

Fairwater Runners Winter Handicap Training Run

The aim of this series of runs is to stimulate safe, faster running within the club on the roads. It is not a race but a training run. It is organised in a handicap style to provide the incentive for all runners at all ability levels to try and run a little faster than normal and so improve their performance. Everyone taking part must follow the guidelines given below, failure to do so will result in disqualification.

Guidelines

1. All runners must follow the specified route (see page 2), they must run on the pavement and only cross roads when necessary (i.e. crossing roads to obtain a shorter line is not allowed).
2. When crossing roads runners must stop and check that it is safe to cross, before crossing. If a crossing point is specified on the route it must be adhered to.
3. These handicap training runs will take place on the second Tuesday of the months of October, November, December, January, February and March. The clock will start at 7 pm sharp.
4. Note that these training runs take place on a normal club training night and members not wanting to participate in the handicap training run shall organise their own training runs as usual.
5. In the rare event that weather or other conditions make the run unsafe then the handicap run shall be delayed for one week. It is the Chairman's sole responsibility to declare conditions unsafe and it is the responsibility of all runners to turn up at the appointed start time to find out if conditions are safe or unsafe to hold the run.
6. Two club members shall volunteer in advance to act as time keepers for each event and this task shall be shared equally amongst regular competitors. All regular runners are expected to act as timekeeper at least once every two years.
7. Handicaps and starting times (see Handicapping Guidelines) will be allocated by the time keepers according to a runner's best time in the previous year or during the current winter season if last years time is bettered. Runners without posting a time in the last 3 years will run the route once during one handicap training run (no score recorded for them for this run) and their time for that run will count as their best time for subsequent runs in that season unless bettered. They will start this run at an appropriate estimated handicap time.
8. Runners arriving later than their starting time may still run but their time will be recorded from the allocated starting time, not the time they arrived ready to start.
9. To stimulate safe, faster running on the roads prizes will be awarded to 1st, 2nd and 3rd placed runners reaching the end of the course without disqualification. Some spot prizes will also be awarded by drawing lots (only one prize can be won per runner). Spot prizes will only be awarded to runners staying for the results declaration to be held in the Stadium about 1 hour after the Handicap Run finishes. Time keepers are responsible for purchasing the prizes before the event. Each runner shall pay £2.50 towards the prizes in each run they take part in. Members running but not competing pay £1 as usual.
10. At the end of the winter season further overall prizes shall be awarded as follows.
 - 1st, 2nd and 3rd overall to runners with the lowest average handicap positions, 4 runs from 6 to count. Runners running in less than 4 events shall not be eligible for these prizes.
 - Most improved runner from the previous years best time or best time for the first run in the year, as appropriate.

Route**Distance = 4.9 miles**

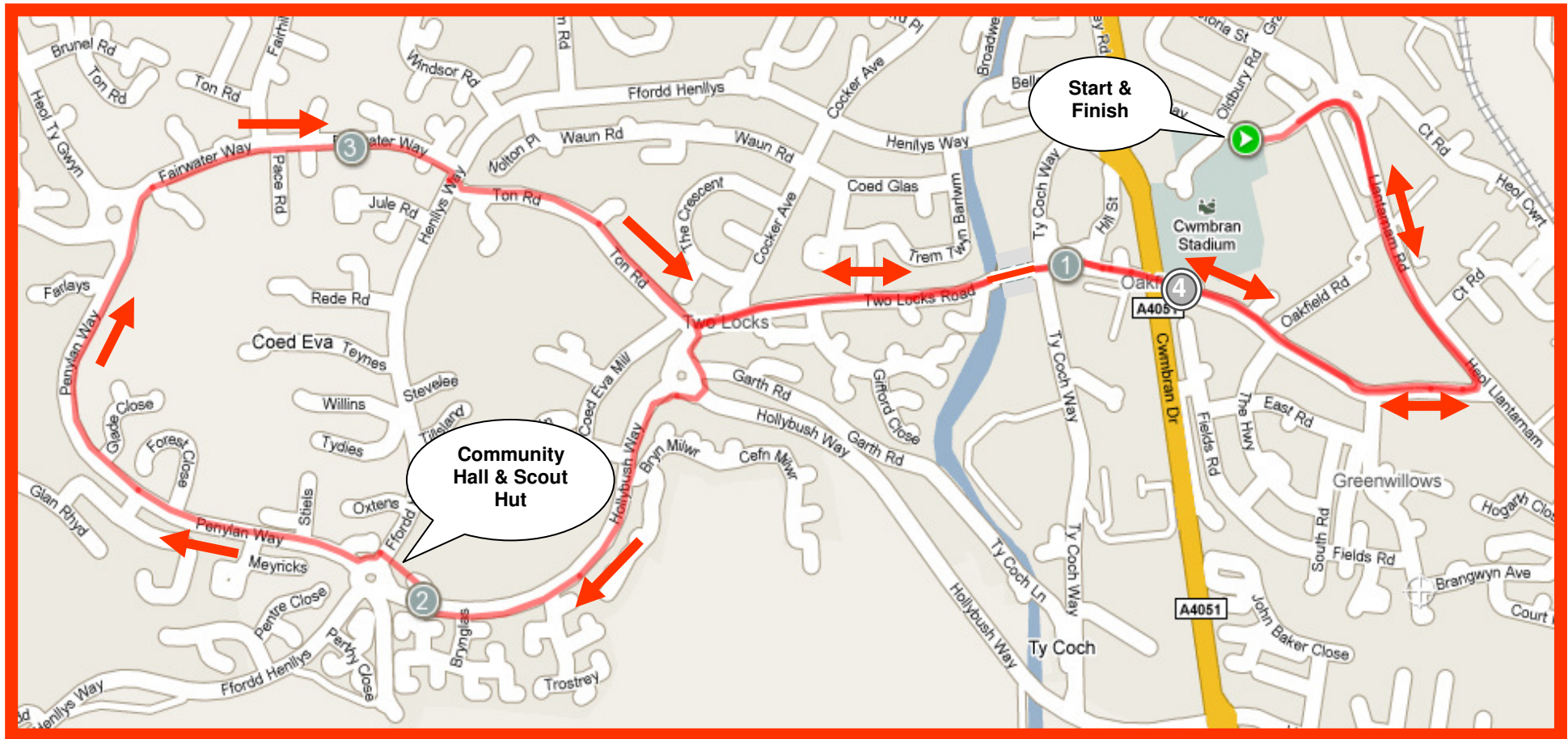
This new handicap route is based on the route that was decided upon after discussions by the club committee in 2007 and advice taken from some club members who ran the route on a club training night. The new route avoids a long stretch, now without streetlights, on Holybush Way below the roundabout at the junction with Garth Road and Two Locks Road. The route is described by these notes and the accompanying diagram (see page 3). Approximate mile markers are the numbers in gray circles beside the route.

The route has been designed to minimise road crossings, and to mainly cross larger roads immediately beside roundabouts or where pedestrian traffic islands are present, where crossing will be safest. Please take care at all road crossings defined in the route and when crossing smaller side roads which join the route.

Street lighting. Lighting on Cwmbran streets is rather unreliable now as we all know. There are likely to be many street lights not operating on this route, sometimes isolated single lights and sometimes two or three lights together. Occasionally longer stretches of street lighting will be off. So it is recommended that all club members take with them some extra lighting, for example a small hand or head torch.

1. Start and finish outside Cwmbran Stadium on the pavement on the car park side of Henllys Way - between the main tarmac entrance to the car park and the dirt road entrance to the large gravel section of the car park, beside a lamp post.
2. Down Henllys Way on the pavement towards Llantarnam road, take care crossing the gravel car park entrance.
3. Turn right along Llantarnam Road to Oakfield Road and turn right again here and over the Cwmbran Drive bridge, along Llandowlais Street to the roundabout. Stay on the right hand side pavement all the way.
4. Cross Ty Coch Way to the right of the roundabout by the traffic island and head down Two Locks Road, keeping to the right. Cross Two Locks Road where Ton Road joins and keep left to cross Holybush Way to the left of the roundabout.
5. After crossing go up hill along Holybush Way on the left hand pavement. Note: take care at the short section immediately after roundabout, where the pavement disappears (beside a crash barrier) and run in the road here, returning to the pavement when the crash barrier ends.
6. Cross over Holybush Way at the top of the hill, just before footbridge, and head left past the Community Hall and Scout Hut. Cross Henllys Way to the right of the roundabout. Continue up Penylan Way on the right pavement. Join Fairwater Way at the roundabout by turning right and head downhill on the right pavement. Turn right at the bottom and almost immediately cross Henllys Way via the traffic island towards Ton Road.
7. Proceed down Ton Road on the left hand pavement. At Two Locks Road Turn left and continue until roundabout and cross Ty Coch Way on the left side of roundabout, keeping on the left pavement to retrace the early part of the route back to the stadium via Llandowlais Street, Oakfield Road and Llantarnam Road. Turn left to finish on Henllys Way. Do not take short cut via slip road just before the left turn into Henllys Way.

Fairwater Club Handicap Route



Many street lights may no be operating on the route – it is recommended that all runners take some form of extra lighting with them (e.g. a small hand or head torch).

Handicapping Guidelines:

Guide for Timekeepers Operating the Fairwater Runners Handicap Training Run

There are four sheets that between them provide all you will need for running the Club handicap. The sheets are as follows.

1. Summary Sheet (not needed for the October run).

You need this to update the Best times sheet (see 2 below). Add the new best time of all runners who have improved their time over that recorded for any year on the Best Times sheet, cross out the old best time.

2. Best Times sheet.

This, now updated sheet, has the best times for all runners who have done the handicap. You base the handicap times on the most recent best times from 2009, or 2008, 2007, 2006 etc..., if there is no 2009 time recorded, then use the latest time recorded. If there is no time recorded in the last 3 years allow the runner to run as a guest for this run to record a recent time. Note the 2009 time is the best time in 2008-09 handicap winter season, and correspondingly for other years.

3. FairW Handicap Start Sheet.

This sheet is used to construct the start list. The times on the left are the start times from the time of starting the stop-watch(es). Runners names are put in the Runners column according to their best times, from the best time sheet or from an improved time in later races in that year (now on the updated Best Times sheet). Runners who have paid are ticked in the paid column.

4. FairW Handicap score sheet.

This sheet is used to record the results. The column H/cap from start sheet is the Start time which is the handicap. The end time minus this start time gives the actual running time.

I hope that this is all clear.

John Fry