



Race Instructions 2021

Hello and thank you for signing up to the Crafty Fox Races, based at Brewery Farm, named so because it was the original site of the Hall and Woodhouse Brewery.

The farm is a working farm, and we are immensely grateful to the Wallis family for looking after us.

Soooo what's occurring? Well, read below.

EVENT TIMETABLE

Friday

3pm – Campsite opens

5-7pm – WSC Shop open and Admin open

[Brewery Farm shop](#) – open until 5pm

Saturday

8am-5pm – WSC Shop open

[Brewery Farm shop](#) – open 8.30am - 5pm

9am – Marathon start

9.30am – Cub Race start

Sunday

8am-2pm – WSC Shop open

[Brewery Farm shop](#) open 9am - 2pm

9am – Half Marathon start

5pm – Campsite needs to be clear

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. If your phone is not capable of QR capability and we notify you of a possible case, you will need to complete contract tracing to manually track and trace those you have come into contact with: [NHS Test and Trace \(phe.gov.uk\)](#)
- **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.**
- Camping needs to be pre-booked by **Wednesday 9th June** (see Camping section).
- Any WSC orders need to be made by **Tuesday 8th June** (see WSC section).
- All the latest information on the event is in the [Facebook Event](#).

DIRECTIONS TO EVENT

Please allow more than adequate time to get to the event. We won't hold the race because you are stuck in traffic. Brewery farm is easy to get to on the A354; any other way is reeeeeaaally complicated.

Sat Navs use this address: Ansty, Dorchester DT2 7PN

Use this link; it's dead handy: [Brewery Farm holiday accommodation and camping in Dorset \(breweryfarmdorset.com\)](http://breweryfarmdorset.com)

THE RACE / ROUTES

The races take place in the valleys and hills in and around the areas of Ansty, Bulbarrow and Melcombe Bingham in Dorset. The course is hilly. You can run or walk up the hills, and on the down you can go 'WEEEEEEEEEE' and flail your arms madly. Trails, grassy bits, a bit of road, farm tracks and sections through crops. These are a tough set of races with some steep climbs, sharp descents and the most amazing views to reward yourself with.

The course will be well marked with 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 30 – 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 30 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 start your race. Have your mask or muff on when in the event village and starting pens. **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.

Marathon

Your route heads out of Brewery Farm, along Dorsetshire Gap and on to Church Hill. Then making your way south passed Higher Hill, Plush Hill, Whitcombe Hill and Dole's Hill Plantation. Continuing on to cross the other side of Luscombe Bottom, on to Higher Melcombe, then heading west to pick up the 2019 route through Combe Hill, Hilton and Bulbarrow Hill, before returning into Brewery Farm.

[Crafty Fox Marathon 2021 \(ordnancesurvey.co.uk\)](http://ordnancesurvey.co.uk)

Cut-off time: 7 hours

Cub Race

Your route starts the same as above, heading along Dorsetshire Gap, along to Higher Melcombe but then you will be split off to complete a smaller loop to finish your distance at Nodon Hill, before returning into Brewery Farm

[Crafty Fox Cub 2021 \(ordnancesurvey.co.uk\)](http://ordnancesurvey.co.uk)

Cut-off time: 3 hours

Half Marathon

This route remains unchanged from 2019 and includes the climb through Dorsetshire Gap, Green Hill and Bulbarrow Hill for a really challenging half route. If you want a flavour, see Olivia's race review from her experience: [Crafty Fox Half Marathon – race review - Run Deep Magazine](#)

[Crafty Fox Half Marathon 2021 \(ordnancesurvey.co.uk\)](#)

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: <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 several road crossings of tarmac and some made, unmade and almost-made road.

Shoes: difficult one. We recommend a soft trail shoe; road shoes may not offer enough protection, but the choice is yours.

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. There are also lots of barbed wire fences that have kindly been carpeted for you – please take care. Where there are electric fences, if possible we will have laid it on the ground for you to exit, otherwise use the coloured handle to undo and re-do to keep animals safe and farmers happy.

WEATHER

The race is in the countryside in June, and as we have seen in the past couple of years the British springtime can vary from beautifully 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 climate. BITES: Insect repellent is suggested as there maybe some aggressive foliage and will be things to bite, sting or scratch you too.

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 use the drop facilities as described below.

Water stations are approximately 4 miles apart and will have water and squash provided. **Remember these are cupless.**

For marathon runners, you will be able to drop off your own aid to get taken to the water stations at 8 miles, 16 miles and 23 miles. Please label with your name/number and leave in box provided at admin before you start.

Saturday Marathon waterstations at 4.5 miles, 8 miles, 11.5 miles, 16 miles, 20 miles and 23 miles. Lovestation™

Saturday Cub Race waterstation at 3 miles and finish.

Sunday Half Marathon waterstations at 3 miles, 5 miles and 8 miles.

Lovestation™ – as well as water and squash, we will have cola and beer for you.

We ask everyone dispose of the litter at the water station or carry it with you to the next one.

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 and shop)

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.

MASSAGE

[Run Fit Fordingbridge](#) have been providing massage at the Spring Larmer Tree Races for the last few years and will be at some of our other events this year.

Because of the close nature of mass massage at events, we're unable to offer this service at events until Step 4 of the unlocking roadmap. So, the team has kindly offered some discount codes for you runners for those events they can't attend in person.

Your code offers you 20% off a 30-min sports massage (full price is £25). It will be in their treatment rooms in Fordingbridge. With generous valid from and to dates, you have plenty of opportunity to take up this offer.

Visit the website <https://www.runfitfordingbridge.co.uk/book-online> and select the Massage tab. Select the date and time to suit you and enter the voucher code at checkout to get the discount.

Crafty20 (valid 12th June - 30th July)

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.**

If you entered after 25th May, you will need to collect your race number from Admin.

If your race number does not arrive in the post, do not panic, come to admin to collect a replacement number before your race.

How to correctly wear your race number

All runners must wear their race number on the front of their race shirt for the duration of the whole run, held on safely by safety pins or bib clips.

Wear your number and be seen. We need to make sure everyone running is part of our organised run, looked after at all times and covered by our insurance.

Please do not wear your number folded up, on shorts, on your back or sides and do not place pins through the chip. If you are wearing a jacket or jumper on over the top of your run number please remove before crossing the finish line to ensure the timing mats record your result.

If not worn correctly then your result from the timing chip may not be recorded. This is your responsibility.

For your safety please ensure that the back of your race number is filled in with all correct information. Help us to help you. We have had to use this in the past and to ensure you get the help required as quickly as possible please always fill it in.

The do not list...

- Do not wear folded up...
- ...on your back or bag
- ...on shorts or side
- ...place pins through chip
- ...cover your bib

WHITE STAR RUNNING

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.

CHANGING

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

SHOWERS & TOILETS

There are showers and portalavs onsite; please clean up after yourselves. They will be cleaned on Saturday between 8am-5pm and Sunday 8am-3pm, 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.

Please, please, please **bring your own loo roll**. Too many were pinched from our first event back, so we will be going back to not supplying loo roll. Some will be available from the shop if you forget yours [Loo Rolls | White Star Clothing](#)

REFRESHMENTS

We have catering teams on-site for the whole weekend.

[Steph at White Star Catering](#) will be supplying her usual yummy selection of food throughout the day. Open for breakfast, lunch & dinner and alongside her usual menu, there will be Veggie, Vegan and gluten free options available at all.

To **pre-book your evening meals** to guarantee they have got your first choice, visit the booking here, complete your details, select your meal and then on the night give your name to the team at the van who will prepare your meals and take payment from you.

Friday night: [White Star Running \(fullonsport.com\)](#)

Saturday night [White Star Running \(fullonsport.com\)](#)

If you don't pre book they will have other food available for you to purchase on the night.

Cash payments preferred, card payments can be taken. Please stand back from the van until you are called forward.

Mel and the team from [Totally Wonderfue!](#) will be supplying hot and cold refreshments over the weekend, alongside snacks and sweet treats. The team ask you to sanitise your hands before approaching the counter. They are also delighted to give you as much milk and sugar as you like, but they will serve them. They can do 'contactless coffee' so if you want to use your own cup, take off the lid and pop it on the tray on the counter and they will fill without touching.

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

Jen will also be on site with her ice cream van for you once more.

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

The lovely **Fox Inn pub** at Ansty, across the road from the event village, will be happy to serve you. Open Friday- Sunday 12pm-late, with food served throughout. See the full details here: [Eat & Drink at The Fox - Locally & ethically sourced - The Fox Inn \(foxinnansty.co.uk\)](#), with an outdoor bar for easy takeaway orders or inside seating if you book.

CAMPING

Book camping [here](#) before midday on Wednesday 9th June.

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. Please keep your dogs under control at all times and on leads.

White Star staff will be on-site all weekend; please rock up from Friday 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.

Rubbish – thanks to our new partnership with [Junk-0-Saurus](#) there will be ton bags to put rubbish and recycling in. Please dispose of rubbish responsibly.

PHOTOS – Race photos are expensive, so we have our own photographers and make [photos available to you](#) and are posted as albums in our [Facebook group](#).

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 and don't touch the display items.** 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 'craftyfox' in the discount box at checkout for collection from the event

FINAL POINTS

These are your race instruction; your on-the-day instruction will still come from the maestro Andy Palmer, when he gathers you to start the races.

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

- These are a tough set of races – be prepared!
- 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 or purchase from the shop [Loo Rolls | White Star Clothing](#)

Enjoy the Weekend