

**Summer Series 2017**

**Venue: Upton Country Park: Poole Dorset. Poole BH17 7BJ**

The Poole Runners Summer Series of time trials is based on a simple turn up race and go basis. The races are open to all standards. You don’t have to be a member of a running club. The routes are traffic free paths starting and finishing in front of Upton House.

 **Junior race:** Starts at 18:45, (1 mile Approx.)) £1.00 under 14

 **Seniors race:** Starts at 19:15 (3.5 Miles Approx.)

##### Registration: Will be adjacent main car park. BoP are likely to introduce charges for 2017

**Senior Categories** – 14-19 , 20-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-80, 80+, minimum age 14 on day of race. The category winner is the best category position total from four of the six races. Age on your first race will be your category for the series.

##### Runners can compete in as many or as few of the races as they wish

£2 all races for EA registered runners

£4 for Non EA runners’ first race then £2.00 for the remainder of the races.

**Race Dates**

* **Wednesday 3rd May**
* **Wednesday 24th May**
* **Wednesday 21st June**
* **Wednesday 12th July**
* **Wednesday 26th July**
* **Wednesday 9th August (Seniors Prizegiving is again at “The Junction”)**

Please note we hope to use the same course as 2016 and again all races are on a Wednesday evening.

**Save Money pay for 5 races get the sixth race Free**

You can enter the whole race series on line via Poole Runners Web site Cost is just £10 for the whole series. Visit **www.poolerunners.co.uk** “Summer Series” for details.

##### Races will be run under UKA rules, licence number *TBA*, results will be published on Run Britain & Poole Runners web site.

 