

2003 BOX HILL AC Handicap Rules and Guidelines

Date:

Saturday 26th April at 1.00 p.m. (Details available at the club rooms.)

Distance:

5,000 m. (measured by wheel)

Introduction:

This race has been run over the last seven years at a course within short travelling distance from the club. The course is set out on the morning of the race by club members and a map is available on the day at the start. Any club member is eligible to start in the event, which gives athletes an opportunity to test out their fitness level, and to assist with gradings for the relay teams later in the year. Although it is primarily a fun event, the Club normally provides small prizes for leading performers. Our handicap event has been a most enjoyable race over the last nine years, and we wish to keep it that way. It usually starts at 1.00 p.m., and cars leave the club at 12.30 p.m. We are using the same course as for 2002 this year.

How do athletes get a handicap mark?

The handicapper estimates the time which he thinks the athlete will run based on their best recent track performance over a similar distance. If the athlete has not competed previously, or has not run a distance event of 1500 m. or more previously, the handicapper may seek advice from the athlete's coach or other appropriate people at the club. Times run in previous years' handicap races are looked at, and may influence the handicap time provided. The handicapper's decision is final, and entrants are reminded that he is a very thick-skinned and deaf individual who does not usually respond to loud sobbing, complaints, pleadings or bribes. The handicapper has a long memory for those who sneak past his guard in any given year, or utter loud complaints near the starting line, which may be recalled in future years.

Guidelines for entry:

Entrants are asked to indicate their intention to run on an entry form (on the web site or available at the club) which must be passed to Graeme Olden, Rob Falkenberg, Chris O'Connor, or Ian Sloane. **Entries close on Thursday 24 April.** Because it is difficult to estimate an unknown entrant's time on the day at the start, late entrants are advised that they will have an additional time penalty of two minutes imposed. **Late entrants are not eligible to win the race.** We need to know the number of entrants in advance because we return to the club for presentations and a post race BBQ, and we need to cater for the correct number of people.

For those who have not run in our event previously, these are the *ground rules*:

- Slower runners start before the faster runners, and if people have been accurate in their estimate, and the handicapper has correctly estimated the likely time, everyone should finish at around the same time.
- The course is a two lap course. Men and women, boys and girls all run in the same race.
- You must provide your best recent 1500 m, 3000 m, 5000 m or 10,000 m time to the Handicapper by Thursday 26 April. If you don't have a recent time, estimate the time you think you will run and the Handicapper will make the decision about what time is allocated for the race.
- If you aren't able to do this by the deadline, you will suffer a **two minute penalty**

