



WIMBORNE ATHLETIC CLUB



Affiliated to England Athletics and the Dorset County Athletic Association

WESSEX XC LEAGUE EVENT 3 **(incorporating the Dorset County Cross-Country Championships)** **Canford School, Canford Magna, BH21 3AD on Sunday 15th** **December 2024**

RACE INSTRUCTIONS:

Wimborne Athletic Club invite you to the third fixture of this Wessex League season, which is being held at Canford School, Canford Magna, Wimborne BH21 3AD

There will be access to toilets, at the Pavilion (see course map), please follow the toilet signs. Please arrive already changed.

If you ran in one of the earlier fixtures - Canford Heath (6th October) or Bryanston (3rd November), please bring your number with you. Your race numbers will be provided by your team manager if this is your first race.

Start and finish: will be located on the main playing fields immediately in front of the Pavilion. There will be an area set aside to pitch club tents.

Course: Fully marked course around the school playing fields. Some sections of the course comprise gravel paths, and you may wish to consider wearing trail shoes or trainers rather than cross-country spikes. If possible, bring both and assess your options on the day.

The 1st race will be at 11.45 for U11G with the final race for U20/Senior/Veteran Men at 13.35. Timetables, course maps and League Rules will be available on the Team Dorset website and will also be made available on the day. Please remember it is your responsibility to arrive at the start in time for your race.

The course will be extensively taped. Marshals will be stationed on the course along with first aid cover. Please do not wear headphones etc. Please be always considerate to others.

Car parking: As you enter Canford School via the main entrance off Oakley Lane j/w Canford Magna, please follow the parking signs to the designated areas. There is a large car park straight ahead, next to the Canford Sports Centre.

Alternatively, if you enter the school site via the 'Deliveries' entrance farther down Canford Magna, on the left just before the junction with Queen Anne Drive/Magna Road, there is plenty of parking available alongside the school playing fields.

Parking spaces adjacent to The Pavilion are **reserved** for race officials and course marshals.

Race results: Race Results will be sent to team managers for validation after the race. They will be published on the Team Dorset website.

Please do not leave valuables unattended as the organisers cannot take responsibilities for any items lost or removed during this event.

Our thanks go to Canford School for allowing us to utilise their land and facilities.

All distances are approximate and final routes will be dependent on prevailing conditions.