

Cranborne Race Instructions 2023

Welcome to Cranborne Races making its return following a very successful debut event in 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](#))

3pm – Campsite open

4pm-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

9.15am – 10K race brief

9.30am – 10K Race Start

12pm – Six Penny Brewery opens

3pm – 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. If the deadline passes and you're unable to attend the race because you test positive for Covid or have to isolate, or if you're ill or injured, we will let you complete the race virtually and send you your medals and goodies: [Post-deadline illness and injury policy 2023 - White Star Running](#)

DIRECTIONS TO EVENT

Please allow more than adequate time to get to the event. There is a large music festival happening down the road and this will make the local roads particularly busy for the weekend.

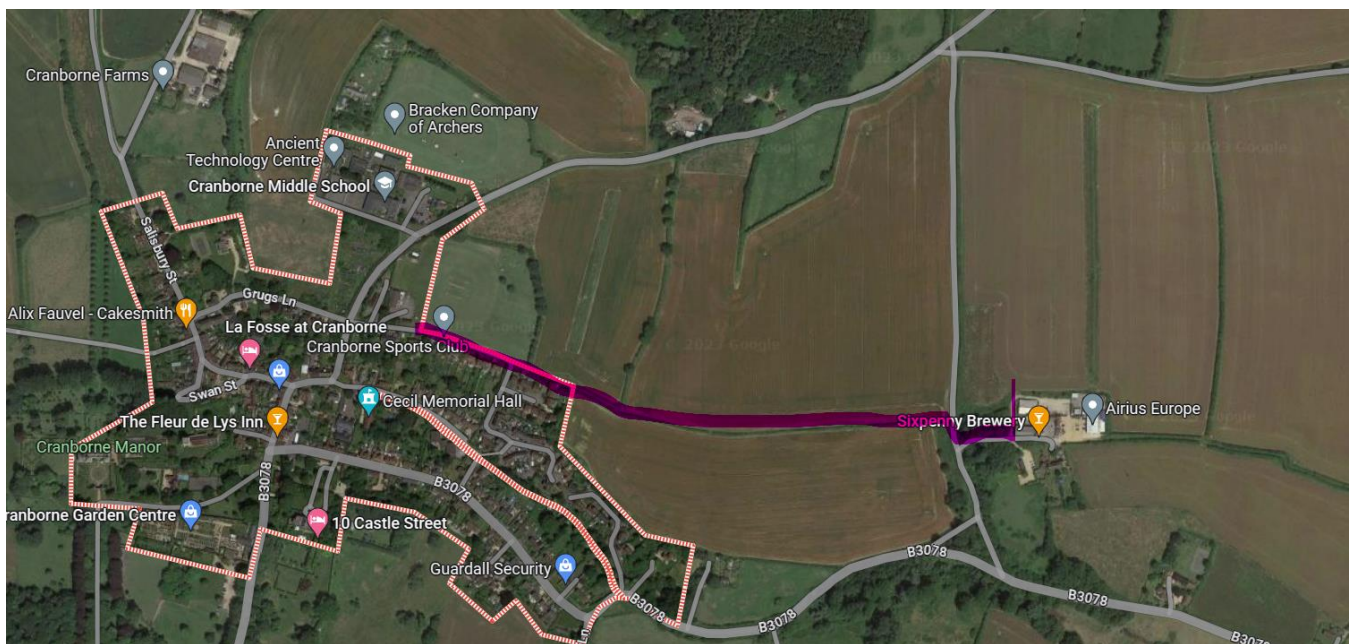
Sat Navs use this address and then when you get closer follow the WSR signage:

Holwell Farm, Holwell, Wimborne, BH21 5QP.

WSR signage will direct you into the field off the service road that leads to the Brewery.

Day parkers follow the signs to park.

The purple line shows pedestrian access to into the village if you wish to explore.



On Site

We will have posh coffee and teas and cakes available thanks to **espressooul**.

Food: Will be available to buy from the White Star Catering team. [Steph at White Star Catering](#) will be supplying her usual yummy selection of food throughout the day. Open all day serving breakfast, lunch and dinner. Alongside her usual menu of burgers, chips, loaded fries and halloumi fries and evening meals, there will be veggie, vegan and gluten-free options too. Please bring cash in case the signal for card payments is poor.

[Orchard Bay Bakery](#) will be serving pizzas between 5:30-7:30pm Friday and Saturday evening

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

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



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:

Cranborne Frolic – Pint Glass, Drink, squeaky & Flapjack

Kids – Cape & Flapjack

10km – Pint Glass, Drink & Flapjack

Half Marathon – Pint Glass, Drink & Flapjack



WSR Clothing will be selling our own branded t-shirts, hoodies and lots of other goodies. We don't bring everything with us, so if you want to shop in advance you can **click and collect** any items from our online shop until **Wednesday 9th August** for us to pack and bring with us for you to collect. Just use the code **CranborneRaces23** at checkout: www.whitestarclothing.co.uk

Massage: Muscle Masters will be on site all weekend to offer post-race massages and advice on any issues you may be having. Make sure you say hello to the team and welcome them to the White Star family. They will operate on a first-come, first-serve basis for 15-minute massages at £10.

Showers and toilets: There are showers and portalavs onsite; please clean up after yourselves. Please remember to **bring your own toilet roll**.

Camping: Book camping [here](#) before lunchtime on Wednesday 9th August. 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**. We cannot guarantee the security of valuables, so please lock them in your car out of sight.

RACE INSTRUCTIONS

Yes, it is a race.

Race Numbers: Are all to be collected over the weekend from the Admin marquee and will be [dynamic bib assignment](#), so your numbers will be allocated on arrival.

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.



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 come 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.

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 and leave most of 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.

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 [White Star Running : Cranborne Races 2023 - Route Maps \(clubtrac.co.uk\)](http://White Star Running : Cranborne Races 2023 - Route Maps (clubtrac.co.uk))

Frolic – A 5K loop around fields and woodland with minimal elevation by our 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.

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.

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.

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.

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.

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.**

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

Race	Aid Station	Mileage	Aid Station	Mileage	Aid Station	Mileage
Frolic	Lovestation™	2.5km	Finish	5km		
Kids	Lovestation™	2km	Finish	4km		
10km	Water	3km	Lovestation™	7km		
Half Mara	Water	2m & 7m	Water & Sweets	9m	Lovestation™	11.5m

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

Frolic Runners for your FIRST LAP ONLY the Lovestation™ will only service water/squash, alcohol will be available from mid morning.

FINAL POINTS

We are running around working farms, please listen to marshals instructions especially around road crossings, they are there for your safety.

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 – we no longer provide

Enjoy the Weekend