**Off-road and XC calculation**

The predicted time and thus, handicap is calculated based on the best time in any club event over the previous twelve months. It is recognized that distances are often approximate in this series but the distance stated by the organisers will be used. It then uses the integer part of the decimal by rounding up to calculate from second to hr,mins,sec to give you an accurate predicted time. This predicted time is then weighted against your actual running time to give you a total handicap time which is then taken away from your running time. This is done so that slower runners have a chance of winning the series and faster runners need to run each race faster - the downside is once a runner runs a fast race they will need to keep running faster. To calculate your time you use the simple method as given below;

Predicted time in sec = distance\*your best time12monthsinmm+Log(distance)

Predicted time in Hr:min:Sec (i.e conversion) = (INT(Predictedtimeinmins/60),INT(Predictedtimeinmins-60\*INT(Predictedtimeinmins8/60)),(Predictedtimeinmins-INT(35.48))\*60)

Handicap = Predicted time in Hr:min:Sec-best time in the club

Handicap time = Actual running time - handicap

Then simply rank the and assigns the number of points

As an example an off road or XC of 6m with a given personal best of 5.14 minutes per mile, the time would be as follows:

6\*5.14+log(6) = 35.48

(INT(35.48/60),INT(35.48-60\*INT(35.48/60)),(35.48-INT(35.48))\*60) = 35:28

00:35:28 - 00:33:24 = 00:02:04

00:36:39 - 00:02:04 = 00:34:35