

The Poole Out-of-Town Race Canford Heath

A SEOUL and UK Urban League Event

Sunday 3rd June 2018

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

Parking: Magna Academy car park, adjacent to the Centre.

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 2018.

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: 10.00 onwards

Starts: 10.30 to 12.00

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 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: Julie Astin (WSX): julie.astin@hotmail.co.uk