

# 2025 parkrun Championship

## 1 point per parkrun

There are 54 UK parkruns in 2025

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

## 10 bonus points for **WINNERS** tourist runs

parkruns beginning with each letter – 1 point per letter plus 3 extra points for all 7  
The Ns must be at different locations!

## 1 bonus point for finishing in an **EVEN** number of seconds

Times ending in even seconds, e.g. 20:02, 21:04, 22:06, 23:08, 24:10 25:12 etc

**The EVEN 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 EVEN 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 **25 Seconds**,

finishing in an overall **Position** ending in **25**,

running an **Event** number ending in **25**,

running in an event with number of **Runners** ending in **25**,

running on the **25<sup>th</sup>** of a **Month** (3 opportunities this year)

1 bonus point for the first 25, 2 bonus points for the second 25, 3 bonus points for the third 25,

4 bonus points for the fourth 25 and 5 bonus points for the fifth 25

**Seconds** ending in 25 – 20:25, 21:25, 22:25, 23:25 etc.

**Position** ending in 25 – 25<sup>th</sup>, 125<sup>th</sup>, 225<sup>th</sup> etc. token not gender

**Event** number ending in 25 – event 25, event 125, event 225 etc.

**Runners** at the event ending in 25 – 25, 125, 225, 325 etc.

**Month** date of 25 – 25<sup>th</sup> January 25<sup>th</sup> October

## 5 bonus points for running a non-UK **Country** parkrun

Just the single bonus this year to try and keep things a little more reasonable and stop all those retired folks bagging all the points ;-)

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

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

The “God’s Own Country” 5 bonus points for running at 10 of the 26 parkruns within West Yorkshire (see table below)

(There is no monthly bonus this year as it was felt it didn't really add much to the main championship)

# Total points available: 163