

**Running List**

January - April 2019

Poole Runners

**Wednesday** Meet 7.00pm Broadstone Sports Centre**Sunday** Club Run starts 8.30am, Also Poole Quay some Sundays for a road run see club Facebook page**CCR** Club Championship Road**CCOR** Club Championship Off Road**DRRL** Dorset Road Race League**January 2019****London Marathon  
Countdown**

Tue.	1st	Junction Qtr <b>DRRL 2019</b>	
Wed.	2nd	Millen 10 run	
Sun.	6th	Purbeck run (8.20am ferry)	<b>16</b>
Wed.	9th	Bear Cross run	
Sat.	12th	Hants League XC, Prospect park, Reading.	
Sun.	13th	Wimborne run, meet QE school. Swanage 10K, Stubbington 10K.	<b>15</b>
Wed.	16th	Hamworthy run	
Sun.	20th	Wareham Forest run, meet Purbeck sports centre	<b>14</b>
Wed.	23rd	Guerrier run	
Sat.	26th	Southern XC, Parliament Hill.	
Sun.	27th	Littledown run, meet Littledown Leisure centre. Stonehenge Stomp.	<b>13</b>
Wed.	30th	Wimborne run	

**February**

Sun.	3rd	Purbeck run (8.20am ferry). Blackmore Vale Half <b>CCR</b> .	<b>12</b>
Wed.	6th	Figure of 8 run	
Sat.	9th	Hants League XC, Dibden Inclosure SO45 4RQ	
Sun.	10th	Wareham Forest run, meet Purbeck sports centre. Lytchett 10 <b>CCR+DRRL</b> .	<b>11</b>
Wed.	13th	Millen 10 run	
Sun.	17th	Wimborne run, meet QE school or Coach from Broadstone to ??? and run back-tbc.	<b>10</b>
Wed.	20th	Bear Cross run	
Sun.	24th	Littledown run, meet Littledown Leisure centre. Bournemouth 10 <b>DRRL</b> . Wokingham Half.	<b>9</b>
Wed.	27th	Hamworthy run. Club AGM 8.30pm tbc.	

**March**

Sat.	2nd	Ryayader 30K.	
Sun.	3rd	Purbeck run (8.20am ferry). Wimborne 20 <b>CCR</b> .	<b>8</b>
Wed.	6th	Guerrier run	
Sun.	10th	Wareham Forest run, meet Purbeck sports centre	<b>7</b>
Wed.	13th	Wimborne run	
Sun.	17th	Wimborne run, meet QE school.	<b>6</b>
Wed.	20th	Figure of 8 run	
Sun.	24th	Littledown run, meet Littledown Leisure centre. Eastleigh 10K	<b>5</b>
Wed.	27th	Millen 10 run	
Sun.	31st	Ferndown run, meet Ferndown sports. BST starts-clocks go forward	<b>4</b>

**April**

Wed.	3rd	Bear Cross run	
Sun.	7th	Purbeck run (8.20am ferry). Bournemouth Bay Half.	<b>3</b>
Wed.	10th	Hamworthy run	
Sun.	14th	Wimborne run, meet QE school	<b>2</b>
Wed.	17th	Corfe Mullen run, start of summer routes-sunset 8.02pm	
Sat.	20th	Rotary Quarter <b>CCR</b> .	
Sun.	21st	Wareham Forest run, meet Purbeck sports centre	<b>1</b>
Wed.	24th	Wimborne run	
Sun.	28th	Littledown run, meet Littledown Leisure centre, London Marathon.	<b>VMLM</b>