

2022 Handicapping

BE3 $= (N3+P3+V3+Z3+AB3+AF3) / (COUNTA(N3,P3,V3,Z3,AB3,AF3)) - I3$

	A	B	C	AE	AF	BE	BF	BG
1								
2	Chip	First Name	Surname	Scotch Park 4/6/22 Per KM (Min/Sec)	Scotch Park 4/6/22 Per KM (Sec)	Short Course Average (Sec)	Long Course Average (Sec)	10k Equiv (Sec)
3						448	#DIV/0!	448
4				7:11	431	436	490	454
5				6:54	414	404	464	424
6				6:37	397	385	#DIV/0!	385
7				7:44	464	442	489	462
8				6:29	389	366	#DIV/0!	366
9				7:02	422	411	466	427
10						399	#DIV/0!	399
11						398	437	411
12				7:04	424	390	415	399
13						382	405	387

If someone has not completed a short or long course, in the fields the data will show as **#DIV/0!**

In order to get the handicaps, the short or long course average is divided by the course difficulty ratio (Div 1 only) and then, multiplied by the distance.

Each person's predicted time is displayed in one column, then the predicted time is shown and finally the handicap is applied. The variable in this is the first runner, their time in seconds is applied to everyone's handicap hence giving a time from the starter. The starting time is adjusted by rounding up or down to make it easier for the starters, generally in lots of 10 seconds.

Chip	First Name	Surname	Div	Bulk	non-LRC Race pace 2022	Ran in 2021?	Best per KM 2021 or Heritage (Sec)	Win Pen	Net Per KM Races 1-3	Best 2022 (last 10)	Net Per KM - Averaging Races 4 onwards	Scotch Park 4/6/22 Per KM (Min/Sec)	Scotch Park 4/6/22 Per KM (Sec)	Short Course Average (Sec)	Long Course Average (Sec)	10k Equiv (Sec)	15.3k Predicted Time (Seconds)	15.3k Predicted Time (Min/Sec)	15.3k Handicap	Gender	Age Category	Roundup
1	1				4:30	Y	270	20	250	270	253	4:18	258	238	267	253	4093	1:08:13	1:02	M	S	1:00

Sounds difficult

Once your head is around it, it does come together. For the above example the first runner has a predicted time to complete the 15.3 Km course of 7755 seconds. The systems calculates, based on a long course average of 267 seconds per Km, that the runner will complete the course in 4093 seconds or 1 hour 8 minutes and 13 seconds giving a handicap of 1 hour and 2 seconds which is rounded down neatly to 1 hour.

This goes to everyone, and the overall handicaps are produced.

2022 Handicapping

Case Study

The following is an example of how it all looks in the spreadsheet. Net per Km pace is updated with all races. As per the above description, short and long course averages are updated based on the course distance.

delete zero seconds from per second column when race is completed - associated with non-runners for that race																																		
Chip	First Name	Surname	Div	Bulk	non-LRC Race pt 2021?	Ran in 2021?	Best per KM 2021 or Herit (Sec)	Win Pen	Net Per KM Races 1-3	Best 2022 (best 10)	Net Per KM Averaging Races 4 onwards	Heritage 26/3/22 - Per KM (Min/S)	Heritage 26/3/22 - Per KM (Sec)	Evandale 2/4/22 - Per KM (Min/S)	Evandale 2/4/22 - Per KM (Sec)	White Hills 09/4/22 - Per KM (Min/S)	White Hills 9/4/22 - Per KM (Sec)	Hillwood 23/4/22 - Per KM (Min/S)	Hillwood 23/4/22 - Per KM (Sec)	Low Head 30/5/21 - Per KM (Min/S)	Low Head 30/4/22 - Per KM (Sec)	York Cove 7/5/22 - Per KM (Min/S)	York Cove 7/5/22 - Per KM (Sec)	Perth 14/5/22 - Per KM (Min/S)	Perth 14/5/22 - Per KM (Sec)	Tairace 21/5/22 - Per KM (Min/S)	Tairace 21/5/22 - Per KM (Sec)	Lilydale Lope 28/5/22 - Per K** (Min/S)	Lilydale Lope 28/5/22 - Per K** (Sec)	Scotch Park 4/6/22 - Per KM (Min/S)	Scotch Park 4/6/22 - Per KM (Sec)	Short Course Average (Sec)	Long Course Average (Sec)	10k Equiv (Sec)
999				0		Y	281		242	225	252	3:50	230	3:55	235	4:20	260	4:30	270	3:45	225	4:35	275	4:00	240	3:55	235	4:45	285	4:20	260	238	273	252



1. Numbers used for first handicap depending if the person is a follow-on member or new
2. Pace used to calculate handicap for races run one through three
3. Pace used for races four to seven
4. Paces used, depending on distance, for races 8 onwards

When you win

delete zero seconds from per second column when race is completed - associated with non-runners for that race																																		
Chip	First Name	Surname	Div	Bulk	non-LRC Race pt 2021?	Ran in 2021?	Best per KM 2021 or Herit (Sec)	Win Pen	Net Per KM Races 1-3	Best 2022 (best 10)	Net Per KM Averaging Races 4 onwards	Heritage 26/3/22 - Per KM (Min/S)	Heritage 26/3/22 - Per KM (Sec)	Evandale 2/4/22 - Per KM (Min/S)	Evandale 2/4/22 - Per KM (Sec)	White Hills 09/4/22 - Per KM (Min/S)	White Hills 9/4/22 - Per KM (Sec)	Hillwood 23/4/22 - Per KM (Min/S)	Hillwood 23/4/22 - Per KM (Sec)	Low Head 30/5/21 - Per KM (Min/S)	Low Head 30/4/22 - Per KM (Sec)	York Cove 7/5/22 - Per KM (Min/S)	York Cove 7/5/22 - Per KM (Sec)	Perth 14/5/22 - Per KM (Min/S)	Perth 14/5/22 - Per KM (Sec)	Tairace 21/5/22 - Per KM (Min/S)	Tairace 21/5/22 - Per KM (Sec)	Lilydale Lope 28/5/22 - Per K** (Min/S)	Lilydale Lope 28/5/22 - Per K** (Sec)	Scotch Park 4/6/22 - Per KM (Min/S)	Scotch Park 4/6/22 - Per KM (Sec)	Short Course Average (Sec)	Long Course Average (Sec)	10k Equiv (Sec)
999				1		Y	281	20	222	225	232	3:50	230	3:55	235	4:20	260	4:30	270	3:45	225	4:35	275	4:00	240	3:55	235	4:45	285	4:20	260	218	253	232

When you win a race a 20 second penalty is applied for each Km of the race
 This then alters the average times which are used to calculate the handicaps as per the short and long course averages

Summary

- Without a win the short course average was: 238 seconds per Km (first screen shot)
- With a win the short course average is now: 218 seconds per Km (second screen shot)
- This 20 second penalty will remain with that winner for 12 months