

## The Bob Clarke Challenge

SAMA will continue with the Bob Clarke Challenge series of races as per its 2022/23 Summer Track & Field Program. It is an event that will cater for sprinters as well as middle distance & distance runners of all ages, both male and female, competing together in two handicapped rounds (200m & 1000m) with the aim of qualification for a 500m, handicapped, final.

The two rounds and handicap final of The Challenge will be run over three Wednesday evenings during the month of February 2023.

Entrants will need to register up to 48 hours before each round to allow for handicaps to be calculated and for the track to be marked on the day of competition.

Male and female athletes compete jointly in the rounds and final. Gift vouchers will be awarded to the three placegetters in the final as follows:- **1<sup>st</sup> \$180, 2<sup>nd</sup> \$70, 3<sup>rd</sup> \$50.**

Athletes are handicapped on a set sliding scale (based on age and gender) **with possible, discretionary, additional handicapping based on an assessment of comparative skill levels.**

### Round 1. 200m

Run [Wednesday, 1 February](#) as per the SAMA Summer Program (A2 Handicap).

Athletes entered in this round will run in individual lanes and be catered for in the required number of races. It is anticipated that there will be two to three races with up to nine runners in each race.

### Round 2. 1000m

Run [Wednesday, 15 February](#) as per the SAMA Summer Program (C2 Handicap).

This round will not be run in lanes with all runners to start as per handicaps and marked in lane one (1).

### Qualification for trophy final

Points will be awarded to runners in each race of the two lead up rounds on the following basis:-

1 <sup>st</sup>	10 points	4 <sup>th</sup>	6 points	7 <sup>th</sup>	3 points
2 <sup>nd</sup>	8 points	5 <sup>th</sup>	5 points	8 <sup>th</sup>	2 points
3 <sup>rd</sup>	7 points	6 <sup>th</sup>	4 points	9 <sup>th</sup>	1 point

Points are combined from the 2 rounds and the top 10-12 (in case of ties) runners will qualify for the handicapped 500m final.

Below are indicative handicaps proposed for the two rounds and the 500m final.

### Trophy Handicaps in Metres

Age	200m run		1000m Run		500m Run	
	M	F	M	F	M	F
30	Scratch	12	Scratch	70	Scratch	27
35	Scratch	19	Scratch	106	Scratch	41
40	7	26	35	142	13	55
45	14	33	70	178	26	68
50	21	40	106	216	40	82
55	27	46	144	254	54	97
60	33	53	183	295	69	112
65	40	60	225	337	85	128
70	48	69	271	383	102	146
75	57	77	321	433	121	165
80	66	87	376	487	142	186
85	73	93	412	523	156	199

The final will be run as per the 2<sup>nd</sup> round with all runners to start as per handicaps and marked in lane one on [Wednesday, 22 February](#) as per the program (A1 Scratch).

A trophy and prizes will be awarded to the first three place getters in the final.

**Viddy Jermacans, Series Convenor, 0407188721**