

## **Ox Races 2018**

Its Ox time from your hosts White Star Running

### **The Ox races 2018, camping and event instructions for the Dark Ox**

Thanks for entering the Dark Ox race, like last year these instructions will be familiar as in previous years events have seen some rascal pinching and destroying some signage and flooding meaning we had to reroute the Ultra the day before.

So last year we completely revamped the races the Ultra and marathon are having a break for a bit.

Big thanks to the Rushmore Estate for allowing us to run in such a beautiful place.

### **Race timetable and race info**

#### **Dark Ox Friday 11 th May**

**Race start 21.30 ish**

**Race briefing 21.15 admin area**

You can pick up your number from 1600 on the day

**You must have a working headtorch we reserve the right to disqualify you if you do not have a working headtorch, got it?**

**HEADTORCH you need one**

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**HEAD for fear of repeating ourselves TORCH**

The Dark Ox is a potentially dangerous event with steep hills, trip hazards, low hanging branches and other things that we haven't thought of.....like us sending you off in the wrong direction like the first year.

**Be careful.** We will have medics on site with an Ambulance.....ahahahahaha what the worst that can happen?

**Follow the signs don't go wandering off.** If you get lost its quite likely you will be out in the woods all night. These woods are gigantic. If you have to pull out find a marshal or follow the signs to the road. Take a mobile phone just in case. Ring the number on the back of your bib number. The sweeper in this race will be on a bike. He will always be behind you.

- Race start time 21.30
- Cut off 2.5 hours or so
- Distance 6.3 miles ish

- Aid station at 3 miles
- Compulsory kit

**Headtorch**, so important we will say it again **HEADTORCH**

## **THE RACE \ ROUTES**

The area in which you are running is typical Wiltshire chalk down. All the paths we use are usually well maintained public access routes.

The course is designed to take in the smashing views and beautiful countryside. The course follows several paths, farm tracks a couple of roads and all are rights of way.

The majority of the route is on trails owned by the Rushmore Estate and rights of way open to the public.

We are very grateful to the Rushmore estate for their co-operation in bringing this event to life. All the team here have been very helpful moving livestock allowing us to open some gates and helping with logistics.

We rely on the goodwill of the landowners please don't do anything to jeopardise our good working relationships.

The course will be well marked with signs, arrows; some trees, posts etc will have red and white marker tape around them just to reassure you that you are not lost.

We reserve the right to change the route at the last minute. We won't do this for fun we would only do this in an emergency. For example: flooding (Ox 2014), Bull in field (Giants Head 2014), herds of pregnant angry cows (Giants Head 2013).

**TERRAIN** All five races are trail races, therefore about 95% 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, (understatement). It will be muddy in places. Please don't swim in the puddles. Shoes. Difficult one, trail shoes are recommended, something with a grip. That said studs and spikes are not a good idea. We wore a variety of shoes over the terrain on our test runs. Adidas Kanadia, New Balance thingies (can't remember what they were) were ok. Inov-8 Roclites and Terrafllys were best. Personal choice. We don't recommend road shoes.

Please note the whole course will be sign posted.

## **GATES**

Most of the gates will be open, if its shut, its shut for a reason, please shut it behind you, 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 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 May and as we have seen in the past couple of years the British springtime can vary from beautiful warm to belting down with rain. So please take into consideration the previous days weather when considering what to wear on your feet. Trail shoes are recommended. Basically be prepared for all eventualities and bring clothing suitable for the changeable Wiltshire climate. If it's blowing a gale and belting down with rain, wear appropriate clothing. We won't be cancelling or changing the race if it's inclement weather. We will be sitting in the warm by a fully stocked bar full of cider eating pizza waiting for you.

## **SAFETY**

On the back of your number write an ICE number. In Case of Emergency. This will help us and you. If you are 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 anytime we will try...try.... 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. We will have 4X4 vehicles and ambulances on standby to come and get you if need be. If you do drop out please, please return your number to admin. We then know that you are safe and we do not have to send out search parties. If you drop out at a marshal point, aid or waterstation give your number to the lead marshal.

We advise you carry a fully charged mobile phone with just in case.

## **ROADS**

There are no road crossings

## **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 Wurzles album, I can't run without it"

Safety is the only reason we don't encourage you to wear them. The roads, as we said are quiet country lanes, but there are cars, trucks, tractors and even the odd combine harvester out there and you need to hear them and any instructions from marshals and warnings. If you really must sing along to your favourite Perry Como album, turn it off when you get onto the road sections. For your safety and the fact it's a lot of paperwork for us if you get flattened by a tractor.

## **WATERSTATIONS \ AIDSTATIONS**

Waterstations will be evenly placed. About 4-5 miles apart. These stations will have plenty of water. All drinks will have cups. We know not everyone likes cups but we want to cut out litter completely, cups are easily disposed of, as bottles are bulky and are usually chucked after a mile or so. The area is full of Organic farms and has many sites of scientific interest, Wildlife reserves and is teaming with Deer, Old dears, Pheasant, Snarks and pythons and other wildlife and livestock. We would not want any animals affected by litter. So we ask everyone to drink and dispose of the litter at the waterstation or carry it with you to the next one.

If you have a Camelbak or carry a bottle ask the nice marshal to fill your bottle straight from the container.

CUPS and Cupless....this is not a cupless race but if you have one bring save the planet and stuff

Anyone caught deliberately littering will be carted through the streets of Tollard Royal in chains and disqualified, **we have zero tolerance to rubbish** (rant over).

Aid stations will have the usual goodies. The WSR Lovestation will be run by Team Night time

This years Lovestation will be sponsored by **Piddle Brewery so basically beer innit .**

Now these aid stations are designed for you to get some cake, a sports drink, a gel, jelly babies, there will be cider and a few savoury bits.

### **MEDALS**

Quality uniquely minted race medal. You get this if you complete the race. No finish no medal, no regrets, no tears goodbye.

**RACE NUMBERS** We will be chip timing the event.

Pick your numbers up on the day from Race admin at the race start area.

If you are camping, pick up your number on Friday afternoon

Please arrive with enough time to pick up your number/chip.

We will have a fast track system to get you and your number together quickly.

Basically anything that will save us a bit of time on the day will be helpful.

### **BAGGAGE**

**Listen it's much easier if you keep your stuff in your car. Leave your car keys with Auntie Julie**

**Car Keys are better yes?**

Tear off your baggage label from your race numbers and attach to keys. We will keep them in a box with a label, when you return you can then pick a random car at the end of the day to drive home in.

### **No number no car keys**

**Please note you leave the bags at your own risk. Just give Auntie Julie your keys its good yes?**

### **CHANGING**

There isn't any. We feel nudity in the middle of field in Wiltshire is more fun.

### **SHOWERS**

There are showers onsite please clean up after yourselves.

### **TOILETS**

There will be portaloavs at the Ox. There is never enough we know, we ask you to be patient.

### **FOOD ON RACE DAY**

**We have a catering team onsite**

### **CAMPING**

Book camping here <https://www.fullonsport.com/event/weekend-camping-for-a-wsr-event-2018/profile> before 10am on Wednesday.

### **FINDING US**

Use the post code **SP5 5QB** in satnavs.

### **DIRECTIONS TO RUSHMORE PARK**

#### **From Blandford Forum**

Leave Blandford on the A354 heading towards Salisbury. After about 3 miles you will pass through the small village of Tarrant Hinton. About a mile further on, you will pass a turning on the left signed Chettle & beyond, at the brow of the hill, there is a left turn, marked Rushmore Golf Club on a large brown tourist information sign. Turn left here. You will now be following small brown signs marked with a golf flag & a directional arrow.

**Follow the WSR signage** Do not turn off the lane you are on & follow the direction of the arrow NOT THE FLAG. The lane runs for about 1 mile before it meets the B3081. As you approach the junction you will see a large triangle of grass, which the road forks either side of. Take the right hand fork (you will see another small brown sign). Follow the WSR signage

Turn right onto the B3081, heading towards Sixpenny Handley. The road heads up hill & at the top of the slope, you will find the golf club entrance on the left hand side.

The drive takes you through the Rushmore Park. Follow the WSR signage.

### **From Bournemouth**

Leave Bournemouth on the A338 towards Ringwood.

At the large roundabout (junction with A31) take the 2nd exit towards Three Legged Cross.

Stay on this road for about 6 miles, through Three Legged Cross & through Horton until you reach the junction with the B3078.

Cross over the B3078 by turning left & immediately right outside the Horton Inn & continue for a further 3 miles. You will reach a junction with the A354. Cross over this road by turning right & immediately left. You will see a large brown tourist information sign indicating the golf club. Follow the WSR signage

You will now be following small brown signs marked with a golf flag & a directional arrow. Do not turn off the lane you are on & follow the direction of the arrow NOT THE FLAG.

The lane runs for about 1 mile before it meets the B3081. As you approach the junction you will see a large triangle of grass, which the road forks either side of. Take the right hand fork (you will see another small brown sign).

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The drive takes you through the Rushmore Park. Follow the WSR signage.

### **From Salisbury**

Leave Salisbury on the A354 heading towards Blandford Forum.

After about 11 miles you reach a large roundabout. Take the 3rd exit onto the B3081 towards Sixpenny Handley.

Pass through Sixpenny Handley village heading towards Tollard Royal. The golf club entrance is about a mile further on the right hand side.

The drive takes you through the Rushmore Park. **Follow the WSR signage**

Once you are in the park follow the White Star signs

Please drive carefully in Rushmore Park. Sheep graze on all the fields and there are few gates and fences, it's quite likely sheep, pedestrians and the odd Golfer will wander out in front of you. The roads are narrow on the estate but there are plenty of pull ins to allow overtaking. That said there is little traffic on the roads. The campsite, start/finish and race HQ are beyond the golf club up the road. Race HQ is at Cuttice lodge, the campsite is next door on your left. Follow the WSR signage

Once you go past the building on your left you will go through some big gates and a cattle grid

Camping on the left, You cannot miss us.

Day/Night parkers follow the signs

Follow the WSR signage

Please don't park on the roads as they are in constant use and you don't want your car clipped by a tractor.

### **CAMPING AND EXTRA INFORMATION**

Pay for your camping here <https://www.fullonsport.com/event/weekend-camping-for-a-wsr-event-2018/profile>

The campsite, start/finish are all in the same area.

Please bring the kids they are more than welcome. **But we are not a crèche you look after them.**

Water will be available at race admin. There will be porta-lavs. There will be bins to chuck rubbish in and please if you bring your dog clear up after them, sheep graze the fields so we don't want them catching anything nasty. Please keep your dogs under control at all times. The estate has graciously allowed us to have dogs on the campsite. Sheep graze in the fields next to the campsite they must not be disturbed. If in doubt leave Fido at home.

White Star staff will be onsite all weekend please rock up Friday night, we have permission for camping all weekend

No open fires or singing late into the night THAT'S YOU Chippenham Harriers

Be aware of random nudity....just saying it happens THAT'S YOU AGAIN  
Chippenham Harriers

We cannot guarantee the security of valuables, please lock them in your car out of sight.

### **Photos**

Race photos are expensive, so we have our own photographers and make photos available to you, free, on our own Facebook page.

This means any photos you or your supporters or fan club take can be added as well. Our pet photographer will be on site to snap you looking your best, before, during and after the race. Our photographers will be wandering around the course taking snaps and will be at the finish should you wish to have a photo with friends and family. These snaps will then be uploaded in due course to the Facebook page. By entering the race you are giving your permission to have your photo taken and placed on Facebook. If there is a pic you object (didn't get your right side, your bum looked too big etc.) please contact us and we will remove it. (Please note you must highlight the said photo we won't root through all the pics looking for it)

## Massage

Attending the event are PhysioFitness for Frolic Race on Saturday. They will be on site 6.30am- 9pm offering treatments all day for £10 a session.

Also this year they are offering you a day pass for treatments that will allow you to have as many treatments as you want for £30 (in advance) all day.

## Subtle Touch

Will also be on site once again to offer lots of treatments, get in touch to discuss your needs. [https://www.facebook.com/Nikkiismall/?hc\\_location=group](https://www.facebook.com/Nikkiismall/?hc_location=group)

## Freebies

We have partnered up with Runderwear for the upcoming 2018 races and are giving 5 lucky Ox runners the chance win a free pair of their Award-winning Runderwear. Enter here for your chance to win: <https://a.pgtb.me/0bdsVp>

Being runners themselves, they know how important is to feel comfortable when you run. Their high performance underwear is guaranteed chafe-free and uses 360 degree seamless technology and a lightweight, durable and moisture wicking fabric.

If you know the essentials you need for upcoming races then they have also given entrants an amazing 15% off to use in their online shop <https://www.runderwear.co.uk/>

Simply use WSR discount code: RW-RUNOX15 - valid until 31 May 2018

Also our friends @Primrose Kitchen will be on hand giving away tasters of their muesli and Granola. They'll also be able to tell you about all their other products from their delicious selection <http://primroseskitchen.com/>

## Some things to remember:

- This is deepest, darkest Wiltshire the nearest cashpoint will Blandford or Salisbury
- Bring insect repellent, it should be ok on that field, just in case.
- Bring torches there are no street lights out there.
- Bring toilet paper.
- There is a shop in Six Penny Handley.
- We will have a generator so there will be some lighting onsite.
- The nearest hospital God forbid you need one is Salisbury Odstock which is about 25 minutes.

## FAQ

**Q. What's a "Lovestation"?**



A. At our races we realise that sometimes you need a bit of boost at the bit in the race where you are starting flag, normally 20 miles in marathons, 7 or 8 in a half etc, so we have the Lovestation.

So when you rock up to the Lovestation you can have a sit down and glass of something nice like flat Coke or a cider and chew on a cake or Scotch egg 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, hills, exhaustion etc can all take a toll and we are 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.What's the weather going to be like?**

A. One moment we are on the phone to Mother nature....”uhu yeah uhu ok thanks” .....dunno

It might rain, it might not, it might be sunny during the day...at night maybe not . Bring all your clothes and every pair of running shoes you own just to be safe. And a warm vest.

**Q.Is the route marked and signposted?**

A.Yes

**Q.Is it self supporting?**

A.No we will feed you, we like well-fed runners.

**Q.Can I wear an ipod?**

A.If you want

**Q.Can my tent go next to my mates?**

A.Sort your own camping out, camp in the areas marked and you are fine.

**Q.Can my car, motorbike, light aircraft, park next to my tent?**

A.Yes it's a big old field..

**Q.Camper vans?**

A.Yes bring them, if it has loo we may want to borrow it....joke btw

**Q.When my husband, wife, boyfriend, sweetheart etc runs where can I go?**

A. Tell them to hang around and watch you are elites it will be over in a flash

**Q.Headtorch why?**

A. Camping is dark in the night you know dark

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

A. No, its running about in the most beautiful areas in Wiltshire you will hate it

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

A. Right ready? Giants Head Marathon, Hilly, Britain's best marathon. OFFICIAL. The Larmer Tree Races, 20 miler Marathon and Half, Hilly (it was great this year)

Crafty Fox Chase Marathon and half and Cider frolic

East Farm Frolic 12 hour race for solos and Teams Multiple laps and marathon half and 10k on Saturday before The Dorset Invader, Marathon and Half Marathon. Bad Cow Weekender, what else

ah yeah Dorchester marathon and half Flat...yes flat.

Next year we are doing a 24 hour race and a biggy on the Jurassic Coast

*Have fun at the Ox but remember its not a Funrun.*