

The Norman Smith Handicap

This is a fun event to round off the season after the serious (but friendly) competition of the main series.

Runners who have completed at least two of the races are given a starting time based on their performance in those races. The idea is that, if this handicap system worked perfectly, everybody would arrive at the finish at exactly the same time!

According to the rules of the League, only those who have completed the qualifying number of 2 races in the season can have an official start time and qualify for the awards but we don't want to exclude you if, for whatever reason, you have been unable to do so.

So, if you have a chipped bib number for this season, even if you don't have a starting time, please come and run if you want to. You won't qualify for a prize but you can join in the fun of the race and the presentation afterwards and you will get a time for your run in the published results.

WHATEVER YOU DO, DON'T RUN WITH SOMEONE ELSE'S NUMBER!

What time should I start if I don't have an official time?

That's for you to decide. You should start at the same time, or perhaps a minute or so behind, someone who you know to be about the same standard as yourself. Better to start later rather than too early so that you cross the line first, only to be disqualified from the prize list!

Just come along and enjoy the run and the fun!