

PARKRUN MINI-LEAGUE

There will be two Parkrun mini-series, the first running from the beginning of May until the end of August [SUMMER SERIES] and the second running from the beginning of November until the end of February [WINTER SERIES]

There will be two age categories each for Men and Ladies, which are (1) Senior to 44 and (2) 45 plus.

In the SUMMER series [18 parkruns], you must complete a minimum of 10 parkruns to qualify. Your average points over all races will be used to calculate overall score.

In the WINTER series [21 parkruns, including Christmas Day and New Year's Day Double], you must complete a minimum of 10 parkruns to qualify. Your average points over all races will be used to calculate overall score.

Members are encouraged to ensure that they have Plymouth Musketeers identified as their club in their parkrun set-up. Whilst not preventing them from taking part, it will make it easier for the information to be collected.

POINTS SCORING

Points will be awarded in accordance with the Age Grade Percentage in column 5 of the Parkrun results page, that is if your percentage score is 70.7%, you will score 70.7 points plus any bonuses as detailed below.

Bonus Points will be awarded for parkrun tourism, in accordance with the table below. This is determined on the time taken to travel to each parkrun from Plym Valley parkrun using parkrun post codes and AA Route Planner

Travel Time	Bonus	Examples
0 to 30 minutes	0	Plym Valley
31 minutes to 1 hour	3	Exeter Riverside, Haldon Forest, Lanhydrock, Mount Edgcumbe, Parke, Tamar Trails, Teignmouth Promenade, Torbay VP
1 hour to 1 hour 30 mins	6	Eden Project, Exmouth, Heartlands, Killerton, Longrun Meadow, Seaton, Tamar Lakes, Trelissick
1 hour 31 mins to 2 hours	9	Barnstaple, Bideford, Burnham & Highbridge, Clevedon Salthouse Fields, Minehead, Penrose, St Mary's, Street, Yeovil Montague
2 hours+	12	Ashton Court, Eastville, Land's End, Pomphrey Hill, Shepton Mallet, Thornbury, Weymouth, Woolacombe (These are up to 2h 15m)

International parkruns (outside of the UK) will score a bonus of 15 points

Bonus points will also apply to volunteering roles undertaken. 5 points for roles that allow runners to also do the parkrun (Pre-event set-up, Run Report and first timers brief, except Tail Walker (30pts)) and 50 points for non-running roles. Only one volunteering role per parkrun will be counted.

Bonus Points: Additional 5 points for a **DEAD ON THE MINUTE**, for example 25:00, 28:00 or similar

Bonus Points: Additional 5 points for a **DOUBLE UP**, for example 25:25 or 30:30 or similar