

2024 parkrun team Championship

Teams of 4 or 5

Best three scores from each of the championships converted into points

Final finisher scores 1 point, 2nd last 2 points etc.

2024 parkrun Championship

2024 parkrun time Championship

2024 parkrun age-grade Championship

PLUS

Best three scores from a **Summer parkrun** (22nd June)

Based on **TIMES** – Final finisher scores 1 point, 2nd last 2 points etc.

Best three scores from the **Christmas Day** parkrun

Based on **AGE-GRADE** – Final finisher scores 1 point, 2nd last 2 points etc.

Teams will be made up of four or five members selected from five pots of seeds based on 2023 results

Positions 1-10 will be seeded 1

Positions 11-20 will be seeded 2

Positions 21-30 will be seeded 3

Positions 31-40 will be seeded 4

Positions 41-46 will be seeded 5

Each team will have one randomly selected member from seed 1, seed 2, seed 3, seed 4 and seed 5