

## **BMHH club park run competition 2017**

The competition will help to promote the club around the local area and will include 4 park runs over the year, the idea is to get as many members to take part on the designated dates wearing club vests.

To take part members will need to be registered with parkrun and preferably be identified as BMHH on their parkrun profile.

The times for the 4 runs will be averaged and a handicap system will be in place based on each members 5k or parkrun PB from 2016 whichever is quickest.

The runs will take place in:

Albert park 5th February  
Tees Barrage 7th April  
Hartlepool 24th June  
Sedgefield 16th September

If you are unable to run at the events on these dates due to injury please consider volunteering its a great way of supporting parkrun while cheering on your club mates.

Anyone who is unable to make the designated dates can run the same parkrun on a different date and their time will be recorded the first time they do that run after the specified date.

Prizes will be awarded for the winner and runner up and the competition will be combined to include males, females and juniors.