

POOLE RUNNERS ROAD RACE CHAMPIONSHIPS - 2019

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
1	(Any) January – October	*Poole parkrun	5 km	Short	
2	3 rd Feb	Blackmore Vale Half	13.1 miles	Long	
3	10 th Feb	Lytchett 10	10 miles	Medium	
4	3 rd Mar	Wimborne 20	20 miles	Long	
5	19 th May	May Day 5	5 Miles	Short	
6	20 th April	Rotary Quarter	6.55 miles	Medium	
7	9 th June	Puddletown Half	13.1 miles	Long	
8	TBC June/July	Club mile – Ashdown Track	1 mile	Short	
9	4 th Aug	Stur Half	13.1 miles	Long	
10	11 th Aug	Round the Rock	10 km	Medium	
11	15 th Sept	Littledown 5	5 miles	Short	
12	17 th Nov	Wimborne 10	10 miles	Medium	
13	24 th Nov	Boscombe 10k	10 km	Medium	
14	Any January - October	Any marathon	26.2 miles	Long	
Completion of 7 races in total is required to qualify; you must run at in least 1 race from each of the distance bands.					