

## POOLE RUNNERS OFF-ROAD CLUB CHAMPIONSHIPS - 2020

	Date	Event	Distance
1	(Any) January - October	**Upton House parkrun	5k
2	(Any) May – Aug	*Summer Series	5k
3	10 <sup>th</sup> May	Lymington 10k	10k
4	17 <sup>th</sup> May	Hardway Half	13.1 miles
5	30 <sup>th</sup> May	Egdon Easy	10k
6	31 <sup>st</sup> May	Hellstone Half Marathon	13.1 miles
7	21 <sup>st</sup> June	Coombe Keynes 10k (previously called Lulworth Castle)	10k
8	4 <sup>th</sup> July	Charmouth Challenge	8 miles
9	19 <sup>th</sup> July	Durberville Dash	10k
10	TBC September	The Beast	13 miles
11	13 <sup>th</sup> September	New Forest Half Marathon	13.1 Miles
12	20 <sup>th</sup> September	Blackhill 10k	10k
13	TBC	Cross Country TBC	5-10k
14	TBC October	The Stickler	10 miles
15	1 <sup>st</sup> November	The Stinger	10 miles

Completion of 6 races is required to qualify.