

SUFFOC CLUB CHAMPS

[Updated rules 2/1/2026]

One event will be chosen by the Club Captain for the Club Champs.
Usually, the event will be a Regional Event within East Anglia and all members are encouraged to compete.

Age class to course mapping is consistent with the EA league.

Positions in the championship table are based on calculated running pace, i.e. actual pace in minutes per kilometre adjusted by a "fiddle factor" which takes age into account.

The designated courses and fiddle factors for each age class are given in the table below:
[fiddle factors are taken from 2025 BOF rules]

MEN	Designated Course		Fiddle factor
Age Class	If offered	Otherwise	
M10	Yellow	Yellow	0.74
M12	Orange	Orange	0.70
M14	Light Green	Light Green	0.80
M16	Blue	Blue	0.84
M18	Short Brown	Blue	0.90
M20	Brown	Brown	0.92
M21	Black	Brown	1.00
M35	Brown	Brown	0.92
M40	Brown	Brown	0.89
M45	Short Brown	Blue	0.86
M50	Short Brown	Blue	0.82
M55	Blue	Blue	0.77
M60	Blue	Blue	0.70
M65	Short Blue	Green	0.64
M70	Short Blue	Green	0.57
M75	Green	Green	0.50
M80	Short Green	Short Green	0.41
M85	Very Short Green	Short Green	0.32

WOMEN	Designated Course		Fiddle Factor
Age Class	If offered	Otherwise	
W10	Yellow	Yellow	0.73
W12	Orange	Orange	0.62
W14	Light Green	Light Green	0.65
W16	Short Blue	Green	0.67
W18	Blue	Blue	0.70
W20	Short Brown	Blue	0.71
W21	Brown	Brown	0.82
W35	Short Brown	Blue	0.71
W40	Blue	Blue	0.69
W45	Blue	Blue	0.67
W50	Short Blue	Green	0.63
W55	Short Blue	Green	0.58
W60	Green	Green	0.53
W65	Green	Green	0.48
W70	Short Green	Short Green	0.42
W75	Very Short Green	Short Green	0.35
W80	Very Short Green	Short Green	0.28
W85	Very Short Green	Short Green	0.19