

# Monmouth Heads - Handicap Tables

<b>Autumn and Winter Heads (2250m downstream)</b>								
<b>Men</b>								
	<b>Standard</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>
1x	8:00	0	4	14	29	42	58	75
2x/2-	7:40	0	3	14	28	41	57	73
4+/4x/4-	7:20	0	3	14	28	40	56	71
8+	7:00	0	3	13	27	39	54	70

<b>Women</b>								
	<b>Standard</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>
1x	8:40	0	5	15	30	44	61	78
2x/2-	8:20	0	4	14	29	43	59	77
4+/4x/4-	8:00	0	4	14	29	42	58	75
8+	7:40	0	3	14	28	41	57	73

<b>Mixed</b>								
	<b>Standard</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>
1x	05:10	0	5	15	30	43	60	77
2x/2-	05:00	0	4	14	29	42	58	75
4+/4x/4-	04:50	0	4	14	29	41	57	73
8+	04:40	0	3	14	28	40	56	72

The Events Committee of MRC have followed BR guidelines and based Handicaps on Standard Course Times. Standard Times based on previous years' results and rounded.