

# Race instructions for the Dorset Invader Races 2018

## READ them

Friends, Runners, countrymen.....lend me your ears.

Welcome, here we go again for the Dorset Invader here the Dorset Invader Marathon and Half Marathon fabulous race instructions....award winning by the way

### **History**

Picture the scene, 45 AD, a year after the Roman invasion of Britain. The 2nd Augustus Legion march into the quiet rural tranquility of Dorset. Under the command of General Vespasian, later to become Emperor.

The invasion doesn't meet much resistance until they reach the stronghold of Maiden Castle a big battle ensues and the British are defeated, Dorchester becomes the Roman town of Durnovaria

What's that got to do with a marathon? Well East farm, our home for the Invader races is slap bang in an area dripping with Roman history, Dorchester is just up the road.

The Tory family have farmed this area for years and Rupert and Jenny our hosts have asked us to create a race, so obviously we needed a Romanesque theme. Basically any excuse to wear a toga and big wig.

### **Race timetable**

#### **Friday**

**12.00 Campsite opens**

**Coffee shop/Tea room/ farm shop open all day everyday**

**1600-1900 number pick up**

**18.00 Evening food available, needs to be pre-booked**

<https://www.fullonsport.com/event/dorset-invader-friday-night-food/profile>

**19.00 or sooner, bar opens in the barn**

**23.30 bar shuts**

#### **Saturday Marathon Day**

**07.00 admin opens for number collection**  
**07.00 Breakfast starts**  
**08.45 Marathon briefing at start finish area**  
**9.00 Marathon starts**  
**9.01 Admin staff go and have a coffee and do our hair**

**11.00 lunch starts at the farm bar opens**

**12.10 Approx. first runner in marathon**

**16.30 last runner in Marathon**

**19.00 Chaos race rules will be explained at briefing**

**All profits to charity.**

**19.00 Dinner starts serving, needs to be pre-ordered**

<https://www.fullonsport.com/event/dorset-invader-saturday-night-food/profile>

**20.00 DISCO TIME**

**Late o'clock finish, we all stumble into bed**

### **Sunday Half Marathon day**

**07.30 registration opens**

**08.50 Half Marathon briefing at start finish area**

**09.00 Half Marathon starts**

**09.01 Admin staff go and have a coffee and do our hair**

**10.00 lunch starts at the farm bar opens**

**11.10 First runner in Half Marathon (maybe)**

**13.45 last runners in Half Marathon (latest)**

### **Getting to East farm**

Please note Dorset has no Motorways and its A roads are pretty rubbish, the roads near East farm are rammed at this time of year with holiday makers, caravans, tractors, combine harvesters, Tanks from Bovington and people just generally being in your way when you need go somewhere.

Please allow more than adequate time to get to the event. We won't hold the race because you are stuck in traffic & Bestival also takes place in the area over the weekend.

East farm is easy to get too on the A354, any other way is reeeeeaally complicated.

Use this map <http://www.eastfarmshop.co.uk/how-to-find-us.html>

You need to look out for the A road number signs at major roundabouts.

So let's go through it so you know where to find us, these routes look a bit out of the way and long winded but trust us these are the easiest ways we have found.

**The A354 is the key road and main access to East Farm**

**Sat Navs use this address**

**East Farm**

**Lower Street,**

**Winterborne Whitechurch,**

**Blandford Forum**

**DT11 9AW**

**From Dorchester and the West and Midlands**

Follow the A35 dual carriageway from Dorchester

Take the slip road marked Milborne St. Andrew you will go up a slope and come to a roundabout, (Its Dorset we have a few) take the 2nd exit marked A354

Follow the race signage and East Farm is on the right 2 miles or so after the village of Milborne St. Andrew on the A354

From the South East and that there London, follow the A31, until you get to the roundabout at Sturminster Marshal. Take the 3rd exit this is the A350

Right, now keep going through the villages of Spetisbury and Charlton Marshal.

You will come to another roundabout turn left onto the A354 keep going and the East Farm site is on your left after a couple of miles Follow the race signage

From Blandford, Salisbury and Wiltshire A303 etc

Follow the A354 signs that's it, then Follow the race signage

From Poole and Bournemouth

Follow the A35 Upton bypass, look for the signs for A350 follow them it's a slip road on your left at Upton, go over the bypass on the huge roundabout and follow the signs for Blandford A350

Keep following them until you get to until you get to the roundabout at Sturminster Marshal. Take the 2nd exit this is still the A350 aim for Blandford

Right now keep going through the villages of Spetisbury and Charlton Marshal.

You will come to another roundabout turn left onto the A354 keep going and the East Farm site is on you left after a couple of miles Follow the race signage

## **PHEW**

### **By train.**

There are direct trains from London Waterloo to Dorchester. At time of writing there are no trains early enough to travel from London to Dorchester on the day. Taxis may be available from the station.

**By bus.** Please check <http://www.morebus.co.uk/> for bus details.

**By air.** Bristol, Exeter airports are all about 2 hours away, Bournemouth is an hour and hire cars are available at all airports.

Contact us for further information about travel plans, we may be able to help with your journey. (please note we are not coming to pick you up, just give advice)

### **Day Parking**

Follow the signs don't park in the farm yard FOLLOW THE SIGNS if you park in the farmyard, East Farm has a tractor JCB machine thing with forks on, your car will be carried to the parking section, think of the paintwork!

**SIGNS FOLLOW THEM.....got it?**

### **Camping**

Camping is a great success at our races. We are ever grateful to Rupert for the use of his 20 acre field. The campsite is huge, right in the centre of the race, a one minute walk from the start/finish and registration.

This field or as we like to call it

#### **'The Athletes Village'**

Has had all the cows, sheep and horses removed (there may be poo...it's the countryside get over it) and you are able to drive your car onto the field. If you have a massive camper van or Winnebago it should fit in the gate. If it doesn't come and find us we will work out a way of squeezing you in.

Price of the camping is £15 per pitch, you can stay both Friday and Saturday nights. Please go home on Sunday we need to put the animals back in the field. Unless you want to share! Make sure you book your pitch here before Wednesday.

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

Portalavs will be onsite. There may be toilet paper...might be quilted who knows?  
Bring some just in case.

There will be drinking water supply. We will have four showers at the farm and they are free to use. We realise a lot of people have travelled a long way, so for once, we thought it might be nice for you to go home smelling sweet. Bring your own wash gear and towel it's not a Travelodge.

**If you bring your dog to camp, please, please, pick up any poos they will leave and dispose of them sensibly.**

The field will be returned to Rupert for his dairy cows and we don't want any cows and their young picking up any nasty infections from the dog poo.

Please look after your dogs. That means control them, do not let them near any farm animals at any time. We don't want you to get in trouble and your dog or livestock hurt or distressed.

## **FOOD**

Book here

Friday <https://www.fullonsport.com/event/dorset-invader-friday-night-food-2018/profile>

Saturday <https://www.fullonsport.com/event/dorset-invader-saturday-night-food-2018/profile>

until Wednesday 25<sup>th</sup> July after that you can fend for yourself

By the way you are more than welcome to join us for food even if you are local and not camping, we want as many people as possible to join us...you need to book though.

## **Menu**

All the Dorset Invader Food is prepared on site by Jennie and Hannah (Rupert and Steve are in charge of Saturday nights meat feast !)

The main ingredients are sourced locally if not from East Farm itself.

Evening food is £6.50 for adults £4.00 for children, choices are:

Homemade Pasta Bolognese (Beef) (Gluten free jacket pot)

Pasta Bolognese (Mediterranean Veg (Suitable for Vegan)  
Chicken Curries (Gluten Free Option)  
Vegetable Curry (Gluten Free Option) (Suitable for Vegan)

Pudding will be available to purchase on the night.

Breakfast will be available on Saturday and Sunday Mornings (No need to pre-book)

Porridge

Bacon, Sausage, Egg Baps in any combination or all three.

Cereals and Toast

Ground Coffee, Tea and fruit juice.

### **Food During the day**

East Farm shop & Tea Rooms will be open from dawn to dusk throughout.

Serving Tea, Coffee, Cream Tea's, Jennie's Cakes (Jennie makes the finishers Dorset Apple muffins), Filled rolls, Plus all the other things you would find in a Farm Shop.

In the Dorset Invader Village (Next to the Roman Baths) we'll have our East Farm Food Trailer, Serving East Farm Burgers & Sausages (Beef, Venison, Pork and Veggie), Chips and Ice cream.

Hog Roast from Charlesworth Farm (You'll be running through Charlesworth)

### **Disco**

As you all know the Romans like to party, as we are not really into the Roman orgy thing we thought a D I S C O would be just as much fun. So in the barn next to the bar (clever eh?) we have a dance floor with real DJ and lights and all the other stuff associated with dancing and a good time.

You don't have to pay for the disco its free.....ITS FREE

### **Bar**

Open all day and most of the night, local ale, ciders, lager, soft drinks and maybe some wine

### **Goody bag and medals**

We have decided to celebrate the fact you are in rural historic Dorchester by creating Roman styled medals, we are grateful to Bespoke medals [www.bespokemedals.com](http://www.bespokemedals.com) (they make all our medals) for the designs and they are quite stunning as well.

The half marathon gets the shield design or Scutum, that's SCUTUM not anything rude, this is an exact replica of the shield used at the time, ok it's smaller, but if you have an Action Man (remember them?) its perfect size.

The marathon medal is the standard of the 2nd Legion Augusto and the Eagle of the legion. The Capricorn is the emblem of the legion and is a white flying goat on a red banner.

Every marathon medal should have a flying goat...right?

### Runderwear Goodies

If your in need of some supplies our mates at Runderwear have supplied you with an exclusive discount code to secure 15% off purchases. **RW-INVADE15** - valid until 12 August 2018

### WSR shop

Mrs WSR will be onsite with merchandise and stuff from the worlds greatest race company (that's us BTW) with some Invader Themed items.

### Farm shop

The farm shop will also be open for snacks, crisps, ice cream, chocolate etc.

Monica (Ruperts Mum) makes all of our scones by hand, and Jennie makes all of the cakes on sale by hand.

### Race instructions

The course

The races take place in the valleys and hills in and around Winterborne and Milborne St.Andrew area of Dorset. The course is not as hilly as some of our races, that said there are hills, you can run or walk up them, on the downside you can go WEEEEEEEEEE and flail your arms madly.

### Terrain

Trails, grassy bits, a bit of road, farm tracks and sections through crops so you can re-enact the dream sequence in Gladiator. Dorset in July tends to be concrete hard on the trails and dusty too. We recommend a soft trail shoe, road shoes may not offer enough protection, but the choice is yours.

### **Aid stations**

#### **Half marathon**

Aid stations and waterstations

3. miles water station

5 miles water

8 miles Lovestation

11 miles water

#### **Marathon**

3 miles water station

5 miles Aid

9 miles water

12 miles Lovestation

15 miles water

18 miles water

20.5 miles Lovestation again (we are good to you)

23 miles waterstation + gels

There will be cakes, gels, melon, orange segments, jelly beans and jelly babies, beer and Cranberry Schnapps.....obviously.

### **Safety**

Please fill out the back of your number, name address and emergency contact. This is for safety reasons. If you get trampled by a flock of sheep's we need to contact your relatives quickly.

If you have to drop out of the race, do so at an aid station or by a marshal. They will take your number. We then know who is still out on the course.

Marshals are on roads to stop you getting killed. There are no specific issues with road safety on this route. There are one or two crossings especially in the last mile where



there is a road that needs you to be switched on, please let the marshals guide you safely across the road. Headphones, take them off out on the roads.

Be aware the harvest has started and fields and roads will be full of tractors.

**Heat**, it could well be a hot day, please wear appropriate clothing, sun screen, drink appropriate amount of fluids and electrolyte drinks.

**Bites.** Insect repellent. This is Dorset, we have an excellent selection of things that fly, bite and sting. Jungle formula, wear it. Dorset has its own fly Blandford Fly and what the nearest town?

Blandford. So be aware a Blandford Fly bite will make you crock for ages

**Please be aware of aggressive foliage there will be bitey, stinging, scratchy things**

### **Cut offs**

Half marathon 4 hours

Marathon 7.5 hours

These cut offs will be strictly enforced, there will be Shepherds (not sweeper anymore) in each race. They will run to pace. This means if they over take you, you are out of the event. Got it?

You can walk this race in less than the cut off time. The key word is race, it is still by definition a race, there is some form of running involved.

### **FAQs**

Q. Disco can I come even if I didn't run?

A. Yes by all means. More the merrier

Q. Fancy dress is it compulsory?

A. No, but you ya know we all like a wig and a Toga right?

Q. What's the weather going to be?

A. One moment I'm on the line to Mother nature right now, its July who knows.

Q. What's a Lovestation?...or Aphrodite's Temple you mean

A. Lovestation is a super accelerated Water and aid station. There will be cake, there will be watermelon, maybe a cheeky mid race stiffener (homemade schnapps maybe?). Its also a place to get a boot in the bum or a shoulder to cry on....it's not easy this running thing. It also gives us a chance to look at you to see if you are fit to

carry on. Our races are hard for some people and we care about your welfare so our experienced team at the Lovestation can take a look at you to make sure you are ok.

Q. Kids can I bring them?

A. Only your own. The campsite and race is family friendly. That said look after them we do not have a crèche. Do not leave your kids for us to look after we are not insured or interested in looking after your kids....we don't even like ours. Seriously don't we had problems with kids last year.

Q. Anything else important?

A. Yes have fun

**A final warning East Farm is a working farm, that means there are lots of dangers for children, dogs and drunk adults.**

**There are large farm machines to get run over by, dangerous structures to fall off, slurry pits to drown in (that's not amazing way to go), be aware.**

**Do no approach the livestock, cows have killed people in the past. Trampled to death by 100 stone of angry cow is not nice**

**Do not let your dogs near the sheep.....Got this don't do it**

**Do not under any circumstances leave your kids unattended.**

**And on that happy note see you Saturday**