFFOC, NOR, SMOC, or WAOC who enters the league event as a club member.
- Any member of CUOC or DRONGO who enters the league event as a club member.
- Any member of HAVOC who enters as a club member, irrespective of their individual regional affiliation.
- Any member of RAFO, RNOC, or BAOC who enters the league event as a RAFO, RNOC or BAOC member, whose individual regional affiliation is EAOA.

Event organisers and League administrators are not responsible for establishing eligibility.

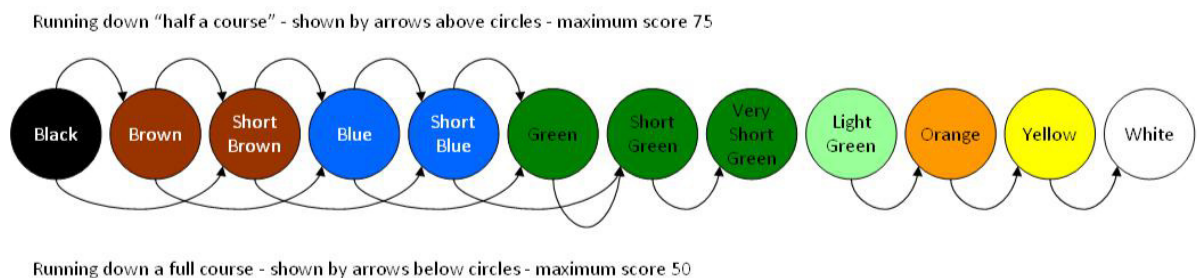
Individual points

Eligible runners (see above) will automatically score points whenever they run a scoring course at an EAL event. A scoring course includes:

the **correct designated course** shown in the table above

running up; i.e. running any longer course of equal or higher technical difficulty. For the purpose of this rule, Short Green is considered shorter than Light Green regardless of actual length, so that MW14 running up should run Green or longer

running down on one of the 50- or 75- point alternatives to the designated course as shown in the figure below.



No points are awarded for running down on courses shorter or easier than the alternatives shown explicitly by arrows.

If you run in the **correct designated course** for your age class points will be calculated as follows:

$$\text{points} = \frac{\text{fastest time for your age class}}{\text{your time}} \times 100$$

If you **run up** you will be competing with the fastest eligible EAOA member (i.e. not including those who are running down) on that course. For example, if you are an M65 who chooses to run Blue at an event where no Short Brown is available, your time will be compared to that of the fastest East Anglian M45+, M16-20, or any W class whichever is the fastest. Points will be awarded as follows:

$$\text{points} = \frac{\text{fastest time of any eligible EAOA orienteer}}{\text{your time}} \times 100$$

If you **run down** the maximum points available will be 75 or 50 depending on which courses are offered. On a 50-point course as shown by figure 1, then the calculation will be:

$$\text{points} = \frac{\text{fastest time for your age class}}{\text{your time}} \times 50$$

On a 75-point course, the calculation is:

$$\text{points} = \frac{\text{fastest time for your age class}}{\text{your time}} \times 75$$

At events where entry is by age class rather than course, such as **Urban, Sprint or Middle-distance** events, competitors need to run in their correct age class in order to score. There is no score for running down as courses are sometimes shorter than usual anyway.

At the end of the year, your total score is determined by adding up your **four highest scores**. In order to win your age class, you must have attended a minimum of 3 events over the year (this may be reduced if there are fewer than 7 events).

Officials' points

The Controller, Planner and any non-competing Organiser, SI manager or Lead Mapper at each EAL event will be awarded a score equal to their highest score they achieved at any other EAL event during that year.

Champion Club Competition (revised for 2024 and subsequently)

At the end of the year each club will receive points as follows:

$$\text{Club points} = \frac{(\text{sum of club members total points}) + 10 \times \text{number of appearances}}{\text{Number of club members participating}}$$

Where:

Number of club members participating is the number of distinct individuals who are members of that club who took part in one or more of the EAL events. (so for example, one club member might only have run at one EAL event, another might have competed in all 6 – both will count as one individual for the purposes of calculating this number).

Sum of club members total points is simply the sum of the points earned by all club members at all the EAL events (NOT just the top 4 used to calculate final individual scores).

Number of appearances is the total number of club members participating in each EAL event, summed over all the EAL events (so here for example, one person only attending one event contributes 1 to this sum, whereas a club member attending all 6 events would contribute 6 to the sum).

Comment: The club point score includes an element based purely on participation (10 points per appearance), in addition to the points accrued by club members based on their performance.

Appendix

Up to and including 2023, club points were calculated differently. For reference only, the former version of the rule for determining club points, which no longer applies after 31 December 2023, was as follows:

“At the end of the year each club will gain points as follows:

$$\text{Club points} = \frac{\text{total points of all club members}}{\text{number of members}}$$

The number of members used is the number of members submitted for BOF capitation purposes for the previous year.”

Revised 20 June 2024 to include definition of eligibility