

mins/km		Factor
From	To	
0.000	6.999	2.4
7.000	7.999	2.3
8.000	8.999	2.2
9.000	9.999	2.1
10.000	10.999	2.0
11.000	11.999	1.9
12.000	12.999	1.8
13.000	13.999	1.7
14.000	14.999	1.6
15.000	15.999	1.5
16.000	16.999	1.4
17.000	17.999	1.3
18.000	18.999	1.2
19.000	19.999	1.1
20.000	20.999	1.0
21.000	21.999	0.9
22.000	22.999	0.8
23.000	23.999	0.7
24.000	24.999	0.6
25.000	25.999	0.5
26.000	26.999	0.4
27.000	27.999	0.3
28.000	28.999	0.2
29.000	& over	0.1

Class	Factor
M/W10 and younger	1.50
M/W12	1.40
M/W14	1.30
M/W16	1.20
M/W18	1.10
M/W20	1.00
M/W21	1.00
M/W35	1.05
M/W40	1.10
M/W45	1.15
M/W50	1.20
M/W55	1.25
M/W60	1.30
M/W65	1.35
M/W70	1.40
M/W75	1.45
M/W80 & over	1.50

Course	Factor
White	0.90
Yellow	1.00
Orange	1.10
Long Orange	1.20
Light Green	1.30
Very Short Green	1.35
Short Green	1.40
Green	1.50
Short Blue	1.55
Blue	1.60
Short Brown	1.65
Brown	1.70
Black	1.80

**Newcastle and Tyneside Orienteers**

**Club Championship Factors**

Multiply three factors to obtain score