

Club Handicap Overall Results and placings after May 2018

Position	Name	Points
1	Leigh Ally	30
2	Angela Oury	24
3	Judith Toase	21
4	Dave McHugh	20
4	Abby Wright	20
6	Vicky Bird	19
6	Andy Lodge	19
8	Tim Ward	18
8	Kevin Adams	18
8	Andrea Shaw-Matthews	18
11	Linda Cundliffe	17
11	Sarah-Anne Fitzsimmons	17
13	Dan Williams	16
13	Barry Cheema	16
15	Tim Farmer	15
15	Kay McHugh	15

The winner of each race will receive a trophy at our Presentation Evening.

An overall season winner will be calculated by adding together the points obtained from the **best four** races.

Dates this season:

1. Tues 17th April
2. Tues 15th May
3. Tues 19th June
4. Tues 17th July
5. Tues 21st August
6. Tues 4th September

Route: Greenwood 4 - signs will be put out to ensure no-one can get lost.

If you have not done the handicap race before please see Ron Reynolds **before** the race date so that he can provide you with a number and calculate your start time. He will base your handicap time on your parkrun 5k time, if you haven't done a parkrun and wish to take park please let Ron know your 5k time.

We do encourage all club members to take part in the handicap. Not only is it fun but it is good to have a challenge once a month and there are trophies to be won (see above)! There will be no official runs or effort sessions going on when the handicap race is on

Individual Races:

May 2018:

Position	Name	Time	Points
1	Judith Toase	42:05	20
2	Abby Wright	33:06	19
3	Vicky Bird	42:38	18
4	Kevin Adams	26:04	17
5	Linda Cundliffe	43:45	16
6	Barry Cheema	38:18	15
7	Tim Farmer	37:23	14
8	Kevin Attwood	29:23	13
9	Angela Oury	38:32	12
10	Dave McHugh	29:46	11
11	Leigh Ally	23:00	10
12	Louise Gadd	34:54	9
13	Andy Lodge	28:01	8
14	Jason Vigrass	31:01	7
15	Gemma Archer	46:14	6
16	Rebecca Beale	32:14	5
17	Mick Davis	31:20	4
18	Mark Shaw	24:20	3
19	Helen Phillips	35:20	2
20	Claire O'Brien	33:55	1

All other finishers receive **1 point** for this race.

April 2018

Position	Name	Time	Points
1	Leigh Ally	24:54	20
2	Tim Ward	30:02	19
3	Andrea Shaw Matthews	44:00	18
4	Sarah Anne Fitzsimmons	42:00	17
5	Dan Williams	23:28	16
6	Kay McHugh	37:00	15
7	Toby Oury	24:08	14
8	Freddie Penrose	24:09	13
9	Angela Oury	39:30	12
10	Andy Lodge	28:46	11
11	Brett Antill	28:46	10
12	Dave McHugh	30:56	9
13	Mark Shaw	24:57	8
14	Jason Vigrass	31:30	7
15	Louise Booker	28:00	6
16	Mick Davis	32:00	5
17	Ammar Zia	30:18	4
18	Simon Hudson	32:00	3
19	Claire O'Brien	34:30	2
20	Anne Kelsall	32:40	1

All other finishers receive **1 point** for this race.

Rules:

Runners start at different times, according to their handicap, with slower runners starting first and faster runners later – this ensures that if all run to form we will all finish at the same time. Therefore those who finish first will have exceeded expectations and the first to come home is the winner, with points awarded from 20 (first place) down to 1 (20th and successive places). This means that anyone, no matter how fast or slow, has a chance of winning.

Handicaps, and therefore starting positions, will change throughout the season, so if you are improving you will see your start time get later, whilst if you are struggling you will start earlier the next time.

On the evening you need to collect your number from Ron - this number will be your handicap number throughout the handicap races. When you finish the race you need to tell Ron (and/or whoever is helping him) the number and return the tag.