

Handicap Races

The Handicap Series consists of 6 races over a 5.6 mile course, each race having a staggered start reflecting the performance of each member in their last handicap race.

The best 4 of the 6 races count.

The first member home scores 1 point (The second 2 points etc.).

The winner is the member with the least number of points from 4 races.

In addition

A "scratch" trophy is awarded to the fastest man and woman based on actual times with the scoring as above.

An "age standard" trophy is awarded for the best single performance over the six races.

(Performances are compared against age using tables compiled by the World Association of Veteran Athletes).

Towpath Handicaps

The Towpath Handicap Series consists of 7 races run over a 5.6 mile out-and-back course along the Thames Towpath (start at the canoe club, turn at Sunbury Lock).

Each race has a staggered start reflecting the performance of each runner in their fastest race of the series so far.

There are four competitions in all:

Women's & Men's handicap trophies

Women's & Men's scratch trophies

Handicap Trophies

The first runner home (man or woman) scores 1 point, the second scores 2 points etc. Runners competing in their first event of the year do so to establish their handicap and cannot score handicap points.

The trophy winner is the runner with the least total number of points from their best 3 finishes.

In the event of a tie, the winner is the runner with the most 1st places in the entire series (if there is still a tie, compare number of 2nd places etc)

Scratch Trophies

A "scratch" trophy is awarded to the fastest man and woman based on actual times. Scoring, tie-breaks etc are the same as for Handicap Trophies, except points from the best 4 finishes are used.

Start Time Rule

Each runner will be given a calculated start time for each race and should ordinarily start at that time.

Runners starting after their calculated start time will be credited with their actual finishing position (handicap points) and actual scratch time.

Runners starting before their calculated start time will be credited with their actual scratch time but will not be included in the finishing positions.