

How does the handicap race work?

Calculation of handicap - This will be done in one of two ways:

1. If a runner has not yet completed a handicap race, then a recent race time (either 5km; 5mi; 10km; 10mi; HM; 20mi or Mara) will be used to calculate an appropriate handicap time. If the individual does not have a race time, then the handicap will be estimated based upon which group they normally run in and/or an HONEST figure as to the pace they run at.
2. If a runner has completed a handicap race, this will become their handicap time (regardless of whether it was above or below their predicted time - *unless navigational errors occurred*). Any improvements upon this time will supersede any previous times recorded for the course. The fastest time recorded will always form that person's handicap time.

IT IS OF CRITICAL IMPORTANCE THAT YOU REGISTER AN EXISTING RACE TIME IF YOU HAVE NOT DONE SO PRIOR TO RUNNING IN A HANDICAP RACE FOR THE 1ST TIME. FAILURE TO DO THIS WILL DELAY THE START FOR OTHERS, AND MAY PREVENT YOU FROM TAKING PART.

At the end of the four races, an average of recorded times will be calculated - this will form the individual's handicap time for the following year.

The runner, with the slowest time (either estimated OR actual), will set off first with increasingly faster runners setting off afterwards according to either their estimated time, or previous race time. The time at which an individual sets off will be the difference between their estimated/actual time (with the addition of penalties where applicable), and that of the slowest runner. The logic being that there should be a near blanket finish. Therefore the person who completes the course first is the race winner.

Points will be awarded as follows:

- 1st - 50 points
- 2nd - 49 points
- 3rd - 48 points

etc as far this is possible, however all runners will receive at least one point if there are more than 50 runners in any one race. If there are fewer than 50 runners in any one race, then the points will descend as far as possible under this system. If a runner starts, but does not finish a race, they will score a 'zero', which will count as race participation.

You need to complete 3 races out of the 4 to qualify, with your best (highest) combined score (where appropriate - i.e. if you have completed all 4 races) equalling your total points for the series. At the end of the race series we will announce the top three placings - which could be someone who might not normally 'win' a race.

There will be penalties for those coming in 1st to 5th place in the form of additional time handicap. Penalties will only be incurred for the next race run by that individual. Therefore if someone were to win, a 25 second penalty would be added to the next race they attend, even if they were to miss the following race.

- 1st place = +25 sec
- 2nd place = +20 sec
- 3rd place = +15 sec
- 4th place = +10 sec
- 5th place = +5 sec

This is in order to help mix things up a little - challenge people, and hopefully ensure that the same people do not always 'win'.

Almost Athletes may make amendments as necessary to these rules and guidelines as deemed appropriate.