

Handicaps

The handicap system is used to give competitors of all abilities a fair chance to finish at or near the front of the race, it is not used to pick out a winner from all competitors. You will only win if you improve, you won't win if you are injured, sick or just training.

For those of you who have just shrugged your shoulders and said "It's not fair the handicapper is too tough, I'm never going to get a win" you will probably stop reading now. For the rest I will try and explain how the handicapping works.

No names, no emotion, only raw data involved

First we need to establish a K/Rate (distance divided by time), which is your **actual K/Rate**
We also need an **average K/Rate** (**actual K/Rate** divided by amount of races you have done)
Now the formula starts

If your **average K/Rate** is greater than your **actual K/Rate**, I use your **actual K/Rate** to predict times

If your **average K/Rate** is less than your **actual K/Rate**, then I use your **actual K/Rate** plus the percentage difference of **average K/Rate** minus **actual K/Rate** divided by **actual K/Rate** (this is to allow for the slow or fast races you do)

If your **average K/Rate** equals your **actual K/Rate** I use your **actual K/Rate** to predict times

your **actual K/Rate** is ALWAYS from your last race
your **average K/Rate** is ALL your races this season

I then calculate the Slowest competitors time, then subtract each competitors time from that to get your handicap.

Hope this helps

If there are any Excel or Access experts willing to help me improve, change or design a new system

Please contact me at stephen.ditchfield@gmail.com