Virtual Handicap, Winter 2020

So long as you and your family are well and symptom-free and you are not in an 'at risk' category then running/cycling/walking, maintaining the advised social distance, is a good way of maintaining both physical and mental well-being.  
  
Mark O'Rourke is running a virtual handicap race, starting in the week beginning October 12th.  The rules are very simple;

* You must send Mark an EMAIL to register your interest. If you did NOT take part in the Spring/Summer handicap you should also send him your FASTEST parkrun (or other evidenced 5k) time from the last 12 months, or the last evidenced 5k time you have, with the date.
* You will be assigned a handicap score (which will NOT be shared with you or anyone!) from which Mark will be able to statistically adjust weekly recorded times.
* Your handicap is calculated by subtracting the official club record at 12th October (16:12) from your best time submitted (including any handicap times from previous weeks).
* Mark will send you a link to an online recording spreadsheet.
* To compete in a week you must run 3.11miles (or 5k) between 09:00 on Monday and 22:00 on Sunday.
* You must record this run (without interruption) on a GPS device (Strava, Garmin Connect, etc) and enter this onto the spreadsheet by Sunday at 22:00.
* Your time must be entered in SECONDS, eg 20 minutes 2 seconds would become 1202 seconds
* After the week is completed Mark will calculate adjusted times and upload a league table of results soon afterwards.
* There will be a published top 10 of “adjusted” times and also top 10 of “absolute” times.
* Adjusted times are calculated by subtracting your handicap from your week's result. Improver times show the difference in seconds between this week's time and last week's.
* All runs must be completed by yourself alone and in line with the government guidance of the necessary time period (i.e. presently not running while showing symptoms and self-isolating). It may be that the virtual runs need to be suspended if government guidance dictates.
* No tinkering with times, GPS or stopping watches part way through runs – the organiser reserves the right to adjust runs he feels might involve this!
* Any 3.11mile (or 5k) route can be used so think carefully about elevation, crossing roads, etc.
* The same route does NOT need to be used each week.
* You can only submit ONE time each week.
* All decisions made by the organiser are final – no appeals, no arguing, no moaning (it’s only for fun folks!).

If you do not have Mark’s email address please send your initial email to [aldridgerunningclub@gmail.com](mailto:aldridgerunningclub@gmail.com) and ask them to forward your message.