

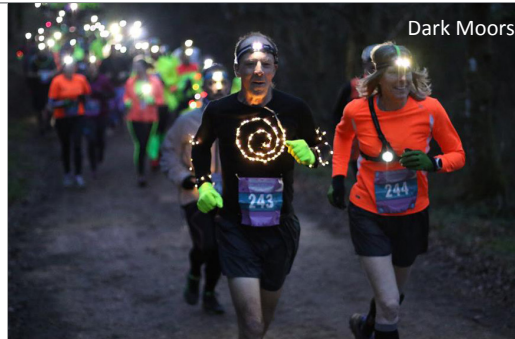
2024 Keep Running Rural Events

Our races are based in and around Dorset and come with an 'ish'; we aim to be as close as we can to the distance, but when running rural the paths go where they want!

January

Dark Moors

Sat 27th – 5 Miles,
10 Miles



March

Spring Larmer Tree

Sat 2nd – 7 Miles, Dog-Friendly 7 Miles,
20 Miles, Marathon
Sun 3rd – 10 Miles, Dog-Friendly
10 Miles, Half Marathon



March

Mapperton

Sat 23rd – Half Marathon,
10K



May

The Ox

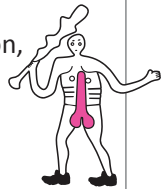
Fri 17th – Dark Ox
Sat 18th – 50 Mile, Frolic,
Ox Calf
Sun 19th – Light Ox,
Half Marathon



June

Giants Head Marathon & Sydling Bell Race

Sat 15th – Giants Head Marathon,
Sydling Hill Race
Sun 16th – Chaos Bell Race
(4K), Giants Half



July

Cider Frolic & Piggy Plod

Fri 19th – Cider24
Sat 20th – Cider Frolic
Sun 21st – Piggy Plod
(10K for adults, 4K for kids)



More dates to be announced soon...

DOG FRIENDLY RACES

The races below are ones you can enter with a canine friend. They start 15 minutes (ish) ahead of the main pack of runners: Larmer Tree 10 & 7 Miles, Ox Frolic Solo and Light Ox.

WHAT IS A FROLIC?

12 hours to run as much as you'd like!
Complete at least one lap to get your medal.
You can run in teams of 4, 3, 2, or go solo!
<https://whitestarrunning.co.uk/how-to-run-a-frolic/>



For further info and to enter visit  whitestarrunning.clubtrac.co.uk

