

Poole Runners 2022 “Off Road” Club Championship

<u>Date</u>	<u>Event</u>	<u>Distance</u>	<u>Running/not running</u>
6/3/22	Larmer Tree	7 miles	
19/3/22	Lulworth Cove trail running challenge	10k	
10/4/22	Dorset Ooser	Half marathon	
28/5/22	Egdon Easy (evening run)	10k	
7/6/22	Corfe Mullen Carnival (provisional date – evening run)	5k	
19/6/22	Coombe Keynes 10k	10k	
10/7/22	Phil and Bonnie Bounder	10k	
12/9/22	CapTEN	10m	
18/9/22	Purbeck 16	16m	
25/9/22	Blackhill 10k	10k	
23/10/22	Hellstone Half	Half marathon	
30/10/22	Stickler	10.1 miles	
	Best of the Summer Series	5.5k	
TBC	Wessex or Hants x-country TBC		

- As with the road race championship, completion of 7 of the 14 events listed is required to qualify for the off road series.
- Entrants will also be required to complete at least one race of 10 miles or more from the list.
- Entrants are required to wear club vests or tee shirts in all events.
- Scores will be included for competitors as long as sufficient races remain to compete the required minimum of 7
- Some races have yet to start taking entries or to confirm dates. If there are any changes to the list as events unfold, these will be published on Facebook, where an event will be created for each race.