

2024 parkrun Championship

1 point per parkrun

(there are 54 UK parkruns in 2024)

(**ONLY** Christmas Day and New Year's Day parkruns will count outside normal Saturday parkruns)

10 bonus points for **C O U N T R Y** tourist runs

(parkruns beginning with each letter – 1 point per letter plus 3 extra points for all 7)

1 bonus point for finishing in an **ODD** number of seconds

(times ending in odd seconds: 20:01, 21:03, 22:05, 23:07, 24:09 25:11 etc)

The **ODD** bonus point will have a time limit

Female Time Limit 40 minutes Male Time Limit 36 minutes

Times over these limits will not be considered for the **ODD** bonus

5 bonus points for a **New Year's Day** parkrun

15 bonus points for a high **S P E R M** Count

finishing in a time ending in **24 Seconds**,

finishing in an overall **Position** ending in **24**,

running an **Event** number ending in **24**,

running in an event with number of **Runners** ending in **24**,

running on the **24th** of a **Month**

(1 bonus point for the first 24, 2 bonus points for the second 24, 3 bonus points for the third 24, 4 bonus points for the fourth 24 and 5 bonus points for the fifth 24)

(**Seconds** ending in 24 – 20:24, 21:24, 22:24, 23:24 etc.)

(**Position** ending in 24 – 24th, 124th, 224th etc. token not gender)

(**Event** number ending in 24 – event 24, event 124, event 224 etc.)

(**Runners** at the event ending in 24 – 24, 124, 224, 324 etc.)

(**Month** date of 24 – 24th February or 24th August)

15 bonus points for 5 different non-UK **Country** parkruns

(5 bonus points for the first country, 4 bonus points for a second country, 3 bonus points for a third country, 2 bonus points for a fourth country, 1 bonus point for a fifth country)
(two or more parkruns in one country will count as one country)

5 bonus points for a **Christmas Day** parkrun

10 bonus points for **5V** volunteering five times

Total points available: 168

NEW FOR 2024: The **MONTHLY** Bonus

All events run each month will be placed in a hat and one will be drawn at random.

Points will be allocated to runners as follows:

If the chosen event had **1 MAC runner** **5 points** will be awarded to that runner

If the chosen event had **2-3 MAC runners** **4 points** will be awarded to those runners

If the chosen event had **4-6 MAC runners** **3 points** will be awarded to those runners

If the chosen event had **7-10 MAC runners** **2 points** will be awarded to those runners

If the chosen event had **11-15 MAC runners** **1 point** will be awarded to those runners

If the chosen event had **15+ MAC runners** **0 points** will be awarded to those runners

A runner can be counted more than once

(for example: if James has run Burnage 3 times in January and is the only runner to run Burnage, he will gain 12 points)