

Stainland Lions Fell Handicap 2007

Race	Category	Location	Dist	Ascent	Date 07	Day	Time
Midgley moor Enter on day £3.50	AS	Hebden Bridge	5	1250	31 st Mar	Sat	11.00
Pendle Enter on day only £3	AS	Burnley	4½	1500	7 th Apr	Sat	14.00
Mytholmroyd Enter on day only £3	BM	Mytholmroyd Linda's 40th Birthday run, everyone welcome	7	1350	13 th May	Sun	11.30
Blackstone Edge Enter on day only £3	AS	Littlebrough	3.5	1200	16 th May	Wed	19.30
Buckden Pike Enter on day £3	AS	Nr Skipton	4	1500	16 th Jun	Sat	14.30
Whicken Hill Whizz Enter on day only £3	AS	Hebden Bridge	3	1000	22 nd Jun	Fri	19.30
Stoodley Pike Enter on day only £3	BS	Todmorden	3½	700	10 th Jul	Tu	19.30
Holme Moss Pre-enter 4.00 Enter on day £4.50	AL	Holmfirth	16	4000	15 th Jul	Sun	11.00
Turnslack Enter on day only £3	AM	Littlebrough	8	2000	21 st Jul	Sat	14.30
Norland trail Enter on day only £3	BM	Copley	7	800	26 th Aug	Sun	11.30
Yorkshireman Half Pre-enter £10.00 includes-shirt	BL	Haworth	13½	1750	9 th Sep	Sun	10.00
Good Shepherd Pre-enter 5.00 Enter on day £6.00	BL	Mytholmroyd	13½	2500	22 nd Sep	Sat	11.30

To compete in the handicap series 5 out of 12 to count and must include:-

One Short (S), **One** Medium (M) and **One** Long (L).

Fell Racing Safety:

Certain Rules may apply with all events; these are mostly determined by the weather conditions at the time of the race. All competitors are requested to have on hand, at each event, full body protective clothing, whistle, map of the area, compass, and emergency food, ie Mars bar or the like. It is a rare occasion to use the equipment on these marked local races but carrying them gives confidence and we are all in the same boat.

Note: Handicaps are judged by previous fell or off road events or standings in the cross-country table.

Explanation

ADJUSTMENTS TO HANDICAPS

These are made to the EXACT handicaps and will only change playing handicaps under the rule for rounding. Adjustment will be made after all society events when stroke play rules apply - ie: individual events which are [MEDAL](#), [STABLEFORD](#), or [BOGEY](#) competitions. The adjustment is based on a player's score relative to a "Competition Scratch Score" (CSS), described in the next section. The following cases can arise:

1. The players score is worse than CSS by 3 or more shots, points, or holes; the exact handicap increases by 0.1 subject to the maximum. Cards marked as "No returns" usually fall in this category.
 2. The players score is in the "buffer zone" - 0, 1, or 2 shots worse than CSS; the exact handicap is unchanged.
 3. The players score is better than CSS by N shots; in this case it gets complicated! - the exact h/c is decreased by $N \times P$ where
- | | | | |
|----|-----------|--------------------------------------|----------------------|
| 4. | $P = 0.1$ | if exact h/c ≤ 5.4 | (category-1 players) |
| 5. | $= 0.2$ | if $5.5 \leq$ exact h/c ≤ 12.4 | (category-2 players) |
| 6. | $= 0.3$ | if $12.5 \leq$ exact h/c ≤ 20.4 | (category-3 players) |
| 7. | $= 0.4$ | if exact h/c ≥ 20.5 | (category-4 players) |

So the winner of one of our Handicapped Race series will be the runner who makes the greatest improvement on the day. The overall winner will make the most progress in a season.

Mr.Average's had previously been given a handicap of 53%, so he scores **plus 2.5 handicap points** for this event. This is a measure of his improvement over his predicted performance.

English Championships 2007

Edale Skyline	AL	18 th March 07 (Derbyshire) (pre-enter)
Paddys Pole	AS	22 nd April 07 (Preston) (pre-enter)
Fairfield	AM	19 th May 07 (Ambleside) (pre-enter)
Duddon Valley	AL	2 nd June 07 (Broughton-in-Furness) (pre-enter)
Weasdale	AM	18 th August 07 (Cumbria) (pre-enter)
Great Whernside	AS	6 th October 07 (Kettlewell) (on the day)

Race Correction Equation:

Calculate % of winning time, then:

- if % is lower than current H/C % then multiply old HC% x 0.7 and add latest race % x 0.3 = new HC%.

- if % is higher than H/C % then multiply old HC% x 0.9 and add latest race % x 0.1 = new HC%.

To protect runners' handicaps in the event of a freak slow race winning time and as an additional measure to prevent runners boosting their handicap by deliberately running slowly, the H/C % change for any race is limited to a maximum change of 10% per race (eg a 30% H/C cannot change outside range 27-33% after any one race).

Everyone has a start of season H/C.

That is used to give a race "H/C corrected" time and then points are allocated.

The actual time over winning time is calculated for every club runner and this is used to recalculate each persons H/C, using a 70% (if you run better than your H/C) or 90% (slower than H/C) after each counting race.

This stops someone running away with the Trophy because they had an "easy" H/C from the start of the season.

It is more complicated to explain than administer.

Of course you can play with the detail but it rewards improving runners ie you gain points by running better than you would be expected to. OK your H/C is then amended but after 18 years the system has tended to reward improving runners and not the fastest runner in the club.