

AUTUMN/WINTER 2022/23 HANDICAP

Points awarded for the top 5 Male/Female runners in each race. Highest points total at the end of each series wins.

1st = 10 points

2nd = 8

3rd = 6

4th = 4

5th = 2

Ladies Standings

Name	Race 1	Race 2	Race 3	Race 4	Race 5	Score
Emily	8	6				14
Katy	4	8				12
Anne	2	10				12
Wendy	10	-				10
Pauline	6	-				6
Rhian	-	4				4
Helen	-	2				2

Men's Standings

Name	Race 1	Race 2	Race 3	Race 4	Race 5	Score
Owain	10	-				10
John P	-	10				10
Richard W	8	-				8
Tony T	-	8				8
Nathan	6	-				6