

# Dark Valley Race Instructions

Thank you for entering the Dark Valley 2022 races! We are delighted to be returning to Moors Valley so soon after the very successful Halloween event and first in the Dark Dash Series.

We are thankful to the many partners who have collaborated with us to make this event possible and given permission for us to run. With special thanks to the Moors Valley staff and the Forestry Commission personnel who have helped us secure permission for these fantastic events.

Moors Valley Country Park is 1000 acres of parkland and forest for us to explore and run around. Moors Valley Country Park boasts two huge play parks, a dedicated play trail with various nature-themed play areas, miles of beautiful walking and cycling tracks, a narrow gauge railway and plenty more... so why not make your Moors Valley visit one to remember: [Things to do \(moors-valley.co.uk\)](http://moors-valley.co.uk).

## Timetable of events

- 3.30pm – Admin and White Star Clothing Shop opens
- 4.30pm – Seasons Restaurant closes and takeaway kiosk opens
- 4.45pm – 10km Race Briefing
- 5pm – 10km Race Start
- 5.15pm – Half Marathon Race Briefing
- 5.30pm – Half Marathon Race Start
- 9pm – White Star Clothing Shop closes

## Getting there and event advice

Moors Valley is situated 10 miles north of Bournemouth. It's signposted from the Ashley Heath roundabout at the junction of the A31 and A338, between Ringwood and St Leonards. **Horton Road, Ashley Heath, Ringwood, BH24 2ET**

**Please note:** Be aware that due to the rural nature of our location, some satellite navigation systems and route planners may not be accurate when using the postcode.

Please cross reference with this map and follow the brown signs, and then the White Star Running signage: [How to find us \(moors-valley.co.uk\)](http://moors-valley.co.uk)

Please car share for the event; 95% of runners are from the BH/DT postcodes and live within a small radius.

Please do not park on the local roads surrounding Moors Valley; the park has good relations with local residents, and we would like to respect this request.

**Free parking** is included in your race entry, so you can arrive on site any time to take advantage of this offer. When you leave the country park you will not need to put your number plate into the pay machines, as the barriers will automatically open upon your exit.

**Local accommodation** suggestions can be found here: [Accommodation in Hampshire | Places to Stay - Visit Hampshire \(visit-hampshire.co.uk\)](http://visit-hampshire.co.uk)

**Refreshments** are being provided by the on-site caterers Seasons, in the restaurant until 4.30pm and then from the takeaway kiosk. They will be serving hot drinks, sausage rolls, veggie or meat pasties, pre-packed sandwiches and pasta pots.

**You must have a working head or chest torch to take part**; we reserve the right to disqualify you if you do not have a working head or chest torch.

You can also wear other lights to make yourselves glow in the dark. Please **no flashing lights**, and when you get to the aid stations and the finish line, please switch off your head torch to help marshals see you.

## Race instructions

**Race numbers can be collected from Admin in the lower car park from 3.30pm.**

**You will need to provide your own safety pins or [event clips](#) to fasten your numbers on and complete the information on the back of your number.**

**Results:** Will be published on the Timing Monkey website – [Results – Timing Monkey](#)

A timing chip is built into the number; put it on and go. Once you've completed the race, don't go near the finish line again or you will get a false reading. Please make sure you wear your race number correctly so it can be picked up.

**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

## **Safety**

On the back of your number write an ICE number and any medical details. This will help us and you. We recommend that you carry a fully charged mobile phone for emergency use with race HQ emergency number stored. This number is **07930335746**. Marshals will be positioned on the course to provide help if required, along with some roaming bike marshals.

If you need to drop out of the race at any time we will try and get you as quickly as possible. The good thing is that the race is very centralised and we will have 4X4 vehicles on standby

to come and get you if need be. We would also recommend you download a free app called **what3words** which can help pinpoint your exact location.

## **Baggage**

Please leave your belongings in your car. If you wish to leave your keys with us, attach a tag to your keys with your race number on and leave them on the key stand in the finish area.

## **Toilets**

There are toilet blocks around the rear of the café at Moors Valley Country Park.

## **Routes**

The routes are available on the webpage: [White Star Running : Dark Valley - Route Maps \(clubtrac.co.uk\)](http://clubtrac.co.uk)

You will be running mainly on gravel and sandy tracks within the forest, which are well maintained and take in some great woodland trails. There will be tree stumps, roots, ditches and puddles on some of the tracks, so please watch your footing. The course will be well marked with signs and arrows and glow in the dark elements; some will have flashing lights on them and marshals will be at key points to direct you.

The race brief and start of the races will take place by the entrance to the play trail, next to Go Ape. There are good stretches of wide paths and some gradual hills, with one muddy hill climb on the loop. It could be muddy in places, so trail shoes are recommended – something with some grip to get you round.

## **Cut-offs**

The cut-off for the 10km race is 3 hours, and the half marathon has a cut-off of 4 hours. All races will have sweepers to look after the back of the pack and make sure you all finish safely.

## **Waterstations/Aid stations**

These will be evenly placed along the routes and have plenty of water. Our races are **CUPLESS** and we encourage you to carry your own cup or water supply, which you will be able to fill up at aid stations.

**Lovestation**™ will have all the usual goodies for you (more on this in the FAQ section at the bottom) and is at 5.45km of the loop, then at 10km water will be provided for finishers and those starting their second lap.

**Litter:** We do not tolerate littering. Please, please don't throw your litter on the ground. If you have something, pop it in a pocket or hang on to it and deposit at an aid station. Anyone caught littering will be disqualified.

**Weather:** The race is in a forest in November and as we have seen in past couple of years the British Autumn can vary. So please take into consideration the previous day's weather when considering what to wear – wear appropriate clothing for the conditions.

**Photos:** Race photos are expensive, so we have our own photographers and make photos available to you, free, via our new [online photo system](#). Our photographers will be wandering around the course taking snaps. By entering the race, you are giving your permission to have your photo taken. If there is a pic you object to, please contact us and we will remove it.

## **Medals & Goodies**

All runners who finish will receive a quality uniquely minted race 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:

10km: Mug and Moores Biscuits

Half Marathon: Mug, Muff and Moores Biscuits

**White Star Clothing shop:** Will be onsite selling our own branded t-shirts, hoodies and lots of other goodies, including some great winter items. You can also click and collect any items from our online shop, with orders being taken up until **Thursday 10<sup>th</sup> November** for us to pack and bring with us for you. Please use the code '**DarkValley**' at checkout so we know you want to collect at the event. [www.whitestarclothing.co.uk](http://www.whitestarclothing.co.uk)

## **FAQs**

Based on feedback from our other races

### **Q. What's a Lovestation™?**

A. At our races we realise that sometimes you need a bit of boost just when you're starting flag, to push you on to the finish line. When you rock up to the Lovestation™ you can have a sit down and glass of something nice, like flat cola or a cider, and chew on a cake or sweet, 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, cold, falling over, hills, exhaustion, etc, can all take a toll – and we're 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. Do I have to dress up?**

A. No. **Fancy dress is very welcome** and fully encouraged – any excuse to have fun and dress up – but you don't have to.

### **Q. Do I have to enjoy myself?**

A. Yes, it's the law.

### **Q. What other races do you organise?**

A. See our current calendar of events on our [homepage](#) and our provisional dates for 2023 [here](#).