

Parramatta Park Runners Handicap Competition 2016

From 2016 it has been decided that the 5 Kilometre and 8 Kilometre Handicap Competitions should continue, and that the duration of each competition will be eleven months, beginning in January and finishing in November each year.

Rules of the 5 Kilometre and 8 Kilometre Handicap Competitions

A runner cannot compete in the 8 Kilometre or 5 Kilometre Handicap Competitions unless they have **three recoded times** for completing the **relevant 8 kilometre course or 5 kilometre course**. They must also be fully financial on Handicap Day, usually the fourth Friday of the month.

On the **1 January each year** all the recorded times over the 8 kilometre course from and including 1 January in the previous calendar year, will be reviewed. The fastest time recorded during that period will be selected to determine a person's handicap time.

If, on any Friday, a competitor completes the 8 kilometre course in a time faster than the time upon which his/her handicap is based their handicap time is immediately re-calculated using the faster time

No allowances will be made for illness or injury in determining Handicap times. Resetting the Handicap Time at least every January will hopefully help to even out Handicap Times that seem to be either too generous or too harsh because of a previous injury or illness.

The aim of the Handicap Competition is to have all runners competing on an equal basis. In actual fact the Handicap Competition is like a most improved competition. On the day of the Competition, what we call "Handicap Day", each competitor should be trying to run as fast as they can over the 8 kilometre course. **The aim each competitor is to run a time as close as possible to their handicap time, or even faster than their handicap time.**

The competitor who runs the course in a time closest to their handicap time or records a time faster than their handicap time by the greatest margin will be awarded maximum points for the competition that month. The next closest to their handicap time will be awarded the second highest points for the competition for that month, and so on.

How is the Handicap Time Calculated?

We don't get many Olympic Champions at Parramatta Park so we assume that no runner will run 8K in less than 25 minutes. We will call 25:00 minutes the Handicap Base Time.

Each runner is given a Handicap Time, which, in theory, would mean every runner was left with a net time of 25:00 minutes. So, by deducting 25:00 minutes from a runner's best time recorded since 1 January in the previous year, a handicap time is created. Here are some examples;

| | | |
|------------------|--|--------------|
| Example 1 | Tom's best time since 1 Jan last year | 29:36 |
| | Deduct the Handicap Base Time | <u>25:00</u> |
| | <u>Tom's Handicap Time</u> | 4:36 |

| | |
|---|--------------|
| Example 2.....Julie's best in the past 12 months | 49:06 |
| Deduct the Handicap Base Time | <u>25:00</u> |
| <u>Julie's Handicap Time</u> | 24:06 |

Staggered Start (Yachting Start)

If the Handicap Competition was conducted with a staggered start (also known as a Yachting Start) then the handicap time is designed to have every runner crossing the finish line together. If we were to make the Scratch Start Time 1:00pm we would be aiming to have everyone finish at 1:25:00pm, (25 minutes later).

With the example of Tom, he would need to start running at 4mins 36 secs **before** 1:00pm (12:55.24 pm) and run his best time of 29:36 to finish at 1:25:00pm.

Julie would need to start running 24 mins 06 secs **before** 1:00pm (12:25:54 pm) and run her best time of 49:06 to finish at 1:25:00pm.

If, on race day, with a starting time of 12:55.24 pm, Tom runs faster than his best time of 29:36 he will cross the finish line before 1:25:00pm.

If Julie starts at 12:25:54 pm and runs slower than her best time of 49:06 she will cross the finish line after 1:25:00pm.

In a staggered start the handicap places are determined by the order in which runners cross the line. In this case, Tom crossed the finish line ahead of Julie and therefore finished ahead of her in the handicap competition for that month.

The Yachting Start is very popular with the faster runners as it gives them someone to chase down for the entire run.

We have not used the Yachting Start for some time for practical reasons. If a slower runner, say Jim, could do 8 Kilometres in say 60:00 minutes Jim's handicap would be 35:00 minutes. If scratch time was to start at 1:00pm that would mean Jim would have to start his race 35:00 minutes before 1:00pm at 12:25 pm. On the other hand some runners might have a bad day and run 10 or 15 minutes slower than their handicap time. That would mean they would not finish until 1:35pm or 1:40pm. The time-keepers and recorder would need to be there from about 12 noon to set up and remind runners of their start times. Additionally there would be no gathering of all the runners before the start for milestones, warnings and announcements. A partial solution might be to move the scratch time back to 1:10 pm or 1:15pm. The later start would better suit runners who come from work and must return before 2:00pm, however, the officials would still need to be there from before the first starter at say, 12:35pm to 12:45 pm.

Bunch Start

On Handicap Day (usually the 4th Friday of each month from January to November, inclusive), all runners start together at 1:00pm. As each runner crosses the finish line the Time Keeper calls out the runners time. It is the responsibility of each runner to listen for their time then immediately advise the Recording Officer (usually Phil Curry). Make sure your time is recorded before you leave. Later, when all times have been data collected the runner's Handicap Time is deducted from the Recorded Time to calculate a Net Time. The runner with the **lowest Net Time** will win the handicap competition that month.

For Example. If **Tom** runs a time of 30:10 on handicap day then his handicap time of 4:36 will be deducted from 30:10 to give a net time of 25:34.

If **Julie** runs a time of 48:50 mins on handicap day her handicap time of 24:06 will be deducted from 48:50 to give a net time of 24:44. Therefore **Julie** will be placed ahead of **Tom** in the Handicap Competition for that month because she has a lower net time.

Points Awarded on Handicap Day

1st place 20 points, 2nd Place 16 points, 3rd place 12 points, 4th place 9 points, 5th place 8 points, 6th place 7 points, 7th place 6 points, 8th place 5 points, 9th place 4 points, 10th place 3 points. All other competitors who finish are awarded 2 points. This point allocation is designed to reward those finishing in the top three places but allocating at least 2 points to anyone for participating.

The Competition Winner

During the period January to November after Handicap Day each month the points earned by each competitor are added to each competitor's tally of points for previous months. This gives a progressive score. The competitor with the highest progressive or aggregate score after the November Handicap Day is the winner of the 8 km Handicap Competition or that year

The 5 Kilometre Handicap Competition

The Rules for the 5 Kilometre Handicap Competition are the same as that for the 8 Kilometre Handicap Competition except that the **scratch time for the 5 kilometre Handicap Contest is 15 minutes 30 seconds.**

As an example; if **Jasmine's** fastest recorded 5 kilometre time at Parramatta Park since 1 January last year is **30:00** minutes, her handicap time is calculated by deducting the scratch time for 5 km of **15minutes 30 seconds** from her best time of **30:00** minutes. Jasmine's handicap would therefore be **14 minutes 30 seconds.**

If **Jasmine** ran the 5 kilometre course last Handicap Day in **30 minutes 15 seconds**, her net time would be calculated as **30:15 less her handicap time of 14:30** to give a **net time of 15:45 mins**

There will be no 5Km or 8Km **Fastest Time Competition in 2016**. There **will** instead] **be Awards** for :

- 1, The Fastest Outright Male over 5 km during the Calendar Year
2. The Fastest Outright Female over 5 km during the Calendar Year
3. The Fastest Age-Adjusted, Male over 5 km during the Calendar Year
- 4.The Fastest Age-Adjusted Female over 5 km during the Calendar Year
- 5, The Fastest Outright Male over 8 km during the Calendar Year
6. The Fastest Outright Female over 8 km during the Calendar Year
7. The Fastest Age-Adjusted, Male over 8 km during the Calendar Year
- 8.The Fastest Age-Adjusted Female over 8 km during the Calendar Year

The only criterion to be eligible for the above awards is that you are financial for the year. Your age at the end of the calendar year must also have been recorded in advance to obtain an Age-Adjusted Percentage

Additional Rules

Honest Effort: Runners in the 5Km or 8 Km Handicap Competition must run the distance. Runners are expected to make an honest attempt to give their best effort. This is conducive to a fair competition for everyone. The Handicapper reserves the right to penalise competitors who appear to be stalling or holding back in an attempt to secure a more favourable handicap time for upcoming competitions.

No Short-cuts: Competitors must complete the full distance. The Handicapper reserves the right to penalise or disqualify competitors who cut corners and/or run off the course. Runners must run on the footpath or within the pedestrian lane on the bitumen where possible.

Obey Parramatta Park Trust Rules: Runners must comply with all directions of officials within Parramatta Park. Runners must run on the footpath or within the pedestrian lane .

Take Care & Run within Your Capabilities. Runners must take care at all times, particularly when crossing vehicular lanes at intersections. Runners are responsible for taking their own health and fitness plus the weather and hydration levels into account when considering the effort they can safely make when running at Parramatta Park.

Novelty Events: From time to time Novelty Events may be held on non-competition days.

If you have any questions about the Handicap Competition or other issues at Parramatta Park Runners please ask.

Dennis Williams

Handicapper,

15 October 2015