

FINAL DETAILS

The Poole Out-of-Town Race

A SEOUL and UK Urban League Event

Sunday 3rd June 2018

Venue: Everyone Active Leisure Centre (Ashdown Leisure Centre)
 Adastral Road, Poole BH17 8RE

Parking: Please use the Magna Academy car park (the first one you come to) rather than the Leisure Centre's. There won't be a Marshal, so please park sensibly. Follow tapes to Assembly in Leisure Centre round the corner under the big archway.

Terrain: Mainly flat urban running around the Canford Heath estate. The area is comprised of parkland, forest, industrial estate and housing. All but course 7 will visit all area types. The terrain rises to the North, providing some climb on the longer courses.

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

Map: 1:4,000 overprinted. Map updated and extended 2018.
 A3 size for all courses.

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

Courses:

Course	Classes	Direct Line Length
1	Men Open	8.1k
2	Men Veterans (M40, 45, 50) Women Open	7.4k
3	Men Super Veterans (M55, 60) Women's Veterans (W40, 45, 50)	6.0k
4	Men Ultra Veterans (M65, 70) Women Super Veterans (W55, 60)	4.7k
5	Men Hyper Vets (M75+), Women Ultra Vets (W65, 70), Men/Women Junior (M/W 16, 14)	3.7k
6	Women Hyper Vets (W75+)	2.6k
7	Men/Women Young Juniors (M/W 12-)	1.5k

Notes: There are two major roads crossing the competition area. These are marked as Out Of Bounds on the competition map and MUST NOT be crossed by any competitor. Underpasses exist and MUST be used. All courses (1-6) that cross the roads have a control located close to the Underpass entrances.

The actual optimum running distance of course 1 is approximately 13k and 4.6k for course 6. Other courses are proportionally similar, except course 7, where the actual distance is only a little over the straight line distance.

Loose descriptions for all courses will be available in the start lanes, with descriptions also printed on the map.

Care must be taken crossing all roads. Whilst they are generally quiet, there will be cars moving around.

Times: Registration: 10.00 onwards

Starts: 10.30 to 12.00

Courses Close: 14.00

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 and pub nearby.

Only a few chairs in hall – so bring your own if you need one.

Start: Start for all courses is approximately 500m from the Leisure Centre.

Finish: Finish for all courses is approx. 50m from Registration. This may be unmanned.

Safety: Throughout the area there will be members of the public, so please take care at all times not to run into them.

Ensure you look for traffic before crossing any roads.

First Aid: Located in the Leisure Centre. The nearest A&E hospital is Poole Hospital, Longfleet Road, Poole, Dorset BH15 2JB. Tel: 01202 665511

Officials: Planner: Dale Paget (WSX) Controller: Kevin Pickering (WIM)
Organiser: Julie Astin (WSX): julie.astin@hotmail.co.uk

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

www.wessex-oc.org