

# **Hobsons Bay Running Club**

## **Handicapping Guidelines – November 2017**

### ***Handicapping Guidelines***

Guests are handicapped to finish 30 seconds behind the nominal finish time.

Winners of the Handicap will be handicapped such that a significant improvement (generally in the range 20-30 seconds) over their winning performance will be required to achieve the nominal finish time in the shorter of their next six participations or twelve months.

Members who do not participate regularly will be moved back in the field.

For the purposes of Rule 20 (“If a performance in the Handicap is significantly inconsistent with previous performances...”) “significantly inconsistent” is intended to ensure fair competition for regular participants, and to cover instances such as those where a member’s Handicap has been eased over a period of time due to poor results only to followed by a dramatic and inconsistent improvement. It is not intended to cover cases where a member trains hard to achieve a significant PB from a credible base Handicap.

Handicaps can be adjusted using any information considered relevant, with prior performances in the Handicap being a primary source of information.

### ***AGPB Guidelines***

The purpose of the AGPB is to recognise that PBs obtained in younger years become physically unobtainable as people age. Tables are compiled for Masters Athletics for this purpose and updated from time to time. The current tables were issued in 2015.

In general, the AGPB is based on the fastest age-corrected time of the preceding three years provided the member has participated in six handicaps in the previous years. No age-corrections will be applied until the member is at least 35 years old.

For simplicity, the member’s age on the 1<sup>st</sup> January is used for all calculations for that calendar year.

The AGPB can also be manually adjusted if it is clearly unfair due to changing circumstances – for example if a member scores no bonus points in a year despite participating in six or more events.

## Latest Tables for AGPB Corrections

Age	5 km (M)	5 km (F)	Age	5 km (M)	5 km (F)
20	1.0000	1.0000	60	0.8131	0.7966
21	1.0000	1.0000	61	0.8064	0.7869
22	1.0000	1.0000	62	0.7997	0.7772
23	1.0000	1.0000	63	0.7930	0.7674
24	1.0000	1.0000	64	0.7863	0.7577
25	1.0000	1.0000	65	0.7796	0.7480
26	1.0000	1.0000	66	0.7729	0.7383
27	1.0000	1.0000	67	0.7662	0.7286
28	0.9997	1.0000	68	0.7592	0.7189
29	0.9987	1.0000	69	0.7515	0.7092
30	0.9970	1.0000	70	0.7433	0.6995
31	0.9947	0.9998	71	0.7344	0.6898
32	0.9918	0.9990	72	0.7249	0.6801
33	0.9882	0.9977	73	0.7147	0.6703
34	0.9839	0.9959	74	0.7040	0.6606
35	0.9790	0.9935	75	0.6926	0.6509
36	0.9734	0.9906	76	0.6806	0.6412
37	0.9672	0.9871	77	0.6680	0.6315
38	0.9605	0.9831	78	0.6547	0.6218
39	0.9538	0.9785	79	0.6408	0.6120
40	0.9471	0.9734	80	0.6263	0.6013
41	0.9404	0.9678	81	0.6112	0.5897
42	0.9337	0.9616	82	0.5955	0.5772
43	0.9270	0.9549	83	0.5791	0.5637
44	0.9203	0.9476	84	0.5621	0.5493
45	0.9136	0.9398	85	0.5445	0.5340
46	0.9069	0.9314	86	0.5262	0.5177
47	0.9002	0.9225	87	0.5074	0.5004
48	0.8935	0.9131	88	0.4879	0.4823
49	0.8868	0.9034	89	0.4678	0.4632
50	0.8801	0.8937	90	0.4470	0.4431
51	0.8734	0.8840	91	0.4257	0.4221
52	0.8667	0.8743	92	0.4037	0.4002
53	0.8600	0.8645	93	0.3811	0.3773
54	0.8533	0.8548	94	0.3578	0.3535
55	0.8466	0.8451	95	0.3340	0.3288
56	0.8399	0.8354	96	0.3095	0.3031
57	0.8332	0.8257	97	0.2844	0.2764
58	0.8265	0.8160	98	0.2586	0.2489
59	0.8198	0.8063	99	0.2323	0.2204
60	0.8131	0.7966	100	0.2053	0.1909

2015 Figures taken  
from

<http://runscore.com/Alan/AgeGrade.html>