



The Poole Out-of-Town Race Canford Heath

A SEOUL Event

Saturday 8th June 2019

Venue: Scout Hut in Sherborn Crescent, Canford Heath BH17 8AP

Parking: On Public roads nearby. Verity Crescent has free parking but please be respectful to householders and do not block drives. Also please proceed directly to the Scout Hut without "looking" for controls

Terrain: Mainly flat urban running around Canford Heath (some off road).

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

Map: 1:4,000 overprinted. Map updated and extended 2019.

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

Classes:

Classes
Men/Women Open
Men/Women Veterans (M/W 40, 45, 50)
Men/Women Super Veterans (M/W 55, 60)
Men/Women Ultra Veterans (M/W 65, 70)
Men/Women Hyper Veterans (M/W 75+)
Men/Women Junior (M/W 16-)
Men/Women Young Juniors (M/W 12-)

Times: Registration: 12.30 onwards

Starts: 1.00 to 2.30

Fees: Seniors: Online - £12 (£14 non-BOF); Entry on Day - £13 (£15 non-BOF); Juniors: £6

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

Facilities: Toilets/showers. Food/drink vending machines. Asda nearby.
Only a few chairs in hall – so bring your own if you need one.

Officials: Planner: Dale Paget (WSX) Controller: Kevin Pickering (WIM)
Organiser: Ian Sayer (WSX) ian.sayer68@ntlworld.com