



Details of Age category and team prize arrangements can be found below

### Seniors Age Category Competition

A competitor's age at the date of the first race will apply to all the races in the series. Placings will be judged from positions within the runner's category only. Any ties will be decided on position in the last race of the series. Competitors must complete 4 out of 6 races to be considered for an award. First age category prize £20 voucher.

Age Categories are: - 14-17 | 18-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80+

### Club Team Competition

In each race the first three runners from any UKA club will be deemed to be the club's team. The best four results from any of the six races will be used to calculate the winning club. **Club vests must be worn.**

running free 

 **Poole runners**