

Best of the Best 2019 - Rules

- Do it !
- Win it !

First across the line in each event is the winner, and will be the Best of the Best for 2019,

Subject to:

- **NOT BEING PACED** - meaning you CANNOT have anyone run/walk with you, and
- If your handicap has been **based on your WALKING** the monthly event, **then** you are expected to **WALK**, and NOT BREAK INTO RUNNING AT ANY TIME.

Breach of either of these rules may result in disqualification by the handicappers.

There is NO disqualification for 'breaking' as in the monthly events. The 2 minute rule of the 10k or the 1 minute rule of the 3.5k DO NOT APPLY in this event.

How this run unfolds :

- All the monthly winners from the two handicaps compete to win their event "Best of the Best".
- There should be 12 starters in each event.
If an individual wins the handicap more than once, that does reduce the number of starters.

[Alain Rivet](#) and [Paul Moro](#) had the distinction of having a win in both the 10k and the 3.5k handicaps in the same running series and must decide which event they want to contest. Alain has already opted for the 3.5k event.

The 3.5k handicap was won twice by [Pauline Kelly](#).

So 10/11 potential starters in the 10k this year, 10/11 in the 3.5k.

- The handicaps have been set by the respective handicappers.
- **The intention is to run everyone off the one clock. And bring the competitors of both events home together.**
- Hopefully our fellow Westies not-competing will have had their run and will be about the finish line at around 8:20 a.m. to see the races end and cheer our champs.

- **The clock starts at 7:00 a.m.** The first runner off will be **Jane Price**. Jane is off the handicap of 'minus 18m:30s' ... (-18:30). Jane will start at 11:30 on the clock. Next will be **Colin Price**, 15 seconds later with the handicap of '-18:15', and on the clock at 11:45. Lorri Di Lucchio will be the last starter in the 10k, off a handicap of '+9:00' at 39:30 on the clock.

All handicaps in both events have been adjusted / fitted to the one clock accordingly.

GO time is still 7:30a.m. The competitors of the 10k are handicapped to 50 minutes, so **the expectation is that all finish at 8:20 a.m.**

The 3.5k runners have had their handicaps adjusted to give a start time that should see them finish at 8:20 a.m. as well.

Robert Storey, who has a handicap of plus 5m:30s (+5:30) will be off first in the 3.5k, off the clock at 54:30.

Ken Mudie has the handicap of +8:30 and will follow Robert 3m:00s later, and the last runner off, **Chandra Gurung**, on the handicap of 16:30 will leave at 1:05:30 on the clock.

- **The real 'time-of-day' times have been provided to give an indication when our runners can expect to start.**
- Both events will finish to the line from the same direction, the courses coming together at their final turn. That in itself can provide another race to the line.
- Good luck everyone! Run well. Run to win!