



The Hammer Circle Chris Preston Winter Handicap Competition

This is a fun competition in the winter months to encourage athletes to test themselves both against other members of their training group and, as a team, against other groups around the country.

1. The Winter Handicap Secretary will set the dates which is normally during February/March.
2. Teams comprise of four throwers who need not be members of the Hammer Circle.
3. Teams can be any combination of men/women/age category as each has their own handicap
4. The competition is to be organised and conducted by a Level 2 Coach or Official
5. All competitions should be completed on the same day at the same venue. However, a minimum of three throwers in each team may complete the competition on the same day at the same venue with a fourth member at a later date if not available on that day. This must also be at the same venue.
6. In the event of a team not being able to field four throwers a credit distance of 15 metres is allowed for each missing thrower
7. The team score is the total of each thrower's best attempt plus or minus the handicap percentage.
8. Composite Teams not competing at the same venue or the same time will be recognised but not be included in the Winter Handicap Competition.
9. Maximum length of hammers (shorter lengths accepted providing correct weight is maintained):- 2kg, 3kg & 4kg – 119.5mm, 5kg – 120mm.
10. All competitions must be held under UKA Rules and all throwers will have six attempts.
11. Temporary sector lines are accepted if required

Competition results must be returned to the Secretary, Ian Tempest ian.tempest1@btinternet.com as soon as possible and **before 30th March** on the spreadsheet ensuring the FULL NAME, AGE GROUP, DISTANCE THROWN & HANDICAPPED DISTANCE is shown.

Age Group	Weight	Handicap	Multiply Factor
U13 Men	2 kg	10%	1.1
U15 Men	3 kg	7.50%	1.075
U17 Men	4 kg	-15%	0.85
U20 Men	4 kg	-25%	0.75
Senior Men	5 kg	-25%	0.75
V40 Men	5 kg	-20%	0.8
V50 Men	5 kg	-5%	0.95
V60 Men	4 kg	10%	1.1
V70 Men	3 kg	32.50%	1.325
V80 Men	3 kg	75%	1.75
U13 Women	2 kg	20%	1.2
U15 Women	2 kg	15%	1.15
U17 Women	2kg	5%	1.05
U20 Women	3 kg	-7.50%	0.925
Senior Women	3 kg	-15%	0.85
V40 Women	3 kg	7.50%	1.075
V50 Women	2 kg	20%	1.2
V60 Women	2 kg	55%	1.55
V70 Women	2 kg	75%	1.75