

Poole Festival of Running Relays 2026: Rules

Competitors participate at their own risk and should only do so if they have sufficient fitness for the event. The minimum age of runner on race day (7th June) is 14 years.

A team must be comprised of four individual runners.

One team manager must make entries on line for all four team members and to pay the entrance fee for the whole team.

The team manager can be one of the leg runners.

Competitor names must be entered on line in the order in which they will run the legs for their team.

Club teams must ensure their team name is unique and not the same as others in their club.

If a team does not fit within one of the 15 prize categories (e.g. a mixed team that does not have two male and two female runners) you may still compete.

Teams of England Athletics registered runners have discounted entry at £48 per team / £12 per runner. Entry for all other teams costs £56 per team / £14 per runner.

Race entries will close at 9pm on Saturday 23rd May or once the maximum capacity of 125 teams is reached, whichever is earliest. After that time no new teams may be entered.

Changes such as runner replacements and leg order changes can be made by team managers who should email eventsupport@poolerunners.co.uk before 9pm on 3rd June. Alternatively team managers can visit the admin tent in Poole Park between 8am and 10.30am on the morning of the Relays.

Entries are non-refundable. However, we are happy to transfer places. Team managers should email eventsupport@poolerunners.co.uk before 9pm on 3rd June. Alternatively team managers can visit the admin tent in Poole Park between 8am and 10.30am on the morning of the Relays.

Numbers will not be posted out in advance. Each team's four race numbers will be available for collection in a single envelope and cannot be collected individually. Envelopes can either be collected 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 8am until 10.30am on the morning of the Relays.

Athletes competing as part of a running club team must wear their club vests.

Runners must wear the correct bib number for the leg they are running: the team's number plus A for leg 1, B for leg 2, C for leg 3 and D for leg 4.

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

Headphones must not be worn.

There will be a cut off time of 2 hours 45 minutes for teams to complete all four legs. All fourth leg runners who have yet to start by 12.40pm (100 minutes after the start of the Relays) will be started in a group and the total team times adjusted accordingly.

Prize presentations for the fastest teams and individual leg runners will be made at 1pm on the day of the Relays. These will take place in front of the fountain by the start/finish area.