Club Championship and Handicap Events

With the **26 27 Running calendar** about to start, the committee has sought to explain in detail the opportunities for members on club nights.

Why compete in a BRC Club Championship event if I'm not a fast runner?

In our sport there are winners and participants, most are participants who are striving for their best time, to beat someone who they haven't beaten before, or to get valuable handicap points, or just to meet the challenge ahead.

The club has two 10km, 5km and 3 km events throughout the year designated as **Club Championships** and to win a Club Championship award you must complete one of each distance and your max points will be allocated on your **Best 4 events.** Historically the winners come from the faster runners in the club. The points are allocated from 50 for first 49 for second 48 for third and so on. The winner is the person with the highest points for their **best 4 events. 200 Points is the maximum**. Within this group we identify the **fastest 10, 5, 3km times** and this is hotly contested and could be won by competing in just one event as a member.

The **Age Group** awards come from the **6 Club Championship** events and is accumulated aggregate points. Therefore a winner could be someone who completes all 6 events against the winner of the championship who only does 4. This is an opportunity for everyone.

Hidden within the Club Championship series we also have a **Winter Handicap series** and the award is presented on accumulated points aggregated over all **6 events**. Therefore completing all 6 event is a primary goal for maximum points. This series can be won by anybody who accumulates the most points. The handicap is different to the Henk Stoffers handicap. It's set using your first championship run and points are awarded subsequently based on performance improvement. Therefore, a person who is continually improving will score higher than someone who is consistent. This handicap favours improving runners rather than the fastest runners.
In order to accumulate the most points for the award participating all the championship events is important.

The Henk Stoffers series is designed for new and improving runners, therefore your handicap sets your start time and the fastest runners need to run PB's to win maximum points in this series and is generally very hard to do.

It is generally a very contested result with good handicapping bringing the whole field in 2 minute window. The Handicaps are set on a scratch time of 32 minutes for 5km and established on your fastest 5km time at the start of the season. There is a maximum of 30 points for the first down to 1. The series is open and is not gender specific.

Therefore every person that competes in these events has an opportunity to win a category. However the winner generally needs to compete in all 5 to gain maximum points.

The handicappers will be on the lookout for anyone who is running below their best speed to manipulate the Henk Stoffers system. They may adjust a persons calculated handicap if they believe that person is going deliberately slow or "sandbagging"

Starting is the pathway to success Happy Running.

