

Running List**May - August 2019****Poole Runners****Wednesday** Meet 7.00pm Broadstone Sports Centre**Sunday** Off road club run starts 8.30am. Also Poole Quay most Sundays for a road run, see FB page.**CCR** Club Championship Road **CCOR** Club Championship Off Road**DRRL** Dorset Road Race League **DCC** Dorset County Championship**May**

Wed. 1st Upton House. Summer Series race 1 **CCOR**
 Sun. 5th Corfe Castle, meet at layby at the foot of Corfe Castle. NDVM **DRRL DCC** + Relay
 Wed. 8th Canford Heath
 Sat. 11th DCC Track & Field, Kings Park (entries close 26/4).
 Sun. 12th Wimborne, meet at QE sports, Hardway Half **CCOR**
 Wed. 15th Stoney Down
 Sun. 19th Wareham Forest, meet at Purbeck sports. May 5 **DRRL CCR**
 Wed. 22nd Upton House. Summer Series race 2 **CCOR**
 Sat. 25th Egdon Easy 10K
 Sun. 26th Littledown, meet at Littledown sports.
 Wed. 29th Corfe Mullen

June

Sat/Sun. 1st/2nd PFOR 5k/10K/Half
 Wed. 5th 2 Bridges
 Sat/Sun. 8/9th **Welsh Castles Relays** - club event (contact Steve Claxton).
 Sun. 9th Wimborne, meet at QE sports. Puddletown Half **CCR DRRL**
 Tue. 11th Corfe Mullen Carnival 5K **CCOR**
 Wed. 12th Canford Heath
 Sun. 16th Wareham Forest, meet at Purbeck sports.
 Wed. 19th Stoney Down
 Fri. 21st Purbeck 10K **DRRL DCC**
 Sun. 23rd Ferndown, meet at Ferndown sports. Lulworth 10K **CCOR**
 Wed. 26th Corfe Mullen. Summer Series race 3 **CCOR**
 Sun. 30th Littledown. Lordshill 10K, Littledown Marathon

July

Wed. 3rd 2 Bridges
 Sat. 6th Charmouth Challenge **CCOR**
 Sun. 7th Corfe Castle, meet layby foot Corfe Castle. Portland 10, Tarrant Valley 10K
 Wed. 10th Upton House. Summer Series race 4 **CCOR**
 Fri. 12th Club Mile, Ashdown **CCR**
 Sun. 14th Wimborne, meet at QE sports.
 Wed. 17th Canford Heath
 Sun. 21st Wareham Forest, meet at Purbeck sports. Durberville Dash **CCOR**
 Wed. 24th Corfe Mullen. Summer Series race 5 **CCOR**
 Sun. 28th Littledown, meet at Littledown sports.
 Wed. 31st Stoney Down

August

Sat. 3rd Shaves Cross mini marathon (5 miles)
 Sun. 4th Corfe Castle, meet layby foot of Corfe Castle. Sturminster Newton Half **DRRL DCC CCR**
 Wed. 7th Upton House. Summer Series race 6 **CCOR**
 Sun. 11th Wimborne, meet at QE sports. Round the Rock 10K **DRRL CCR**
 Wed. 14th Canford Heath
 Sun. 18th Wareham Forest, meet at Purbeck sports. Dorset Duddle 32m Weymouth-Swanage.
 Wed. 21st Stoney Down
 Sun. 25th Ferndown, meet at Ferndown sports.
 Wed. 28th 2 Bridges