

Dark Moors Race Instructions

Welcome to our first race of 2024! We're delighted to be returning to Moors Valley to kick off this new year of running.

We're thankful to the many partners who've collaborated with us to make this event possible. 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 1,000 acres of parkland and forest for us to explore and run around. It has 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).

Timetable of events

3.30pm – Admin and White Star Clothing Shop opens

4.45pm – 5 Mile Race Briefing

5pm – 5 Mile Race Start

6.15pm – 10 Mile Race Briefing

6.30pm – 10 Mile 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 Ashely 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.

Cross reference with this map and follow the brown signs, and then the race signage: [How to find us \(moors-valley.co.uk\)](https://www.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.

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 \(visit-hampshire.co.uk\)](https://www.visit-hampshire.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 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**, and when you get to the aid stations and the finish line, please switch off your head torch to help marshals see you.

Please dress up in your most fabulous bright colours! We love seeing your colourful outfits for these night races.

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 evening, 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 [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 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 Moors - 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 and marshals will be at key points to direct you.

The race brief and start of the races will take place in the lower car park, where the race starts and finishes. It could be muddy in places, so trail shoes are recommended – something with some grip to get you round.

Cut-offs

The cut-off is 1.5 hours for the 5-mile race. The 10-mile race has a cut off of 2.5 hours. Both races will have sweepers in them 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 require you to carry your own cup or water supply, then you will be able to fill them 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 3 miles for the 5 mile and first loop of the 10 mile and then again at 8 miles. There will also be a water station at the start of the second lap for the 10-mile runners.

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 at the end of January, so please take into consideration the previous day's weather when considering what to wear – wear appropriate clothing for the conditions.

Photos: Night races are difficult to photograph as most come out a blurs, so we don't have our photographers at these events but love seeing your pictures of the event in our Facebook Group. Make sure you post yours for others to see! [White Star Running Group | Facebook](https://www.facebook.com/WhiteStarRunningGroup)

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](https://www.wildwoodburyproject.com), 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](#)

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

5 Mile: Gin or Lemonade and Moores Biscuits

10 Mile: Gin or Lemonade and Moores Biscuits

We are extremely excited to partner with a local award-winning Gin Distillery for our races at Moors Valley Country Park. Shroton Fair Gin is based just outside Blandford Forum in Dorset and 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: MOORS10 at checkout online via their website ([shop here](#)) to get a 10% discount and free delivery of their spiced Dorset Gin, this code will be valid until 4th March!

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 25th January** for us to pack and bring with us for you. Please use the code **DarkMoors24** at checkout so we know you want to collect at the event. www.whitestarclothing.co.uk

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 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 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. We would encourage high-vis clothing, glow in dark accessorise, clothing and some lights around your

Q. Do I have to enjoy myself?

A. Yes, it's the law.

Q. What other races do you organise?

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