

HART ROAD RUNNERS  
MULTI RACE CHALLENGE FOR THE  
BOB MUAT TROPHY

RULES

**RACES**

Up to thirty advertised races of varying distances will be nominated to form the basis of the handicap, culminating in the Fleet Half Marathon in March.

**HANDICAP TIMES**

Handicap times will be set in March for the Fleet Half Marathon based on recent handicap races, Thursday night handicaps or any other event recorded during the last 3 months.

Following this the handicap times will only be affected by Bob Muat race times and not by any other race times.

Following the Fleet Half Marathon in March, runners new to the handicap series will be allocated a handicap time following their first race.

Under exceptional circumstances the handicap times may be adjusted to take account of a particularly hard or easy course.

**TIME CALCULATIONS**

Standard multipliers will be used to calculate handicap times as follows:

10km handicap time = half marathon time multiplied by 0.45

10mile handicap time = half marathon time multiplied by 0.755

London Marathon handicap time = half marathon time multiplied by 2.22

Handicap times will be set based on the previous Bob Muat event so that a faster time will incur a new faster handicap time for the next event with a 1% allowance. A slower time will incur a new handicap time equal (proportionally) to the old handicap time with a further 1% allowance.

**FINISHING TIMES**

Times will be determined from the official results. Individuals who find they are not shown as Hart Road Runners on the official results are responsible for notifying the person compiling the HRR results/MRC points.

**POINTS**

Points will be awarded as follows:

10 points for equalling allotted handicap time.

Plus 2 points for wearing HRR club vest/t-shirt or a charity vest if the running for that charity (in that race).

Plus 1 point for each 0.5% (+/- 0.25%) improvement on the allotted handicap time.

Minus 1 point for each 0.5% (+/- 0.25%) worse than the allotted handicap time.

2 points will be the minimum number of points awarded.

30 points will be the maximum number of points awarded.

Runners new to the Bob Muat handicap series and with insufficient race information to be allocated a handicap time will be awarded 10 points (plus 2 points for club vest/t-shirt) at their first race.

**TROPHY**

The nine highest scoring events will make up each runner's total score for the year.

The Bob Muat Trophy will be presented to the runner with the highest number of scoring points.

**APPEALS**

Appeals regarding handicap times or points awarded will be heard by the committee. The Committee's decision will be final.