

**Summer Series 2018**

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

The Poole Runners Summer Series consists of 6 time trials. Simply turn up, register and go! The races are open to all standards. You don’t have to be a member of a running club. The routes are on traffic free paths starting and finishing in front of Upton House.

**Junior race** Open to 4 to14 years as of 2/5/18: Starts at 18:45, (Approx. 1 mile.) £1.00

**Seniors race:** Starts at 19:15 (Approx. 3.5 Miles.) £2 all races for UKA registered runners. £4 for Non UKA runners’ first race then £2.00 for subsequent races. Min age 14 as of 2/5/18

**Save Money and time!**

**Pay for 5 races get the sixth race FREE. Plus no queuing to register on the night!**

Seniors only can enter the whole race series on-line. Visit www.poolerunners.co.uk “Summer Series” for details. Cost is just £10 for the whole series.

For extensive category prize list please see the website. (min of four races to qualify)

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

**Race Dates**

* **Wednesday 2nd May**
* **Wednesday 23rd May**
* **Wednesday 20th June**
* **Wednesday 4th July**
* **Wednesday 25th July**
* **Wednesday 8th August (Seniors Prizegiving is again at “The Junction”)**

**Course**: Both the seniors and juniors course will be the same as 2018.

##### Registration: On-night entries will be adjacent to the main car park.

##### Parking: Ample space but please note Borough of Poole have introduced charges.

##### Results: Will be published on the Poole Runners web site morning after each race

##### Races will be run under UKA rules, licence number 2018 -31988

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