

## **Ox 2019 Race Instructions - Saturday**

Thanks for entering the Ox, like last year these instructions we have cut and paste from last year but with upgrades we added clues to the theory of evolution and if Aliens were the start of life on earth.

A big thanks to the Rushmore Estate for allowing us to run in such a beautiful place. The Rushmore Estate feels like our second home. We have been organising races there for 6 years now. We are grateful to the Rushmore Estate Manager Ruth Mason and Larmer Tree supremo Carol Cross for their patience, understanding and enthusiasm helping us bring this trail races to life. Thanks to Simon and Jon who move sheep and wrestled trees to make the race work

**Ok, Race instructions**

### **Race timetable**

#### **Friday 11th May**

12.00 Campsite opens

15.00 Race Admin Opens

Food from later in the day 5 ish

#### **Saturday 12th May**

06.30 admin opens for number collection

06.30 Breakfast starts

07.15 50m Race Briefing

7.30 50m Race /start

07.45 briefing at start/finish/change over point

07.55- Dog only start

08.00 Frolic race starts

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

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

Here's the general idea, Saturday has 2 races taking place

**Ox Frolic** route is 6.66ish miles in length.

**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

**Teams** only one of you runs at a time then you swap as and when you feel like it in the "**Cow change over area**" where you hand over your baton (squeaky cow).

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

**Ox 50m** - Run around for 8 laps then stop. First lap will only be 4.23 miles, then all other laps will be the 6.66m route to make 50m.

"Yeah but my Garmin said its....." we don't care what your Garmin says our Garmin is King. Lord Garmin of Tomtom said its 50 miles ish and that's good enough for us. Consider yourself lucky we don't charge you for the extra miles

**Prizes** for 1-3 Male and Female to complete the course.

**If you are not out on you last lap by 19.59.59 you don't start and you will be given a Ox Frolic time, distance and goody bag, medal etc that said you will not be eligible for a 12 hour prize.**

**We don't want you dropping out and walking away empty handed after all that effort.**

**This will be strictly enforced and yes we mean it too. Cut offs are there for a reason. That reason is we like a beer and want one so please don't hang about.**

**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 and 50m runners, to leave stuff you want to get to throughout the race.

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

**SATURDAY will be a CUPLESS RACE, this means there will be no cups at any aid station.** Meaning you need to bring your own drinking vessels, it can be whatever you like... cup, bottle, mug, kids sippy cup, punch bowl, literally whatever your comfortable bringing, to run round with or leave at Love Station or Water station at the finish/lap changeover.

If your thinking of leaving it just make sure it's recognisable for you to get when you lap round & to help our top team find them efficiently. If you don't yet have a re-useable cup we sell several designs in the shop and you can order to collect at Ox <https://whitestarclothing.co.uk/search?q=cup&type=product#>

## **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.

## **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 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 florescent signs, arrows; some trees, posts etc will have red and white marker tape around them just to reassure you that you are not lost.

**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..... Falling over was popular last year, please don't it ruins your clothes.....that said spare shirts are available at the finish for a reasonable price (insert cheeky emoji)

## **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.

## **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 Skorpions 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 Glen Campbell 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. **Remember these are cupless.** Lovestation™ is at 2.5 miles and then water station at change over point.

The area is full of Organic farms and has many sites of scientific interest, Wildlife reserves and is teeming 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 dispose of the litter at the waterstation or carry it with you to the next one.

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).

**For your FRIST LAP the Lovestation™ will only have fluids for you.**

Aid stations will have the usual goodies. The WSR Lovestation™ is designed for you to get some cake, a sports drink, a gel, jelly babies, there will be beer and a few savoury bits.

### **Medals and Goodies.**

**Frolic runners** that finish will receive a fresh squeaky cow, Beer, muff and a quality uniquely minted race medal. You get this if you complete the race.

**50m runners** that finish will receive a t-shirt, muff and a quality uniquely minted race medal.

### **RACE NUMBERS**

Built into the number is your timing chip, put it on and go. Do not go near the finish line again once you have 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.

The race will be videoed to watch you cross the line if we miss the chip registering. If you lose your chip tell a marshal and they will radio timing admin and tell us your number. Please make a face for the camera; we can then blackmail you with the footage



## SAFETY

On the back of your number write an ICE number & any medical details. 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.

**Baggage** Please give us car keys, it's easier. Presentation of your number will get your keys back, we will only give the person wearing the number their keys. There will **NOT** be a place to store your bags at the finish. Please give us your keys its much easier leave your gear in the car. Please note you leave the bags and keys at your own risk. 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.

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

## REFRESHMENTS

**We have a catering team and coffee van onsite** for the whole weekend

## **CAMPING**

Book camping here <https://www.fullonsport.com/event/wsr-camping-weekend-2019/profile> before 10am on Wednesday.

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 is available from an outside tap on the side of Cuttice Lodge. There will be bins to chuck rubbish in and please if you bring your dog clear up after them, sheep graze the field's 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 from Friday lunchtime, we have permission for camping all weekend. 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)

### **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. Can I use the WSR after party to mix with other runners and meet like minded people and get drunk with them?**

Yes and yes

**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? Lots and lots <https://whitestarrunning.co.uk/>

**White Star Running shop.** Will be onsite selling our own branded t-shirts, hoodies and lots of other goodies. **You can also click and collect any items from our online shop until Wed 8<sup>th</sup> May for us to pack and bring with us for you** [www.whitestarclothing.co.uk](http://www.whitestarclothing.co.uk)

**So that's it have a good run don't trip over**