

SKIPTON ATHLETICS CLUB (SKIPTON AC)

ROAD, CROSS-COUNTRY, TRAIL, FELL, GROUP & ONE-TO-ONE COACHING



≡ MENU

CLUB HANDICAP

Skipton AC 2023-24 Handicap

Here are the proposed dates for the 2023-24 Handicap series:

26th October 2023

30th November 2023

14th December 2023 (not last Thursday in the month)

25th January 2024

22nd February 2024 (not last Thursday in the month)

What is a handicap?

Each runner gets a target time relating to their ability. People are set off running in reverse order of pace with the 'least quick' going off first and 'least slow' last.

Since the quicker runners will gradually be catching up the slower runners, the finish is something of a stampede!

Runners will be awarded points in finish order.

How do I get handicap points?

In each race:

1st gets 100 points, 2nd 98 points, 3rd 96 points, etc.

The overall winner will be decided by:

Your cumulative points across the race series. If you do all **5** races your best **4** will count. If you do **4** races or fewer, it is just your total points.

Bonus points:

Beating your course PB (20 points)

Running faster than your target time (10 points)

For volunteering, recording places / times or marshalling (50 points)

Running and / or volunteering at all **5** races (50 points)

Taking part

The club run on the last Thursday of the month will be the handicap route and this will show in the route rota from October 2023 onwards. There will be no other club run that night.

If you are unable to make the night of the handicap, then please submit a time recorded on the course during the week **before** or the week **after** the handicap date and you will be included in the results.

If you are not 'racing' that night, please volunteer by either helping with the timing / places or by trotting out around the course and standing somewhere to help keep people safe and to encourage the runners.

Estimated times

The route is 4.3 miles. For the first event, an estimate of a fair pace (minutes per mile) will be used. Thereafter your *recorded* finishing times will be used to *inform* your handicap target time (but your PB does *not become* your handicap time).

New runners who join in will be given an educated guess as a target time / pace based on whatever evidence is available (e.g. a parkrun time). Please help to re-assure people that it 'all comes out in the wash' in the end!

As near as is possible, the handicap format gives all abilities the chance of winning. This is about doing well, relative to how *you* run.

Re the target times and other aspects. Please resist putting undue pressure on the volunteers. Banter is fine, bribery may be acceptable but anything other than a smile at all times is not!

The route

The route is a total of around 4.3 miles comprising 3 loops: a 'top loop'; a 'CVT loop' (CVT = Castle View Terrace); and a 'Hayton loop'. Here is a [link to a video which describes key points on the course](#) with maps and descriptions of each loop are below:



CVT loop = 2.05 miles

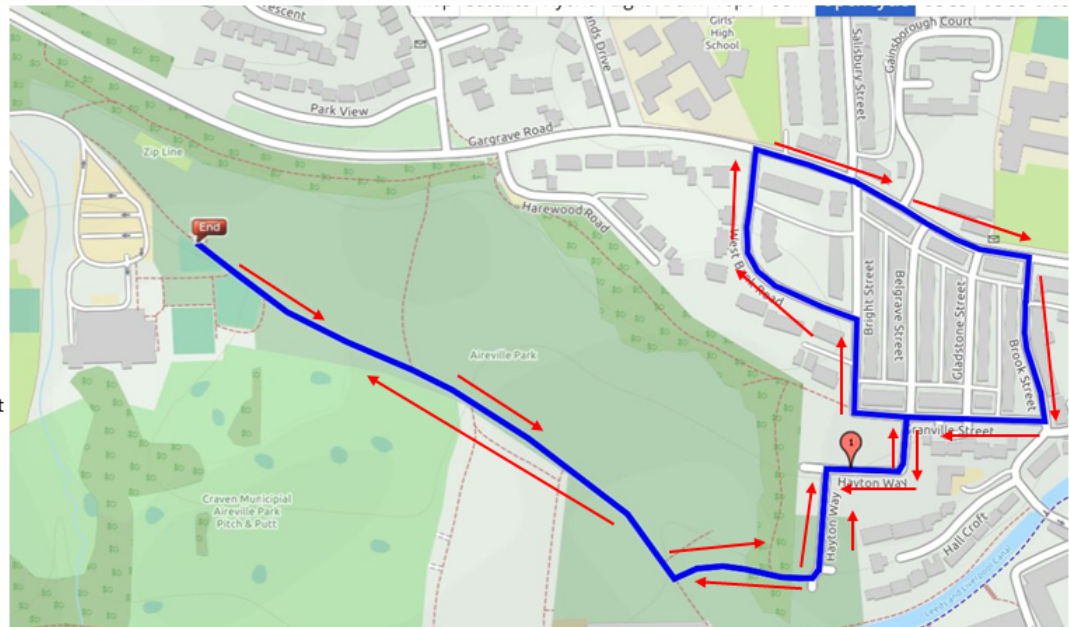
Continue from Top loop past start ...

- Down park
- Up Cherry Tree Lane
- Out by war memorial
- **Right** on Gargrave Road
- Continue down all the way to Mill Bridge
- Left up Raikes Rd
- Take second left double back up Castle View Terrace
- Crest the hill & go straight down St Stephen's Close
- **Take care on exit through the archway**
- Turn right to go back up Gargrave Rd all the way to the pool access road
- Down path to pass the start & continue with Hayton loop ...

**Hayton loop = 1.42 miles**

Continue from CVT loop past start ...

- Down park
- **Past** Cherry Tree Lane
- Take path diagonal left just before the bottom park gate
- Take steps to Hayton Way
- Up Hayton Way, right then left & onto Granville St
- Left up Granville, right at the end & then second left down West Bank Rd
- Right on Gargrave Rd
- Right into Brook St
- Right up Granville St
- Retrace along Hayton Way & back up the park to finish



Upcoming Events:

October 14th - parkrun Grand Prix, Fountains Abbey

October 26th - 1st Club Handicap

October 29th - Accrington 10k, Club Champs 7

November 4th - parkrun Grand Prix, Bowling Park

November 19th - Cross Country 1, Baildon

November 25th - parkrun Grand Prix, Burnley

November 30th - Handicap

December 3rd - Cross Country 2, Queensbury

December 14th - Handicap

December 16th - parkrun Grand Prix, Roberts Park

December 17th - Cross Country 3, Bramley

January 13th - parkrun Grand Prix, Myrtle Park

January 21st - Cross Country 4, South Leeds

January 25th - Handicap

February 3rd - parkrun Grand Prix, Pendle

February 11th - Cross Country 5, Crossgates

February 22nd - Handicap

February 24th - parkrun Grand Prix, Hyndburn

February 25th - Cross Country 6, Stainland

March 10th - Cross Country 7, Stadium Runners

March 16th - parkrun Grand Prix, Skipton

[UK Results](#) [England Athletics](#) [Fell Runners Assc \(FRA\)](#) [Fit For Purpose \(FFP\)](#) [Skipton Cycling Club \(SCC\)](#)

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