

Poole Festival of Running **Minithons 2026**: Rules

Competitors participate at their own risk and should only do so if they have sufficient fitness for the event. It is the parent/responsible adult's responsibility to judge whether a child's participation is appropriate.

Competitors in the Under 6 plus parent fun run must be accompanied by a parent or responsible adult. Competitors in the other Minithons can run unaccompanied although an adult is allowed to run with them if emotional support is required.

Children must run in their correct age group race based on their age on race day (7th June).

In the Ages 12/13 race competitors cannot be over 13 on race day (7th June).

Entries cost £5 per runner for all Minithon races except the Under 6 plus parent fun run which is free. Under 6's must be formally entered even though there is no charge in order that we can control the number of entrants for safety's sake.

On line race entries will close at 9pm on Saturday 23rd May or once the maximum capacity of 75 runners per age group race is reached, whichever is earliest.

Changes such as runner replacements can be made by emailing eventsupport@poolerunners.co.uk before 9pm on 3rd June. Alternatively you can visit the admin tent in Poole Park between 7.30am and 8.30am on the morning of the Minithons.

Entries are non-refundable. However, we are happy to transfer places. You should email eventsupport@poolerunners.co.uk before 9pm on 3rd June. Alternatively you can visit the admin tent in Poole Park between 7.30am and 8.30am on the morning of the Minithons.

Numbers will NOT be posted out in advance. Your child's race number will be available for collection at the Junction Sports Centre, Railway Approach, Broadstone BH18 8AX from 7.30pm until 9pm on Wednesday 3rd June or from the number collection tent on the West Field in Poole Park from 7.30am until 8.30am on the morning of the Minithons.

No dogs, buggies or pushchairs are allowed on the course.

Headphones must not be worn.

Prizes will be given to the first three girl and first three boy finishers in each age group race excluding the Under 6 plus parent fun run. There are no team prizes, however. Presentations will take place in front of the fountain by the start/finish area.