

Club XC Handicap Races

- Novice & President Races & Steve Plowman for U12 -

For the handicap races everyone has their time predicted prior to the race by the handicapper(s) and participants start at different times (slowest start first, fastest person starts last) with the goal/theory being that everyone should finish at the same time. First person across the line wins!

The Men's & Women's races have two categories, Presidents for those that have won a trophy before and Novice for those that haven't won a trophy before.

Approx. Timetable

12:00pm	Course Set Up	
1:30pm	Announcements	
1:50pm	Under 7 Race	Mass Start, ~400m
1:55pm	Under 12 Steve Plowman Race	Handicap Start, 2km
2:30pm	Novice & President Races (Men & Women)	Handicap Start, 6.2km
	Under 18	Handicap Start, 3.1km
	Walkers' Bob Clark Memorial Trophy	Mass Start / Hidden Team Handicap, 3.1km

Course (run anti-clockwise)

Red - 3.1km (6.2km do 2 laps)

Blue - 2km

