

**Swansea Bay Orienteering Club**  
**SBOC Club Championships**  
**Kenfig Nature Reserve – 24<sup>th</sup> July 2016**

[Extract of SBOC members from full event results]

[Note: When planning, course lengths are adjusted by an age factor based on average running speeds for that age class. SBOC Club Champs use that age factor as a handicap and together with the course length adjust the competitor's time taken so that results from different courses can be ranked and compared.]

[Adj Time = Time / Length \* H'cap]

<b>Course 1 – 9.3km / 275m</b>				<b>(winner 62.08)</b>		<b>Time</b>	<b>H'cap</b>	<b>Adj Time</b>	
Ben Mitchell	M21	M21L	62.23	62.38	1.0	6.71		<b>SM1</b>	
Sam Mitchell	M21	M21L	75.34	75.57	1.0	8.13			
Patrick Jones	M21	M21L	97.30	97.50	1.0	10.48			
<b>Course 2 – 8.5km / 215m</b>				<b>(winner 61.46)</b>		<b>Time</b>	<b>H'cap</b>	<b>Adj Time</b>	
Chris Lewis	M40	M40L	68.23	68.38	0.89	7.16		<b>VM1</b>	
Brendan Healy	M40	M40L	156.48	156.80	0.89	16.42			
<b>Course 3 – 7.0km / 185m</b>				<b>(winner 49.36)</b>		<b>Time</b>	<b>H'cap</b>	<b>Adj Time</b>	
William Reynolds	M18	M18L	56.06	56.10	1.00*	8.01		<b>SM2</b>	
Cris Arnold	M50	M50L	93.18	93.30	0.82	10.93			
Tom Habgood	M45	M45L	118.41	118.68	0.86	14.58			
<b>Course 4 – 5.8km / 135m</b>				<b>(winner 40.23)</b>		<b>Time</b>	<b>H'cap</b>	<b>Adj Time</b>	
David Seward	M55	M55L	59.03	59.05	0.77	7.84		<b>VM2</b>	
Roger Stein	M60	M60L	68.21	68.35	0.70	8.25			
Dave Mitchell	M55	M55L	71.20	71.33	0.77	9.47			
( Kerina Lake	W35	W35L	DNF )						
<b>Course 5 – 5.0km / 125m</b>				<b>(winner 44.13)</b>		<b>Time</b>	<b>H'cap</b>	<b>Adj Time</b>	
Sasha Habgood	W40	W40L	74.33	74.55	0.69	10.29			
Gill Lock	W50	W50L	75.36	75.60	0.63	9.52		<b>VW2</b>	
Sam Healy	W40	W40L	100.10	100.17	0.69	13.82			
<b>Course 6 – 4.7km / 120m</b>				<b>(winner 38.47)</b>		<b>Time</b>	<b>H'cap</b>	<b>Adj Time</b>	
Margaret Reynolds	W55	W55L	54.02	54.03	1.0*	11.50		<b>SW1</b>	
Mike Dobbs	M65	M65L	74.37	74.62	0.64	10.16			
Bridget Stein	W55	W55L	76.36	76.60	0.58	9.45		<b>VW1</b>	
<b>Course 7 – 3.9km / 110m</b>				<b>(winner 35.36)</b>		<b>Time</b>	<b>H'cap</b>	<b>Adj Time</b>	
Niall Reynolds	M55	M55S	56.29	56.48	0.77	11.15			
Steve Jones	M55	M55S	59.39	59.65	0.77	11.78			
Phil Jenkins	M50	M50S	67.38	67.63	0.82	14.22			
Dave Bird	M70	M70L	74.22	74.37	0.57	10.87			
<b>Course 8 – 3.7km / 90m</b>				<b>(winner 41.49)</b>		<b>Time</b>	<b>H'cap</b>	<b>Adj Time</b>	
David Doherty	M60	M60S	49.28	49.47	0.70	9.36			
Siobhan Lock	W18	W18S	67.34	67.578	0.70	18.26		<b>JW2</b>	

<b>Course 9 – 2.8km / 85m</b>			<b>(winner 34.01)</b>	<b>Time</b>	<b>H'cap</b>	<b>Adj Time</b>	
Sarah Jenkins	W50	W50S	53.06	53.10	0.63	11.95	
Andy Fryer	M65	M65S	95.25	95.42	0.64	21.81	
<b>Course 11 – 4.0km / 115m</b>			<b>(winner 29.56)</b>	<b>Time</b>	<b>H'cap</b>	<b>Adj Time</b>	
Oscar Healy	M14	M14A	50.09	50.15	0.80	10.03	JM2
Ann Mitchell	W45	LGreen	79.01	n/c			
William Arnold	M14	M14A	105.09	105.15	0.80	21.03	
<b>Course 13 – 2.8km / 60m</b>			<b>(winner 36.26)</b>	<b>Time</b>	<b>H'cap</b>	<b>Adj Time</b>	
Freddie Habgood	M12	M12A	44.18	44.30	0.70	11.07	
Carys Lock	W14	W14B	75.47	75.78	0.65	17.59	JW1
William Lake	M12	M12A	mp				
Claudia Lewis	W14	W14B	DNF				
<b>Course 14 – 2.8km / 60m</b>			<b>(winner 22.02)</b>	<b>Time</b>	<b>H'cap</b>	<b>Adj Time</b>	
Freddie Lake	M10	M10A	32.24	32.40	0.74	9.99	JM1