



## Alton CC distance and climbing challenges 2021

Based on the success of our Strava segment challenge, Alton CC will now launch two new Strava-based challenges in 2021. These are friendly competitions open to all Alton CC members. Each month throughout 2021, the male and female riders who have ridden the longest distance and climbed the most will be the monthly winners. Annual totals will then be used to decide 4 overall competition winners (female distance champion, male distance champion, female climbing champion and male climbing champion).

### Rules:

1. The competition is open to all members of Alton CC.
2. You must have a personal Strava account and be a member of Alton CC on Strava.
3. Monthly totals will be taken from the club Strava records between 00:01hrs on the 1<sup>st</sup> of the month and 23:59hrs on the last day of the month. Details of the monthly winners and their accomplishments will be published on the club's website.
4. Indoor training rides on turbo trainers where actual data is recorded (eg. Power and cadence) do count, however, manually-added activities do not count.
5. Rides must be recorded on Strava with privacy controls set to 'everyone' for the ride to count (other privacy settings do not permit the activity to be viewed by the club).
6. The organiser's decision is final in any dispute.
7. A reminder that the rules of the road must be observed and the safety of yourselves and others is always the first priority.



## Handicap system:

This year we are trialling use of a handicap system which uses the running age factors in 'Fair and Kaplan 2018'. They are based on world single age records for men compiled by ARRS: World Single Age Records. Four road races were pooled--- 5km, 10km, half marathon, marathon---along with two outdoor track events--- 5000 meters and 10000 meters. The data are as of June 2, 2017. We are applying these to Cycling and they can also be used equally for both men and women.

The results in Fair and Kaplan (2018) begin with age 40 rather than age 35 and end with age 95 rather than age 100. The following age factors thus begin with 40 and end with 95, where the factor for age 40 is 1.0000. This means that any decline between ages 35 and 40 is not accounted for. It is just assumed that decline begins at age 40. The age factors are:

Age	Factor	Age	Factor	Age	Factor
40	1.0000	61	1.2292	82	1.5769
41	1.0099	62	1.2414	83	1.6274
42	1.0199	63	1.2536	84	1.6870
43	1.0299	64	1.2660	85	1.7565
44	1.0401	65	1.2785	86	1.8371
45	1.0504	66	1.2911	87	1.9300
46	1.0607	67	1.3039	88	2.0365
47	1.0712	68	1.3168	89	2.1585
48	1.0818	69	1.3298	90	2.2981
49	1.0925	70	1.3429	91	2.4575
50	1.1033	71	1.3562	92	2.6397
51	1.1142	72	1.3696	93	2.8480
52	1.1252	73	1.3831	94	3.0865
53	1.1363	74	1.3968	95	3.3598
54	1.1475	75	1.4106		
55	1.1588	76	1.4245		
56	1.1703	77	1.4386		
57	1.1818	78	1.4532		
58	1.1935	79	1.4733		
59	1.2053	80	1.5004		
60	1.2172	81	1.5347		

For example, Fris Chromee (aged 34) rides the segment in an actual time of 25:45.  
Vens Joigt (aged 47) rides the segment in an actual time of 26:39.

Fris's adjusted time is  $25:45 \times 1.000 = 25:45$

Vens's adjusted time is  $26:39 / 1.0712 = \mathbf{24:53}$