

Rothwell Harriers & A.C. parkrun

rules

- The Rothwell Harriers & A.C. parkrun competition runs from January until December
- you must submit which parkrun you have done and your best time and age grade % for each month, email to Lea Sobratee paces@rothwellharriers.org.uk please do not send % via facebook
- you must complete 8 months out of 12 to qualify for trophies
- if you do more than 8 months ,your best 8 months will be used (so if you do all 12 months your lowest 4 scores will be dropped)
- please try to send your % in at the end of that month
- the male and female winners will be decided on your average age grade % over 8 runs, not on the fastest times
- trophies will be given to the highest % male and female and the most improved parkrunner overall from anyone who completed 8 runs the previous year

• **What is age grading?**

- 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.
- Age Grades are calculated to allow rough comparisons between all runners, and should not be taken too seriously. For example, age grading makes no allowance for different weather conditions or the varying terrains of parkrun courses, so for a higher % pick a flatter course.