

parkrun ladder – summer 2025

Rules

The parkrun ladder will run over 9 (non) consecutive weeks, so from 22 November to 32 January inclusive.

Each week you can score up to 13-14 points, details below. I'll aim not to change these but there may be some spot prize points!

Your best 7 weeks score, so you can miss a couple and still win. However, you will get a bonus point if you compete in all 9 weeks.

Please register for parkrun (if not already) and flag DPR as your club!

Bonus points

10 per week, run and/or volunteer at any event

1 Bonus if you run/volunteer at the date specific location, see table below

1 Bonus for a PB at Dulwich, any week

1-2 Bonus each week for a specific bonus activity/challenge, see table below:

1 Bonus point if you participate in all 9 weeks

Week	Date	Location bonus	Bonus activity	
1	22 November	Dulwich	1 point photo, 2 in a cafe	
2	29 November	Brockwell or Burgess	Finish with someone else from the club	
Gap	6 December	Club Away weekend		
3	13 December	Crystal Palace	(Un)lucky 13 – Finish with a time or position containing a 13	
4	20 December	Further afield - Outside the M25!!	Run somewhere new	
Gap	27 December	Xmas break		
5	3 January	Beckenham	1 point for Xmas Day or NY run, 2 if you did both!	
6	10 January	Peckham Rye	Also run the X-country	
7	17 January	Catford	Fancy dress run...photos and names needed	
8	24 January	Battersea	Run or pace someone to a PB (anywhere)	
9	31 January	Dulwich	Volunteer at any event	

Good luck, Chris