

The EVRC Race League is a way for club members to compete against each other throughout the year, even if they are not running in the same race.

Points are awarded according to position and added-up through the year. All times will be adjusted according to your Run Britain/ Power of 10 handicap. We hope that implementing a handicap system similar to that used in golf will make overall results closer and will remove the bias towards older/faster runners that the old age adjustment system had. Essentially the faster you get the lower your handicap will become. The higher your handicap the bigger assist you receive to your race times.

The winners are announced at the club's annual Christmas party.

Race League Rules

Points are awarded according to position and added-up through the year.

Members can play one 'joker' a year – notify a committee member or [Steve Sandalls](#) or Richard Grove in advance of the race and your points will be doubled.

Bonus points for all on-the-weekend helpers at the Evesham 10K

All race results will be adjusted using Run Britain / Power of 10 handicap rankings. All results to be compiled by Steve Sandalls using his magic algorithms.

You can enter either one or both leagues as you wish, just let us know which before you run your first event but you only get one Joker

Some events are TBA and subject to change as organisers have not confirmed dates yet.

All fully paid up members can compete and win including 2nd/3rd claim members.

For the Long League there will be 12 events, your best 7 results count.

For the Short League there will be 10 events, your best 6 results count.

Individual handicaps will be set on 1st January and then reviewed and adjusted as required at beginning of April and July.

The handicap system

We will take your Power of 10 handicap as at 01 January. You can check out your handicap as follows:

1. Go to <https://www.runbritainrankings.com/>
2. Select "Runners"
3. Enter your surname, first name and club then click "lookup"

4. Under profile you should see your current handicap score and your individual race results including parkrun's.

If you don't have a Run Britain / Power of 10 handicap we will estimate it.

You will get a 5 second advantage per kilometre for each handicap point.

Example :

2023 Pershore 10k						
Distance (Km)	10					
Adj factor	00:00:05					
Name	Handicap	Chip time	Adjustment =	Seconds =	Time =	Adjusted Time
Scott Withey	4.6	00:39:37	5 secs x 10 km x 4.6 Handicap =	230	00:03:50	00:35:47
Bob Pope	7.4	00:42:41	5 secs x 10 km x 7.4 Handicap =	370	00:06:10	00:36:31
Richard Grove	7.9	00:45:50	5 secs x 10 km x 7.9 Handicap =	395	00:06:35	00:39:15
Ian seabright	11.6	00:47:32	5 secs x 10 km x 11.6 Handicap =	580	00:09:40	00:37:52
Dave Whitehouse	13.3	00:48:38	5 secs x 10 km x 13.3 Handicap =	665	00:11:05	00:37:33