

Garstang Running Club - Rules for Handicap

Introduction

Every year, the Garstang Running Club holds a series of 3 handicap road-running races for all club members (Both 1st and 2nd claim). The races are held during a normal Tuesday evening club night at the Garstang Sports Club. Normally, this would be the 2nd Tuesday in November, December and January. The actual Tuesday may vary to take account of local events and bank holidays.

Awards

There are awards for:

1. The overall handicap winner; i.e. the person who has made the biggest improvement during the series.
2. The fastest male runner.
3. The fastest female runner.

The awards for the fastest runners will be decided by aggregating the 2 fastest individual times for all runners, and the male and female runners with the lowest aggregated totals will be the winners.

Course

The course, all on roads, is shown in the map overleaf. It starts and finishes on Lancaster Road in Garstang at the United Utilities turnoff. It comprises 3 laps: the 1st large lap, the 2nd medium lap and the 3rd small lap. It has a total length of about 3.7 miles.

Rules

1. Competitors must be members of the Garstang Running Club in order to count. Guests may participate but will not be eligible for awards.
2. Competitors must do at least 2 of the races to be eligible.
3. Runners will be set off at intervals with the slowest away first. Subsequent runners will be set off after an interval based upon their handicap time.
4. The handicap time for a competitor for his/her 1st race of the season will be agreed with the race organiser. Normally, this would be based upon a time from a previous season. In the event of no previous time being available, it would be an assessed time agreed with the race organiser.
5. This first handicap time will not be used for measuring performance for an award. Actual performance will be used for that.
6. Subsequent handicap times will be based on a previous race time from the current season.
7. If possible, competitors will be set off in groups.
8. The overall winner will be the person who makes the biggest percentage improvement between their slowest and fastest race time. If a competitor gets slower over the season, that would be a negative improvement.
9. Depending upon the number of entries, runners may be required to wear numbers.
10. The course is not marshalled and all runners are:
 - a. Expected to familiarise themselves with the route (see map).
 - b. Responsible for their own safety during the race, for example when crossing a road.
11. Awards will be given at the club's annual awards evening and winners keep them for one year.

Key

Lap 1 →

Lap 2 →

Lap 3 →

