

**Poole Festival of Running 2025: Senior Relays**  
**Sunday 15<sup>th</sup> June, Poole Park**

First leg starts at 11.00am.  
Four runners per team, each runner completing a 5km leg comprising one yellow lap followed by one red lap



**Poole Festival of Running 2025: Junior Minithons**  
Sunday 15<sup>th</sup> June, Poole Park

Race 1: 9.00am, Ages 6/7, One white lap (1.0 mile)  
Race 2: 9.15am, Ages 8/9, One white lap (1.0 mile)  
Race 3: 9.30am, Ages 10/11, One white lap (1.0 mile)



Race 4: 9.45am, Ages 12/13, One blue lap (1.5 miles)



Race 5: 9.50am Under 6 plus parent, One green lap (600m)

