



The Poole Town Race - urban orienteering

Saturday 26th May 2012

Venue: Poole Town Centre – Falkland Square

Grid Ref: SZ013909

Sat navs: BH15 1ER

Parking: Dolphin Centre Multi Storey Parking (follow “P” signs for Dolphin Shopping Centre). Sat Navs: BH15 1SZ. Charges apply

Terrain: Flat urban running around Poole extending east toward Baiter (playing fields). Terrain will include the network of alleys in the old town, a shopping centre, and a maze.

Support: Help and instruction available. Novices & families welcome.

Map: 1:4,000 overprinted. Brand new mapping.

Timing: S.I. Electronic timing. SI-card (dibber) hire £1.

Courses: Estimated winning times 25 minutes. 6 courses, 10 entry classes:

Course 1. Men's Open (M18-35)

Course 2. Men's Veterans (M40-M50); Women's Open (W18-35)

Course 3. Men's Super Veterans (M55-60); Women's Veterans (W40-50)

Course 4. Men's Ultra Veterans (M65+); Women's Super Veterans (W55-60)

Course 5. Women's Ultra Veterans (W65+)

Course 6. Juniors (M/W 16 and below, under 16s accompanied by an adult).

Times: Registration: 14.30 onwards

Starts: 15.00 to 17.00

Fees: All entries £5 per map

Entries: Online via www.fabian4.co.uk or entry on the day.

Facilities Food & drink – Poole Shops

Public Toilets – Dolphin Centre; Chapel Lane; Hill Street Car Park

Shower & Changing Facilities – Free at Everybody Active Leisure Centre

Officials: Planner: Ian Sayer; Organiser: Bruno Smith

Orienteering is an outdoor adventure sport. Competitors take part at their own risk and are responsible for their own safety.

www.wessex-oc.org



Raising money for
Rotary Club of Poole
Bay



Make a weekend of it, by doing the
Poole 10k on Sunday as part of the
Poole Festival of Running
www.poolerunners.com