



## **Friar's Cliff Urban** **East Christchurch**

# **Saturday 5th November 2022**

Venue: East Christchurch Sports & Social Club  
Grange Road Christchurch BH23 4JD

Parking: Adjacent to sports club

Terrain: Mainly flat urban running with some grass and rough paths

Support: Help and instruction available. Novices & families welcome.

Map: 1:5,000 overprinted.

Timing: S.I. Electronic timing (SIAC-enabled) SI-card (dibber) hire £1.  
(No SIAC hire dibbers)

Courses:

Course	Classes
1	Men's Open 18-35
2	Men's Vets 40+ and Women's Open 18-35
3	Men's Super Vets 55+ and Women's Vets 40+
4	Men's Ultra Vets 65+ & Women's Super Vets 55+
5	Men's Hyper Vets 75+ & W Ultra Vets 65+ and W Hyper Vets 75+
6	Novice and M16- & W16-
7	Young Junior M12- and W12-

Times: Registration: 10.00 onwards

Starts: 10.30 to 12.00

Fees: Seniors:Online - £12(£14 non-BOF); Junior's £6

Entries: Online entry at [Racesignup](https://www.racesignup.com). No Entry on the Day

Facilities Toilets indoor changing. Sainsbury's Supermarket near by

Officials: Planner: Ian Sayer (WSX)Controller: Linda Pakuls (WIM)

Organiser: Rob Hick (WSX): [rob.hick@tiscali.co.uk](mailto:rob.hick@tiscali.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](http://www.wessex-oc.org)