

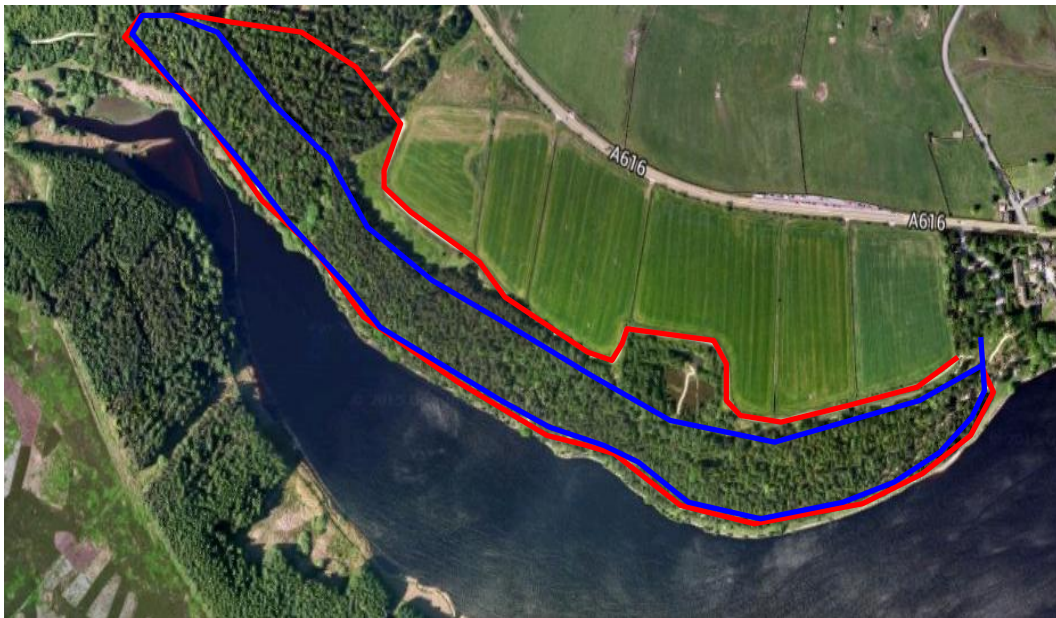
## **Xmas Handicap.**

Despite doing everything we could to get disqualified, my team was declared the winner of the Summer Handicap so got lumbered with organising the Xmas handicap.

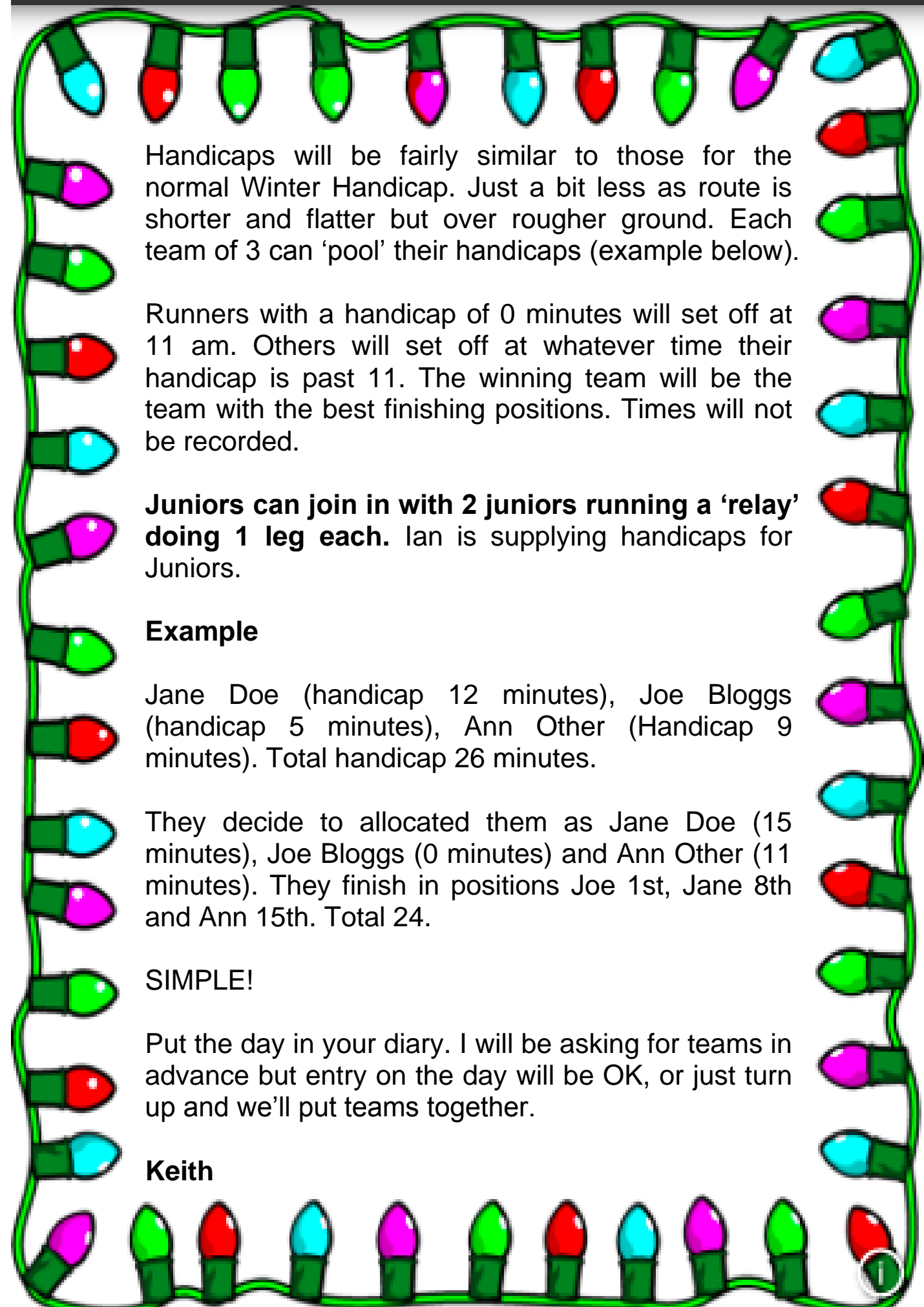
This will be on Monday 28<sup>th</sup> December at Langsett Barn. Barn is booked from 10am to 2pm, so bring leftovers. Soup (vegan) and bread will be served after the run.

**Event is for teams of 3**

Route is 4 miles long consisting of 2 loops. One loop (red) is 2.2 miles. Other loop (blue) is 1.8 miles.



Prizes (Tin of chocs, bottle of wine and a 4-pack of beer) and medals for first 3 teams.



Handicaps will be fairly similar to those for the normal Winter Handicap. Just a bit less as route is shorter and flatter but over rougher ground. Each team of 3 can 'pool' their handicaps (example below).

Runners with a handicap of 0 minutes will set off at 11 am. Others will set off at whatever time their handicap is past 11. The winning team will be the team with the best finishing positions. Times will not be recorded.

**Juniors can join in with 2 juniors running a 'relay' doing 1 leg each.** Ian is supplying handicaps for Juniors.

### **Example**

Jane Doe (handicap 12 minutes), Joe Bloggs (handicap 5 minutes), Ann Other (Handicap 9 minutes). Total handicap 26 minutes.

They decide to allocated them as Jane Doe (15 minutes), Joe Bloggs (0 minutes) and Ann Other (11 minutes). They finish in positions Joe 1st, Jane 8th and Ann 15th. Total 24.

**SIMPLE!**

Put the day in your diary. I will be asking for teams in advance but entry on the day will be OK, or just turn up and we'll put teams together.

**Keith**