

# Ron's 5k Race Series

## Rules:

The races take place on a club night each month from April to August. Each event starts as soon as possible after 7pm.

Dates for 2024 are:

- Tues 16th April
- Tues 14th May
- Tues 4th June
- Tues 9th July
- Tues 13th August

Runners start at different times, according to their 5k time, with slower runners starting first and faster runners later – this ensures that if all run to form we will all finish at the same time. Therefore those who finish first will have exceeded expectations and the first to come home is the winner, with points awarded from 20 (first place) down to 1 (20<sup>th</sup> and successive places). This means that anyone, no matter how fast or slow, has a chance of winning and all who complete a race gain at least one point.

Start times will change throughout the season, so if you are improving you will see your start time get later, whilst if you are struggling you will start earlier the next time.

The overall season winner will be calculated by adding together the points obtained from the **best three** races and trophies will be awarded to the winner and to the members placed second and third.

Route: Right out of The Green, right into Noddy Park Road, right into Walsall Wood Road, right into Lazy Hill Road, left into Kingshayes Road, left into Greenwood Road, left into Northgate, left at the bottom back to the club\_ - signs will be put out to ensure no-one can get lost. The route can be found on this [Strava segment](#).

To take part, please contact Emma Shaw at least **one week before** the race date, giving your best 5k time (this might be your best parkrun in the last year, but if you know you don't race to the full at parkrun you need to be realistic with the time you send in) so that she can calculate your start time.

We do encourage **all** club members to take part in Ron's race series. Not only is it fun but it is good to have a challenge once a month and there are trophies to be won (see above)! There will be no official runs organised on handicap evenings.