



Race Instructions 2022

Hello and welcome to the Weekend at the Races event, based out at the lovely Moreton Equestrian Centre, which we are really grateful to have use of. Celebrating the Queen's Platinum Jubilee in style, the theme for this weekend is Red, White & Blue – so we will have some fancy-dress prizes to give away.

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.

Thursday 2nd June

Lunchtime – Campsite opens

5-8pm – Admin & White Star Clothing shop open

6.45pm – Twilight Unicorn Race Briefing

7pm – Twilight Unicorn Race Start

Friday 3rd June

7.30am-5pm – Admin & White Star Clothing shop open

8.15am – Marathon Race Briefing

8.30am – Marathon Race Start

9.45am – Half Marathon Race Briefing

10am – Half Marathon Race Start

4.45pm – Little Unicorns Race Briefing

5pm – Little Unicorns Race Start

Saturday 4th June

7am-8pm – Admin & White Star Clothing shop open

7.45am – Frolic Race Briefing

8am – Frolic Race Start

10am-2pm – Frolicing Gin Bar open

7.30pm-10.30pm – Black Sheep Barn Dance

Sunday 5th June

8.30am-1pm – Admin & White Star Clothing shop open

9.45am – 10 Mile Race Briefing

10am – 10 Mile Race Start

4pm – Campsite needs to be clear

Pre-Event

Covid is here to stay for the long term, and we're all learning to adapt to new ways of living. We introduced some different ways of operating last year and are planning to keep some of those key adaptations to [continue to operate safe events](#).

We wanted to provide reassurance that we recognise it's still a consideration when you sign up to events. For 2022, if the deadline passes and you're unable to attend the race because you test positive for Covid or are injured, we will let you [complete the race virtually](#) and send you your medals and goodies. You just need to email the team on info@whitestarrunning.co.uk before or over race weekend to let us know you are a DNS (Did Not Start).

Recommended hygiene protocols and race day essential rules:

- **Use hand sanitiser on arrival at an aid station, before using a pen, before eating or while at the shop**
- **You will need to bring your own safety pins/event clips to attach your number on**
- **You will need to bring your own cup**
- **If you feel unwell, please do not attend the event**

Travel

By car: Use the postcode for **Moreton Equestrian Centre, Moreton, DT2 8RH** in sat navs and follow WSR signage.

Day parking: Free parking is available in the field adjacent to the event field. Follow the signs and park sensibly in the field (it's massive so take up as much space as you want), but please do not park on the roads.

We'd love it if you could car share. This helps with the environment and carbon footprint etc. Here's a great website: <https://liftshare.com/uk>; please make sure you feel safe and happy before offering/accepting lifts. Or you can ask in the [Facebook Group](#).

Hotels: There is a list of B&Bs and hotels on our website: <http://whitestarrunning.co.uk/local-accomodation/>

On Site

We will have posh coffee and teas and cakes, available thanks to **Trailmix on Friday and Saturday**.

Food: Will be available to buy from the on-site team at The Walled Garden Campsite. They are also providing the bar; band is playing Saturday evening at 7.30pm.

Jen's Ice cream van will be there on **Thursday, Friday, Saturday until 3pm and Sunday** to get your fix of yummy giant ice cream.

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

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 and 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: All runners will receive their medal. For those of you who have opted to donate your goodies to the [Wild Woodbury project](#), thank you! We're pleased to offer this option for those looking to gift the goodies portion of your entry fee to this local environmental project. You will see a sticker on your race number so the finish-line team know you have kindly gifted your goodies.

If you haven't done so yet, you can still donate your goodies, or answer the goodies question on your entry to ensure you have what you need (dietary requirements) by editing your entry [information here](#) (as long as you have [set-up an account](#) and [imported your booking to your account](#)).

For those claiming their goodies, this year you will receive:

Twilight Unicorn – Soap, Unicorn Bottle Opener and Larger

Marathon – Mug, Beer and Muff

Half Marathon – Fudge and Muff

Little Unicorns – Unicorn Muff, Flapjack and Soap.

Frolic – Unicorn Muff, Biscotti and Soap

10 Mile – Gritchie Lager and Moores Biscuits



White Star Running shop: We will be on site selling our own branded t-shirts, hoodies and lots of other goodies. You can pay buy cash, card and Apple/Google Pay if signal is being kind to us; otherwise we can only take cash or a manual card payment from your card details, which will be processed once we can get wi-fi each evening.

You can also **click and collect** any items from our online shop until **Tuesday 31st May** for us to pack and bring with us for you to collect.

Just use the code **Moreton22** at checkout: www.whitestarclothing.co.uk

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

Showers and 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 as well as hand sanitiser. Please remember to **bring your own toilet roll**.

Camping: Book camping [here](#) before midday on **Tuesday 31st May**. The campsite and start/finish are all in the same area and there is plenty of space. Please spread out across the field, it is massive as you can see! **BRING TOILET ROLL**.

If you bring your dog, **THEY MUST BE ON A LEAD**. This is the request of the landowner. Please keep your dogs under control at all times. There are plenty of walks nearby where they can run off lead.

White Star staff will be onsite all weekend; please rock up from Thursday 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 near the toilet block. Look out for our Water flag to locate the tap easily.

Off-the-ground firepits and BBQs are allowed at this event; we just ask there not to be a visual sign you have had one after the event and you take sensible safety precautions when using and disposing of them.

Basically, be an adult and no raging infernos!

SITE LAYOUT



RACE INSTRUCTIONS

Yes, it is a race.

Race Numbers

These are all to be collected over the weekend from the Admin marquee. Following Spring Larmer's successful [dynamic bib assignment](#), we will be continuing with this and numbers will be allocated on arrival. Dynamic bib assignment is a great phrase to be fair... Andy has no idea what it means.

Chip instructions: Built into the number is your timing chip; put it on and go. Don't go near the finish line again once you've crossed at the finish, or you will get a false reading and this will make us unhappy. Please make sure you **wear your race number correctly** so it can be picked up.

In a bid to be more environmentally conscious, **we do not supply safety pins** for attaching your race number. **Please remember to bring your own** or wear a number belt or use some **event clips**. A [WSR set are available](#) in the shop and you can collect them at the event.

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

If the weather is inclement, you will need to unzip your jacket while crossing the finish line so the mats can read your timing chip.

Results: 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, please 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. Please be aware there are a vast number of chances to trip up and break something, so **please watch your footing**.

Kit

Cups: **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, baby's bottle, 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#>

Baggage: Please give us your car keys. Just yours mind; it's not a swingers' party. Leave your gear in the car; it's easier. You can write a baggage label with your race number on and then hang your keys on the board. Presentation of your number will get your keys back; we will only give the person wearing the number their keys. There will **NOT** be a place to store your bags at the finish. Please note, you leave keys at your own risk. If we like the look of your car, we reserve the right to take it for a spin round the car park. If you are reading this sentence, we thank you for reading these race instructions and would like to give you a free gift, which you can claim by coming to see Gemma over the race weekend at the marshals' tent and say the word 'Horseshoe'.

Race Routes

These races occur on 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.

Routes are available on the [route map page](#) of the Clubtrac entry site.

Terrain: All races are trail races; you knew this right? So all of the routes are off road, manly on well-used trails or tracks. Most races are hard pack trail and wide paths, but there are areas where it narrows and lots of opportunities to trip over.

Shoes: Blue shoes are best. Difficult one; trail shoes are recommended – something with a grip. That said, studs and spikes are not a good idea. We wore a variety of shoes over the terrain on our test runs. Wear what's comfortable, as long as it is blue.

Cut offs: All times are generous; you can walk them in less. The event is also a race, so some sort of running is involved. There will be a sweeper and we reserve the right to pull you out of the event if you will not make the cut off. ***SWEEPERS ARE GODS***; listen to them please.

Aid stations: Water stations will be evenly placed and will have plenty of water; remember you're running with your own cup.

Waddock Farm will be a water station, as will the start/finish area for the Marathon. **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™: Oh yes, the Lovestation™ will be here! This is where you will be looked after by the team. Now these aid stations are designed for you to get some cake, jelly babies, etc, and there will be alcohol and a few savoury bits

Race	Aid Station	Mileage	Aid Station	Mileage	Aid Station	Mileage
Twilight	Lovestation™	2.3				
Marathon	Waddock Farm	2.3/15.5	Moreton House	4/17	Lovestation™	8/23
Half	Waddock Farm	2.3	Moreton House	4	Lovestation™	8
Frolic	Lovestation™	2.3	Start/Finish	5.2		
10m	Waddock Farm	2.3	Moreton House	5	Lovestation™	8

Twilight Unicorn

A new race for 2022, giving you the chance to run the 5-mile Frolic loop while the sun is setting at dusk. A chance to test your legs for a lap over the terrain.

Marathon

This is a lovely route with a new addition to take out the main road crossing, and it includes 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 village road you cross twice to get across the Estate. The cyclists will be spread out 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 [Tour Of Wessex 2022 | Events | Earth Sports](#)

Cut-off time: 7 hours

Half Marathon

This year we're giving you the chance to try a new Half Marathon course, which complements the other distances available over the weekend. This course takes in one lap of the marathon route as above, so when you get back to the event field you can finish.

Cut-off time: 3 hours

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.

Unicorn Frolic

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.

Frolics are a perfect way to enjoy running a distance with a few breaks and rests in between. If you're new to Frolics, please check out [our handy guide](#).

Solos: Do as many laps as you want. So, if you want a marathon distance you do 5 laps. Follow the signs... easy! You can leave any nutrition or kit in the large marquee so you can get to it every lap when you need without going too far from the racing line.

Teams: 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. We suggest you make a team area along the racing line so you can cheer your fellow runners on.

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.)

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.

All Frolic runners: 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.

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

The **Frolicing Gin Bar** returns for this race for a few hours. In addition to the Lovestation™ an extra Gin Bar is out on course to give you a sample of some yummy gin – alcohol-free available too.

10 Mile

Ending the weekend in style, the 10-mile route takes in local woodland and parts of the Frolic route before heading over the road into Richard's back garden. Great chance to end the weekend off with a stretch of the legs.

Race Stuff

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.

Litter: We run in areas of outstanding natural beauty. We do not tolerate littering. We run our races with consent of the farmers and landowners of Dorset and Wiltshire. Please, please, don't throw your litter on the ground; pop it in a pocket or hang on to it and deposit at an aid station.

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 bulk white bags.

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 beautifully warm to belting down with rain. So please take into consideration the previous day's weather when considering what to wear on your feet. Trail shoes are recommended. Remember, you are a roughly tuffty trail runner... bad weather means nothing to you.

iPods and 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' 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 milk tanker out there and you need to hear them and any instructions/warnings from marshals.

Race photos: We have a new race photo system where you can search for your pictures after the event by your race number or with a selfie to identify pictures you are in. You'll find the event album [here](#).

Final points

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...

THINGS TO REMEMBER

- It's Bank Holiday weekend so 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 – we will have a generator, so there will be some lighting onsite
- Bring TOILET ROLL and safety pins and a cup
- There are lots of fun activities close to the site