

## CLUB HANDICAP LEAGUE

### [handicap 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>