



# POOLE

## *Athletic Club*

( Founded 1897 )

President:- The Mayor of Poole, Hon. Secretary:- Dave Neal, Hon. Treasurer :- Neil Williams.

## WESSEX XC LEAGUE EVENT 1

LEAROYD ROAD, CANFORD HEATH ON 6<sup>th</sup> October 2024

### RACE INSTRUCTIONS:

Poole Athletic Club invites you to the first fixture of this Wessex League Season which is being held at Learoyd Rd, Canford Heath, Poole, BH17 8PJ

The Race & Medical Headquarters will be at Limelights Youth Centre, which is handily located 2 minutes walk to the start and finish points of all races. This will be available from around 10:30 AM, with access to Female Toilets. (Dedicated Male Toilets are provided at Dexter FC.). Refreshments will be available adjacent to race administration.

**You must enter the League before the deadline. There will be no entries on the day.** Your race number will be provided by your **Team Manager**. As this is the initial race of the 2024 league, we suggest you attend early to ensure you obtain your number in good time. **Keep your number for each race of the league season.**

Please arrive changed as changing facilities within the Youth Club or Dexters FC are not anticipated. We hope refreshments will be on sale over the duration of the event.

The Start and Finish will be located on the Learoyd Rd Playing Field within 200m of Limelights. The course will use playing fields and open spaces to the north of the start area. The course cuts across some footpaths and is considered suitable for spikes.

The first race will be at 11.45 for U11G with the final race, the senior long course at 13.30, Senior and veteran men and women can run in either of the senior events, but not both. Timetables, course maps and League Rules will be available on the Team Dorset Website. <https://www.dorsetathletics.org/cross-country> and made available on the day.

There will be some parking available in the Dexter Sports Gated Open space adjacent to Cuddles Nursery along with roadside parking. More space is available at Harwell Rd BH17 0GE just a short footpath from Limelights. Please be considerate when parking.

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 considerate to local residents using this public open space, as we are keen to continue to use this facility.

Race Results will be sent to team managers for validation after the race. They will be published on the Dorset Athletic website. We are hoping for a 30-hour turnaround.

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

Our thanks go to Limelights & Dexters FC for again allowing us to utilise their facilities.