

Canford Heath Urban (UKUL) Final Details

Saturday 7 June 2025

On behalf of Wessex Orienteering Club, we wish you an enjoyable and challenging event.

This is event 10 in the 2025 UK Urban League. Details of the scoring system and results so far can be found on the [UKUL web pages](#).

Running Order

10.30 Registration opens for any last minute entry changes and hire dibber collection.

11.30 Start opens. Pre-entries from racesignup simply need to proceed to the start.

13.00 Start closes

14.15 Course closure

Safety has always been our number one priority, especially for junior competitors. Please do take care at all crossings and wherever the surfaces may be slippery. Please would all competitors take care to avoid bumps with members of the public, especially around blind corners.

Officials

Planner: Dale Paget (WSX)

Controller: Karen French (WIM)

Organiser: (pre-event) Bruno Smith (WSX)

Organiser: (on the day) Julie Astin (WSX) -

Courses

To be eligible for UKUL you must enter a class appropriate to your age/gender. Participants may enter any of the courses, however, to be eligible for points in UKUL, you must either enter the class appropriate to your age/gender or "run up" in a more challenging class.

The entry form will not allow you to "run down" a class. Instead you will have to choose a course-based class e.g. "3 (non UKUL)" if your BOF Age category would put you on course 2. N.B. Choosing a course-based class will not earn any UKUL points, even if that is an appropriate course for your BOF age class.

Course Number	Classes	Straight Line Route (km)	Optimum Route (km)
1	Men's Open (18-35)	8.0	10.4
2	Men's Vets 40+ Women's Open	7.6	9.8
3	Men's Super Vets 55+ Women's Vets 40+	6.1	8.1
4	Men's Ultra Vets 65+ Women's Super Vets 55+	5.1	6.6
5	Men Hyper Vets 75+ Women Ultra Vets 65+ Junior Men	3.9	4.9
6	Women Hyper Vets 75+ Junior Women	3.0	4.0
7	M&W Young Juniors	1.8	2.0

Event Centre

The Event Centre is at Ashdown Leisure Centre, Adastral Road, Poole, BH17 8RE. [What3words location](#)

Assembly is in sports hall of Leisure Centre

Travel Directions & Parking

If travelling by car please park in the car park which is shared with the local school other leisure centre users. There is a [large car park](#) just next to Magna Academy. Please note the car park is not marshalled.

If travelling by public transport, aim for Poole Bus Station or Poole Railway Station. It is a 20 minute bus ride (Number 25) to Ad Astra School then a 5 minute walk.

Help and Advice

There will be plenty of helpers that are able to give advice etc from 10.30 onwards. So, if anything below is unclear then please don't hesitate to ask. Alternatively, you are welcome to email the organisers Bruno Smith (bs6319@proton.me) & Julie Astin (julie.astin14@gmail.com) beforehand.

Maps

All courses will be 1:4,000 on A3 waterproof paper.

All maps will have control descriptions on the map, and loose control descriptions will be available at the start.

Start Arrangements

The start is now approximately 300m walk through the Leisure Centre car park. Please follow the tapes.

When you are ready to run, go to the start area & follow the directions of the start officials.

In order to minimise demand on marshalled road crossings, please can Juniors on Courses 5&6 start between 11.45 and 12.15.

Controls

All controls will be SIAC enabled, with a punching start & finish.

Controls will have large kites.

Finish

The finish is on the playing fields just behind the Event Centre.

Maps will not be collected at the finish, but competitors must not discuss their course with anybody who has yet to run.

Facilities

The Event Centre has changing facilities, toilets and showers. Competitors will be able to leave their bags in Assembly in the Event Centre while out running.

Ashdown Leisure Centre does not have a café. The nearest café is the [Canford Nest](#), and pub [the Haymoor](#). Both are adjacent to an ASDA supermarket (Culliford Cres, Canford Heath, Poole BH17 9DW).

What to wear

We strongly recommend you wear bright hi-viz clothing.

Running or Trail shoes are the best option. Metal studded/spiked shoes are not suitable.

The planner recommends that competitors on courses 1 to 5 should wear Gaiters to provide lower leg cover. If not, they could expect a scratch or two - but nothing horrendous.

Road Crossings

Senior courses include multiple road crossings – please take extreme care. Busy roads are marked out of bounds, and underpasses must be used.

There is a Marshalled road crossing on Courses 5 & 6 (this only applies to Juniors). Please follow any instructions provided by the marshall.

Health and Safety

Please take care. The risks that all competitors should be aware of are those of road traffic accidents and collisions with members of the public and other runners.

- Cross roads only after having checked that it is safe to do so
- Take care when running around corners
- Take extra care when emerging from alleyways
- Adjust speed to take in to account the various urban conditions

First Aid is available at the Event Centre

For anyone with a pre-existing medical condition, we would strongly encourage you to leave a note in a sealed envelope with the registration team in case of emergency. Such information is confidential and will be destroyed by the Organiser immediately after the event.

Results

Full results will be published on the [event website](#) within 24 hours of the event and also uploaded to the [UKUL website](#)

Photographs and video

It is likely that photographs/video will be taken at the event to help promote the sport. Please let the organiser know if this causes any difficulties.