



POOLE RUNNERS UNDER 18's

WE AIM TO DEVELOP ATHLETES' LOVE FOR ATHLETICS, HELP THEM ACHIEVE THEIR GOALS AND ENCOURAGE PARTICIPATION ACROSS ALL LEVELS AND EVENTS, WHILST MAKING SURE ATHLETES ARE IN A SAFE, INCLUSIVE AND FRIENDLY ENVIRONMENT.

**POOLE
FESTIVAL OF
RUNNING**



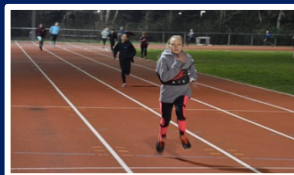
**CROSS
COUNTRY**



**TRACK AND
FIELD**



**SPORTSHALL
ATHLETICS**



**SUMMER
SERIES**



**AND MUCH
MORE...**



WANT TO KNOW MORE?

SEE OVERLEAF FOR ATHLETE TESTIMONIES, DETAILS AND TIMES...



England Athletics Affiliated
Registered Number 2659040

"Poole Runners are an amazing club, who have supported me through my stages of becoming an athlete. They have great coaches and members, who encourage you to have fun and try hard. Poole Runners is something that I am so proud to be a part of." **GEORGE, 12** – Sprint & Field Athlete

"Poole Runners has supported and encouraged me on my athletic journey, from QuadKids to Under 17's. Running is now a part of who I am and what I aspire to be!" **FERN, 16** – Endurance Athlete



TRAINING SCHEDULE

MON	Sprint: 7-8pm (11+) Ashdown Leisure Centre Track
TUES	Endurance: 6:45-8pm (11-17) Lockyers Middle School <i>(seasonal session, contact for info)</i>
THURS	QuadKids: 6-6:45pm (8-11) Field Events: 6-7pm (11+) Sprint and Endurance: 6:45-8pm (11+) Ashdown Leisure Centre Track
SAT	Track & Field: 10-11:30am (8-17) Lockyers Middle School

WANT TO KNOW MORE? JUST TURN UP!

CONTACT: U18@POOLERUNNERS.CO.UK **VISIT:** WWW.POOLERUNNERS.CO.UK