



## Race Instructions 2021

Hello and welcome back... it's been a while, eh?

Stand by for the best race instructions ever. A big thank you to the Rushmore Estate for allowing us to run in such a beautiful place; it feels like our second home. We've been organising races there for 7 years now and are excited that our return to racing is here.

Also, a massive thanks to KONG™ dog toys for supporting all dog-friendly races this year.

### **EVENT TIMETABLE** (subject to change the more drunk we get)

#### **Thursday**

4pm – Campsite opens

#### **Friday**

8am-9.30am – WSC Shop open and Admin open

**9am – Ox of 2 Halfs start**

1-4pm – WSC Shop open

6-9pm – WSC Shop open and Admin open

**9pm – Dark Ox start**

#### **Saturday**

7am-5pm – WSC Shop open

7am – Admin open

**7.30am – Ox 50 Mile start**

**7.45am – Dog-only Frolic start**

**8am – Solo Frolic start**

**8.15am – Team Frolic start**

#### **Sunday**

7am-2pm – WSC Shop open

7.30am – Admin open

**8.15am – Dog-only Light Ox start**

**8.30am – Light Ox start**

**10.30am – Ox Half start**

Please make sure you have familiarised yourself with our Covid secure arrangements, which can be read here: [What will a WSR Covid-secure event feel like? - White Star Running](#)

## PRE-EVENT

- **Pre-event Covid screening** means you **must** stay at home if you have any of the [Covid-19 symptoms](#)
- Participants are required to be **test and trace compliant**, and WSR will use your data for this purpose too if required. If you have any symptoms post-race, you must upload onto the NHS test and trace system and notify WSR immediately.
- Download the [NHS Covid-19 App](#) and scan the QR code on arrival at the event village.
- **Your race number is being posted out to you. Please remember to bring it with you!** Fill out the back of the number with your personal emergency information.
- **You will need to bring your own safety pins/event clips to attach your number on.**
- **Facemasks and hand sanitiser are mandatory kit to bring with you, along with your own cup.**
- If you are running **Ox of 2 Halfs, Dark Ox, Ox Frolic or Light Ox** and you wish to have a soft drink as part of your goodies, you needed to have voted in the poll on the 21<sup>st</sup> April post in the [Facebook Event](#).
- If you are competing in the **Ox Epic challenge**, please check you are correctly identified for the correct races in our [File](#) or have already informed us.
- Camping needs to be pre-booked by **Wednesday 19<sup>th</sup> May** (see Camping section).
- Any WSC orders need to be made by **Wednesday 19<sup>th</sup> May** (see WSC section).
- All the latest information on the event is in the [Facebook Event](#).

## DIRECTIONS TO RUSHMORE PARK

Use the post code **SP5 5QB** in satnavs and follow Rushmore Golf Club and WSR signage.

## THE RACE / ROUTES

Ox Races is an action-packed weekend with lots of races taking place. The area in which you're 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're 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, so please don't do anything to jeopardise our good working relationships.

The course will be well marked with florescent signs and arrows; some trees, posts, etc, will have red and white marker tape around them just to reassure you that you're not lost.

**Marshals** will be at critical points, but you can expect to see fewer people on course to help reduce the risk to runners. Where necessary, they will be in appropriate PPE, but as friendly as ever underneath it. Please respect them and their needs, as well as your own.

**Rule of 6** – we know you're all as keen as us to catch up with other runners and see how they've got on over the last year. However, if you're chatting in groups, please maintain social distancing and try not to crowd in larger groups. **Signage** around the event village will remind you of this.

**Staggered starts** – groups of 6 will be set off 30 seconds apart to help spread runners out on the course. You should arrive with enough time to get yourself race ready, use the facilities, and then head to the holding pen to start your race. Have your mask or muff on when in the event village and starting pens. In front of the holding pens will be 6 coloured spot markers on the floor. When you get towards the front, position yourself on a spot and,

as soon as a group of 6 are assembled, they will be started. **Please be sensible and avoid milling around.**

**Routes are available on the race page of the WSR website, but remember much of the routes are on private land so can't be run ahead of race weekend.**

Ox of 2 Halfs: [Ox of 2 Halfs 2021 \(ordnancesurvey.co.uk\)](https://www.ordnancesurvey.co.uk/races/ox-of-2-halfs-2021)

Dark Ox, Frolic, Light & 50 Mile: <https://osmaps.ordnancesurvey.co.uk/route/7963294/OX-FROLIC-2021-final>

Ox Half: <https://osmaps.ordnancesurvey.co.uk/route/8369160/Ox-Half-2021>

### **Ox of 2 Halfs**

The 'Ox of 2 Halfs' is a brand-new marathon-distance event for 2021, offering a unique challenge for those brave enough to take this on! The marathon is so-named because each half is in a different part of the estate. Split into quarters, the routes vary between valleys and woods with a few quirky tasks for you to complete along the way!

When you get to a task, once completed your race number will be marked accordingly so the finish team know you have completed everything and can award you your medal and goodies.

At the turnaround point, you'll be able to access the toilets and any aid left in your cars/bag at the event village.

**Cut-off time: 7 hours**

### **Dark Ox**

**You must have a working head or chest torch. We reserve the right to disqualify you if you do not have a working headtorch, got it?**

The Dark Ox is a potentially dangerous event with steep hills, trip hazards, low hanging branches and therefore a head or chest torch is essential. A 10.5km loop in Cranborne Chase Woods. All signs should have blue and white reflective tape on them (brand colours, innit) so they will reflect back at your head torch. That's the theory.

**Cut-off time: 2 hours**

### **Ox 50 Mile**

Run around for 8 laps, then stop. First lap will only be 4.2 miles, then all other laps will be the 6.7 miles to make 50 miles (ish).

Pro tip: Don't fall over; the ground is rock hard.

**Headtorch** – if you're going out on a lap after 7pm you will need to take a headtorch out with you.

**If you're not out on your last lap by 19.59.59pm you don't start, and you will be given an Ox Frolic time, distance and goody bag, medal, etc, instead. 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.**

If you're taking part in the Epic challenge, then please check your details on the [Epic File](#)

### **Ox Frolic**

Route is 6.7ish miles in length per loop.

**Dog runners** – have a separate start and there will be dog bowls available at waterstations for your K9 friends.

**Solos** – do as many laps as you want. So, if you want a marathon distance you start at 8am and do 4 laps. Follow the signs... easy!

**Teams start at 8.15am** – only one of you runs at a time, then you swap as and when you feel like it. Your times are all added up. Any of you can stop and collect your goodies at any time, and other members of the team can keep going.

Because of Covid changes, we're allowing Frolic runners to start at any time they wish. Just turn up as above and make your way to the start pen, read the A-frame and set off.

**Headtorch** – if you're going out on a lap after 7pm you will need to take a headtorch out with you.

### **Ox Light**

10.5km loop in Cranborne Chase Woods.

**Dog runners** – have a separate start and there will be dog bowls available at waterstations for your K9 friends.

**Cut-off time: 2 hours**

### **Ox Half**

This is a tough race, with some steep climbs, sharp descents and the most amazing views to reward yourself with. There is a small section of road to link the valleys and the woods.

**Cut-off time: 4 hours**

## **RACE STUFF**

All times are generous; you can walk them in less.

**The events are also races, so some sort of running should be involved.**

**There will be a sweeper in all races and we reserve the right to pull you out of the event if you will not make the cut off.**

**ALL RACES are CUPLESS; 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, kid's sippy cup, punch bowl – literally whatever you're comfortable bringing to run round with.

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#>

## **TERRAIN**

All 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. Blue shoes are winning shoes and if dry enough you could get away with road shoes.

## **GATES**

Most of the gates will be open; if it's shut, it's shut for a reason so please shut it behind you and 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, so 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 day's weather when deciding 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.

## 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

**Food/fuel will not be provided** – we know the Lovestation™ will be missed, but it will be back before you know it. We would encourage longer-distance runners to carry anything they need or leave it at changeover area for Saturday's races.

**For Ox of 2 Halfs and Ox Half you will be able to drop off any aid you require at Admin to be taken to the aid station on route. Please clearly label anything you are leaving with us.**

Waterstations will be evenly placed. These stations will have plenty of water and squash. **Remember these are cupless.**

Lovestation™ as well as water and squash, will have coke and beer for you.

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 FIRST LAP ONLY of the 50 Mile, the Lovestation™ will not be open.**

## MEDALS AND GOODIES

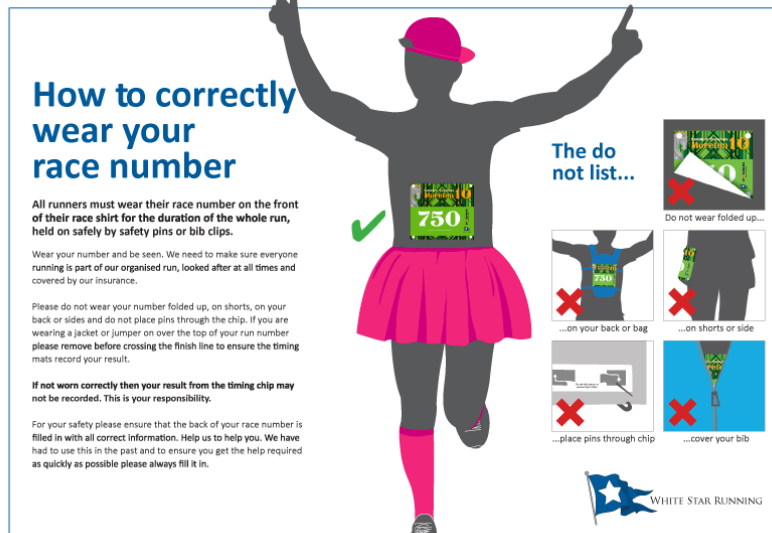
Will be laid out for finishers to take themselves. We know it's not the same experience as getting a J & J hug, but for a few months it's the safest way to collect your goodies.

Prize bundles will be given in a box to the winners.

**Mask up** – you're encouraged to wear masks or muffs around the event village. Even though it's outdoors, it's good practice while not running to reduce any risk further. **You will be required to wear them if you enter marquees** (for example admin, bar and shop) and while waiting in the start pens.

## RACE NUMBERS

These are being posted out to you and have the built-in timing chip on the back of the number; put it on and go. **You do not need to come to Admin on the race day.**



## CHIP TIMING

This event is being timed by [Timing Monkey](#) who will be on site all weekend and results will be available from their website.

## SAFETY

On the back of your number write an ICE number and any medical details. This will help us and you. If you're 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**

This will put you through to grumpy and harassed race controller who will assess your needs based on their caffeine intake for the day.

If you need to drop out of the race at any time 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.

**First aid** – will be provided in a secure manner if needed. You will be required to carry your face mask on route in case you need medical help so you can put it on while being seen to. We recommend you download the [what3words app](#) to help give accurate location markers.

## BAGGAGE

**No key drop** – we ask you to carry your keys or keep them safe. Runners will be able to leave their bags in the large marquees, which will have an entry and exit clearly signposted.

For Frolic and 50 Mile race, teams are encouraged to make an area away from others and set up a socially distance area for themselves when they need to get items.

**We would recommend you bring your own chairs to sit on and spread out to cheer in the large field.** Please limit spectators that you encourage to come along. If they want to watch, please avoid the busy start/finish areas, wear masks when shouting encouragement and limit contact if supplying aid to runners.

## CHANGING

There isn't any. We feel nudity in the middle of field in Wiltshire is more fun.

## SHOWERS & TOILETS

There are showers and portalavs onsite; please clean up after yourselves. They will be cleaned each day between 8am-8pm, but there will also be a non-toxic hygiene spray available for your own use. We recommend you spray door handles, toilet seat, toilet roll holders, sanitiser push button, shower buttons and hooks.

## REFRESHMENTS

**We have catering teams onsite** for the whole weekend.

[Steph at White Star Catering](#) will be supplying her usual yummy selection of food throughout the day. The team will be accepting cash, paypal payments and card. Please stand back from the van until you are called forward.

Rosie & the team from [Grounded Coffee](#) will be supplying hot and cold refreshments over the weekend, alongside snacks and sweet treats.

[Dorset Poffertjes Company](#) will be returning to serve you up delicious little Dutch pancakes with yummy toppings.

**For all catering outlets you will be required to wear your mask/muff while queuing, maintain social distancing rules and card payments are preferable.**

Unfortunately, we are unable to have a bar serving at this event due to the Covid 19 regulations around table service when serving alcohol. Bring your own and a bit for us.

## CAMPING

Book camping [here](#) before midday on Wednesday 19<sup>th</sup> May.

The campsite, start/finish are all in the same area and there is plenty of space. Please spread out across the fields to help maintain social distancing.

If you bring your dog, clear up after them. Sheep graze the fields 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 and they must not be disturbed.

White Star staff will be onsite all weekend; please rock up from Thursday afternoon as we have permission for camping all weekend. We cannot guarantee the security of valuables, so please lock them in your car out of sight.

Water is available from an outside tap on the side of Cuttice Lodge or corner of the field by the pedestrian entrance.

**Rubbish** – thanks to our new partnership with [Junk-0-Saurus](#) there will be bins and ton bags to put rubbish and recycling in. Please dispose of rubbish responsibly. When leaving the site, please throw any bagged rubbish into the van on site.

## PHOTOS

Race photos are expensive, so we have our own photographers and make [photos available to you](#)

## WSC SHOP

**WSC will have a limited shop available on site.** The shop will only have very limited items, particularly those things you might need at the last minute like reusable cups and events

clips. (Don't forget that the races are cupless and we won't be supplying safety pins! You have been warned.)

To visit the shop on the day, you will need to follow the entry/exit signage and there will be a limit on the number of people inside the marquee at any time. We ask that you wear a face mask. We can't let you try items on at this time, but the shop team will do their best to guide you with sizes and hold up different items for you. Please respect our team and the safety measures we have in place.

But what helps us the most is if you pre-order any goodies you want to buy. Click and collect means we can pack your order in advance and safely pass it to you on the day.

### **Use code 'OX' in the discount box at checkout for collection from the event 21st-23rd May**

Ox-specific items can be seen here, including new 2021 technical t-shirts:

<https://whitestarclothing.co.uk/collections/ox-races>.

**Ox Epic hoodies** will be available after the event, but you can pre-order them now:

Over the Head <https://whitestarclothing.co.uk/collections/ox-races/products/preorder-2021-ox-50m-over-the-head-hoodie>

Zip-up [PreOrder 2021 Ox 50m Zoodie | White Star Clothing](#)

## **FINAL POINTS**

**These are your race instruction to avoid** large crowds gathering; your on-the-day instruction will still come from the maestro Andy Palmer, via video a few days before the race for you to watch. So, keep an eye on your emails. There will also be an A-frame with any last-minute changes by the start pen on race day for you to read.

Our events are planned to feel as White Star as they can within the current restrictions that we must follow. The biggest way that they will feel like WSR events is that you are there!

We can't wait to see you back running, and encourage everyone to come along and enjoy the events. But please follow the rules and guidance we issue to keep you and our team safe. All of this will mean we can return to a 'normal' White Star experience all that bit quicker, once all restrictions are lifted.

If at any point don't feel safe at an event or have some concerns, please come to the Admin area so they can be addressed and dealt with as soon as possible, to make sure all our events are safe for everyone.

## **THINGS TO REMEMBER**

- This is deepest, darkest Wiltshire; the nearest cashpoint will Blandford or Salisbury
- Bring insect repellent. It should be okay on that field, but just in case
- Bring torches; there are no streetlights 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 away

**Enjoy the Weekend**