

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 nd Feb	Blackmore Vale Half (DRRL)	13.1 miles	Long
3	1 st Mar	Wimborne 20	20 miles	Long
4	19 th April	Marnhull 12k (DRRL)	12k	Medium
5	17 th May	May Day 5 (DRRL)	5 miles	Short
6	14 th June	Puddletown Half (DRRL)	13.1 miles	Long
7	26 th June	Purbeck 10k (DRRL)	10k	Medium
8	5 th July	Portland 10 (DRRL)	10 miles	Medium
9	TBC July	Club mile – Ashdown Track	1 mile	Short
10	13 th Sept	Hoburne 5 (DRRL)	5 miles	Short
11	TBC Sept	Solent Half Marathon	13.1 miles	Long
12	11 th Oct	Gold Hill 10k (DRRL)	10k	Medium
13	25 th Oct	Weymouth 10	10 miles	Medium
14	15 th Nov	Wimborne 10 (DRRL)	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.

Notes:

1. Races marked TBC are awaiting date confirmation by race organisers – this list will be updated when confirmed
2. Your age category is based on your age as at 1st January 2020 – minimum age 18
3. You may compete in either, or both, road and off-road club championships
4. You must be a first claim member of Poole Runners
5. Prizes will be awarded to 1st, 2nd and 3rd place within each age category
6. Every club member that completes in any 12 races or more across both road and off-road championships will receive an 'Endeavour' award
7. You must wear your club vest to qualify for club championship points, apart from:
8. You do not need to wear your club vest for parkrun or marathon
9. *You may compete in any of the Upton House summer series; your fastest run will count
10. **You may compete in any of the Upton House or Poole parkrun events; your fastest run will count and your time along with the event date must be submitted to kellyamos89@gmail.com by 31/10/2020.

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 th May	Lymington 10k	10k
4	17 th May	Hardway Half	13.1 miles
5	30 th May	Egdon Easy	10k
6	31 st May	Hellstone Half Marathon	13.1 miles
7	21 st June	Coombe Keynes 10k (previously called Lulworth Castle)	10k
8	4 th July	Charmouth Challenge	8 miles
9	19 th July	Durberville Dash	10k
10	TBC September	The Beast	13 miles
11	13 th September	New Forest Half Marathon	13.1 Miles
12	27 th September	Blackhill 10k	10k
13	TBC	Cross Country TBC	5-10k
14	TBC October	The Stickler	10 miles
15	1 st November	The Stinger	10 miles
Completion of 6 races is required to qualify.			

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8. You do not need to wear your club vest for parkrun or marathon
9. *You may compete in any of the Upton House summer series; your fastest run will count
10. **You may compete in any of the Upton House or Poole parkrun events; your fastest run will count and your time along with the event date must be submitted to kellyamos89@gmail.com by 31/10/2020.