

## POOLE RUNNERS ROAD RACE CHAMPIONSHIPS - 2020

Distance Bands		Short - 1 mile to 5 miles	Medium - 10 km to 10 miles	Long - Half marathon and over
Date		Event	Distance	Band
1	(Any) January – October	**Poole parkrun	5k	Short
2	2 <sup>nd</sup> Feb	Blackmore Vale Half (DRRL)	13.1 miles	Long
3	1 <sup>st</sup> Mar	Wimborne 20	20 miles	Long
4	19 <sup>th</sup> April	Marnhull 12k (DRRL)	12k	Medium
5	17 <sup>th</sup> May	May Day 5 (DRRL)	5 miles	Short
6	14 <sup>th</sup> June	Puddletown Half (DRRL)	13.1 miles	Long
7	26 <sup>th</sup> June	Purbeck 10k (DRRL)	10k	Medium
8	5 <sup>th</sup> July	Portland 10 (DRRL)	10 miles	Medium
9	TBC July	Club mile – Ashdown Track	1 mile	Short
10	13 <sup>th</sup> Sept	Hoburne 5 (DRRL)	5 miles	Short
11	TBC Sept	Solent Half Marathon	13.1 miles	Long
12	11 <sup>th</sup> Oct	Gold Hill 10k (DRRL)	10k	Medium
13	25 <sup>th</sup> Oct	Weymouth 10	10 miles	Medium
14	15 <sup>th</sup> Nov	Wimborne 10	10 miles	Medium
15	Any January - October	Any ROAD 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.