

With our last 2019 race in sight it's time to look ahead on what's to come:



Our sister company Jolly Running is planning some Christmas fun which we will be helping at. An Extremely Jolly 7.5 mile race, kids race along with new for 2019 a Half Marathon and Marathon over the weekend of 21st & 22nd December before all the celebrations really kick in. For more details visit the [website](#)

The first WSR race to kick start 2020 will be Dark Moors with a 5m and 10m race, in case you need a gentle introduction back to running after the Christmas and new year break, places available in both distance still, further information on the [webpage](#).

2020 Confirmed Dates

★ 2020 White Star Running Events

<p>January Dark Moors (Night Races) Sat 11th – 5 Miles, 10 Miles</p>	<p>march Larmer Tree Races Sat 7th – 10 Miles (Imperial Race 3), Half Marathon Sun 8th – 20 Miles, Marathon</p>	<p>may The Ox Races Fri 8th – Race of Two Half's, Dark Ox 10.5K (at night) Sat 9th – Ox 50 Miles, Ox Frolic (12 hours) Sun 10th – Light Ox (10.5K in the day), Ox Half Marathon</p>	<p>may Weekend at the Races Sat 23rd – Moreton Marathon, 10 Miles Sun 24th – Unicorn Frolic (12 hours), Kids Unicorn Race (3K) Mon 25th – Summer Sessions (8 hours)</p>
<p>June Giants Head Marathon & Sydling Bell Race sold out Sat 20th – Giants Head Marathon, Sydling 10K Hill Race sold out Sun 21st – Chaos Bell Races (3K & 9K fun runs)</p>	<p>July Crafty Fox Sat 11th – Marathon, 5 Miles Sun 12th – Half Marathon</p>	<p>July Cider Frolic & Piggy Plod Fri 24th – Cider Sessions (8 hours) Sat 25th – Cider Frolic (12 hours) Sun 26th – Piggy Plod (10K for adults, 4K for kids)</p>	<p style="background-color: #e91e63; color: white; border-radius: 50%; padding: 10px; display: inline-block;">new for 2020</p>

All of our confirmed dates have entry open via [FOS](#) and we are hoping to confirm the final couple of events for 2020 by the end of the month. The Crafty Fox event has a new 5 mile added and entry for those races opens on 1st November. Also new is the Ox marathon a race of two half's, thanks to the moved early May bank holiday.

Cupless Frolic's Thank you

For 2019 we trialled having cupless events at the frolic/lapped races. To help reduce our waste, you guys supported it fantastically and we'd like to thank you.

We will certainly be doing the same in 2020 and will look to introduce it to some of the further aid stations at other events where runners are more spread out and marshals will be able to help fill runners' own cups and vessels.

Please always bring a cup along to any of our races & help reduce our plastic waste if your happy to.



THE NATIONAL

RUNNING SHOW

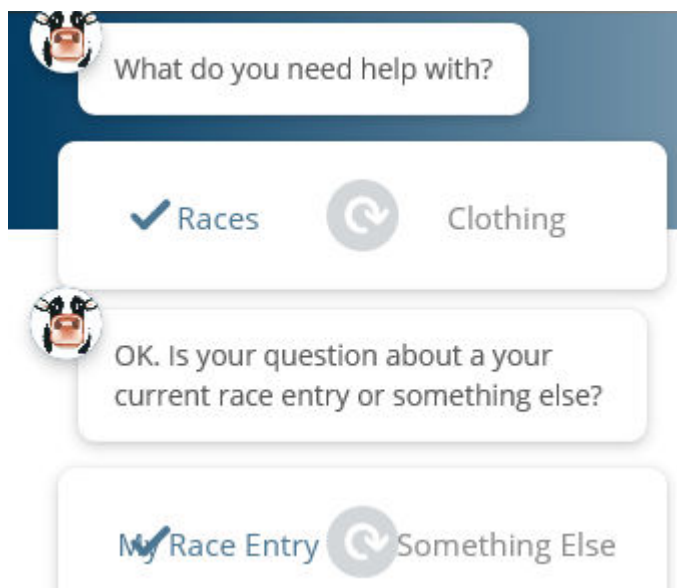
25th - 26th Jan 2020
The N.E.C.

BIRMINGHAM

The National Running Show Birmingham 2020 is taking place next year at the NEC on 25-26 January & once again we will be there. From Olympic Gold Medallist speakers to expert, personal assessments and rehabilitation classes, there's so many reasons to attend! Here is just a taster of what you can expect:

- [Their speaker line up](#) - Steve Cram, Sally Gunnel, Linford Christie, and Dean Karnazes to name but a few. You seriously don't want to miss these guys!
- [Discover the latest kit](#) - from top of the range trainers, to smart gloves, to consumables - we've got it all and more.
- [Interactive features](#) - with an 'Ask the Experts' feature and 3D Gait Analysis, there is loads to see and do.

And all of this for free. [Book now](#) using code **WSR** and don't miss out, we would love to see you there!



Meet Marvin the WSR cowbot

Marvin will start to appear on WSR platforms over the next few weeks to help answer any questions you have and point you in the right direction for more information.

Remember most things can be answered by looking at our FAQ's page

✓ <https://whitestarrunning.co.uk/faqs/>

White Star Clothing

Still the only place to get your hands on a wide range of running clothes and accessories in quirky designs. We stock everything from vests, t-shirts, hoodies, hats as well as all your race memorabilia. We will also be having some massive deals for Black Friday this year so keep an eye on our [Facebook page](#) for announcement details.

We'll keep you regularly up to date on our Facebook page so make sure your following us to get the most up to date info

<https://www.facebook.com/whitestarrunning/>