

Perfect 10 in 2010 or stayin' alive just doin' the 5?

After 7 years in its 8k format there is a groundswell of opinion that the handicap series should be extended to 10ks and incorporate a shorter 5k event as well. The original 8ks has served us well, being as it was a committee decision to try and agree a distance which suited the majority of our club members. 8k was seen as a distance that could be achieved by most members without being too long, and not so short that the club greyhounds would be finished and off home before the rest of us raised a sweat.

So, for 2010 we propose a dual series run over 5kls or 10kls. Your finishing 8k handicap plus 2% will be adjusted up or down using the Reigel formula of $t_2 = t_1 * (d_2/d_1)^{1.06}$ – that's almost as confusing as the handicap calculation! Both events will be run simultaneously at the same time together as one. Clear? Generally the courses next year will be over a 5k loop which those in the 10k will do twice consecutively one immediately after the other?

And there'll be much more tautology in every race report.

At your first event in 2010 you must nominate in which series you wish to race and you can only get points in one or the other series. So choose wisely grasshopper.

How does the handicap work?

- No handicap. Race time plus 1%, new runners score lowest points on the day.
- Race time faster than handicap. Reduce handicap by 80% of the difference between old handicap and race time.
- Race time slower than handicap. Increase handicap by 10% of the difference between old handicap and race time – up to 30 seconds maximum.
- Same, no change.

How does the point score work?

Results are decided on the difference between your race time and your handicap. Whoever runs faster than their handicap by the biggest margin, or closest to it if no-one runs under, wins maximum points, 50 for first, 46 2nd, 43 3rd, 41 4th then 40, 39, 38 and so on. Your best 6 races of 8 count.

And another thing....timekeeping

We don't play for sheep stations but the series is hotly contested now. Everyone likes to know how they are going and see how it all works out. 2009 was the closest result ever with just 1 second deciding the final outcome. So next year we will have an official timekeeper at every event as follows:

- No timekeeper, no run.
- Timekeeper must have a current handicap in either 5k or 10k event.
- Only paid up members will have handicaps calculated and score points. You only get a handicap after you run at least once.
- You can only volunteer to time keep at one event in each annual series.
- If more than 1 person volunteers, then the timekeeper will be chosen by draw from a club cap or topi.
- If you time keep you also score maximum points on offer for that event.
- Times are kept for both 5k and 10k.
- The timekeeper can run either course before or after everyone else, but her/his time will not be kept nor will his/her handicap be changed.

Anyone with any other bright ideas is welcome to contribute. And nominate any course you want to see in the series but remember we are the Caboolture Road Runners so the more central we can make each venue, the better and fairer for all those travelling and burning fossil fuels. See? We do care.

Handicaps shown overleaf.

Name	2009 8k Handicap + 2%	2010 5k handicap	2010 10k handicap
Anja	39:51	24:13	50:29
Audrey	49:55	30:20	63:14
Barbara	48:07	29:14	60:57
Ben	48:42	29:35	61:42
Ben P	37:57	23:04	48:05
Bill B	42:08	25:36	53:23
Brennan	48:49	29:40	61:51
Bruce	32:00	19:27	40:32
Cara	38:53	23:38	49:16
Carol	48:58	29:45	62:02
Caroline	40:10	24:24	50:53
Col	39:13	23:50	49:41
Connor B	34:12	20:47	43:20
Dave C	47:51	29:04	60:37
Dave S	30:08	18:19	38:10
Eric	38:16	23:15	48:29
Francis	39:14	23:50	49:42
Genevieve	38:39	23:29	48:58
Geoff W	38:29	23:23	48:45
Glen	36:06	21:56	45:44
Grant	56:36	34:23	71:42
Greg Wbstr	33:44	20:30	42:44
Gundars	45:04	27:23	57:06
Iain McK	31:08	18:55	39:26
Ian K	32:06	19:30	40:40
Ian McC	53:41	32:37	68:01
Jake H	42:15	25:40	53:31
Jason	48:54	29:43	61:57
Jo C	48:08	29:15	60:59
Jo L	40:51	24:49	51:45
Kim H	46:29	28:15	58:53
Laimon	36:47	22:21	46:36
Lauren L	48:02	29:11	60:51
Lisa	69:09	42:01	87:36
Lorraine	54:50	33:19	69:28
Mark H	29:43	18:03	37:39
Mark P	32:04	19:29	40:37
Matt	38:26	23:21	48:41
Matt H	32:00	19:27	40:32
Matt L	46:00	27:57	58:17
Natasha	51:24	31:14	65:07
Peter McK	37:07	22:33	47:01
Richard	45:34	27:41	57:44
Robyn E	50:39	30:47	64:10
Robyn G	38:24	23:20	48:39
Roland	47:46	29:01	60:31
Ron	39:14	23:50	49:42
Russell	36:11	21:59	45:50
Sandy	37:35	22:50	47:37
Sean	37:07	22:33	47:01
Steve H	34:04	20:42	43:09
Steve M	36:59	22:28	46:51
Tami	51:50	31:30	65:40
Tania	59:09	35:56	74:56
Travis B	38:53	23:38	49:16
Wendy	35:35	21:37	45:05
Will	34:27	20:56	43:39