

## CLUB HANDICAP LEAGUE

[Handicap Info 2017\]](#)

### **2017 Handicap League**

This fun, competitive event is open to all Skipton Athletics Club members and is aimed at getting everyone involved.

There will be 12 races throughout 2017; four quarterly off-road races around Gargrave and eight monthly road races around Skipton. Both routes are approx 10k.

There is a staggered start according to each individual's estimated/known 10k time, with the aim that all runners should finish close together - making for an exciting finish! Timings are adjusted accordingly to ensure fair play at all times.

Points are awarded for placings (30 for the first finisher then 29 for second etc). Your best eight placings count towards the final league placings when trophies/prizes are awarded for improvement as well as fastest times so it's not just for the speediest runners!

1st Handicap - Thursday 23rd March - Skipton 2nd Handicap - Sunday 9th April - Gargrave 3rd Handicap - Thursday 27th April - Skipton 4th Handicap - Thursday 18th May - Skipton 5th Handicap - Sunday 18th June - Gargrave 6th Handicap - Thursday 20th July - Skipton 7th Handicap - Thursday 3rd August - Skipton 8th Handicap - Thursday 7th September - Skipton 9th Handicap - Sunday 24th September - Gargrave 10th Handicap - Thursday 12th October - Skipton 11th Handicap - Sunday 12th November - Gargrave Final Handicap - Thursday 30th November - Skipton

### **2016 Handicap League**

All results and standings can be found here:

<https://docs.google.com/spreadsheets/d/1twYNYbdabqPkWwUPC6mboCyLPX5G-BJkGewJ1LCOOhs/edit?usp=sharing>