

FUTURE CHAMPIONS CUP RACES 2010.

Competition is open to M & W 18s and M & W 20s who are British Orienteering National or Local members.

For this year the 18's and 20's Future Champions will be decided on a series of races, best 5 scores to count from 9 races

Day	Date	Event	Classes	
Sat	Mar 6	Middle distance (WOA)	M Brown W Blue	
Sun	Mar 7	Welsh Champs (WOA)	M Short Brown W Short Blue	
Sun	Mar 21	Midland Champs (EM)	M/W 18E	M/W20E
Sun	Mar 28	The Trossachs (FVO)	M Brown W Blue	
Fri	Apr 2	JK Day 1 (SW)	M/W 18E	M/W20E
Sat	Apr 3	JK Day 2 (SW)	M/W 18E	M/W20E
Sun	Apr 4	JK Day 3 (SW)	M/W 18E	M/W20E
Sat	Apr 17	BEMC (NW)	M/W 18E	M/W20E
Sat	May 1	BEOC (WCH)	M/W 18E	M/W20E

At any event where there is an elite course those running the M/W18L or 20L will be eligible for 'lower' FCC points.

At all of these events the 18E and 20E classes will run the same course.

* Please include your actual age class when entering.

Scoring: Each age class will score separately, even though competing on the same course. Scoring for each race will be 1st-60, 2nd-55, 3rd-51, 4th-48, 5th-46, 6th-45, and then decreasing by 1 for each position. (The top 50 in each class score.) In addition, at races where there is a choice of running 18 or 20E or 18 or 20L the 18L & 20L class runners will score 1st-40, 2nd-36, 3rd-33, 4th-31, 5th-30 and then decreasing by 1. (The top 34 score.) M/W16's and below will not score.

Each competitor will count their 5 best scores. If a race is cancelled or voided the following will apply: best 4 scores from 7 or 8 races (if 1 or 2 is lost).

Prize giving will take place during the British Championships weekend

For information contact Pauline Olivant Tel01159872083 or email pauline@britishorienteering.org.uk