

Race instructions Dorchester Marathon & Casterbridge **Half 2018**

White Star has teamed up with Casterbridge Rotary in the ever so lovely town of Dorchester in the fair county of Dorsetshire

Roads.....we are on the roads....Yes we know, but we were asked nicely so how could we say no?

Dorchester is Dorset's County town, so the town must have a major sporting event and they don't come anymore major than a big road race.

We are supporting a great charity this year too, the Dorset and Somerset Air Ambulance.

Thanks for entering the Dorchester Marathon,

First off, some thank you thank you thank you to the fine people and companies of Dorchester and Dorset who have made this happen

Humphries Kirk, The Watercress Compnay, Dorset County Council, Dorchester Bid and Dorchester Town Council, West Dorset District Council, Magna Housing, Domus Estate Agents, ETS Truck & Van, Land Rover Yeovil, Grassby and Sons, Advoco, Studio Print and the Dorset County Show, Piddle Brewery and Dorset Catering Services. Thanks for all the support and trust.

To all our mates in the running world who are helping make this event what it is

Running Imp, the U.K.s best race supplies and the best medals anywhere ever.

Merox screen print of Bournemouth for the excellent race t-shirts

Up and Running Bournemouth for their continued support over the years, Hi-5 for race day nutrition

Some people we must mention

Casterbridge Rotary and race committee for their trust in White Star to lay on a pretty great race. To Mr John Mayo owner of Cokers Frome Farm for allowing us to use his place for the weekend. To the team from the Dorset County Show for the advice and help. Mr Tim Cox for letting us run on his land where the "Lovestation" is based. A massive thanks to all the marshals and stewards for volunteering to make this a great event for everyone.

To Wessex FM and Magna housing for getting the word out that this race is a great idea.

EVENT TIMETABLE

SATURDAY 26th MAY

Noon Campsite Opens

3-6pm Race Admin for number collection for those not posted out

4pm Bar Opens

5-8pm Pre-order Dinner available in Marquee

Band

SUNDAY 27th MAY

7am Race Admin for number collection for those not posted out

8am-10am Pre-order Breakfast in Marquee

8am Outside food stalls serving

8.15am Marathon Race Briefing

8.30am Marathon Start

9.15am Half Marathon Race Brief and walk to start

9.30am Half Marathon Start

10.55am First Runner returns

Noon Bar Opens

4.30pm Sweeper returns

5-8pm Pre-Ordered Food in Marquee

6pm Band 1

7.30pm Band 2

11pm Bar Closes

MONDAY 28th MAY

8-10am Pre-ordered Breakfast in Marquee

Noon Campsite cleared

GETTING TO THE RACE

Access Event Village on race day

If you are arriving on race day you need to follow these instructions to access the event village.

Last year lots of you went rogue and followed the sat nav, we didn't give you a postcode because it's a road race - there are road closures in place- you will get stuck in them if you try to come in any other way to the event village- got it! Follow these instructions and the signs.

If you are camping & arriving Saturday you can follow the sat nav and come into Dorchester off the Stinsford Roundabout, on to London Road, second right hand turn onto B3143 and Event Village turn is just off this on left hand side. You will need to check into Camp control on entering field but just follow the signs and you will be directed to the correct place.



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Route access

ENTRY AND EXIT TO EVENT VILLAGE ON RACE DAY

If travelling in on the A35, when you get to Monkey's Jump Roundabout, take the A37 exit towards Yeovil.

At the next roundabout take exit to B3147 signposted Dorchester.

At the junction with the BP Garage and Lidl Supermarket on take the left hand turn

Continue along, passing through the traffic lights at Sun Inn Pub.

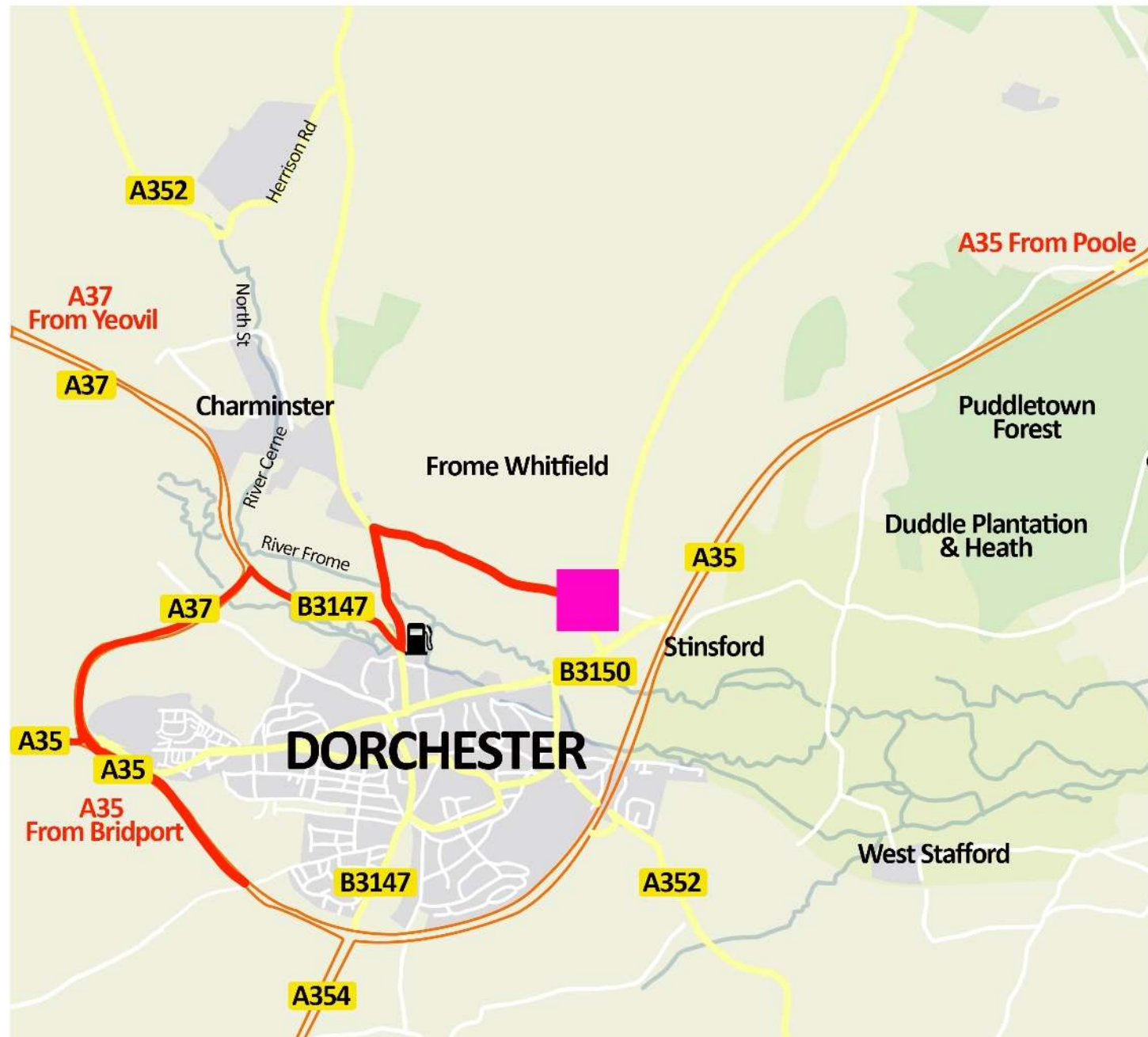
Take next right hand turn signposted Frome Whitfield.

Continue until you are directed to parking/camping fields.

Take this route in reverse to get back out on race day.



WHITE STAR RUNNING



Public transport

Train stations

Dorchester West is managed by Great Western Railways and Dorchester South by South West Trains. Both are approximately a 15 minute walk to event village and well signposted through the town.

Taxis

Bob's Cabs 01305 269500 are providing all your taxi requirements for the weekend.

Bus

Dorchester does not have a Bus Station but most services use High West Street and/or Dorchester South Station for their stops.

SPECTATOR INFORMATION

If you have friends and family coming along to support you for the race, please find attached a map and instructions of our best suggested spectator points and information on how to get there.

There will be lots going on in the event village to entertain them, as well as attractions a short walk away in Dorchester Town Centre, for ideas visit <https://www.visit-dorset.com/.../do.../attractions-in-dorchester>

There are lots of spectacular visitor's attraction in and around Dorchester if you're making a week of your visit to Dorset. Including a day out for the whole family at Tolpuddle Street Fayre on Sat 2nd June which is held along the main street of this historic village of Tolpuddle. Mixture of local and national produce of food, drink, crafts, garden and homeware. Music all day long by local singers and bands.

Food and drink will also be served by street food traders, our newly refurbished Village Hall and also our local Pub Martyrs Inn. While there why not visit the Martyrs Museum, the famous Martyrs Tree and Tolpuddle 12th century Church with the Purbeck marble effigy of 12th century Philip the Priest and James Hammett Grave. For more information visit <https://www.facebook.com/Tolpuddle-Street-Fayre-7937571973.../>

They can also track you on your route, thanks to the new app from Full on Sport, simply download the free app from your app store named – Trak
For instructions visit <https://www.fullonsport.com/trak>



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Spectator Map



WHITE STAR RUNNING



Please exit event village as directed by signage or following access on race day map.

When stopping please park where we suggest to avoid causing added disruption, and if parking in residential areas please park considerately. Take care when walking along roads that may be open to traffic when spectating on the course and listen to instructions given by marshals.

You can also spend some time in town or visiting other attractions see www.visit-dorset.com for more information.



Turn over for more spectator information



Half Marathon



Marathon



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Spectator Map

BEST VIEWING POINTS FOR SPECTATORS:

A - BOTH ROUTES

ON FOOT: Follow the pedestrian access out of the event village to come out at Grey's bridge. Here you can see the Half Marathon start or walk along London Road to see the Marathon or down Kings Road to catch the Marathon runners coming past at mile 2.

1 - HALF ROUTE ONLY

BY CAR: Follow the A35 towards Poole, take the third exit towards Bockhampton. Follow this road through Kingston Maurwood Estate and before the crossroads, turn right into Kingston Maurwood car park or park in the lay-by to the side. Continue on foot along Hollow Hill where you will see mile 3.5 of the Half route. Runners are expected to be here between 9.40am-10.30am.

2 - HALF ROUTE ONLY

BY CAR AND BY FOOT: Follow the A35 towards Poole, exit at the Junction signposted Troy Town and Puddletown Forest. Turn right and continue under the bypass. At the roundabout take the second exit, straight across signposted Puddletown Forest. This road is very uneven but you can park along the side of it and walk to the end where you will see mile 5.5 of the Half Marathon. Runners are expected to be here between 10-11am.

3 - BOTH ROUTES

BY CAR AND BY FOOT: Follow A35 towards Poole, exit at the Junction signposted Troy Town and Puddletown Forest, turn right and continue under the bypass. At the roundabout take the first exit towards Puddletown and park in the Recreation Ground on the left hand side, just after the 30mph sign. Walk towards the Village Centre, at the traffic lights you will see mile 7 in the Half with runners expected between 10-11.15am, and mile 19.5 in the Marathon with runners from 10.30am - 2pm. On the high street there is a Londis convenience store and if you turn down Blandford Road at the traffic lights the Blue Vinny Pub is on the left hand side, with a beer garden and children's play area, serving food between 11am-3pm and 5pm -11pm.



WHITE STAR RUNNING



4 - BOTH ROUTES

BY CAR AND FOOT: Exit the event village as directed and at the next junction take the right hand turn towards Charminster. Continue through the town past Wolfedale Golf Club, past Charlton Down. Take the right hand turn signposted Waterstone. Continue to pass through Piddlehinton, at War Memorial Junction turn right on to Church Hill (B3143) and park at Enterprise Business Park. Walk towards the closed junction and aid station 8. This point is mile 10 in the Half and runners will be passing here at 10.30am-12.30pm and mile 23 in the Marathon and runners will be passing here between 10.30am and 2.30pm.

5 - MARATHON ROUTE ONLY

BY CAR AND BY FOOT: Take the A35 towards Poole and exit at Tolpuddle Ball. At the Junction turn left and go under the bypass. Turn right signposted to Tolpuddle, advise marshals there that you're a spectator. Continue along the road to The Martyrs Inn (serving Sunday Carvery between 12-8pm) where you will need to park and walk 200m along the road to see the race route by Martyrs Tree. Tolpuddle Village Hall will also be open for bacon rolls and hot drinks. This is mile 17.5 of the Marathon and we anticipate runners will be here between 10.20am-1.30pm.

6 - MARATHON ROUTE ONLY

BY CAR: Take the A35 towards Poole and exit at Max Gate, signposted West Stafford/Broadmayne. Follow the slip road up to the Roundabout and take third exit towards Broadmayne, on the A352 go straight over the second roundabout. N.B if you are travelling here between 7-10am there will be traffic management in place as the routes run on this section of road so you will be directed towards Broadmayne. Continue along the A352, at the roundabout take the first exit signposted Warmwell B3390. Continue along this route and at Waddock Cross junction you'll be directed to turn right and then take left hand turn into Moreton Forset. There are a few pull-ins along this road to park. Walk up towards the Marathon route at mile 13.5, where we anticipate runners to be there at 9.40am-12pm.

RACE INFORMATION

CUTOFFS

Marathon cut off is 7.5 hours and Half Marathon cut off is 4 hours.

All times are generous you can walk them in less....

The events are also races, so some sort of running should be involved.

There will be a sweeper in both races and we reserve the right to pull you out of the event if you will not make the cut off. The cut off will be strictly enforced, as the bar is open and there's a barn dance to go to.

THE ROUTE

Well sign posted and marshalled, attached is a map showing route with aid stations and WC's along the route.

TERRAIN

It's a road race might be best to wear road shoes, barefoot is fine if you are bonkers.

WEATHER

The race is in the countryside in May and as we have seen in the past couple of years the British spring and summer time can vary from beautiful warm to belting down with rain. Basically be prepared for all eventualities and bring clothing suitable for the changeable Dorset climate. If it's blowing a gale and belting down with rain, wear appropriate clothing. Bring the factor 50 sun cream, if its sunny, to avoid the embarrassing running vest tan lines later on.

We won't be cancelling or changing the race if it's inclement weather. We will be sitting in the warm by a fully stocked bar full of cider eating cakes waiting for you.

RACE NUMBERS

Your number will be delivered to you by the jolly postman if you entered before 6th May. Those that entered after this will need to visit race admin over the weekend when it's open to collect their number. Fill out the back of the number with your personal emergency information. This is important so if you do need a help we can get it to you quickly.

SAFETY

On the back of your number is an area to fill out with your details please fill this in, write an ICE number. In Case of Emergency. This will help us and you. If you are kidnapped by locals or pass out at the sheer joy of the race we need to get you help as quickly as possible. We recommend that you carry a fully charged mobile phone for emergency use with race HQ emergency number stored. This number is **07930335746**

If you need to drop out of the race at anytime we will try and get you as quickly as possible. The good thing is, the race is very centralised and you are never far from medical help or aid. We will have vehicles and ambulances on standby to come and get you if need be. If you do drop out please, please return your number to admin. We then know that you are safe and we do not have to send out search parties.

If you drop out at a marshal point, aid or water station give your details to the lead marshal.

How to wear your race number

Race numbers should be on the front of your shirt, not the back. You can use safety pins or event clips on all four corners of the bib to keep it in place. It's important to wear your bib to let race officials know you're part of the race. The number has your timing chip built into it so make sure your number is clearly visible, not reduced in size or folded and facing forward. If you have it under layers make sure it's not bent or covered with clothing or a running belt when you come across the finish line otherwise mats may not pick it up and record your time.

BAGGAGE

There will be a place to store your bags at the finish. You present your bag to us at the finish line. Attach the special tag that's on your number on and tie it to the bag. The bag will be kept ready for your return.

Presentation of your number will get your bag back, we will only give the person wearing the number, their bag. No number no bag. Any unclaimed bags will be piled in a massive heap and we will burn them all like a scene from Wicker Man.

No number no bags

Please note you leave the bags at your own risk.

VEHICLES ON ROUTE

This is a closed road marathon as much as practically possible. Blue lights, carers, farm vehicles, residents and event support vehicles are all expected to be on the race route at various points.

Be aware when running that you could encounter these vehicles at any point. Marshals will be providing them with instructions and they will be briefed to drive more cautiously and expect runners. You should also be cautious and expect to come into contact with a limited number of vehicles through the route.

Each race has a lead car, kindly provided by Land Rover Yeovil that will lead front runners around the route. **MARATHON lead runners** your lead car will pull up at Puddletown just past the GP surgery, where a lead bike will take over to continue with you for the rest of the route as you will be mixed in with half runners at this point. Cars and runners don't mix guys be aware.

IPODS & MP3 PLAYERS

The perennial question about these devices...is, are they allowed?

No.

"WHY? I love my Manhattan Transfer album, I can't run without it"

Because we can't guarantee the route will be traffic free at all times. See above. UK Athletics rules state it is no headphones race. We are sorry it's the rules, if you have headphones in you we will disqualify you from the event and your time will be removed from the results. The roads are quiet country lanes, but there may be local residents cars, carers need to get through as do farm vehicles. So milk tankers, combines and tractors take no prisoners and you need to hear them and any instructions from marshals and warnings. For your safety and the fact it's a lot of paperwork for us if you get splatted by a 20 tonne tractor. So we are afraid you will have to talk to people, you never know it might be nice, you might meet a new



DORCHESTER & Casterbridge Half

27th May 2018



■ Half Marathon
 ■ Marathon
 ⊕ Aid Station

best friend or even a new love of your life. Bone Conducting headphones are allowed.

WATERSTATIONS \ AIDSTATIONS

Water stations will be evenly placed 3 miles apart. These stations will have plenty of water. All drinks will be in cups. We will have premixed Hi-5 drinks and gels at most aid stations. We know not everyone likes cups but we want to cut out litter completely, cups are easily disposed of, as bottles are bulky and are usually chucked after a mile or so. The area is full of Organic farms and has many sites of scientific interest, Wildlife reserves and is teeming with Deer, Badgers, Pheasant, Cows and Bears and other wildlife and livestock. We would not want any animals affected by litter. So, we ask everyone to drink and dispose of the litter at the water station or carry it with you to the next one.

If you have a Camelback or carry a bottle/cup ask the nice marshal to fill your bottle straight from the container.

Anyone caught deliberately littering will be handed to the Dorchester Women's Institute for punishment and then disqualified, **we have zero tolerance to rubbish** (rant over).

Aid stations will have the usual goodies at 6 miles, 13 and 20 miles in the Marathon and mile 7 in Half. The WSR Lovestation will be run by carefully selected mad people to give the boost you need. This year's Lovestation will be sponsored by **Piddle Brewery so expect beer onsite**

Now these aid stations are designed for you to get some cake, a sports drink, a gel, jelly babies, there will be cider and a few savoury bits. There will also be toilets on the race route.

So no weeing in a hedge.....toilets are at Affpuddle Heath aid 4, Bladen Valley aid 5 & Tolpuddle aid 6 for Marathon, then Half 7 miles and at 20 miles Lovestation for marathon.

PHOTOS

Race photos are expensive, so we have our own photographers and make photos available to you, free, on our own WSR Facebook page and Instagram maybe.

Our pet photographer will be on site to snap you looking your best, before, during and after the race. Our photographers will be wandering around the course taking snaps and will be at the finish should you wish to have a photo with friends and family. These snaps will then be uploaded in due course to the Flickr page and to Facebook. By entering the race you are giving your permission to have your photo taken and placed on Flickr. If there is a pic you object (didn't get your right side, your bum looked too big etc.) please contact us and we will remove it. (Please note you must highlight the said photo we won't root through all the pics looking for it)

Look for the big bloke with the beard taking pictures.

Also Dorchester camera club will be out onsite taking photo so expect social media to go bonkers .

MEDALS & TSHIRT

All runners in the marathon and Half Marathon will receive free race tech t-shirt from our mates Merox and they are dead nice too and a quality uniquely minted race medal from our

bezzie mates at Running Imp. You get this if you complete the race. No finish no medal, no t-shirt, no regrets, no tears goodbye.

MASSAGE

We have post race massage onsite for both races there is a small fee but after running those miles you will probably need it.

SHOWERS

There are showers onsite please clean up after yourselves and they are sooper dooper ones and free to use bring a towel and flannel and that really nice body wash you got for Xmas but haven't used yet. Casterbridge Rotary are asking for a small donation for using them and will have collecting buckets close by.

TOILETS

There will be portaloos at the races. There is never enough we know, we ask you to be patient.

FOOD ON RACE DAY

Sunday from 8am food will be available from a selection of food vans within the Dorset Food and Crafts Market serving until late.

Pre Order Menu thanks to Dorset Catering Services available inside the marquee

Saturday Dinner- Served 5pm-8pm - £10 add dessert £12.50 prices are per person, Kids prices for dinner - Main Meal £6 add dessert £8

Chicken Tikka Masala, Fragrant Rice, Poppadom, Naan and Condiments
Mediterranean Vegetable Lasagne, Salad and Garlic Bread (v)
Real Pork and Apple Sausages, Creamy Mash, Onion Gravy and Fresh Vegetables

Dessert - Baked Vanilla Cheesecake with Fresh Berries Compote

<https://www.fullonsport.com/event/saturday-dinner--dorchester/profile>

Sunday Dinner - Served 5pm-8pm £10 add dessert £12.50 prices are per person, Kids prices for dinner - Main Meal £6 add dessert £8

Traditional Roast Loin of Pork served with all the trimmings
Traditional Roast Turkey served with all the trimmings
Mushroom and Spinach Wellington served with all the trimmings

Dessert - Apple and Cinnamon Crumble with Custard

<https://www.fullonsport.com/event/sunday-dinner--dorchester/profile>

Sunday and Monday Breakfast - Served 8am-10am

3 item breakfast bap and hot drink £5
5 item breakfast and hot drink £6
8 item breakfast and hot drink £8

<https://www.fullonsport.com/event/sunday-breakfast--dorchester/profile>
<https://www.fullonsport.com/event/monday-breakfast--dorchester/profile>

CAMPING

£25 for a pitch for the weekend at the event village, book here by Sunday 20th May at Midnight <https://www.fullonsport.com/product/8160/detail>

It's cheap its right by the finish line and the beer tent. Remember once you've booked to edit your camping answer in your race entry by:

1. Log into your www.fullonsport.com account using your email address and password
2. Once you are logged in, click on your username and select 'my entries'
3. click edit against Dorchester/Casterbridge entry you need to change your answer to the camping questions at the bottom to yes and then answer sub questions
4. Then save once changes made

CAMPING AND EXTRA INFORMATION

The campsite, start/finish are all in the same area.

Please bring the kids they are more than welcome. **But we are not a crèche you look after them.**

Water will be available at race village area. There will be portaloavs. There will be bins to chuck rubbish in and please if you bring your dog clear up after them, sheep graze the fields so we don't want them catching anything nasty. **Please keep your dogs under control at all times on a lead.**

The farmer, Mr Mayo has been very kind letting us use his farm, please respect his farm and the countryside code. It is a working farm so you run the risk of injury and death if you muck about in places you shouldn't.

We say again don't let the kids out of your sight, control your dog.

No open fires or singing late into the night THAT'S YOU Chippenham Harriers

Be aware of random nudity....just saying it happens THAT'S YOU AGAIN Chippenham Harriers

We cannot guarantee the security of valuables, please lock them in your car out of sight....then wrap your car in clingfilm like they do to suit cases at the airport.

Some things to remember:

- This is deepest, darkest Dorset the nearest cashpoint is just up the road in Dorchester...see its not all bad....bring cash anyway....it's not all contactless...it's not that London you know.

- Bring sunscreen and wet weather gear.
- Bring insect repellent, it should be ok on that field, just in case.
- Bring torches there are no street lights out there.
- Bring toilet paper.
- Unlike our other races we have situated the campsite and start finish right next to a big town so there's all the amenities you need should you realise you haven't brought a sleeping bag or spare nappies or Vaseline, the throbbing metropolis of Dorchester is a 2 minute drive.
- The nearest hospital God forbid you need one is which is about 15 minutes in Dorchester.

What else is in the town

Dorchester Town centre is also a 10 minute walk from the event village via footpath accessible to London Road. There are various attractions to provide entertainment whilst you are waiting for runners to finish including Dorset County Museum, Teddy Bear Museum, Dinosaur Museum, plenty of shops and Brewery Square.

For plenty of other ideas and attractions to suit your needs on race day or over the weekend whilst visiting Dorchester visit tourist information <http://www.visit-dorchester.co.uk>

Other attractions on routes to visit where the route passes and are accessible by car by exiting A35 at Puddletown and following signage

Athlethampton House & Gardens a spectacular 15th century Tudor country house and gardens in Dorset. Admission charges apply open 10.30-5pm

Tolpuddle Martyrs Museum that tells the harrowing tale of the Martyrs arrest, trial and punishment, leading to the foundation of modern day trade unionism. Free Admission open 11am-5pm

If you are staying in Dorchester the event village is a short walk.

Time to introduce you to another amazing partner on board for this year's event

The Watercress Company will be giving out some freebies, your recipe card was enclosed with your number and you will all be receiving a free Watercress smoothie once you've crossed the line to help replenish those muscles.

1610 Dorchester Sports Centre are offering all runners a free week pass to try out their amazing Leisure Centre. 1610 offer a huge variety of fitness classes including aqua, dance, holistic, conditioning and high energy classes, as well as a state of the art 6 lane swimming pool and 50 station fitness suite.

Enclosed with your race number that will be posted out to you will be a 1610 leaflet. This will be used to redeem a 7 day free pass for the facility, that will allow you free gym, classes and

swimming for a week. This must be redeemed by 31st October 2018, to see the amazing facilities and plan what your going to do there visit their website <https://www.1610.org.uk/centres/dorchester-sports-centre/>

As well as giving you free access to the amazing 1610 Dorchester Sports Centre, the team are also supporting you during race weekend.

Saturday 26th May at 5pm, the evening before race day they will be offering a fun stretch and chill class on the grass hopefully outside in the sun – if not we have a back up plan! This will be your final chance to stretch out those running legs and get you chatting to fellow runners before the evening entertainments kick in! Class can be done on the grass or bring a towel or mat for more comfort if you want, some mats will be provided if you don't have anything with you.

They will also be manning the very final water station on your return journey to the finish line, for those that ran last year you'll remember their amazing cakes! If needed make sure you stop and have a glass of cold water and a last minute snack to push you the last few miles home from the 1610 water station.

Thanks to the generosity of Tesco Dorchester Community they are helping to fuel your run having donated Water Melons, Oranges and Cakes. The staff and store volunteers will also be supporting you and cheering you on at Marathon Aid Station 5, make sure you give them a wave.

Our friends at Runderwear are offering all Dorchester Marathon & Casterbridge Half runners the chance to win one of their Award-Winning products. Experience the world of chafe-free running for yourself by entering here: <https://a.pgtb.me/kKQdfz>

Or if you know what amazing products you want for your summer of running they have also given you a 15% Discount code: RW-DORCESTER15 - valid until 10 June 2018

FAQ

Q. What's a "Lovestation"?

A. At our races we realise that sometimes you need a bit of boost at the bit in the race where you are starting flag, normally 20 miles in marathons, 7 or 8 in a half etc, so we have the Lovestation.

So when you rock up to the Lovestation you can have a sit down and glass of something nice like flat Coke or a cider and chew on a cake or Scotch egg and just get your s*** together before venturing on to finish the race. There may be a hug or two.

The serious side is we can also have a look at you and assess whether you are in a fit state to carry on.

We realise that most of our races are not easy and present some challenges , heat, hills, exhaustion etc can all take a toll and we are keen not to have any casualties. We take safety seriously and would only pull you out of the race if we felt you looked like death and for you to continue would put you at risk.

Q.What's the weather going to be like?

A. One moment while we consult with the Pagan weather Gods.....dunno It might rain, it might not, it might be sunny. Bring all your clothes and every pair of running shoes you own just to be safe. And a warm vest.

Q.Is the route marked and signposted?

A.Yes we even have mile markers...go us.

Q.Is it self supporting?

A.No we will feed you, we like well-fed runners.

Q.Can I wear an ipod?

A.No stop asking.

Q.Can my tent go next to my mates?

A. Camping will be allocated by our top team from Rotary their word is law, if you want to camp next to friends we recommend you congregate someone together and then come to site together.

Q. Can my car, motorbike, light aircraft, park next to my tent?

A. Yes it's a big old field..

Q. Camper, caravans, Winnebago vans?

A. Yes bring them, if it has loo we may want to borrow it...joke btw

Q.When my husband, wife, boyfriend, sweetheart etc runs where can I go?

A. Mentioned above is a spectator guide, all the roads are shut so may be difficult to move about so follow the guide

Q.Headtorch at the campsite why?

A. Camping is dark in the night you know dark

Q. Do I have to enjoy myself?

A. No, its running about in the most beautiful areas in Dorset you will hate it

Q. What other races do you organise?

A. Right ready?

The Larmer Tree Races, 20 miler Marathon and Half, Hilly (it was great this year)

Chase half and Cider frolic praise the Lord races at a Cider brewery

East Farm Frolic 12 hour race for solos and Teams Multiple laps and marathon half and 10k on Saturday before

The Dorset Invader, Marathon and Half Marathon. Roman madness

Have fun at the bestest road race in Dorset but remember its not a Funrun.

If you enjoyed this tell your mates and come back next year.