

Stainland Fell Handicap Explanation

Introduction

Ok, as someone said a while ago it's the same 10% of people who win the races and Grand Prix, that to me is correct,

BUT

I am going to give you a way to change that along with a way to improve your own running and enjoyment of the sport...

Still interested?

Good, read on

A Handicap system, which is designed to recognise and reward improving runners.

The winner could be anyone – not the person who can run quickest.

We are hoping to introduce a different running surface to more club members and create a close and exciting club championship that everyone has equal chance of winning.

Main Topic

We will work out a handicap for all who take part; this would be based and judged by previous fell or off road events or standings in the cross-country table.

To complete the Fell Championship a runner would need to complete a minimum of 5 out of the 12 race series and must include a Short race, Medium race and a Long race. Anyone can undertake any race and is under no obligation to compete in the Championship, there is no need to register all the work will be done by Mary and Myself. (You only need to run and be a club member)

Your Handicap will be based on the percentage of time taken to finish after the winner of the race. So if you had a handicap of 50%, and the winner did 60 minutes, you would be expected to finish in 90 minutes. If you ran 88 minutes you would have had a relatively good run and would be allocated points accordingly from 50 points downwards. You still get points if you finish slower than your handicap but obviously not as many.

So for each race in the Championship, the handicapped time of each Lion running is their race time divided by their handicap. The fastest handicapped time gets 50 points, second fastest 49 points, etc. If everyone ran consistently, our handicapped times would all be the same (and would match the winners time). So whoever has improved the most, or had the best run on the day, will get maximum points from the race.

After each race your handicap for the next race is revised (to adjust for you getting fitter or not so fit). BUT so that you don't run deliberately slow in order to gain a good handicap for the next race and therefore gain easy points (!), it's quicker to get a harder handicap than an easy one.

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 (e.g. a 30% H/C cannot change outside range 27-33% after any one race).

There will always be debates on how to run and score a handicap race system and our rules may be changed subtly from time to time. However we hope they are reasonably fair to all the runners, including veteran runners, and also take into account the natural improvement of new runners. Any suggested changes are open to discussion and can be raised with Trevor Murgatroyd or Mary Cowling or any other committee member.

It is envisaged that the winner and runner up of the Championship will be presented at the annual dinner. (To be put to the committee)

Summary

Everyone has a start 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 65% (if you run better than your H/C) or 95% (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.

The advantages

Everyone has an equal chance of winning
Introducing more members to fell running
Races are midweek as well as weekends
No need to pre-enter races (11 out of 12 are on the day entry)
Cheap race entry costs (approx £3)
Races don't clash with Main Grand Prix or Cross Country
Short races tend to be at start of season for a taster

The disadvantages

This Championship is only for fell running
It's rumoured they may be hills on some events