Parkour UK Blog Submissions

Thank you for wanting to contribute to Parkour UK.

We created this forum so that writers, athletes, coaches, photographers, community organisers, and fans can submit pieces to be publish on our Hub. Whether you're an experienced writer or it's your first time writing something like this, we want you to feel welcome here.

Our goal is simple: Publish high quality parkour writing that is informed, engaging, accurate, and good for the community.

Work that is accepted and published will be eligible to be paid at the current rate of £50 per post (expectations and guidelines for what's eligible are below).

Please read the following guidelines before submitting your article.

1.) What We're Looking For

We accept pieces that contribute meaningfully to parkour culture and community knowledge. This includes (but isn't limited to):

- Event Recaps
    o Competition summaries (Speed / Skill / Style)
    o Jam coverage, qualifiers, local comps, etc.
- Opinion & Editorial
    o Thoughtful takes on the sport, culture, training trends, scoring, formats, controversies (handled respectfully).
- Profiles & Interviews
    o Athletes, coaches, photographers, organisers, creators.
- Training / Coaching Features
    o Evidence based training discussions.
    o Skill breakdowns and coaching reflections.
- Community / Culture
    o Spot etiquette, history, subcultures, organisations, community issues.
- Gear & Buyer Guides
    o Shoes, clothing, equipment, filming setups – especially for beginners.

If you're unsure whether a topic is acceptable, submit a written draft anyway. We'll guide you.

2.) Tone & Voice: How Parkour UK Writing Should Feel

Our tone is:

Friendly, engaging, and informative.

Write like you're speaking to the community. Clear, human, and readable, while still sounding like you know what you're talking about.

Passionate, but balanced.

You can be hyped. You can have strong opinions. But:

- Distinguish fact vs interpretation.
- Back claims with evidence, quotes, or examples.
- Avoid exaggeration and clickbait.

Respectful and Welcoming.

Parkour is for everyone. Your piece should feel inviting to:

- Experienced athletes.
- Curious newcomers.
- Those outside the sport & community.

3.) Audience: Who are you writing for?

Before writing, decide your audience.

For example:

- A recap of SPL finals might be for seasoned athletes.
- A shoe guide might be for beginners.
- A cultural/editorial piece could be for the whole community.

Your piece should make that audience feel like it was written for them.

4.) Article Structure & Formatting Requirements

Word count guidelines

- **News Articles:** Minimum 500 words.
- **Blog post/features:** Minimum 750 words.
- If your draft reaches 2000 words in edits, consider splitting into **Part 1 / Part 2.**

Required structure (unless otherwise agreed)

Your article should contain:

A Headline:

- Clear, punchy, keyword-focused.
- Consider SEO & searchability (people should find it VIA Google).

B. Introduction (100 Words)

Purpose: Tell readers:

- What the article is about.
- Why it matters.
- Who's it for?

C. Body (800 words, flexible)

Use headings to break content into readable sections.

- Use **clear subheadings**.
- Aim for short paragraphs.
- Use lists when useful.

D. Conclusion (100 words)

- Wrap up key takeaways, or
- End with a thought- provoking question.
- Where relevant, direct readers to another Parkour UK topic/article.

5.) Headings rules (Important)

To keep our format consistent:

- First level subheadings: Bold & Centred.
- Second level subheadings: Bold & Left aligned.

If you submit in Google Docs/Word, just approximate these. We'll format in the final edit.

6.) Article Highlights

We share highlights of written articles as carousel posts on Instagram, Facebook, and LinkedIn.

We want to give you the opportunity to choose your own highlighted sections of the article, so please highlight these **before submitting** to Parkour UK by highlighting them in the document.

If no highlights are selected the Parkour UK team will choose their own highlights from the article. We will not be able to amend or remove highlighted posts once they are published.

7.) Use of AI

We recognise that AI tools, such as ChatGPT & writing assistants, can be helpful in supporting the writing process. Contributors are welcome to use these tools to assist with planning, structuring, or refining articles.

However, all submissions must reflect the author's own voice, insight, and experience. Articles that are primarily generated by AI, or that lack clear personal input and authenticity, will not be published.

Our team reviews submissions carefully, and any content that appears to be heavily AI generated may be rejected or returned for revision.

We encourage writers to use AI as a support tool, but not as a replacement for original though and genuine contribution.

8.) What happens after submission?

Editorial Process

Every submission is reviewed and edited for:

- Clarity.
- Structure.
- Accuracy.
- Readability.
- Consistency with Parkour UK style.

Edits may include:

- Rewriting sections for clarity.
- Shortening/expanding sections.
- Headline improvements.
- Formatting changes.
- Adding links or subheadings.

We may also return drafts with feedback and invite resubmission.

Submissions and enquiries can be made to: Charles.havill@parkour.uk

Thanks again for your interest in collaborating with us. We look forward to reading your submissions.

Parkour UK Writers Guidelines 2026