

Knock Out Cup 2010

Incorporated in the Handicap Series of Races

Rules

by

Lucas Meagor – Cup Secretary

1. Only races in the handicap series will be used
2. A grid will be drawn up with winners cascading down automatically to the next round so all runners will be aware of their next pairing
3. Each round will default to the date of a nominated handicap race starting with the Hornsea 1/3rd Marathon. If one or both runners cannot run in that race, then they will need to run in the next handicap race.
4. Paired runners will need to confirm to the race secretary if they are using the second race otherwise it will be deemed they've agreed to use the first nominated race to compete head to head.
5. If only one of the pair competes in the race that runner proceeds to the next round
6. If neither runner competes they must both run in the next handicap
7. Handicap times to be calculated on same basis as for club handicap races.
8. The winner of the race will be determined by being the runner who has the best % result against their predicted handicap time. Times will be taken from official race results.
9. If one runner cannot run in the race and no other race is used then the participant who has completed the race will progress by default.
10. If neither runner runs a race in the time frame allocated then neither will progress and their opponent in the succeeding round will receive a bye.
11. Prizes will be awarded to the winner, runner up and losing semi finalists. Prizes to be presented on a suitable occasion following the last race of the Knock Out Cup.

To inform intentions or seek further information please [email](#) Lucas