

# GP 2020 Parkrun Rules

“Parkrun Bonus Races” will be included where runners are rewarded for representing the club in 10 targeted Parkruns. They are free to enter and all you need is a parkrun barcode which can be obtained on their website at <https://www.parkrun.org.uk/register> if you are a newer member and haven't got one yet. You must bring this to all the parkrun events, whether on these specified events or not and will need one to participate in this side of the competition.

Only your best 6 out of 10 points scores will count. You do not need to tell me what your best 6 are, I will sort that out.

The scoring system has been changed for this year to be more inclusive and to encourage more people from the club to participate. It is now 20 points for 1<sup>st</sup> male back for the club, then 19, 18 etc and the same for the ladies 20, 19, 18 etc. Also, there will be 5 points for being on the finishing list, regardless of place.

**\*\*NOTE: - I will be awarding \*\*DOUBLE POINTS\*\* for Churchfields Parkrun (this event only) as it is a challenging one. Whatever points you score; they will be doubled\*\***

**\*\*\*YOU CANNOT PLAY YOUR JOKER RACE ON ANY OF THESE SPECIFIED PARKRUNS\*\*\***

The 10 Parkruns listed below offer a good mix of terrain. Some are hilly, some are trail, some flat on tarmac.

<u>EVENT</u>	<u>DATE</u>
1) <u>TELFORD PARK</u>	18/1/20
2) <u>WALSALL ARBORETUM</u>	22/2/20
3) <u>WOLVES – EAST PARK</u>	28/3/20
4) <u>WOLVES – WEST PARK</u>	MAY (EXACT DATE TBA)
5) <u>DUDLEY</u>	JUNE (EXACT DATE TBA)
6) <u>SEVERN VALLEY COUNTRY PARK</u>	4/7/20
7) <u>CHURCHFIELDS</u>	15/8/20 ( <b><u>**DOUBLE POINTS**</u></b> )
8) <u>WYRE FOREST</u>	5/9/20
9) <u>SANDWELL VALLEY</u>	3/10/20
10) <u>ARROW VALLEY</u>	7/11/20

**PTO FOR MORE INFO**

**\*\*\*VERY IMPORTANT\*\*\***

**Please note that I will be adopting exactly the same rules as Parkrun UK, re: barcodes.**

**“NO BARCODE = NO TIME” AND  
SUBSEQUENTLY NO GP POINTS.**

**THERE ARE NO IFS OR BUTS ON THIS ONE AND  
I WILL NOT MAKE EXCEPTIONS.”**

**In addition, and as previously stated with race entry, it would be extremely helpful to me if you haven't done so already, to please select “Dudley Kingswinford RC” in the drop-down box in the “Running Club” section of your parkrun profile. This can be done easily by signing in at <https://www.parkrun.com/profile/> with your parkrun barcode number and password.**