



Poole Town Race **Final Details**

A Southern England Orienteering Urban League (SEOUL)

Sunday 18th June 2017

Venue: Poole Park. BH15 2SF. East end, by Copse Close.

Parking: Most roads around where we are based (Copse Close) have free parking on Sundays. But if full, the Pay and Display at the Civic Centre BH15 2RU is only £1.50 for the whole day on a Sunday.

Terrain: Flat urban running around Poole. Terrain will include the network of alleys in the old town and Poole Quay. Junior Courses 5 & 6 will use Poole Park only.

Map: 1:4,000 overprinted. Map updated 2017.

A3 size for courses 1-4; A4 for 5-6.

Please note that several of the senior courses use butterfly loops so make sure you visit the controls in the correct order. Also in places the background map makes the control numbers slightly difficult to read so check carefully.

MAPPER'S NOTE: - Fence tags have been omitted where they would compromise legibility of the map.

As an aid to navigation – and to make some of the narrower alleyways easier to see – the 'forbidden to cross' line symbols for fence, wall or hedge may be used as the boundary to olive green 'out of bounds' areas. The symbol usually shows the prevalent type of boundary that the competitor sees when passing by. More generally – and particularly in the residential areas – the pavement edge symbol is used.

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

Courses:

Course	Classes	Direct Line Length
1	Men Open, Men Veterans (M40 & 50) Women Open	5.7k
2	Men Super Veterans (M55 & 60) Women's Veterans (W40 & 50)	5.3k
3	Men Ultra Veterans (M65+) Women Super Veterans (W55 & 60)	4.3k
4	Women's Ultra Veterans (W65+) Hyper Vets (M/W 75+)	3.3k
5	Men/Women Junior (M/W 16-)	2.8k
6	Men/Women Young Juniors (M/W 12-)	1.7k

Times: Registration: 10.00 onwards

Starts: 10.30 to 12.00

Courses Close: 14.00

Fees: Courses 1-4: Online (until midnight 15/6) - £10 (£12 non-BOF); Entry on Day - £11 (£13 non-BOF); Courses 5-6: £5

Start/Finish: For all courses: Approximately 1K from the Registration tent, on the southern edge of Poole Lake.

Finish for Courses 1-4 is approx. 850m from Registration. This will be unmanned.

Finish for Courses 5-6, near Registration. This will be manned.

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

Safety: Throughout the town there will be members of the public (particularly in the High Street and on the Quay), so please take care at all times not to run into them.

And please don't fall into Poole Harbour as we don't have any qualified Lifeguards on the team!

Facilities Food & drink – Ark Café and local shops; Public Toilets nearby

Other Users: There is a 'Race For Life' event happening in/near the Park and Baiter at the same time as this event, so you may find that you have to run across in between the runners. Please be sensible and courteous if this is the case. The exact route and timings have not yet been notified to us – and we don't know if they are aware of our event.

Officials: Planner: Ian Sayer; Controller: Karen French (WIM)
Organiser: Julie Astin: 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

