

Running List

September - December 2019

Poole Runners

Wednesday Meet 7.00pm Broadstone Sports Centre

Sunday 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

September

Sun. 1st Corfe Castle, meet at layby at the foot of Corfe Castle. The Beast.

Wed. 4th Upton House (last off road summer run)

Sat. 7th Lytchett relays, Holten Lee 3pm.

Sun. 8th Wimborne, meet at QE sports, New Forest Half **CCOR**

Wed. 11th Millen 10

Sun. 15th Littledown, meet at Littledown sports. Littledown 5 **DRRL**, Purbeck 16 **CCOR**

Wed. 18th Bear cross

Sun. 22nd Wareham Forest, meet at Purbeck sports. Blackhill 10k **CCOR**

Wed. 25th Hamworthy

Fri-Sun 27-29 Welsh training weekend, Penderyn, Brecon Beacons.

Sat. 28th The Hill race(6k), Child Ok

Sun. 29th Wessex XC Canford Heath **CCOR**, Hazelbury Bryan 10k.

October

Wed. 2nd Guerrier

Sun. 6th Corfe Castle, meet at layby at the foot of Corfe Castle. Bournemouth Marathon.

Wed. 9th Wimborne

Sat. 12th Hants Lge XC, Kings Park, Bournemouth.

Sun. 13th Wareham Forest, meet at Purbeck sports. Gold Hill 10K

Wed. 16th Figure of 8

Sun. 20th Ferndown, meet at Ferndown sports. Weymouth 10, Great South.

Wed. 23rd Millen 10

Sun. 27th Wimborne, meet at QE sports. The Stickler **CCOR**. Clocks go back 1hr.

Wed. 30th Bear Cross

November

Sun. 3rd Corfe Castle, meet at layby at the foot of Corfe Castle. Wessex XC Lytchett, The Stinger **CCOR**

Wed. 6th Hamworthy

Sat. 9th Hants Lge XC, Sparshot College, Winchester.

Sun. 10th Wareham Forest, meet at Purbeck sports.

Wed. 13th Guerrier

Sun. 17th Wimborne, meet at QE sports. Wimborne 10 **CCR DRRL**

Wed. 20th Wimborne

Sun. 24th Littledown, meet at Littledown sports. Boscombe 10k **CCR DRRL**

Wed. 27th Figure of 8

Sat. 30th Hants Lge XC, Wellesley Woodlands, Aldershot.

December

Sun. 1st Corfe Castle, meet layby foot of Corfe Castle.

Wed. 4th Millen 10

Sat. 7th Xmas party & presentations, RNLI.

Sun. 8th Wimborne, meet at QE sports. Christchurch Xmas 10K

Wed. 11th Bear Cross

Sun. 15th Wareham Forest, meet at Purbeck sports. Wessex XC Canford School **DCC**

Wed. 18th Hamworthy

Sun. 22nd Xmas fancy dress run - Branksome Chine (co event with LMS), Portsmouth Coastal marathon.

Thur. 26th Round the Lakes 10K

Sun. 29th Purbeck run (8.20am Ferry)

17 weeks to London Marathon

January 2020

Wed. 1st Broadstone Quarter marathon **DRRL**