Poole runners

Affiliated EA

Summer Time Trial Series 2012

Junior Races Start at 7:00 PM
Senior Races Start at 7:30 PM

Details

Note: All races take place at Upton Country Park, Poole, Dorset

Date	Distance	
	Junior	Senior
Friday 4th May	1.4 km	3.5 miles
Friday 18th May	1.4 km	3.5 miles
Friday 1st June	1.4 km	3.5 miles
Friday 29th June	1.4 km	3.5 miles
Friday 20th July	1.4 km	3.5 miles
Friday 17th August	1.4 km	3.5 miles

Entry Fee: Junior Races £1
Senior Races £2

- Entry on the day or in advance via the Poole Runners website: www.poolerunners.com
- Keep the same race number for the whole series
- Complete any four races to score towards a category price
- Ages categories as follows:

	Male	Female
Junior (short course)	Each year between 4 – 14.	Each year between 4 – 14.
Junior (long course)	15 – 19	15 – 19
Senior	20 – 39	20 – 39
Veteran	40 – 44, 45 – 49, 50 – 54, 55 – 59, 60 – 64, 65 – 69, 70 – 74, 75 – 79, 80+	40 – 44, 45 – 49, 50 – 54, 55 – 59, 60 – 64, 65 – 69, 70+

Placing will be judged from positions within the runner's category only. Any ties will be decided on positions in the last race.

Note: Two prizes in each age category for senior races and two prizes in each year for junior (short course) races.

Results will be published on the Poole Runners' website

The Summer Series prize presentation will be in the Upton House Car Park after the last race.

Enquiries: summerseries@poolerunners.com or Tel: 01202 734938