

# Club Handicap Series & Knockout Cup Rules

(Revised January 2018)

**This annual series consists of 12 events from January to December and also incorporates a Knockout Cup.**

## **(1) PURPOSE**

(a) To encourage members to take part in road races both for personal enjoyment and to improve race times in competition with fellow club members.

(b) To further participation, which enhances the club's reputation, turnout in club colours in support of many events across the region.

## **(2) AWARDS**

(a) Achievements in the handicap series and knockout cup are recognised at the Club's annual Presentation Evening in the following categories:

- Individual Races - 1st on handicap in each race
- Overall Competition - 1st, 2nd, and 3rd in the overall total of performances versus handicap in each runner's best SIX races across the whole series (see Section 3)
- Events Completed - Completion of 10 or more of the selected events
- 10K competition - 1st, 2nd, and 3rd in the total of performances versus handicap in each runner's best THREE out of the events at 10K or less.
- The Green Jersey will be awarded to the club runner achieving the most consistency over the year (i.e. nearest their handicap target), based on a minimum six races of any distance
- The finalists of the Knockout Cup

(b) In the event of a tie, the total number of highest points will be considered. If there is still a tie the aggregated percentage for the qualifying race results will determine the winner

## **(3) EVENTS**

(a) The events will encompass distances from 5km up to half marathon.

Two events out of the six which qualify for the overall competition must be of 10K or less and one must be of over 10K. The remaining three can be at any distance. A Knockout Cup will run concurrently over the year as per (5) below

(b) The calculation is based on the difference between actual time and that predicted by the handicap calculation.

(c) Twelve is the nominal target number of events. In some circumstances the committee can agree to include an additional or alternative event.

## **(4) RESULTS**

(a) The official results of UKA recorded races will be used for definitive times. Any club event chosen within the series will be accurately timed. Where chip timing is used the chip time will be used for the handicap calculations.

(b) Handicap times are based on previous races. For each previous race, the distance and difficulty

(e.g. height gain/loss, terrain) is used to calculate an adjusted 10K time (e.g. a time of 1:44:51 for the Humber Bridge half-marathon might have an adjusted 10K time of, say, 0:45:57).

The average adjusted 10K time from up to 3 previous races is used as the basis for the next race, and the distance and difficulty factors for the next race are applied to produce the handicap time for that race. (Note any/all races including Park runs count for calculating handicaps not just the handicap series races)

(c) A points system is used, the aim being to reduce the impact of large time differences being carried throughout the series. Points are awarded as follows:

(i) Handicap

- less 4% or more = 10 points
- less 3 to 4% = 9 points
- less 2 to 3% = 8 points
- less 1 to 2% = 7 points
- less 0 to 1% = 6 points
- plus 0 to 1% = 5 points
- plus 1 to 2% = 4 points
- plus 2% or more = 3 points

(giving the higher points if a runner lands exactly on a boundary)

(ii) Green Jersey

Will be the aggregated percentage difference against handicap times

(d) (i) Members running in their first race, or returning from long layoff or injury will automatically be awarded the average handicap result for that event. If new participants can provide an authenticated time in a recent UKA race before their first handicap event, a handicap may be allocated initially and thus qualify for points as per 4(c)

(ii) Points awarded under rule d(i) do not qualify for the event series.

(ii) Members entering a reverse handicap after the advertised cut off date will have a score applied but it will not be eligible for the handicap series. The Handicapper and Handicap secretary may use discretion to allow late entries up to 24 hours prior to the race. Entrants will be informed if discretion has been applied

(iv) Where a member's race time shows huge variation to other recent results (in the event it was notably slower), the result may be ignored for further calculations (i.e. a runner paced a slow runner in a 10K)

(e) At the end of the year, this first result may be recalculated based on subsequent form and the adjusted result will be used in assessing qualifications for awards in the 10K or overall series

## **(5) KNOCKOUT CUP RULES**

(a) All club members are entered by default and then by running and placing high enough in a qualify race

(b) (i) The qualifying round will use the last three nominated handicap races of the previous year. The top 20 Beverley AC runners first and second claim (based on handicap times) in each will qualify for the first round, along with the semi-finalists from the previous year. In the event of any person qualifying twice, the 21st finisher and so forth will qualify. Should there not have been sufficient qualifiers from the 3 races then the remaining number can be made up from entrants in the winter reverse handicap race who have not yet qualified up to the total needed, being the best placed runners on their handicap time. In the event the Handicap series commences before the winter

reverse handicap, then the missing quota will be accounted for by allocating byes in the first round draw.

(b) (ii) Those awarded average points under 4(d)(i) will only qualify if the quota hasn't been filled through the other options.

(c) The draw for the first round will take place prior to the calendar year end or within two weeks of the last qualifying race (whichever is latest), in the presence of the Club Secretary and Chairman or their nominated representatives and will be published on the website forthwith.

(d) A grid will be drawn up with winners cascading down automatically to the next round so all runners will be aware of their next pairing.

(e) The pairing should run the same race.

(f) Each round from the first will default to the date of a nominated handicap race with a nominated reserve race date. If one or both runners cannot run in either of those races, then they will need to run another race prior to the cut off date for that round.

(g) Dates will be published as the Cup progresses and the grid is updated.

(h) Paired runners will need to confirm to the race secretary if they are using any other race than the nominated race. Otherwise it will be deemed they've agreed to use the first nominated race to compete head to head.

(i) If neither runner competes in the nominated race(s) both must run in another race. Any road race may be used provided it is under UKA permit, the distance certified and official results are published.

Notification must be made to the Cup Secretary prior to the alternative race. For the purposes of clarity the Champagne League is not eligible for Cup fixtures.

(j) If only one runner runs in a race and no other race is used then the participant who has completed the race will progress by default.

(k) If both runners run different races in the time allocated and neither is a club handicap race then the result will be determined on the best age grading score using the first race ran within the dates allocated to that round.

(l) With exception of rule 5(k), handicap times to be calculated on same basis as for club handicap races as per 4(d)

(m) With the exception of rule 5(k), the winner of the race will be determined by being the runner who has the best % result against their predicted handicap time. Times will be taken from official race results

(n) In the event of tie then the best age grading score will determine the winner.

(o) If neither runner runs a race in the time frame allocated then neither will progress and their opponent in the succeeding round will receive a bye.

(p) The date for the Semi Finals and Final will be agreed with all parties by with the Cup Secretary, thus rule (f) does not apply to these rounds. The series to be completed no later than 31 December each year.

#### **(6) DISPUTES**

(a) In the event of a dispute over any results, it should be referred to the Handicap Secretary for consideration by the Handicap Secretary and Handicapper in conjunction with the Club Chairman if a deciding vote is required. The decision from this dispute will be final.

(b) In the event a situation arises not covered within the rules, then a judgement and ruling will be made between the Handicap Secretary, Handicapper and Club Chairman.