

<u>Marshalling Points :</u>	<u>Points</u>
Marshal a club backed event (eg T10, M5k, Parkrun Takeover)	5
<u>Competing Points:</u>	
Parkruns, Great Run Local and 5k events promoted as fun runs.	5
Races between 5k and 9.99 miles	10
Races between 10 miles and 14.99 miles	15
Races between 15 miles and 26.1 miles (not including Marathon)	20
Races between Marathon distance (26.2 miles) and 29.99 miles	30
Races over 30 miles regardless of distance and duration	40
<u>Extra Points :</u>	
Obtaining a Club Record	10
Obtaining a Personal Best	10
Note: Personal bests are recorded whilst a member of TRR. Previous PB's achieved by a member before joining TRR are not included.	
Note: Points are only awarded for members when entered and competing as Tiptree Road Runners First Claim.	