

SESSION BRIEFING SHEET

Session Name: Club Handicap



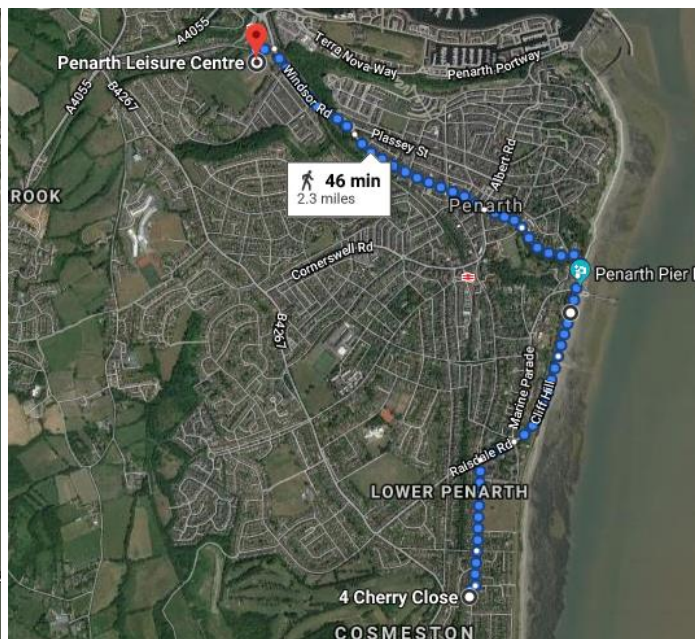
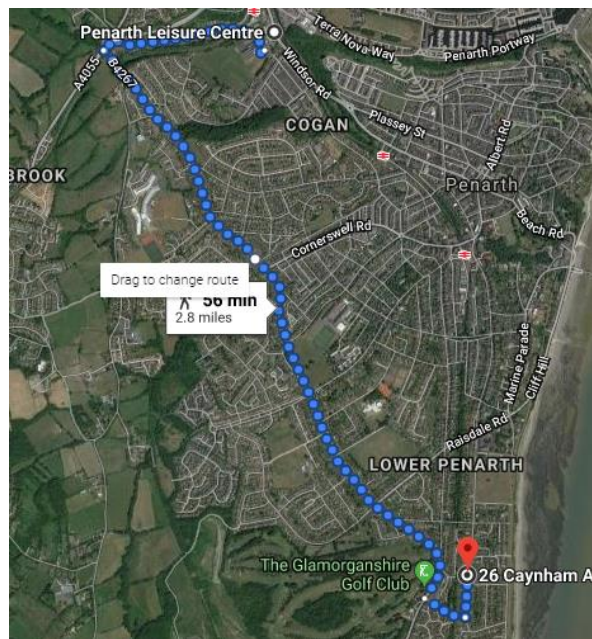
**PENARTH AND DINAS
RUNNERS**

Objective: Build Speed on top of Stamina

Meeting Point: Cogan Leisure Centre

Location: 5 Mile Handicap Course including the Esplanade and Beach Hill.

Map of Session location with Track :



Description:

This is a 5 mile Handicap circuit. All runners declare a time in advance and then run the full circuit at best pace.

Individuals are released from Cogan Leisure Centre, slowest first, fastest last in intervals according to declared times.

The winner is the runner who is closest to their declared time and the bandit is that person who is the furthest under their declared time. All runners should arrive back at approximately the same time.

Marshalls are required at various points along the course, most notably at the turn at Caynham Avenue.

Invigilators also required to release runners in strict accordance with declared times. One time keeper and one to keep track of intervals and liaise with time keeper.

<p><u>Safety Points:</u></p>	<ol style="list-style-type: none"> 1. Make sure all individuals are comfortable with the course. 2. Great care to be taken crossing all junctions around the full course. 3. Be very aware of cars on the roads on which you are running, especially from behind. 4. Look out for each other at all times. 5. Individuals to check in at the entrance where the timekeeper will record split times and they are issued with a finish token which they take to Lyn to record.
<p><u>Summer and Winter Variations</u></p>	<p>Light reflective clothing required in winter</p> <p>Head torches advisable for the dark sections</p>
<p><u>Additional Comments:</u></p>	<ul style="list-style-type: none"> • Times are uploaded from the stopwatch to the laptop where all times are collated and finish positions recorded. • Lyn posts finishing times on the FB group and by email to confirm.