🟢🔵🏆ER Parkrun Champs – points update after event #7 – July 30th 2022🟢🔵

📊58 ERs took part - 33 men & 25 women - in a field of 229. There were 7 first timers for the competition, so we are now at 146 different participants this year. We had 10 championship PBs on the day, with several close shaves. Positive narrow squeaks 🥳 were Carole M who came home 2secs under and Phil W with a 1sec margin. Negative narrow squeaks 😢for Andy D & Paul W who missed PBs by 2sec, James S and Ian R who both needed to run 3sec quicker💔😬. Elsewhere there were big champs PBs from Jonny E, Nigel H & Philip D.

📈The ladies top 5 now looks like this, with previous positions in brackets – 1 (1) Karen B 292pts, 2 (2) Sally Bl 285pts, 3 (3) Anna McC 280pts, 4 (5) Carole M 279pts, 5 (4) Kathryn M 277pts. Close behind are Katie M with 259 and Julia K 235. A PB run in round 8 could shake it all up again… it’s very (very) close 😬

📉Current top 5 standings for the men – 1 (1) Andy D 408pts, 2 (2) Rob D 366pts, 3 (3) Dave R 321pts, 4 (4) Dave B 315pts, 5 (10) David S 296pts. All very close….

➜🗓Next Round (#8) is on Saturday Aug 20th – still many points to play for in the 3 remaining rounds, so lots could still yet change. Awards at the end for the top 12 in each competition.

ℹJust a reminder that for 2023 we hope to revert to splitting both the men and women’s competitions into pace-based groups, where points will be awarded for placing within your own ‘similar pace’ groups. Those pace groups will probably be based on your final PB times in the 2022 series. Anyone competing for the first time in 2023 will go into a separate group, and then into their relevant pace group for 2024 etc.

🙏Thanks to everyone for taking part, and obviously to all the volunteers (many Eden Runners among them) at Penrith parkrun who enable this to happen…hats off 🤠➡️😀