

Hola and Viva Mexico and welcome back to the Rushmore Estate in sunny...maybe Wiltshire near Cancun

So here is a woodland relay and 12 hour solo event (we won't use the word race we don't want to put you under any pressure!)

So as the 12 hour Frolic was popular we thought we would do hardcore Henry one at the Ox venue and as its in Wiltshire in May we thought **Mexican theme**....we don't know why but hey its dressing up

Ok, Race instructions

Here's the general idea. Ox 12 route is 10-ish kms in length. So here's the thing the race starts at 8.00 am sharp and the first lap is 12km long

This is so those doing the marathon distance get the full whack of 26.2 miles or so....Now if you were at the Frolic at East Farm last year you will know its pretty simple do a lap then

Solos do as many laps as you want. So if you want a marathon distance you start at 8 and do 4 laps follow the signs....easy (this must include super lap 1 with added extra 2km)

Teams only one of you runs at a time then you swap as and when you feel like it in the "**NEUTRAL ZONE**" Or "**Cow change over area**" where you hand over your baton (squeaky cow). Whomsoever does lap one gets the honour of doin the extra 2km with the solos. Nice eh?

Got it? Keep this up for 12 hours or not, do what you like

There's no pressure, do as many laps as you want there's prizes for the most laps, this is all about distance covered in 12 hours and if it's a tie on distance its all about time so if you do 10 laps and you finish 2 minutes ahead of your opponent who is also on 10 laps you win, got it..I hope so....there's a quiz at the end.

Prizes So if you or your team are good, fast or everyone else is too busy sunbathing and chatting you could win stuff

Solos 1-3 Ladies and gents

First team of two, First Team of Three And first team of four We won't be breaking it down into male and female and mixed teams

Race timetable

Friday 11the May

12.00 Campsite opens

16.00 Race Admin Opens

Food from later in the day 5 ish

Pick up your mate's numbers in a team too

Saturday 12th May

06.30 admin opens for number collection

06.30 Breakfast starts

7.40- Dog only briefing and start

07.45 briefing at start/finish/change over point

08.00 race starts

08.01 Admin staff go and have a coffee and a chat perhaps play some games

12.00 Lunch starts

12.15 Admin staff shout some encouraging words etc..."I spy with my little eye"

12.30 Admin staff come out of beer tent make sure everything is ok

19.59 last chance to get in an extra lap

20.00 No new runners on the course after 20.00 hrs.....a bit later last runners come in easy

We then try and work out who won

Prize giving in beer tent about 9 while we watch Eurovision

Solos you must complete one lap to get the bling. You must do 4 laps including 12k on the 8am lap, to get marathon distance....marathon with a 12 hour cut off how good is that

Teams here's the rules. So pairs must do at least 2 laps before finishing, threes must do 3 laps and fours must do 4 laps.

Got it? No exception if you don't complete the minimum number of laps you don't get no bling or and you don't get no scores. You must pass on your squeaky rubber cow in the team races and it must be carried at all times whilst running.

Headtorch if your going out on a lap after 7pm you will need to take a headtorch out with you.

Race stuff There will be a **drop box tent** at the changeover point this is mainly for solo runners

Teams and families make yourself at home on the grass bring flags and popup gazebos and banners etc

Shoes trail or road dunno both are good.

Dressing up, please do we need a laugh Mexican themed

The Lovestation will be at about 5km ish food, boozes and drink etc

Children Any kids left to their own devices will be returned to mummy and daddy after we pull them from the race. Got it. We are not a crèche.

Bar will be open all day at the changeover point and we will have inspirational music playing all day hahahaha. Mexican

Finishing the race So you cross the finish line and hand us your chip that's it you are done. If you are still out after the 20.00 cut off you still get a time and distance This means you have 12+ to achieve say marathon distance or 50km or even 69 miles if you are spesh!!!!

Things to bring Sun tan lotions, headtorch, cash, toilet roll in fact bring everything

Camping

Camping is a great success at our races. We are ever grateful to Estate for the use of the million 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, pre-book here until 10am Wednesday

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

'The Athletes City' Has had all the sheep 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 might fit in the gate....we shall laugh watching you try. If it doesn't come and find us we will work out a way of squeezing you in.

It will be a one way system in and out of the field

Obey this rule please

Portalavs will be onsite. There may be toilet paper...might be quilted who knows? Doubt it though. Bring some just in case. There will be drinking water supply. We will have showers 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 Estate on Monday in good order and we don't want any sheeps and their young sheeps 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.

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.

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

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 sunscreen and wet weather gear.
- 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.

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

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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 parkers follow the signs

Follow the WSR signage

Please dont park on the roads as they are in constant use and you dont want your car clipped by a tractor.

Reminders

Rushmore Estate is also working farm and big Golf Course 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 die), be aware. There's also blokes with shotguns....just saying. Please don't annoy the golfers

Do not approach the livestock. Trampled to death by 100 angry sheep is not nice

Do not let your dogs near the sheep.

Do not under any circumstances leave your kids unattended.

Shop Mrs WSR will be onsite with merchandise and stuff from the worlds greatest race company (that's us BTW) we have · Sloth hoodies, tshirts and vests · Real women run stuff vests in Laydees cut too · Death Before Treadmill gear · Slow is the new sexy · Race tops · A selection of Muffs including Sloth Muffs and Ox 12 Muffs Mexiacn style· Nutty races for Nutty people hoodies and tshirts · **MUGS** we have Nutty and Purveyors mugs to buy, big ones, for big cuppas. · And cow stuff

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 while we consult with the weather Gods.....dunno It might rain, it might not, it might be sunny. 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 they are all 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)

Chase 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 Yeah roads baby.

Have fun at the Ox but remember its not a Funrun