

## POOLE RUNNERS ROAD RACE CHAMPIONSHIPS - 2017

Distance Bands	Short - 1 mile to 5 miles	Medium - 10 km to 10 miles	Long - Half marathon and over	
Date	Event	Distance	Band	I am running / not running
21 <sup>st</sup> Jan	Poole Parkrun	5 km	Short	
5 <sup>th</sup> Feb	Blackmore Vale Half	13.1 miles	Long	
26 <sup>th</sup> Feb	Bournemouth 10	10 miles	Medium	
5 <sup>th</sup> Mar	Wimborne 20	20 miles	Long	
2 <sup>nd</sup> April	Bournemouth Bay	5 km	Short	
15 <sup>th</sup> April	Rotary Quarter	6.55 miles	Medium	
11 <sup>th</sup> June	Puddletown Half	13.1 miles	Long	
TBC	Club mile	1 mile	Short	
6 <sup>th</sup> Aug	Stur Half	13.1 miles	Long	
13 <sup>th</sup> Aug	Round the Rock	10 km	Medium	
9 <sup>th</sup> Sept	Poole Parkrun	5 km	Short	
17 <sup>th</sup> Sept (TBC)	Littledown 5	5 miles	Short	
8 <sup>th</sup> Oct	Gold Hill	10 km	Medium	
19 <sup>th</sup> Nov	Wimborne 10	10 miles	Medium	
	Any marathon	26.2 miles	Long	

Completion of 7 races in total is required to qualify; you **must** run in 1 race from each of the distance bands.

## POOLE RUNNERS OFF-ROAD CLUB CHAMPIONSHIPS - 2017

Date	Event	Distance	I am running / not running
18 <sup>th</sup> Feb	Moors Valley Parkrun	5 km	
21 <sup>th</sup> May	Hardway Half	13.1 miles	
Any*	Summer Series	5 km	
1 <sup>st</sup> July	Charmouth Challenge	8 miles	
23 <sup>rd</sup> July (TBC)	Durberville Dash	10 km	
20 <sup>th</sup> August	Lulworth 10	10 km	
3 <sup>rd</sup> Sept (TBC)	The Beast	12 (ish) miles	
24 <sup>th</sup> Sept	Blackhill 10	10 km	
Oct/Nov (TBC)	Wessex League X Country (TBC)		
29 <sup>th</sup> Oct (TBC)	The Stickler	10 miles	

You need to compete in any six races to qualify for the Off-Road Club Championship.

\*You may compete in any of the Upton House summer series; your fastest run will count.

### Notes:

- (1) Races marked TBC are awaiting confirmation by race organisers – club website will be updated when confirmed
- (2) You may compete in either, or both, road and off-road club championships
- (3) Prizes will be awarded to 1<sup>st</sup> and 2<sup>nd</sup> place within each age category.
- (4) Every club member that completes any 12 races or more will receive an 'Endeavour' award.