

# WSR Spring Newsletter

## Next Event - Ox Races



With a variety of distances over the weekend Ox is set to be a brilliant weekend of races. Slightly rerouted to make the 50m nearer to 50 for you and 4 Frolic laps will get you marathon distance. Don't forget **Saturday is cupless!**

Longhaul Endurance will also be joining us again, providing some tasters of their natural sports nutrition. Plus Physio Fitness will be on site on Saturday for your sports massage needs. Cranbourne Cider will be running the bar & White Star Catering providing food for you all weekend.

Few places available still in some races  
<https://whitestarrunning.co.uk/ox-races-2019/>

## Massive Thanks from Scotty's Little Soldiers

Our Virtual Bovington races in December raised a mammoth £1110 for our chosen Charity and will be used to help provide professional bereavement support and development opportunities for the children and young people of our fallen heroes. The Charity wanted to pass on their thanks to all who participated and helped raise the money for them.

## Dorset Invader™ Returns

Dorset Invader returns with a Celtic theme and the bestest medals as ever from us.

With a Frolic, Marathon, Half Marathon and chaos race, there's something for everyone. Destination is a beautiful farm and some of the best scenery we have to offer in our fair county.

So all the usual stuff White Star Catering, Lovestation, bar from Piddle brewery and the most amazing Barn dance on Sunday night open for everyone

<https://whitestarrunning.co.uk/new-dorset-invader-2019/>



## Run Jurassic is pleased to be supporting Coast Path Friendly Scheme

We are proud that this event gives back to the South West Coast Path, the National Trail on which our stunning route relies. It costs on average more than £1000 per mile each year to keep the trail open and accessible for us all to enjoy.

We have made a contribution and are pleased to be recognising & supporting the 'Coast Path Friendly Scheme' for responsible event and tour companies that use the South West Coast Path.

Our contribution supports work to care for and champion the Path for everyone to enjoy. Displaying the 'Coast Path Friendly' digital badge demonstrates to customers that our organisation is conscious of its impact on the natural environment and values the work that goes into managing the coastal landscape.

If you want to be coast path friendly find out more here



<https://www.southwestcoastpath.org.uk/even.../friendly-events/>

**Half Marathon is full , all other distances still open for entry <https://runjurassic.co.uk/>**

## FKT Attempt

Dan Williams has completed his [epic challenge to run the entire length of the Dorset coastline](#) from Ware, Lyme Regis, to Chewton Bunny, Highcliffe on Sea. The 101-mile journey took him 23 hours 57 minutes 30 seconds, with over 13,000ft of ascent on his journey from the Devon border to the Hampshire border.

Dan has also received verification for his [Fastest Known Time](#) running the Dorset coast supported, drawing a line in the sand for other ultrarunners to attempt the challenging course. His run was crewed by the team at [White Star Running](#), and he was cheered, supported and even joined by fellow runners along the way.

To see the full article and donate to Dan's Justgiving page visit [Rundeeep](#)



## White Star Clothing

Easter Sale on for all Kids Clothing over at White Star Clothing, including T-shirts & Hoodies from the kids collection, just use the code EASTEREGG at checkout.

White Star Clothing has a wide range of running clothing and accessories in various quirky designs. We stock everything from vests and t-shirts to hoodies and hats, as well as all your race memorabilia and other essentials.

Visit today to view our funky ranges with unique designs that will make your running mates jealous!

<https://whitestarclothing.co.uk/>

## Weekend at the Races

Friday's Summer Session race is an open event for 12 hours. If you fancy a race before or after work...maybe a marathon in the morning and 10 miler in the evening...work shifts or fancy the day off?

You can turn up and start anytime in that 12 hour period. Prizes for fastest first lap and furthest ran. It's a nice 4.4 mile loop so easy to get a half marathon or marathon easy.

Sunday sees the return of the 10 mile and a new Marathon takes place on some of Dorset's nicest and varied trails and it's pretty flattish.

<https://whitestarrunning.co.uk/weekend-at-the-races/>



**Remember all our news is shared on Facebook or in Facebook events so make sure your following us or interested in an event to make sure you don't miss out**

<https://www.facebook.com/whitestarrunning/>

<https://www.facebook.com/pg/whitestarrunning/events/>

**See you at a race soon**