

The Course

The start and finish is at the front of the Grand Pier.

Run along the prom towards Uphill and dead turn at the flagpole which is situated in the semi-circular recess of the sea wall. This is approximately 50 yards before the prom drops down to the beach.

Return back past the pier and continue along the prom around Marine Lake. Dead turn at the Cove Resturant at the disabled access ramp to the resturant. Return to the finish at the pier.

If possible, either a person or a cone will denote these two turning points.

Notes:

The 5K Handicap will run every second Tuesday of the month.

Runners can either meet as usual at Hutton Moor or meet at the pier at approximately 7.20pm.

If you have not done the scratch run in December and you want to run, your handicap will be calculated by either; using a previous 5K, 10K or prom run time.

After each run your handicap will be re-calculated according to your performance.

The organiser's role will be to start all runners at the correct time relevant to their handicap and take down times at the finish.

We expect all runners to start their stopwatches when the FIRST RUNNER STARTS. Please make sure you have taken note of your handicap so you know how long you have before your race begins. (Handicap times will be available on the night for you to check).

We will ask every runner for their time after they have crossed the finish line so that actually times can then be calculated. Times and handicaps for the following month's race will be put on the web as soon as possible.

There will be two stopwatches running as a back-up so please let the organiser know if you do not have a stopwatch.

Any comments and/or contributions regarding the organisation of the 5K Handicap are most welcome.