



## Race Instructions 2021

Welcome to Cranborne Races, our NEW event for 2021. A stunning set of races set in an Area of Outstanding Natural Beauty. Thanks to the hard work of the Estate and the local farmers, we have some cracking routes for you to enjoy.

### **EVENT TIMETABLE**

#### **Friday**

12pm-8pm – Six Penny Brewery open ([Sixpenny Brewery | Craft Beers | Dorset](#))

4pm – Campsite open

5pm-8pm – WSC Shop open and Admin open

6pm – Catering open

#### **Saturday**

7am-5pm – WSC Shop open

7am – Admin open

7.45am – Frolic race brief

**8am – Frolic race start**

12pm – Six Penny Brewery opens

4.50pm – Kids' race brief

**5pm – Kids' race start**

7.59pm – Last chance lap for Frolic runners

8pm – Six Penny Brewery closes

#### **Sunday**

8.45am – Half marathon race brief

**9am – Half marathon Start**

9.45am – 10K race brief

**10am – 10K Race Start**

12pm – Six Penny Brewery opens

3pm – Campsite needs to be clear

For our summer events, we have relaxed some restrictions but are continuing with a few to help keep you and our crew safe. Please see the information here on our Step 4 guidance: [Step 4 in the Roadmap - White Star Running](#)

## PRE-EVENT

- **Pre-event Covid screening** means you **must** stay at home if you have any of the Covid-19 symptoms
- If you are contacted to self-isolate and therefore unable to attend, you will be able to complete the race virtually, once out of isolation.
- 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. If your phone is not capable of QR capability and we notify you of a possible case, you will need to complete contract tracing to manually track and trace those you have come into contact with: [NHS Test and Trace \(phe.gov.uk\)](#)
- **You will need to bring your own safety pins/event clips to attach your number on.**
- **Facemasks and hand sanitiser are still mandatory kit to bring with you, along with your own cup.**
- Camping needs to be pre-booked by **Wednesday 11<sup>th</sup> August** (see Camping section).
- Any WSC orders need to be made by **Tuesday 10<sup>th</sup> August** (see WSC section).
- All the latest information on the event is in the [Facebook Event](#).

## DIRECTIONS TO EVENT

Please allow more than adequate time to get to the event. We won't hold the race because you are stuck in traffic.

**Sat Navs use this address and then when you get closer follow the WSR signage:**

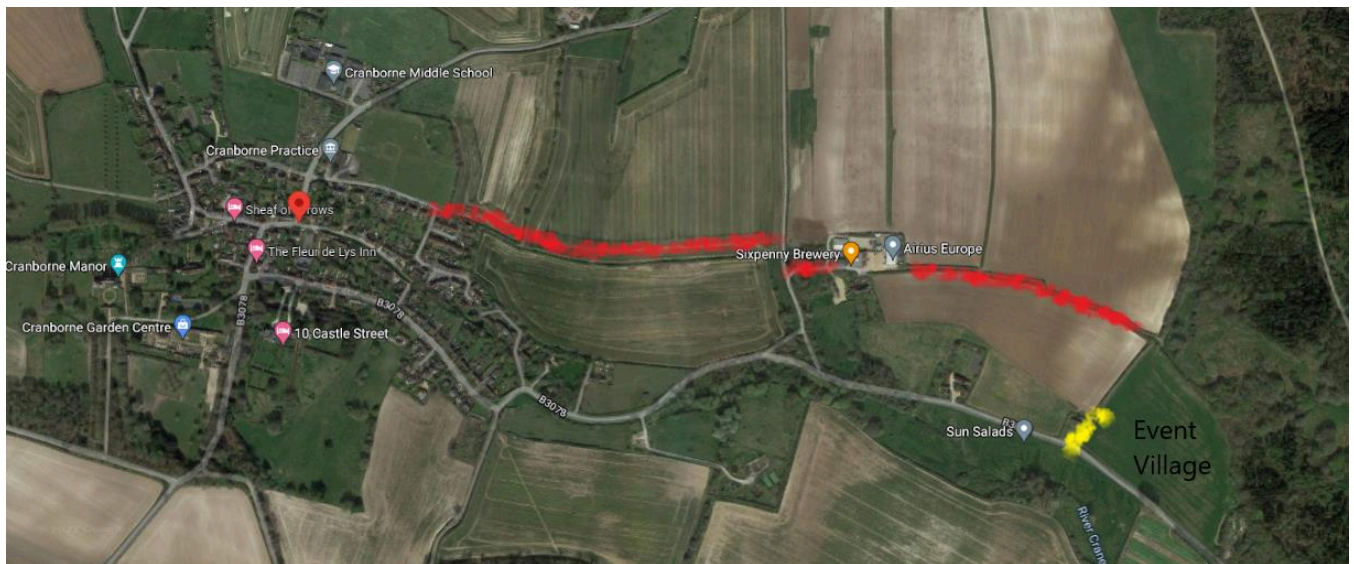
**Targetts Farm, Cranborne, Wimborne BH21 5QP**

WSR signage will direct you into the field off the B3078 road.

The what3words to the field are: ///guardian.shipyards.delved

**Day parkers follow the signs to park.**

Yellow shows access off the main road into the field and the red line shows pedestrian access to the brewery, bakery and into the village if you wish to explore.



## THE RACE / ROUTES

The area in which you are running is typical Dorset. It's mainly in the AONB of Cranborne – for those who don't know, that's an Area of Outstanding Natural Beauty. All the paths we use are usually well maintained. The course is designed to take in the smashing views and beautiful countryside. The courses follow several paths, farm tracks, a couple of roads and all are rights of way. The majority of

the routes are on trails owned by the Cranborne Estate and managed by their tenant farmers. We are very grateful to the landowners and farmers in the area for their co-operation in bringing this event to life.

All the farms are 7-days-a-week operations and the farmers have been very helpful moving livestock, allowing us to open some gates and helping with logistics. We rely on the goodwill of the landowners, so please don't do anything to jeopardise our good working relationships. 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.

**Routes are available on the race webpages** with links to OS pages to download GPX files or see a flythrough of the route.

**Frolic** – A 5.6Km loop around fields and woodland with minimal elevation by WSR standards.

**Solos** – Do as many laps as you want. So, if you want a marathon distance, you start and do 8 laps. Follow the signs – easy peasy. Half is 4 laps, and so on. You must complete 1 lap to get your bling.

There will be some gazebos to leave aid for you to access on each lap, and you will be able to leave aid that we will take out to the Lovestation for you, should you require it.

**Teams** – Only one of you runs at a time, then you swap as and when you feel like it.

There's no pressure; do as many laps as you want – there are prizes for the most laps. This is all about distance covered in 12 hours, and if it's a tie on distance then it's all about time. If you do 10 laps and you finish 2 minutes ahead of your opponent who is also on 10 laps, you win. Got it? We hope so... there's a quiz at the end.

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

If you're not used to participating in a Frolic, check out this short video on the dos and don'ts around the timing. See [this video](#) on what to expect at a Frolic.

**Kids' race** – A gentle 3K route on some of the Frolic loop for the kids to get their running in, this will consist of a 2 lap course.

**Half marathon** – Leaves the village of Cranborne via the Hardy Way, climbing up to Penbury Knoll for some amazing views across to Pentridge and beyond. Then over to Martin Down Nature Reserve to follow Bokerley Ditch along to Bouldsbury, before returning to the finish via woodland at Boveridge and Burwood.

**10K** – Following a similar route to the half, heading out of the village on the Hardy Way before cutting off at Jack's Hedge Corner to run across fields to Boveridge and then down through the woods to return to the finish.

**Bring insect repellent – horseflies are out in force on these routes.**

## **RACE STUFF**

All times are generous; each race will have a couple of sweepers in to keep an eye on the back of the pack.

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

**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, you knew this right? So therefore about 90% of the routes are off road. There are stretches of tarmac and some made, unmade and almost made road. There will be one or two hills. It will be muddy in places. Please don't swim in the puddles. There may be a ploughed field... LOL!

**Shoes** – We would suggest hard pack trails for shoes; you could get away with roads or light bouncing trails.

**Roads** – There are a few road crossings, and there are some quiet sections of road in the race. The dangerous crossings will be manned, but you are responsible for your own safety and marshals cannot and will not stop traffic for you. If a marshal stops you at a road junction or crossing, it's for your benefit. People round here drive tractors and 4x4s; you are a target, and they will win in a 'Runner vs. 12-Ton Tractor' game of chicken.

## 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.

## WEATHER

The race is in the countryside in August, and as we have seen in the past couple of years the British summer time can vary from beautifully 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.

## 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!'

## WATERSTATIONS

**Water stations** will be evenly placed every 4-5 miles. These stations will have plenty of water and squash. **Please bring your own cups.**

**Aid stations will be making a return.** The team have been working hard on the safest way to serve you aid during this stage of our events.

On arrival at an aid station, you will need to sanitise your hands and then marshals will serve your aid in plastic cups. It's not the most environmentally friendly way but at present we feel the safest. For more details read our article here: [Aid Stations for Step 4 - White Star Running](#)

**Lovestation™** – This is where you are looked after by the team. These aid stations are designed for you to get some crisps, sweets, etc, and there will be beer as well as water/squash.

**Frolic** – Waterstations at 5K and Lovestation™ at 2.5K every lap.

**Half marathon** – Waterstations at 2 miles and 9.5 miles, with an aid station at 5 miles and the Lovestation™ at 11.5 miles.

**10K** – Waterstation at 3K, with the Lovestation™ at 7K.

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

## MEDALS AND GOODIES

Masks are not required to wear in marquees; it will be personal preference. **But they should be carried with you in case you need first aid** and used when coming into the finish tent.

Goodies and your medals 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 more months it's the safest way to collect your goodies and keep our precious J & J safe.

## MESSAGE

We are really pleased to announce that on-site massage will be available, but of course there will be some safety measures in place (which may adapt to meet the latest guidance in place at the time).

- There will be social distancing in place and masks will need to be worn by runners (when queuing and during the massage).
- You will need to sign in and give your details for test and trace, and you'll be asked to agree to a Covid symptoms disclaimer, alongside the usual massage disclaimer.
- Hand gel will be provided, and the couches will also be cleaned between massages.
- No linen will be used (towels, blankets), only disposable couch roll.
- Expect your massage therapist to be in full PPE.

Massages can be pre-booked now, which enables you to secure your massage and pre-pay. Book here: <https://www.runfitfordingbridge.co.uk/white-star-event-massage>

## RACE NUMBERS

Race numbers can be collected from Admin on Friday evening or on the morning of your race.

A reminder on how to wear your race number is below and can be seen in this video too in order to make sure you get accurate reads from your timing chip that is attached to your number:

<https://youtu.be/OXKjwCUaU8U>

**How to correctly wear your race number**

All runners must wear their race number on the front of their race shirt for the duration of the whole run, held on safely by safety pins or bib clips.

Wear your number and be seen. We need to make sure everyone running is part of our organised run, looked after at all times and covered by our insurance.

Please do not wear your number folded up, on shorts, on your back or sides and do not place pins through the chip. If you are wearing a jacket or jumper on over the top of your run number please remove before crossing the finish line to ensure the timing mats record your result.

**If not worn correctly then your result from the timing chip may not be recorded. This is your responsibility.**

For your safety please ensure that the back of your race number is filled in with all correct information. Help us to help you. We have had to use this in the past and to ensure you get the help required as quickly as possible please always fill it in.

**The do not list...**

- Do not wear folded up...
- ...on your back or bag
- ...on shorts or side
- ...place pins through chip
- ...cover your bib

WHITE STAR RUNNING

## 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 [here](#).

## 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.

**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**

Can be left in your vehicles and you can pop into the Admin tent before you start to write a label for your keys and then place them on the A- frame to keep them safe while you run. To reduce touch points, the team will let you collect your key too; you just need to show them the tag with your number on to match your race number and you're away.

## **SHOWERS & TOILETS**

There are showers and portalavs onsite; please clean up after yourselves. They will be cleaned on Saturday between 8am-5pm and Sunday 8am-3pm, 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.

Please, please, please **bring your own loo roll**. Too many were pinched from our first event back, so we will be going back to not supplying loo roll. Some will be available from the shop if you forget yours: [Loo Rolls | White Star Clothing](#)

## **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. Open for breakfast, lunch and dinner, and alongside her usual menu, there will be veggie, vegan and gluten-free options available at all times.

### **Cash payments only.**

The team from [Totally Wonderfuel](#) will be on-site to serve up all your refreshment needs.

[Orchard Bay Bakery](#) are on site cooking up Pizza's from their premises next to the Brewery on Friday and Saturday evening to feed you hungry campers.

The Brewery will be open between midday and 8pm on Friday and Saturday; it is a short walk from the event village.

## **CAMPING**

Book camping [here](#) before midday on Wednesday 11<sup>th</sup> August.

The campsite and 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 (4pm) 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 next to the toilets; look for the blue and white festival flag to locate it.

**Rubbish** – Thanks to our new partnership with [Junk-0-Saurus](#) there will be ton bags to put rubbish and recycling in. Please dispose of rubbish responsibly.

**PHOTOS** – Race photos are expensive, so we have our own photographers and make photos available to you and are posted as albums in our [Facebook group](#).

## **WSC SHOP**

**WSC will have a mahooosive shop available on site, with some new Cranborne wears. We'll bring as much as we think we can fit in to the marquee, but would still ask you try to refrain from touching too many items and wear your mask if you're trying items on.**

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.

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 'cranborne' in the discount box at checkout for collection from the event**

## **FINAL POINTS**

Our events are planned to feel as White Star as they can within the current restrictions we have decided to keep adhering too. 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.

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**

- These are a tough set of races – be prepared!
- Bring insect repellent – there are horseflies around
- Bring torches; there are no streetlights out there
- There is a shop in Six Penny Handley
- Bring toilet paper or purchase from the shop: [Loo Rolls | White Star Clothing](#)

**Enjoy the Weekend**