



Race Instructions 2021

Andy & Nicola are getting married and we're putting on a race to celebrate.

They would like to **share our day with as many people** as would like to come and join us!

Camping is available, there will be food and booze to purchase on-site, a disco on the Friday night, barn dance on the Saturday night and a chill-out bar to rest your weary feet.

Soooo what's occurring? Well, read below.

EVENT TIMETABLE

Friday

3pm – Campsite opens

5-7pm – WSC Shop open and Admin open

6pm Bar Opens

8pm – Open air electric music choices of the Bride & Groom

Saturday

7am-3pm – WSC Shop open

7am – 7.45am Admin open

8am – Race start

Midday – Bar Opens

3.15pm – last lap can be started

5.30pm – Wedding Ceremony for invitees only

7.30pm Black Sheep open air Barn Dance – all welcome. Due to covid rules you'll need to dance with your bubble.

Midnight – Bar closes

Sunday

3pm – 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 contact tracing to manually track and trace those you have come into contact with: [NHS Test and Trace \(phe.gov.uk\)](#)
- **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 7th July** (see Camping section).
- Any WSC orders need to be made by midday **Wednesday 7th July** (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.

Use this address in satnavs and as you get closer follow the WSR signs

Myncen Farm, 83 Myncington, Blandford Forum, DT11 8DH

THE RACE / ROUTES

The race takes place all on private land within the Farm, mostly dusty tracks, fields, crops and grass. There are some wild flowers and crops so please take care in these fields with your footing.

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.**

This is a **Solo Frolic** type event around a 5.5km route on the farm. The trails aren't overly hilly, but it's bit demanding underfoot in places.

There will be a race briefing at 7.50am for those taking part in the mass start but because of Covid changes, we're allowing you to start at any time you wish. Just turn up as above and make your way to the start and set off once you have made the timing team aware you are starting.

RACE STUFF

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, there are several farm roads on the route 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 July, 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!'

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 runners to leave their fuel in the gazebo's at the start/finish area to get to on your laps.

There maybe a few surprise treats but please be assured they have been prepared in a home and will be served with appropriate PPE practises.

Water station at the start/finish area will have water and squash provided. **Remember these are cupless.**

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

Bespoke medal, squeaky, snack and a bottle of cider (or soft drink) for all finishers.

Prizes for Best Fancy Dress and Furthest Run (male and female) will be awarded by the happy couple.

RACE NUMBERS

Can be collected from Admin on the Friday or Saturday before the race start.

For those attending the wedding ceremony you will also need to collect a goody bag with your wristband in.

A reminder on how to wear your race number is below and can be seen in this video too in order to make sure you get accurate reads from your timing chip that is attached to your number <https://youtu.be/OXKjwCUaU8U>

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 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. See [this video](#) on what to expect at a Frolic.

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 gazebo's.

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, 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.

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 Wonderfuel](#) 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.

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

CAMPING

Book camping [here](#) before midday on Wednesday 7th July.

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.

Water is available from an outside tap by the barns.

ABSOLUTLEY NO FIRES or BBQ's as an arable farm

Saturday Evening

For those not invited to the wedding ceremony you are still welcome to stay on site and enjoy the cash bars and catering outlets. You will also be able to attend the Barn Dance.

Because social distancing is still in place **we cannot do a full barn dance**. If there are enough bubbles or families with 8 in a group, the band will do most of their instructional dances or they will just play music for all to dance to and enjoy.

Rubbish – thanks to our new partnership with [Junk-0-Saurus](#) there will be ton bags to put rubbish and recycling in around the site. 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 'wedding' 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 Groom, 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

- 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](#)
- Bring cash for the bar
- **No FIRES or BBQ's**

Enjoy the Weekend

