



Collingwood Athletic Club

Founded 1973. Affiliated to: UK Athletics, AAA,
England Athletics, Surrey County AA

Club Handicap Competitions Rules & Explanation

Club Handicap Competitions Explanation

- 1) There are two annual Collingwood AC Handicap Competitions, one for male members and one for female members. These competitions are based on the traditional club handicap system.
- 2) The Handicap Competitions are intended to recognise the most improved male and most improved female runners, competing in races over a variety of distances and surfaces, during the qualifying year.
- 3) The qualifying year runs from May 1st until April 30th of the following year.
- 4) The Club Handicap Competitions are open to all competing club members, who have paid their annual subscriptions.
- 5) If a new member joins during the qualifying year, only races that they compete in after joining the club will count towards the Club Handicap Competitions.
- 6) The Club Handicap Competition trophies are awarded at the AGM.
- 7) The objectives of the competitions are:
 - > to encourage members to represent the club in local races;
 - > to encourage members to compete in and support local races; and
 - > to create a friendly competitiveness within the club.
- 8) The two Club Handicap Competitions are designed to support and complement the two Club Championships and the two Club Age-Graded Competitions.

Nominated Races for the Club Handicap Competitions

- 9) Only races that are selected as nominated races in the Club Championships during the qualifying year are eligible for the two Club Handicap Competitions. (Please refer to the Rules & Explanation of the Club Championships for full details.)
- 10) A member can compete in as many of the nominated races as they wish.
- 11) All three Near-as-damn-it 10km races will be separately scored.
- 12) All September marathons will be separately scored.
- 13) All three Surrey Classic 10km races will be separately scored.
- 14) All March Banstead Wood Time Trials will be separately scored.

Points Scoring in the Club Handicap Competitions

- 15) The Club Handicap Competitions are calculated by awarding points based solely on the official finishing times in the nominated races. The results published on the club website will be used to calculate the points.
- 16) If a race result is given using a 'Chip Time' and a 'Gun Time', then the 'Chip Time' will be used to calculate the points awarded for that race.
- 17) Club members must complete in a nominated race wearing a club vest or club top to score points in the Club Handicap Competitions.
- 18) A club member nominated by the committee will administer the points scoring system.
- 19) The 'Points Scoring System' in part involves establishing an average time for each race distance and surface for every member competing in the Club Handicap Competitions. Their average time is calculated from their three most recent races over the given distance on that surface. To do this calculation, only races held since January 2004 and shown on the club website will be used.
- 20) If a member has no previous race time over a given race distance shown on the club website, they will be allocated a 'scratch' time. The next time that the member competes over the same distance, they will have a handicap time, even though it will have been taken from only that one previous race.
- 21) The winner of each Club Handicap Competition is the member scoring the highest points total from the nominated races in which they compete during the

qualifying year. Every nominated race that is run by a member counts to their points total.

- 22) The idea of the Handicap System is to give every club member an equal chance of getting maximum points in their races that they run and therefore giving them an equal chance of winning a Club Handicap Competition.
- 23) Three bonus points are awarded for all the Surrey Road League races, the Surrey Cross-Country League fixtures (for both men and women) and the East Surrey Road League events. The bonus points are awarded in recognition of the fact that the member is representing the club in these events and not merely running for themselves.
- 24) Male and female members will be jointly scored in all races apart from the four Surrey Cross-Country League Fixtures, which are single sex events and as such will be scored separately.
- 25) If there is a tie for any place in the overall standings, the member scoring the most points in the Surrey Cross-Country League Fixtures will be adjudged to have finished higher. If there is still a tie, the member who has competed in the most nominated races will be adjudged to have finished higher. If there is still a tie, the member with the fastest 10km nett time in a nominated race will be adjudged to have finished higher.
- 26) Regular updates on the current position in the scoring table will be shown on the club website and in the Club Newsletter.

An Illustration of the Points Scoring System

- 27) To illustrate how points are scored, The Dave Clark 5km Race held on Thursday, 3rd May 2007 is used as an example. Five club members competed in this race.

Members
John Allen
Ruth Cottam
Chris Fitzgerald
Andy Stalley
Colin Wilkie

To calculate these five members' average time, their results over the 5km road race distance held since January 2004 and which are shown on the club website were collated.

Members	Last 3 5km times
John Allen	25.19 & 23.44
Ruth Cottam	30.13
Chris Fitzgerald	21.17
Andy Stalley	none
Colin Wilkie	none

None of the five members had completed three 5km road races since January 2004. John had completed two, so his average time was the average of his two race times. For Ruth and Chris, their average time was simply their previous race time. For Colin and Andy having no previous times recorded, they were 'scratch' runners, without an average time.

Members	Last 3 5km times	Average Time
John Allen	25.19 & 23.44	24.27
Ruth Cottam	30.13	30.13
Chris Fitzgerald	21.17	21.17
Andy Stalley	none	0.00
Colin Wilkie	none	0.00

Next their average time is subtracted from their actual race time in the Dave Clark 5km race, to give their nett time.

Members	Average Time	Race Time	Nett Time
John Allen	24.27	25.57	1.30
Ruth Cottam	30.13	25.07	- 4.56
Chris Fitzgerald	21.17	23.44	2.27
Andy Stalley	0.00	20.53	20.53
Colin Wilkie	0.00	24.53	24.53

Points are awarded based on the nett time. So, Ruth was the fastest having improved significantly since her previous 5km race. John and Chris were slower than their average times, while Colin and Andy suffered from not having an average time at all.

As five members completed the race, points were awarded in order of their nett times; so, 5, 4, 3, 2 and 1 point are awarded.

Members	Nett Time	Race Points
Ruth Cottam	- 4.56	5
John Allen	1.30	4
Chris Fitzgerald	2.27	3
Andy Stalley	20.53	2
Colin Wilkie	24.53	1

No bonus points were awarded as this race was not one of the Surrey Road League races, the Surrey Cross-Country League fixtures (for both men and women) and the East Surrey Road League events.

So, Ruth scored the most points as she had improved the most. Andy and Colin fared worst, as they had no previous recorded races over the 5km distance. However, next time they will have an average time and will therefore have a much better chance of scoring higher points.