

Cumberland AC Handicap Series 2012

(1st Run - 'Spring' Event)

Names (Order of Registration)	Start Time (Handicap)	Finish Time	Adjusted Time	Positions (Scoring)	Pace (min/mile) & Position (Non-Scoring)
Vanessa	Scratch	30.31	30.31	8 th	12m 43s 15 th
Siobhan	1.30	30.26	28.56	6 th	12m 03s 14 th
Sarah	7.04	28.43	21.39	3 rd	9m 01s 13 th
Emily	9.00	29.07	20.07	4 th	8m 23s 11 th
Maggie	9.00	28.24	19.24	1 st	8m 05s 9 th
Craig	9.30	28.33	19.03	2 nd	7m 56s 8 th
Nicola	9.30	29.56	20.26	5 th	8m 31s 12 th
Phil	10.30	30.30	20.00	7 th	8m 20s 10 th
Gary P	15	32.26	17.26	9 th	7m 16s 7 th
Jordan	17	34.22	17.22	12 th	7m 14s

					6 th
Jim	17	32.42	16.42	10th	6m 58s
					5 th
Keith	18.30	34.31	16.01	13th	6m 40s
					3 rd
Gary	18.30	33.51	15.21	11th	6m 24s
					2 nd
Errick	18.30	34.36	16.06	14th	6m 43s
					4 th
Nick	20	35.04	15.04	15th	6m 17s
					1 st

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Points and 'Points'

The series to be decided on a simple total number of points score basis

Points will be allocated according to position; hence those with the lowest total points scored will be declared 1st, 2nd, 3rd etc.

The principle of the series is to add a bit of spice and fun into our training; and contribute positively to club life in the widest sense. There will be overall best (Fe)Male and best performance and individual performance awards at our presentation evening.

Handicap Criteria

Start times will be determined in the following way (Slowest Pace first): If a 14 min. miler starts proceedings their predicted finish time (42mins) will enable calculation of the start time of 6 min. miler 24mins later.

Race one:

1. Club Members average pace on their last short race
2. Beginner runners average pace based on Sue's generous assessment

Race Two:

1. Club members wing feathers clipped according to Race 1 or criteria as per 1st race for new participants
2. Beginner runners times assessed according to Race 1 or as per Sue's assessment for new participants

Race Three:

1. Club members wing feathers either trimmed or cut down to the follicles
2. Beginners runners times adjusted in friendlier fashion

After collecting at the proposed start at 6.30pm, registration detail will be taken, basic event instructions given (including potential risks), warm up options suggested and the aim for a prompt 6.50pm start announced. Slowest runners will start first and an attempt made to encourage strong competition; that is to say make the fastest runners work! Numbers will be written

on participants hands who will be instructed to yell it out as the cross the finish.

1st Handicap run Evaluation

Firstly let me say a huge thank you to Gillian who marshalled the turn back point and to Keith and Sheila who both came prepared to officiate or run as needs related.

The handicap series is very much a project in progress[^] . As such the following describe the aims of the idea to resurrect this series:

1. To inject a bit of additional fun into our training week
2. To test (murder) those with the audacity to have speed and talent
3. To provide a welcoming platform for potential new members

We hope to see you for the Summer Run (This was the Spring run because Spring Watch is still on the telly!?).

Meanwhile, please see the results above which includes pace for the 2.4 mile distance (agreed from provision of two runners' GPS measures). The pace is worked out to the first decimal point hence close times reveal the same pace.

Shaun Cavanagh