

## Running List

July - September 2018

Poole Runners

**Wednesday** Meet 7.00pm Broadstone Sports Centre

**Sunday** Club Run starts 8.30am

**CCR** Club Championship Road

**CCOR** Club Championship Off Road

**DRRL** Dorset Road Race League

### July

Sun. 1st Purbecks - meet Corfe Castle layby. Portland 10 - **CCR+DRRL**  
Wed. 4th Upton House run. Summer Series 4 - **CCOR**  
Sat. 7th Charmouth Challenge - **CCOR**  
Sun. 8th Ferndown - meet Ferndown Leisure Centre  
Wed. 11th Canford Heath  
Sat. 14th Lytchett Relays - Holton Lee  
Sun. 15th Wimborne - QE school. Tarrant Valley 10K  
Wed. 18th Stoney Down  
Sun. 22nd Wareham Forest - meet Purbeck Sports centre. D'Urberville Dash 10K  
Wed. 25th Upton House run. Summer Series 5 - **CCOR**  
Sun. 29th Littledown - meet Littledown Leisure centre

### August

Wed. 1st Corfe Mullen  
Sun. 5th Purbecks - meet Corfe Castle layby. Stur Newton Half - **CCR+DRRL**  
Wed. 8th Upton House run. Summer Series 6 - **CCOR**, Prize giving at Broadstone Leisure  
Sun. 12th Wimborne - QE school. Round the Rock 10K - **CCR+DRRL**  
Wed. 15th 2 Bridges  
Sun. 19th Littledown - meet Littledown Leisure centre. Hengistbury Head Hustle. Dorset Doodle.  
Wed. 22nd Upton House  
Sun. 26th Wareham Forest - meet Purbeck Sports centre. Studland 5K - **CCOR**  
Wed. 29th Canford Heath

### September

Sun. 2nd Purbecks-meet Corfe Castle layby. The Beast - **CCOR**  
Wed. 5th Stoney Down  
Sun. 9th Wimborne-QE school. New Forest Marathon  
Wed. 12th Sunset @ 7.32pm - Corfe Mullen run/Figue of 8  
Sat. 15th Poole parkrun - **CCR**  
Sun. 16th Ferndown - meet Ferndown Leisure Centre  
Wed. 19th Millen 10  
Fri/Sat/Sun. 21st-23rd Welsh Training weekend - Llantony Priory  
Sun. 23rd Wareham Forest - meet Purbeck Sports centre. Black Hill 10K - **CCOR**  
Wed. 26th Bear Cross  
Sun. 30th Littledown - meet Littledown Leisure centre. Hoborne 5 - **CCR+DRRL**

### October

Wed. 3rd Hamworthy  
Sun. 7th Purbecks-meet Corfe Castle layby. Bournemouth Half - **CCR**