

Skipton AC Handicap

League 2017

The handicap championship, it's back in 2017!!

This event is open to all members of Skipton Athletics Club, and is aimed at getting involved in a fun a competitive race with your club mates. Handicaps will be based on an approximate 10km time for first timers or last recorded handicap time of each participant, and as the races take place handicaps will be adjusted accordingly to ensure fair play at all times.

Separate handicaps times exist for the quarterly (Off Road) & Monthly (Road) races.

There will be 12 races throughout 2017, 4 quarterly races held on a Sunday morning, and 8 Monthly races held on a Thursday club night. All races are approximately 10km and include off road and road routes.

2017 Dates

Quarterly Handicaps: Meet at Masons

Arms Pub Car Park, Gargrave at 10:15am

2nd Handicap - Sunday April 9th

5th Handicap – Sunday June 18th

9th Handicap – Sunday September 24th

11th Handicap – Sunday November 12th

Monthly Handicaps: Meet Aireville Pool,

Skipton from 6:50pm

1st Handicap – Thursday March 23rd

3rd Handicap – Thursday April 27th

4th Handicap – Thursday May 18th

6th Handicap – Thursday July 20th

7th Handicap – Thursday Aug 3rd

8th Handicap – Thursday September 7th

10th Handicap – Thursday October 12th

Final Handicap – Thursday November 30th

The results will be made using a points system and entered into a league, so first person to finish will get max points (30) and then will decrease for every position thereafter, much like the WY XC is done.

It's your best 8 results that count towards the final league scoring and position, so if you do 10 races then you can drop your worst 2 results giving you a chance to improve.

Trophies & Prizes will be awarded to the Winner, Runner Up and Most Improved, and these will be awarded at the Club AGM in Early December.

If you have any queries please contact or speak to Jeremy Lamb