The Handicap Trophy is awarded at the Annual General Meeting to the person with the best performance in handicap races over the previous running year, October-September.

There are normally up to eight handicap events each year. The age-graded handicap is not included. A member must compete in a minimum of five of these events to qualify for the Handicap Trophy.

The member's end of year result is compiled by adding the lowest five finishing positions from those events in which the member has participated.

A member who comes first in an event will receive a score of 1, the member who comes second will receive a score of 2 and so on. The member with the lowest aggregated total is awarded the Handicap Trophy.

A member must have completed a minimum of three eligible events in the previous six months to obtain a current handicap.

To be eligible for a trophy result, a member must start no earlier than their current handicap or age graded time. Members electing to start earlier than their handicap time e.g. off scratch will be deemed not to have competed for handicap honours and their result will not count towards the Handicap Trophy.

Those members without a handicap should start off scratch. If they elect to self-impose a handicap, it should be advised to the handicapper so that an appropriate adjustment may be made to their run time.