

**Half-Marathon Handicaps - Based on 1:44:32 win time, which is average win time 1995 to 1999**

Please locate your age in the left hand column. You will see your handicap minutes in the middle column and your start time on the right. Please arrive a early to check in before your start time.

<b>Men</b>		
Age	Handicap Minutes	Start Time
72	39	8:21
71	37	8:23
70	35	8:25
69	34	8:26
68	32	8:28
67	31	8:29
66	29	8:31
65	28	8:32
64	26	8:34
63	25	8:35
62	24	8:36
61	23	8:37
60	21	8:39
59	20	8:40
58	19	8:41
57	18	8:42
56	17	8:43
55	16	8:44
54	15	8:45
53	14	8:46
52	13	8:47
51	12	8:48
50	11	8:49
49	10	8:50
48	9	8:51
47	8	8:52
46	7	8:53
45	7	8:53
44	6	8:54
43	5	8:55
42	4	8:56
41	3	8:57
40	3	8:57
39	2	8:58
38	1	8:59
<=37	0	9:00

<b>Women</b>		
Age	Handicap Minutes	Start Time
72	63	7:57
71	60	8:00
70	58	8:02
69	56	8:04
68	54	8:06
67	52	8:08
66	50	8:10
65	48	8:12
64	46	8:14
63	44	8:16
62	42	8:18
61	41	8:19
60	39	8:21
59	38	8:22
58	36	8:24
57	35	8:25
56	33	8:27
55	32	8:28
54	31	8:29
53	29	8:31
52	28	8:32
51	27	8:33
50	26	8:34
49	24	8:36
48	23	8:37
47	22	8:38
46	21	8:39
45	20	8:40
44	19	8:41
43	18	8:42
42	17	8:43
41	16	8:44
40	15	8:45
39	14	8:46
38	13	8:47
37	12	8:48
<=36	11	8:49

**Marathon Handicaps - Based on 3:55:21 win time, which is average win time 1995 to 1999**

Please locate your age in the left hand column. You will see your handicap minutes in the middle column and your start time on the right. Please arrive a early to check in before your start time.

<b>Men</b>		
Age	Handicap Minutes	Start Time
72	85	6:35
71	81	6:39
70	77	6:43
69	73	6:47
68	70	6:50
67	66	6:54
66	63	6:57
65	60	7:00
64	57	7:03
63	54	7:06
62	51	7:09
61	48	7:12
60	45	7:15
59	43	7:17
58	40	7:20
57	38	7:22
56	36	7:24
55	33	7:27
54	31	7:29
53	29	7:31
52	27	7:33
51	25	7:35
50	22	7:38
49	20	7:40
48	18	7:42
47	17	7:43
46	15	7:45
45	13	7:47
44	11	7:49
43	9	7:51
42	7	7:53
41	6	7:54
40	4	7:56
39	2	7:58
38	1	7:59
<=37	0	8:00

<b>Women</b>		
Age	Handicap Minutes	Start Time
72	134	5:46
71	129	5:51
70	123	5:57
69	119	6:01
68	114	6:06
67	110	6:10
66	105	6:15
65	101	6:19
64	97	6:23
63	93	6:27
62	90	6:30
61	86	6:34
60	82	6:38
59	79	6:41
58	76	6:44
57	73	6:47
56	70	6:50
55	66	6:54
54	64	6:56
53	61	6:59
52	58	7:02
51	55	7:05
50	53	7:07
49	50	7:10
48	47	7:13
47	45	7:15
46	43	7:17
45	40	7:20
44	38	7:22
43	36	7:24
42	33	7:27
41	31	7:29
40	29	7:31
39	27	7:33
38	25	7:35
37	23	7:37
<=36	22	7:38