

2025 parkrun time Championship

Fastest time each month counts

Converted into points (25, 24, 23, 22, 21, 20 etc.)

Combined male and female championship

Female times will be converted by multiplying actual time by 0.90

(for example: a time of 20:00 becomes 18:00, 25:00 becomes 22:30, 30:00 becomes 27:00)

2025 parkrun age-grade Championship

Best age-grade each month counts

Converted into points (25, 24, 23, 22, 21, 20 etc.)

Combined male and female championship

2025 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.

2025 parkrun Championship

2025 parkrun time Championship

2025 parkrun age-grade Championship

PLUS

A few monthly bonus specials will be announced through the year.

For example, some of the bonuses in 2024 were the Quiz, June time rank and SANTA specials.

Teams will be made up of four or five members selected from five pots of seeds based upon the 2024 main results. Draws to be made on 9th January.

Positions 1-10 will be seeded 1 – the Captains

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

NOTE: That if you're not in any of the seeding pots just now but want to be included, then simply run a parkrun and you will be subsequently allocated to a team!