

POOLE RUNNERS OFF-ROAD CLUB CHAMPIONSHIPS - 2019

1	Date	Event	Distance	I am running / not running
2	(Any) January - October	*Upton House parkrun	5 km	
3	TBC May	Hardway Half	13.1 miles	
4	(Any) May – Aug	*Summer Series	5 km	
5	23 rd June	Lulworth Castle 10k	10 km	
6	6 th July	Charmouth Challenge	8 miles	
7	21 st July	Durberville Dash	10 km	
8	TBC August	Studland 5k	5km	
9	8 th September	New Forest Half Marathon	13.1 Miles	
10	15 th September	Purbeck 16	16 Miles	
11	22 nd September	Blackhill 10k	10 km	
12	TBC	Cross Country		
13	27 th October	The Stickler	10 miles	
14	TBC November	The Stinger	10 miles	
Completion of 6 races in total is required to qualify.				