

Congleton Harriers Handicap system used in the Competition Standings:

Each member has a notional handicap (in terms of minutes) which is subtracted from the result of each race. There's a separate entry for long road races (half marathons) but most calculations are done on the average off-road distance of 10 km. A 20 km off-road race would see me subtracting a double handicap time from each finisher. I typically adjust the handicaps a couple of times each year and try not to change them mid-way through a competition. The idea is that members all finish in roughly the same time once their times are adjusted. Of course, this doesn't often happen but in some races I see runners' handicap times differing by only a few seconds whereas the actual times were many minutes apart. It's not a perfect system but I think it's relatively fair and it does give those members who will never finish at the top of the OPEN competition a chance to win a prize.

Rich Benson