

## PARKRUN 'GRAND PRIX'

**Parkrun Grand Prix season 3 begins on 14th October 2023**



Two events have been retained for the 2023/24 season, we will re-visit 2 parkruns from the first series and there are 4 new parkruns for us to try.

Following feedback, all events are less than 45 minutes from Skipton and all offer a café for post parkrun rehydration, toilets and accessible parking.

We start at Fountains Abbey. It is a fantastic parkrun and is widely regarded as one of the top ten parkruns in the UK.

We then move to Bowling Park in Bradford. Bowling Park is a beautiful Victorian park with wide tarmac paths and a community run café worthy of support. Due to the popularity of other local parkruns, Bowling Park regularly gets only 50 runners. Skipton AC could quite easily make up 40% of the field!

At the end of November, we go to the hidden gem of Townley Park, Burnley, the home of the newly promoted claret and blues. Prior to a Christmas break, we revisit Roberts Park in Saltaire.

In the New year (and hopefully after the worst of the weather), we re-start the Grand Prix at Myrtle Park in Bingley on 13 January before a trip to Pendle parkrun in Colne on 3 February. Both parkruns are small events, usually with less than 100 participants.

For the penultimate event we pay a visit to the final new parkrun of the series at Hyndburn on 24 February before heading home to Skipton to finish on 16 March.

The 'rules' remain simple including:-

- Scores will be based on age graded percentage
- Your best 5 from the 8 events will be used to determine 1st, 2nd & 3rd places
- If you can't take part on the scheduled date, you can run the week before to count but not the week after
- You must be a member of Skipton AC to take part in the Grand Prix (but please bring other runners with you if they would like to visit other parkruns)

We encourage parkrunners to wear their Skipton AC vest or a parkrun milestone t-shirt. Please travel together if you can, to save on fuel costs and reduce the impact on the environment and please try and stay for coffee and cake afterwards, if you have time. Running competitively and socially are key features of the series and our club.

It will be great to see running friends who took part this time and some new faces, particularly our C25K graduates.

Please see a summary of the Grand Prix for your calendars and diaries below. More details will follow nearer the first event.

14 October ? Fountains Abbey

4 November ? Bowling Park

25 November ? Burnley

16 December ? Roberts Park

13 January ? Myrtle

3 February ? Pendle

24 February ? Hyndburn

16 March - Skipton