**“Park Run Cup 2024” - new TRAC club competition**

A friendly, fun club competition which rewards improvement – not speed.

The format:

1. Separate ladies and men’s competitions.
2. All interested club members will be randomly drawn against each other
3. On nominated Saturdays (avoiding club champs, XC weekends etc), participants can take part in any park run which they have previously taken part in.
4. They will be given a score which represents the difference between their course PB and the time achieved on the day itself on the same course. So, if their park run course PB at Margate is 25:00 and they run 24:45 at Margate on the day they will be scored as “+0.15”.
5. Whoever gets the best score on the day goes through to the next round until we get to the final and get a winner !
6. If a member can’t make it to a park run on the allocated day then their opponent gets a “bye” to the next round. This is to make sure the competition doesn’t go on forever !

Benefits:

1. It’s not the fastest runners who are likely to win. It’s the runners who are making the most improvement. A different angle for a club award.
2. We are supporting local park runs.
3. Likely to be held between XC and relays seasons so will help members get some speed work in ahead of the summer relays !
4. It’s competitive but in a fun way.

How to enter:

1. Email your club captains at [clubcaptains@thanetroadrunnersac.com](mailto:clubcaptains@thanetroadrunnersac.com) to register your interest. I will then make a list of all entrants and keep you posted on news, draws, dates etc using the email address you registered with.
2. 1st round fixture likely to be 2nd half of March (tbc)
3. Please register your interest by the end of February 2024.

Any questions, just ask me on the email address above or via Facebook message

Andy Stevens

Men’s Club Captain