

ANNUAL POOLE RUNNERS CLUB “ROAD” MILE

TUESDAY 19TH MAY 2026

A Club Championship (Road) event

(Therefore Cub Vests please)

Thank you for your entry for the 2026 Club Mile, the race is three laps around the Poole Park cricket pitch.

Where is the race HQ: Administration is in Cricket Pavilion Poole Park.

Free Car Parking: Can be found in the public car parks at Swan Lake and the Ark in Poole Park.

Changing: Please come changed, ready to run if possible, Baggage, and a change of clothes for the post-race pub, can be left in the pavilion.

Toilets: Both male and female facilities can be found in the cricket pavilion.

Start and Finish: Are both in front of the Cricket Pavilion

Heat Lists: These will be displayed on the window of the pavilion from 6:00pm and shown in our web-site the on the evening of Saturday 17th May.

Course: Is on smooth tarmac around the cricket pitch – SEAA Course No 23/140. Measurement Data link is: -

https://poolerunners.co.uk/wp-content/uploads/2025/03/Poole_Runners_Club_Mile_2023-Route-Measurment-Data-.pdf

Warning signs to pedestrians and dogs walkers will be in place but your safety is your own responsibility. Please be aware we don't have sole use of the path

Safety Race officials and First Aid will remain at the finish until the last runner has completed the course.

First Aid: Located at the start/finish

Water: Due to the short distance of the race we will not be offering drinks at the race finish (emergency water will be available in the event of a runner in distress)

Race Numbers

Your race number will be available from race from 6:00pm on race day. Please attach this number to the *front* of your Cub Vest (mandatory for Poole Runners Club Championships) and ensure it is visible at all times. If you are taking any medication please write this on the reverse and give a contact phone number. Please note that in order to comply with UK Athletics rules you must ***not*** fold your number. Race Referees can, and do, disqualify runners who do so. Race Numbers must be worn only by the runner to whom they have been issued. They are NOT transferable in any circumstances.

Trophies Members will be awarded any prizes to which they are entitled, i.e. if a Male Vet 40 is 1st overall he will win both trophies. Age category trophies are only awarded in the category they have entered, ie. If you enter as a V50 you will not be considered for a V40 award. Trophies to first 14-16, 17-20, 21-39, 40-49, 50-59, 60-69, 70 plus and 1st Overall.

Race Results: Will be displayed on the pavilion windows shortly after each heat. A full set of results will be published on www.poolerunners.com on the evening of the race

At the end of racing please can all members assist with a quick clear up?? Many hands make light work

**Trophy Presentations will be in
THE SHAH OF PERSIA**

The rear of the bar has been reserved for us. Please consider coming for a post-race drink and food (last orders 8:30)