



## **Race Instructions 2021**

**Hello and thank you for signing up to the Weekend at the Races event, based out at the lovely Moreton Equestrian Centre, which we are profoundly grateful to have use of.**

**UNICORNS... who knew this race would go so nuts for rainbow-coloured unicorns?**

So, where is this again?

Moreton. It's a small village in Dorset. Near France for you Northerners.

Richard Frampton Hobbs is our host for the weekend. Richard owns the estate we're running on and has kindly said we can run on pretty much all private land. That means no one else is allowed there... you are special.

Soooo what's occurring? Well, read below.

### **EVENT TIMETABLE**

#### **Friday**

Lunchtime – Campsite opens

5-8pm – WSC Shop open and Admin open

#### **Saturday**

7.30am-5pm – WSC Shop open

**8.30am – Marathon start**

**10am – 10 Mile start**

#### **Sunday**

7am-8pm – WSC Shop open

**7.40am – Solo Frolic start**

**8.00am – Team Frolic start**

**5pm – Kids' race start**

#### **Monday**

8am-5pm – WSC Shop open

**9am – Summer Sessions start**

**5pm – Summer Sessions ends**

7pm – Campsite needs to be clear

Please make sure you have familiarised yourself with our Covid secure arrangements, which can be read here: [What will a WSR Covid-secure event feel like? - White Star Running](#)

## **PRE-EVENT**

- **Pre-event Covid screening** means you **must** stay at home if you have any of the [Covid-19 symptoms](#)
- Participants are required to be **test and trace compliant**, and WSR will use your data for this purpose too if required. If you have any symptoms post-race, you must upload onto the NHS test and trace system and notify WSR immediately.
- Download the [NHS Covid-19 App](#) and scan the QR code on arrival at the event village.
- **Your race number is being posted out to you. Please remember to bring it with you!** Fill out the back of the number with your personal emergency information.
- **You will need to bring your own safety pins/event clips to attach your number on.**
- **Facemasks and hand sanitiser are mandatory kit to bring with you, along with your own cup.**
- Camping needs to be pre-booked by **Wednesday 26<sup>th</sup> May** (see Camping section).
- Any WSC orders need to be made by **Wednesday 26<sup>th</sup> May** (see WSC section).
- All the latest information on the event is in the [Facebook Event](#).

## **DIRECTIONS TO EVENT**

Use the postcode for **Moreton Equestrian Centre, Moreton, DT2 8RH** in satnavs and follow WSR signage.

There are some night closures on the A31 at Canford Bottom Roundabout during the weekend, so please [plan your journey](#) if you come that way.

## **THE RACE / ROUTES**

Various terrain, some tracks, fields, sandy paths and woodland areas, so a nice mix for all the races. There are some technical areas underfoot that will need concentrating on, so you don't twist your ankle.

The course will be well marked with signs and arrows; some trees, posts, etc, will have red and white marker tape around them just to reassure you that you're not lost. **Marshals** will be at critical points, but you can expect to see fewer people on course to help reduce the risk to runners. Where necessary, they will be in appropriate PPE, but as friendly as ever underneath it. Please respect them and their needs, as well as your own.

**Rule of 6** – we know you're all as keen as us to catch up with other runners and see how they've got on over the last year. However, if you're chatting in groups, please maintain social distancing and try not to crowd in larger groups. **Signage** around the event village will remind you of this.

**Staggered starts** – groups of 6 will be set off 30 seconds apart to help spread runners out on the course. You should arrive with enough time to get yourself race ready, use the facilities, and then head to the holding pen to start your race. Have your mask or muff on when in the event village and starting pens. In front of the holding pens will be 6 coloured spot markers on the floor. When you get towards the front, position yourself on a spot and, as soon as a group of 6 are assembled, they will be started. **Please be sensible and avoid milling around.**

**Routes are available on the race page of the WSR website, but remember much of the routes are on private land so can't be run ahead of race weekend.**

Moreton Marathon: [Moreton Marathon 2021 \(ordnancesurvey.co.uk\)](#)

Moreton 10 Mile: [Moreton 10 \(ordnancesurvey.co.uk\)](#)

Unicorn Frolic & Summer Sessions: [Summer session & Unicorn Frolic Route \(ordnancesurvey.co.uk\)](#)

## **Marathon**

This is a lovely route taking in the new addition of woodland at Oakers Wood and the Frolic course. You start at Richard's stately pad (it's his house) and over the metal bridge (it is actually metal, but doesn't look it), then through the river or over the bridge – you choose – ahead of getting to Moreton Ford. Then through lots of lovely fields, woodland and trails.

Things to note: you go over a lot of bridges, so don't fall in the river. It's wet. Use the handrails and be brave. There are also lots of barbed wire fences that have kindly been carpeted for you, but please take care. Where there are electric fences, if possible we will have laid it on the ground for you to exit, otherwise use the coloured handle to undo and re-do to keep animals safe and farmers happy 😊

There are several sets of road crossings to get you safely across the difference sections of the course. These will be marshalled for your safety, so please listen to the marshals as they are there for your safety and be cautious when approaching road crossings.

After completing the Frolic route, you'll pass alongside our event field to complete a second loop of the route.

A cycling event is taking place on the B road you cross twice to get in and out of oakers wood. The cyclist will be spread out, like you by the time they reach the area in question. Please listen to the marshals who will cross you safely but you may need to wait as traffic will take priority on the road <https://www.earthsports.co.uk/events/tour-of-wessex-2021>

**Cut-off time: 7 hours**

## **10 Mile**

Your route starts the same as above, but then you will be split off to complete a smaller loop to finish your distance.

**Cut-off time: 3 hours**

## **Unicorn Frolic and Summer Sessions**

Luckily, we have a massive area to run on. The trails aren't overly hilly, but it's bit demanding underfoot in places and it's a nice 5.2-mile loop – easy to get a half-marathon or marathon.

FOLLOW the signs. It's very easy to get lost. If you get lost, that's it – you will die out there. It's a jungle. (Joking, obv.)

Shoes: Trails . Blue ones are best.

Be aware that this is an equestrian centre and there will be big horses out and about. Avoid a 'trample, trample, flatten' situation and keep well away from the horses.

Bring a camera; there's a few 'interesting photo opportunities'. Lovestation will be out there manned – womaned – by the top team.

**Frolicers – you can start your last lap at 7.59pm. This will be strictly enforced and yes, we mean it too. Cut-offs are there for a reason. That reason is we like a beer and want one, so please don't hang about.**

**Summer Sessions – you need to finish running by 5pm.**

**Headtorch** – if you're going out on a lap after 7pm you will need to take a headtorch out with you.

**Solos start 7.40am** – do as many laps as you want. So, if you want a marathon distance you start and do 4 laps. Follow the signs... easy!

**Teams start at 8am** – only one of you runs at a time, then you swap as and when you feel like it. Your times are all added up. Any of you can stop and collect your goodies at any time, and other members of the team can keep going.

Because of Covid changes, we're allowing Sunday and Monday runners to start at any time they wish. Just turn up as above and make your way to the start pen, read the A-frame and set off once you have made the timing team aware you are starting.

## **Mini Unicorns**

The Kids' Unicorn Race enables the children to run some of the Frolic route, about 3km or so in length. Suggested age for kids' races is over 4 years, but any age can take part up to 16 years old. We ask an adult to run with children under 4 years old and if they wish for older children, but it's not a requirement as the course will be well marshalled by the team.

## **RACE STUFF**

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 all races and we reserve the right to pull you out of the event if you will not make the cut off.**

**ALL RACES are CUPLESS; this means there will be no cups at any aid station.**

Meaning you need to bring your own drinking vessels. It can be whatever you like... cup, bottle, mug, kid's sippy cup, punch bowl – literally whatever you're comfortable bringing to run round with.

If you don't yet have a re-useable cup, we sell several designs in the shop and you can order to collect: <https://whitestarclothing.co.uk/search?q=cup&type=product#>

## **TERRAIN**

All races are trail races, therefore about 95% of the routes are off road. There are several road crossings of tarmac and some made, unmade and almost-made road. Please don't swim in the rivers.

Shoes: difficult one. Trail shoes are recommended, something with a grip. That said, studs and spikes are not a good idea. Blue shoes are winning shoes and if dry enough you could get away with road shoes.

## **GATES**

Most of the gates will be open; if it's shut, it's shut for a reason so please shut it behind you and don't leave it open for someone behind you. The last thing we want is an animal escaping. In some places the gates are next to a stile, so please go over the stile. It's easier for you and we don't have to worry about gates being open. There are also lots of barbed wire fences that have kindly been carpeted for you – please take care. Where there are electric fences, if possible we will have laid it on the ground for you to exit, otherwise use the coloured handle to undo and re-do to keep animals safe and farmers happy.

## **WEATHER**

The race is in the countryside in May, and as we have seen in the past couple of years the British springtime can vary from beautiful warm to belting down with rain. So please take into consideration the previous day's weather when deciding what to wear on your feet. Trail shoes are recommended. Basically, be prepared for all eventualities and bring clothing suitable for the changeable climate. If it's blowing a gale and belting down with rain, wear appropriate clothing.

## **IPODS & MP3 PLAYERS**

The perennial question about these devices is: are they allowed? Yes. We won't drag you out of the race for wearing one, but we advise against it. 'WHY? I love my new Skorpions album; I can't run without it!'

Safety is the only reason we don't encourage you to wear them. The roads, as we said, are quiet country lanes, but there are cars, trucks, tractors and even the odd combine harvester out there and you need to hear them and any instructions from marshals and warnings. If you really must sing along to your favourite Glen Campbell album, turn it off when you get onto the road sections. For your safety and the fact it's a lot of paperwork for us if you get flattened by a tractor.

## WATERSTATIONS

**Food/fuel will not be provided** – we know the Lovestation™ will be missed, but it will be back before you know it. We would encourage longer-distance runners to carry anything they need or leave it at changeover area for the Sunday and Monday races.

Aid stations are approximately 2.5 miles apart for Sunday and Monday, with the Lovestation™ and one other water station at start/finish for both days.

On the Saturday, water stations are approximately 4 miles apart. **Remember these are cupless.**

**For marathon runners, you will be able to drop off your own aid to get when you come through the event village to start your second loop. Please clearly label anything you are leaving with us.**

Lovestation™ – as well as water and squash, we will have cola and beer for you.

We ask everyone dispose of the litter at the water station or carry it with you to the next one.

**Mask up** – you're encouraged to wear masks or muffs around the event village. Even though it's outdoors, it's good practice while not running to reduce any risk further. **You will be required to wear them if you enter marquees** (for example admin, bar and shop) and while waiting in the start pens.

## LOCAL THINGS TO DO

We are next door to [Moreton Walled Garden](#), an amazing hidden gem of beautiful three-acre landscaped formal garden with FREE ENTRY. They also have [fact finding kids' activities](#) running over the weekend.

[Dovecoat Café](#) in the Walled Garden is well worth a visit for the yummy food they serve between 10am – 3pm, with last food orders at 2:45pm.

Moreton has become well-known because of its association with T. E. Lawrence, also known as Lawrence of Arabia. T. E. Lawrence lived near to Moreton when he served at Bovington Camp and was later buried in Moreton Church Yard. Every year thousands of visitors are drawn to Moreton to visit his grave, which backs onto The Walled Garden.

Moreton Ford is just a short walk from the event village too, if you want to cool off after your run.

## MEDALS AND GOODIES

Will be laid out for finishers to take themselves. We know it's not the same experience as getting a J & J hug, but for a few months it's the safest way to collect your goodies.

Prize bundles will be given in a box to the winners.

## MASSAGE

[Run Fit Fordingbridge](#) have been providing massage at the Spring Larmer Tree Races for the last few years and will be at some of our other events this year.

Because of the close nature of mass massage at events, we're unable to offer this service at events until Step 4 of the unlocking roadmap. So, the team has kindly offered some discount codes for you runners for those events they can't attend in person.

Your code offers you 20% off a 30-min sports massage (full price is £25). It will be in their treatment rooms in Fordingbridge. With generous valid from and to dates, you have plenty of opportunity to take up this offer.

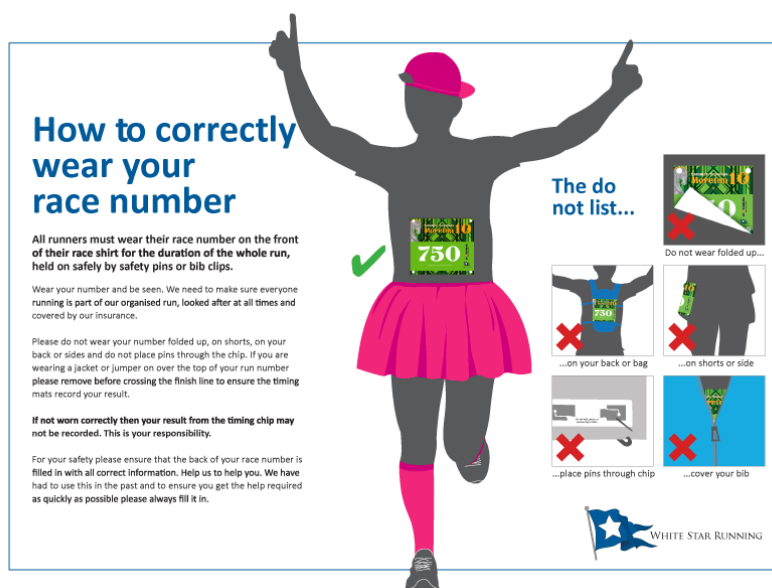
Visit the website <https://www.runfitfordingbridge.co.uk/book-online> and select the Massage tab. Select the date and time to suit you and enter the voucher code at checkout to get the discount.

**Moreton20** (valid 29th May – 30th June)

## RACE NUMBERS

These are being posted out to you and have the built-in timing chip on the back of the number; put it on and go. **You do not need to come to Admin on the race day.**

**If you entered after 11<sup>th</sup> May, you will need to collect your race number from Admin.**



## CHIP TIMING

This event is being timed by [Timing Monkey](#) who will be on-site all weekend and results will be available from their website.

## SAFETY

On the back of your number write an ICE number and any medical details. This will help us and you. If you're kidnapped by locals or pass out at the sheer joy of being outside, 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**

This will put you through to grumpy and harassed race controller who will assess your needs based on their caffeine intake for the day.

If you need to drop out of the race at any time we will try – try –and get you as quickly as possible. The good thing is, the race is very centralised and you are never far from an access road or from the finish. We will have 4X4 vehicles and ambulances on standby to come and get you if need be.

**First aid** – will be provided in a secure manner if needed. You will be required to carry your face mask on route in case you need medical help so you can put it on while being seen to. We recommend you download the [what3words app](#) to help give accurate location markers.

## BAGGAGE

**No key drop** – we ask you to carry your keys or keep them safe. Runners will be able to leave their bags in the large marquees, which will have an entry and exit clearly signposted.

For Frolic and Summer Sessions race, teams are encouraged to make an area away from others and set up a socially distance area for themselves when they need to get items.

**We would recommend you bring your own chairs to sit on and spread out to cheer in the large field.** Please limit spectators that you encourage to come along. If they want to watch, please avoid the busy start/finish areas, wear masks when shouting encouragement and limit contact if supplying aid to runners.



## CHANGING

There isn't any. We feel nudity in the middle of field in Dorset is more fun.

## SHOWERS & TOILETS

There are showers and portalavs onsite; please clean up after yourselves. They will be cleaned each day between 8am-8pm, but there will also be a non-toxic hygiene spray available for your own use. We recommend you spray door handles, toilet seat, toilet roll holders, sanitiser push button, shower buttons and hooks.

## REFRESHMENTS

**We have catering teams on-site** for the whole weekend.

[Steph at White Star Catering](#) will be supplying her usual yummy selection of food throughout the day. The team will be accepting cash, PayPal payments and card payments. Please stand back from the van until you are called forward.

Mel and the team from [Totally Wonderfuel](#) will be supplying hot and cold refreshments over the weekend, alongside snacks and sweet treats. The team ask you to sanitise your hands before approaching the counter. They are also delighted to give you as much milk & sugar as you like, but they will serve them. They can do 'contactless coffee' so if you want to use your own cup, take off the lid and pop it on the tray on the counter and they will fill without touching.

[Dorset Poffertjes Company](#) will be returning to serve you up delicious little Dutch pancakes with yummy toppings.

**For all catering outlets, you will be required to wear your mask/muff while queuing, maintain social distancing rules and card payments are preferable.**

Unfortunately, we are unable to have a bar serving at this event due to the Covid-19 regulations around table service when serving alcohol. Bring your own and a bit for us.

## CAMPING

Book camping [here](#) before midday on Wednesday 26<sup>th</sup> May.

The campsite, start/finish are all in the same area and there is plenty of space. Please spread out across the fields to help maintain social distancing.

If you bring your dog, clear up after them. Please keep your dogs under control at all times and on leads.

White Star staff will be on-site all weekend; please rock up from Friday afternoon as we have permission for camping all weekend. We cannot guarantee the security of valuables, so please lock them in your car out of sight.

Water is available from an outside tap.

**DOGS** - We are very lucky to work with a fabulous landowner for this event and he only asks us to follow one golden rule. Because of the close proximity to the Equestrian Centre, **dogs must be on leads at all times.**

Some of you struggled with this in 2019, so we'll be giving plenty of reminders and if you need to exercise them, you can go off onto the forestry side of the road and run around off lead. So please help us to make sure we can return in 2022 because we love this event site.

**Rubbish** – thanks to our new partnership with [Junk-0-Saurus](#) there will be bins and ton bags to put rubbish and recycling in. Please dispose of rubbish responsibly. When leaving the site, please throw any bagged rubbish into the van on site.

**PHOTOS** – Race photos are expensive, so we have our own photographers and make [photos available to you](#)

## WSC SHOP

**WSC will have a limited shop available on site.** The shop will only have very limited items, particularly those things you might need at the last minute like reusable cups and events clips. (Don't forget that the races are cupless and we won't be supplying safety pins! You have been warned.)

To visit the shop on the day, you will need to follow the entry/exit signage and there will be a limit on the number of people inside the marquee at any time. We ask that you wear a face mask. We can't let you try items on at this time, but the shop team will do their best to guide you with sizes and hold up different items for you. Please respect our team and the safety measures we have in place.

But what helps us the most is if you pre-order any goodies you want to buy. Click and collect means we can pack your order in advance and safely pass it to you on the day.

### **Use code 'moreton' in the discount box at checkout for collection from the event**

Weekend at the Races – specific items can be seen here, including new 2021 technical t-shirts and vests: [Weekend at the Races | White Star Clothing](#)

**FLANCI** will also be on-site showing off their active wear and giving you lucky runners 10% off all stock there. <https://www.facebook.com/funkyactivewear/>

## FINAL POINTS

**These are your race instruction to avoid** large crowds gathering; your on-the-day instruction will still come from the maestro Andy Palmer, via video a few days before the race for you to watch. So, keep an eye on your emails. There will also be an A-frame with any last-minute changes by the start pen on race day for you to read.

This is an **equestrian centre** that does have some activity going on over the weekend so please don't go onto the course while the runs are not on or go wandering around the site that WSR are clearly not occupying – this is for your personal safety. Horses, like puppies, are not just for Xmas...

Our events are planned to feel as White Star as they can within the current restrictions that we must follow. The biggest way that they will feel like WSR events is that you are there!

We can't wait to see you back running, and encourage everyone to come along and enjoy the events. But please follow the rules and guidance we issue to keep you and our team safe. All of this will mean we can return to a 'normal' White Star experience all that bit quicker, once all restrictions are lifted.

If at any point don't feel safe at an event or have some concerns, please come to the Admin area so they can be addressed and dealt with as soon as possible, to make sure all our events are safe for everyone.

### **THINGS TO REMEMBER**

- It's Bank Holiday weekend the roads will be busy- plan your journey
- Bring insect repellent. It should be okay on that field, but just in case
- Bring torches; there are no streetlights out there
- Bring toilet paper
- There is lots of fun activities close to the site

**Enjoy the Weekend**