



## Log Table Introductory Guide

KZN Trail Running hosts thousands of trail enthusiasts each year who come to enjoy the amazing trails that KwaZulu-Natal has to offer, ranging from the rugged and spectacular scenery of the Drakensburg mountains to the sugar cane fields of Rocky Bay. To add to the KZN Trail Running experience, a new log system is now introduced to allow runners to see their relative performance across different events where they'll be able to compete and monitor their performance throughout the year with other runners.

This new log system introduces three new log tables, each representing the three standard courses that are usually held at KZN Trail Running events. These are the Short, Medium and Long Courses. For each of the Log tables, the K1-Index is used to score runners based on their averaged performance. This Log will be updated within a week after a standard KZN Trail Running event.

In this first draft of the KZN Trail Running Log, all trail runners who have participated in KZN Trail Running events in 2019 have been included, with their scores being based on the events that they have attended. Please however note that this system requires runners to have run at least three events to ensure accuracy and a true representation of performance over multiple events. As such, trail

runners need to run at least three events for a specific course by the end of April to ensure their representation within the Log thereafter. Please note that trail runners that have not met this condition do not lose their scores from previous events but will not appear on the Log until they have met this requirement. This is provided that the events that they have performed in fall within 9 standard KZN Trail Running events.

The K1 Index calculates the relative performance of runners on their respective trail runs. For each course at an event, the speed rate (km/hr) is calculated for each participant and represents performance. Across all standard KZN Trail Running events, the top three performances are taken for each trail runner for each course and an average is calculated. The trail runner that has the best average performance for a course will be awarded 100%, with all other trail runners receiving a percentile relative to the fastest runner.

E.g. Trail Blazer A has an average performance of 10 km/hr whilst Trail Blazer B has an average performance of 5 km/hr. Trail Blazer B, having a quicker performance will score 100%. Trail Blazer A, running half the pace of Runner B, scores 200%.

This system will continuously be updated with each subsequent KZN Trail Running event. To ensure that the Log represents recent performances and prevent bias to those who perform in few events, percentiles will be added to older events, effectively reducing the performance for older events. This will work on a per event basis. After 6 standard KZN Trail Running events after a participation, the performance for an event will “age” by 1 percentile. After seven standard KZN Trail Running events after an event, the performance will “age” by 2 percentiles. After eight events, performance will age by 4 percentiles and after nine events, the performance will no longer be considered for the Log table.

We hope that the addition of this new Log table will add to your Trail Running experience and look forward to developing this new component further. For any queries, suggestions and feedback, please feel free to contact the KZN Trail Running team at [dane@kzntrailrunning.co.za](mailto:dane@kzntrailrunning.co.za).

All the best on the trails,

The KZN Trail Running Team.