# ROSOCIATION ROSOCIATION

# THE BEAST – RACE DETAILS



#### Race Date & Time:

The race starts and finishes on Corfe Common near the end of West St at 10.30 am on Sunday 2nd September. Prize giving will be at 1.30 pm. Race numbers are not posted out and can be picked up from the admin tent from 8.30 on the morning of the race.

# Car Parking:

Please use the free race car park provided. Ample car parking space is provided in a field beyond the municipal car park off West St. Turn first right after the castle into the village square when travelling in a southerly direction then left again into West St and the race car park is signposted on the right out of the public car park. The car park does not have an exact postcode, but to get close please use BH20 5HH. The race car park is closed and locked at 3.00pm.

PLEASE NOTE THAT COACHES MUST USE THE NATIONAL TRUST CAR PARK ON THE LEFT HAND SIDE OF THE ROAD JUST BEFORE THE CASTLE IS REACHED.

# Changing:

Limited changing facilities and storage facilities will be available on the left hand side of the marquee. Ladies changing is in the section at the back, and men at the front. **Please note the facilities are unmonitored and anything left is at your own risk.** Food and drink can be purchased at the finish and is also available at the local hostelries nearby.

### Toilets:

A number of Port-a-loos will be provided. There are also Public toilets in the nearby car park, and further along in the village square. Please use only these facilities.

#### The Course:

The course is almost all off road and in many places is difficult terrain underfoot. Parts of the course are stony and good stable shoes are required, in other places depending on the weather it is possible that it will be wet and slippery so runners are advised to wear shoes with a good tread or studs. Although the course is mainly off-road spikes are not advised as the ground is hard underfoot. The race is organised under Trail Rules and is a Trail Running Association permitted race. For your safety please follow all instructions from marshals and <u>do not</u> wear headphones when running. You risk disqualification from the results if you do so.

Medical/First Aid and Raynet will be in attendance to help ensure your safety.

#### Results:

Provisional results will be available on the day, and added to the website,

## www.pooleac.co.uk

#### T Shirts:

All entries are entitled to a commemorative T-Shirt. Race numbers are marked with your requested T Shirt size and are required for collection.

#### Litter:

Please take all your litter home, including left over sandwiches/food, banana skins and apple cores. The field is normally used for horses and grazing animals and your cooperation would be appreciated.

# Good Luck and have a great day!