

Dark Valley Race Instructions

Thank you for entering the Dark Valley 2023 races! Running around in the dark, all lit up and ready for a fun evening is just the kind of autumn event we love to host.

We're 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.

Timetable of events

3.30pm – Admin and White Star Clothing Shop 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

We know that we're thick in the cold and flu season, and that Covid is doing the rounds again. We wanted to provide reassurance that we recognise it's still a consideration when you sign up to events. If the transfer 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](#)

Getting there & 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 \(moors-valley.co.uk\)](#)

Please car share for the event where possible; 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 \(visit-hampshire.co.uk\)](#)

On site

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 \(moors-valley.co.uk\)](https://www.moors-valley.co.uk)

Refreshments: Are being provided by the on-site caterers Seasons, in the restaurant until 4.30pm. The lovely Grounded Coffee team will be in our race village for all your hot refreshment needs and a few little sweet treats for the evening.

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 at all**. Static lights only. This applies to all the lights you might have on, including fairy lights and headtorches. Some types of headtorch or chest torch might have a flashing rear light by default, and if you can't switch it off or make it static, we ask you that you cover it over. This is really important, so please bear it in mind when you're planning your outfits for the night. When you get to the aid stations and the finish line, please switch off your head torch to help marshals see you (and not blind them!).

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: Gin or Lemonade and Moores Biscuits

Half Marathon: Gin or Lemonade and Moores Biscuits

We are extremely excited to partner with a local award-winning Gin Distillery for our upcoming races at Moors Valley Country Park. Shroton Fair Gin is based just outside Blandford Forum in Dorset & they will be supplying us all with some tasty après-race treats. We have also agreed that as a reward for your dedication in night-time running, every runner (over 18) should be rewarded with a special voucher...use code: VALLEY10 at checkout online via their website ([shop here](#)) to get a 10% discount & Free Delivery of their spiced Dorset Gin!

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 16th November** for us to pack and bring with us for you. Please use the code 'Dark Valley 23' at checkout so we know you want to collect at the event. www.whitestarclothing.co.uk

Race instructions

Race numbers can be collected from Admin in the lower car park from 3.30pm. Please complete the information on the back of your number.

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

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 belt or use some **event clips**. A [WSR set is available](#) in the shop and you can collect them at the event.

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.

Prizes: We give out prizes for 1st, 2nd and 3rd men and women in both distances for this race; these prizes are awarded on the line by the finish-line dream team.

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, 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

If you need to drop out of the race at any time, please drop by a marshal and we will try and get you as quickly as possible. The good thing is the race is very centralised. We will have 4X4 vehicles and ambulances on standby to come and get you if need be.

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/products/wsr-blue-re-usable-cup>

Baggage: Please leave your car keys on the keyboard, with a tag with your race number on and leave your gear in the car; it's easier. There will **NOT** be a place to store your bags at the finish. Please note, you leave keys at your own risk.

Changing/showers: No, sorry, you will have to go unwashed.

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

Race routes

The course will be well marked with signs, arrows and glow-in-the-dark elements; some will have lights on them and marshals will be at key points to direct you.

The race briefing 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.

Routes are available on the [event webpage](#), with links to OS pages to download GPX files or see a flythrough of the route.

Terrain: 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.

Shoes: It could be muddy in places, so trail shoes are recommended – something with some grip to get you round.

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. 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/bottle/flask, which you will be able to fill up at aid stations.

Lovestation™ is at 5.45km of the loop with some savoury and sweet treats and a little tippie of something, 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.

See the Facebook event for any last minute information about the [event](#); see what to expect from our events by checking out our [reviews](#).

FAQs

Based on feedback from our other races

Q. What's running around in the dark like?

A. If you're not used to it, it can feel a bit strange. Don't worry you won't be on your own. Our friendly marshals are at key junctions to encourage you round, and we have bike marshals to circulate the course and give some friendly encouragement keep you safe. Some helpful information can be found [here](#) if you've not run one of our dark races before.

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. We would encourage high-vis clothing, glow-in-the-dark accessories, clothing and some lights for these dark races to really be seen.

Q. Do I have to enjoy myself?

A. Yes, it's the law.

Q. What other races do you organise?

A. Our provisional dates for 2024 can be seen [here](#).

Q. What is the weather going to be like?

A. We are just consulting our Weather Shaman now. It could be really muddy, might not be, dunno. May be a little bit cold, but please dress appropriately for the conditions.