

Handicapping Frequently Asked Questions (FAQ's)

This document is designed to help you understand NOT REPLACE the Handicapping Policy.

I am new to the club, how is my handicap worked out

Our first race of the season is usually a scratch race. We start with your time in this race to initially work out your handicap.

For your first 3 events a new runner adjustment of 20 seconds per km is added to your handicap. After 3 events your handicap is based on the fastest of these 3 runs and normal rules apply thereafter.

Scenario 1

I ran the first race of the season at 5:00 per km

My handicap will be 4:40 per km for the first 3 races

I ran 4:50 in my 2nd race

I ran 5:10 in my 3rd race

My handicap is adjusted for the 4th race will be based on 4:50 per km

Scenario 2

I ran the first race of the season at 5:00 per km

My handicap will be 4:40 per km for the first 3 races

I ran 5:50 in my 2nd race

I ran 5:10 in my 3rd race

My handicap is adjusted for the 4th race will be based on 5:00 per km

Note: because new runners often improve rapidly, to make it fair for continuing athletes you are not allowed to place in the top ten placings for your first 3 runs. We do this by adjusting your place should you finish in the top 10.

I am new to the club and did not run the first scratch race of the season.

Our chief handicapper will consult with you and nominate an initial handicap. In the absence of a handicapper, you will run off the backmarker time for your first race.

For your 2nd and subsequent races see "I am new to the club, how is my handicap worked out" from above

I ran (at least 3 races) with Newstead last year – How is my handicap worked out

Your handicap is based on your best time from either the last 10 races from last year or your first race for this season, whichever is better.

Scenario 1.

Your last season's best time in the last 10 races was 5:00 per km

Your first race for this season is 5:15 per km

your handicap time will be calculated using 5:00 per km

Scenario 2.

Your last season's best time in the last 10 races was 5:00 per km

Your first race for this season is 4:55 per km

your handicap time will be calculated using 4:55 per km

Note: to encourage runners to run their best each race, we have a 20 point bonus Consistency prize for your first race if it is faster than any races from last season. We encourage people to be honest and not try to “fudge” the system.

I have just had my first win, what happens to my handicap now

If you win a race at a faster time than your previous handicap rate, then this becomes your new handicap. A winner’s adjustment is also made to your time (20 seconds for Div 1 and Div 2, 25 seconds for Div 3)

Scenario (win at faster rate)

I won a Division 1 race at **4:50 per km**

My handicap for this race was **5:00 per km**

My handicap for future races will be 4:50 per km less winners penalty of 20 seconds

So.... My new handicap for future races is **4:30 per km**

Scenario (win at handicap pace or slower)

I won a Division 1 race at **5:15 per km**

My handicap for this race was **5:00 per km**

My handicap for future races will be 5:00 per km less winners penalty of 20 seconds

So.... My new handicap for future races is **4:40 per km**

Note 1: once you have won a race, if you then run a faster time this new fastest will be used to calculate your handicap as of the next race.

Note 2: this winners adjustment is added to all divisions to be fair to all athletes and discourage athletes changing divisions just to try and get another win.

I won again (yippee)

An extra winners adjustment of 0.10 seconds per km is added to you km rate.

I want to run in a higher (longer distance) division, how is my handicap affected

Your handicap is not affected by a move up divisions. E.g. If your handicap is based on 5:00 for Division 3 it will also be 5:00 per km for Division 2

I want to run in a lower (shorter distance) division, how is my handicap affected

Your handicap will be calculated on the higher division predicted km rate minus 20 seconds.

Scenario

My handicap for Division 1 is 5:00 per km

My handicap for Division 2 will be 4:40 per km until I have run 3 races in the loser division, then my handicap is based on the best time from these 3 races.

I am injured but want to keep running in my division. Is my handicap adjusted

The simple answer is no, we do not adjust handicaps due to injury or poor performance in most instances. Consistent **long term** performances below your predicted km rate may be considered at the discretion of the handicapping panel

I am sick but want to keep running in my division. Is my handicap adjusted.

The simple answer is no. In line with our COVID-19 policy we advise that if you are unwell you should not be attending our events.

Yes I get it now but how does this equate to what time I start.

You want the finer details 😊

All handicaps are converted to a 10km equivalent and then adjusted according to race distances

Please see our chief handicapper for explanation