

Fitness February is here and our race season had a bumpy start with the sad postponement of Lytchett 10m, the 1st race in the Imperial Series but hopefully the stormy weather has blown over and the Bournemouth 10 mile race will kick start the series on Sunday.

Then it's to the Larmer Races for the first event weekend of the year for us, we're pretty excited and have been out and about on routes with all our pictures and videos posted on our [Facebook page](#) if you've missed them.



New for 2020, we're really pleased to be bringing you an August Bank Holiday event for all the family. A brand new event at the home of Six Penny Handley Brewery, the lovely

Holwell Farm is hosting an action packed weekend.

Set around the amazing Cranborne area of outstanding natural beauty these routes will provide some fantastic races. A challenging marathon and half marathon exploring the amazing area on trails and woodland. With a Frolic route on Sunday and a Chaos race on Monday morning for some family friendly fun before you head home.

We have a brewery on site along with an artisan bakery which will be serving yummy homemade pizzas along with our normal refreshment providers. We hope to have some entertainment on Sunday evening for all to enjoy.

Entries open at 7pm on Friday 28th February Race information here

<https://whitestarrunning.co.uk/cranborne-races/>



The news you've all been waiting for, **Wyvern Series** will be making its anticipated return this year at a mixture of new races. **Your chance to compete in 3 half marathons or 3 marathons** to win the extra series bling & goodies.

There will be winner's prizes for the series, so you will have to do all half's or all marathons not a mix, if you are in it to win it. We are also doing club prizes for first running club or group in both distances.

Half Marathon – Crafty Fox, Cranborne & Nutty Half
Marathon – Crafty Fox, Cranborne & marathon distance as a solo runner at Frolicosaurus

If you've done a mixture of distances you can still claim your medal and goodies at SWOF races

If your new to WSR you may not know what our **Frolic's** are but apart from being a **lapped race** they create a great environment for friends to run and be **social** at the same time. Usually over 8 or 12 hours, during which a runner or team of runners complete as many laps of the course as they can or as many as they want to.

Don't know if lapped races are for you, then check out [this feature](#) to find out.

WHAT IS A FROLIC?

8 or 12 hours to run as much as you'd like! Complete at least one lap to get your medal. You can run in teams of 4, 3, 2, or go solo! And we don't have batons... we have squeaky animals!



We're working with **Ordnance Survey** on a new project to help bring routes to life.

They have helped plot our routes which are available on our race webpages as links in the **GPX course files**. It will open an OS map of the route that you can export as a GPX or do a fly-through to see what the course is like.

We also have some codes for a **free month's subscription to OS maps**.

To redeem, email wsrcompetitions@gmail.com to request a unique code

Visit: <https://www.ordnancesurvey.co.uk/shop/os-maps-subscription-1-month.html>

Add the 1-month subscription to your basket, pop the code in the discount field, refresh the page and checkout as usual. It will skip the payment section and ask you to set up your OS Maps account with an email and password.



New product for [White Star Clothing](#), our handmade gaiters. Designed and tested to protect debris and grit from getting into your shoes while you are running. These come in **various designs and 2 sizes**: Medium fits trainer size 3 to 7, Large fits trainer size 8 to 12 at an amazing introductory price of **£15 a pair**. Grab yours [here](#) before they are all gone!

WSC are currently offering **every purchase of a hoodie until 29th February** a go at the randomiser. Purchase a hoodie and the team packing your order will randomly select a **T-shirt** of the same size & **Muff to go into your order for FREE**...that's £17 worth of free goodies. Lots of designs and colours to choose from as well as style in zip-up or over the head, kids sizes too.

<https://whitestarclothing.co.uk/collections/hoodies#>



Run Deep
Run Deep is an online blogazine put together by runners, for runners. From the latest news to training advice, nutrition tips to reviews, we aim to deliver you a regular dose of everything running.

Race reviews
Find out what to expect at races around the country with our in-depth and honest reviews

Product tests
From kit to gadgets, food to trainers, we give real feedback on the latest running products

Inspiring interviews
We chat to runners from all walks of life to motivate and inspire your own running

Interesting features
Easy to read on the go, our features cover everything a runner needs to know

Start reading today at rundeepmag.com

Looking for some inspiration or information on your running and race related questions?

Look no further....**Run Deep** is a **blogazine** designed to help all runners with advice, product testing and reviews.

They **care about telling stories**: real-life runners' stories, motivational stories, aspirational stories, funny stories, sad stories....anything goes!

Because runners collect a lot of stories on your travels, take amazing pictures of the most stunning locations and we like to share stories far and wide.

For all race information see our website or FAQ's page <http://whitestarrunning.co.uk/>