

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.					

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.				

Notes:

- (1) Races marked TBC are awaiting date confirmation by race organisers – this list will be updated when confirmed
- (2) Your age category is based on your age as at 1st January 2019
- (3) You may compete in either, or both, road and off-road club championships
- (4) Prizes will be awarded to 1st, 2nd and 3rd place within each age category
- (5) Every club member that completes any 12 races or more will receive an 'Endeavour' award
- (6) You must wear your club vest to qualify for club championship points, apart from:
- (7) You do not need to wear your club vest for parkrun or marathon
- (8) *You may compete in any of the Upton House summer series; your fastest run will count
- (9) You may compete in any of the Upton House or Poole parkrun events; your fastest run will count and your time along with the event date must be submitted to kellyamos89@gmail.com by 31/10/2019.