

The ACP parkrun Challenge – a New parkrun Competition

1. Current stats show that parkrunning on Saturdays is popular amongst ACP members and I thought it would be fun to develop a new club competition based around it. Apart from the 1mile time trial we are unusual amongst running clubs in not having a club championship race series (summer or winter).
2. Based on a similar competition running successfully at Baildon Runners, the design of the competition would look like this :-
3. Members would score points at any parkrun anywhere in the world running on the second and fourth Saturdays in the month for an **initial trial period 15th July – 22nd October 2023.- eight races.** (this would allow the comp to conclude in time for this years AGM and a small trophy awarded as in the TT Lord Archer award.)
4. The main points component would be the members **age graded score at the parkrun.**
5. Additional **ten points** awarded for a **lifetime** parkrun PB (any course) and / or **five points** awarded for a specific course PB (after two attempts minimum.)
6. Additional **5 points** awarded for any additional parkruns completed during the competition period plus a **25 point bonus for any overall first place finish** (mens and ladies). Age group wins (as defined by parkrun) attract **five points.**
7. So taking **Andrew Humphries** recent run at Bradford Lister Park in May as an example – Andrew ran 17:00 and earned an age grading of **77.16%** (the first component of his score). He would also earn a **25 point bonus** for overall first place. If this had been his fastest time at Bradford he could get a further **five points** and if it was his fastest **ever** parkrun anywhere he scores **a further ten.** So his comp score that week could be **117.16.** ($77.16 + 25 + 5 + 10$) if he gets a “full house”.
8. The complication arises when an older runner (who usually attracts a higher Age Grading) runs and wins frequently. Taking Debbie as an example she regularly scores 75% age grading **but** is unlikely ever to win outright nor is she likely to better her all time parkrun PB time of 21 minutes. However she might score 5 points for a course PB on a new course and/or an age group win. So hopefully it should even itself out. **(see below for info on how age grading works)**
9. I will keep score, post weekly updates and referee!
10. You **must** register with parkrun (parkrun.org) to get a barcode and crucially **name Airecentre Pacers** as your home club – without that I can't find your result! The weekly parkrun stats service will tell me the rest no matter where in the world you parkrun.

The comp starts this **Saturday (15th July).** Only the **second and fourth Saturdays** in the month count for the **age graded component** but you can rack up bonus points by running the in between dates (& clocking PB's !). **Last date is 28th October.**

What is Age Grading ?

Nationally parkrun defines Age Grading as follows :-

All parkrun events use age grading to allow athletes to compare results.

Age grading takes your time and uses the world record time for your sex and age to produce a score (a percentage). This score allows you to compare your personal performance against other people's performances even though they might be a different age and a different sex to you - the higher the score the better the performance.

The scores can also be compared across different race distances - to allow you to, for example, compare a 5km time against a marathon.

Age Grades are calculated to allow rough comparisons between all our participants, and should not be taken too seriously. For example, age grading makes no allowance for different weather conditions or the varying terrains of our courses.

We do not share the actual table used to perform the calculations but it is loosely based on the tables produced by WMA, previously known as WAVA.

Age graded Percentage

guidelines as stated by the WMA

Above 100%

Usually, at least, a record setting performance for that age and distance

100%

Approximate world record level

Above 90%

World Class Level

Above 80%

National Class Level

Above 70%

Regional Class Level

Above 60%

Local Class Level

Good Luck & Happy parkrunning !