

## Ox Races 2022 Race Instructions

Let's do some of that trail running thing! The second event in our 2022 race calendar is the epic weekend of Ox Races and we return to the Rushmore Estate, which feels like our second home. As we've said before, we're grateful to the Rushmore Estate team for their support and help for a 7<sup>th</sup> year.

Here are the amazing and overly long race instructions for you to read. Keep reading... there may be a prize!

Couple of small changes/upgrades. The Frolic (second lap onwards) and 50 Mile laps are all 5 miles; the route we think is a little flatter this year as well... maybe. The Dark Ox is still in the dark, and Light Ox is not in the dark. The Half Marathon is a jolly romp in the hills.

One thing that we pride ourselves on is working with very local firms when possible. So for our races over Cranborne Chase (it's a real place, Google it), we're using Cranborne Chase Cider (<https://cranbornechasecider.co.uk/home>) and a new brewery based on the estate next door, Gritchie Beer (<https://www.gritchiebrew.com/>).

### **Friday 6<sup>th</sup> May**

2pm – Campsite opens

5-9pm – Admin & White Star Clothing shop open

**8.45pm – Dark Ox Race Briefing**

**9pm – Dark Ox Race Start**

### **Saturday 7<sup>th</sup> May**

7am-5pm – White Star Clothing shop open

6.30am – Admin open

**7.15am – Ox 50 Mile Race Briefing**

**7.30am – Ox 50 Mile Race Start**

**7.35am – Solo Frolic Dog Race Briefing** (A quick briefing for dog runners at the start, but **please don't bring your dog** to this)

**7.45am – Frolic Dog Race Start Only**

**7.50am – Frolic Race Briefing**

**8am – Frolic Race Start**

### **Sunday 8<sup>th</sup> May**

7am-2pm – White Star Clothing shop open

7am – Admin open

**8.00am - Light Ox Dog Race Briefing** (A quick briefing for dog runners at the start, but **please don't bring your dog** to this)

**8.15am – Light Ox Dog Race Start Only**

**8.20am – Light Ox Race Briefing**

**8.30am – Light Ox Race Start**

**10.15am – Ox Half Race Briefing**

**10.30am – Ox Half Race Start**

## Pre-Event

Covid is here to stay for the long term, and we're all learning to adapt to new ways of living. We introduced some different ways of operating last year and are planning to keep some of those key adaptations to [continue to operate safe events](#).

We wanted to provide reassurance that we recognise it's still a consideration when you sign up to events. For 2022, if the deadline passes and you're unable to attend the race because you test positive for Covid or are injured, we will let you [complete the race virtually](#) and send you your medals and goodies. You just need to email the team on [info@whitestarrunning.co.uk](mailto:info@whitestarrunning.co.uk) before or over race weekend to let us know you are a DNS (Did Not Start).

### **Recommended hygiene protocols and race day essential rules:**

- **Use hand sanitiser on arrival at an aid station, before using a pen, before eating or while at the shop**
- **You will need to bring your own safety pins/event clips to attach your number on**
- **You will need to bring your own cup**
- **If you feel unwell, please do not attend the event**

## Travel

**By car:** Use the postcode **SP5 5QB** in sat navs to navigate to Rushmore Park, which will lead you to our event field. When you get close you will be able to follow the brown Rushmore Golf Club and White Start Running signage.

### **SIGNAGE FROM THE ROAD. GOT IT?**

**Day parking:** Free parking is available in the field adjacent to the event field. Free, unlike some other races... mentioning no names, LOL. There may be some parking marshals to help you out, but if not please follow the signs and park sensibly in the field (it's massive so take up as much space as you want), but please do not park on the roads or in the small car park next to Jubilee Lodge.

We'd love it if you could car share. This helps with the environment and carbon footprint etc. Here's a great website: <https://liftshare.com/uk>; please make sure you feel safe and happy before offering/accepting lifts. Or you can ask in the [Facebook Group](#).

**Hotels:** There is a list of B&Bs and hotels on our website: <http://whitestarrunning.co.uk/local-accomodation/>

## On Site

We will have posh coffee and teas, etc, available thanks to **Grounded Coffee**.

Bill will be serving from the **Cranborne Cider Shack** both evenings and during the day.

**Food:** Will be available to buy from our Steph at **White Star Catering** and will be served from 7am each day.



**Medals and goodies:** All runners will receive their medal. For those of you who have opted to donate your goodies to the [Wild Woodbury project](#), thank you! We're pleased to offer this option for those looking to gift the goodies portion of your entry fee to this local environmental project, and we're excited to say that at the time of writing these instructions, 7% of you have chosen to do so. You will see a sticker on your race number so the finish-line team know you have kindly gifted your goodies.

If you haven't done so yet, you can still donate your goodies, or answer the goodies question on your entry to ensure you have what you need (dietary requirements) by editing your entry [information here](#) (as long as you have [set-up an account](#) and [imported your booking to your account](#)).

For those claiming their goodies, this year you will receive:

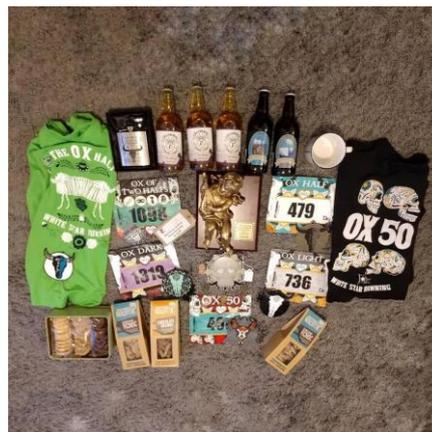
Dark Ox – Cranborne Chase Cider and Moores Biscuits

50 Mile – T-Shirt and Muff

Frolic – Gritchie Lager, Muff and Bottle Opener

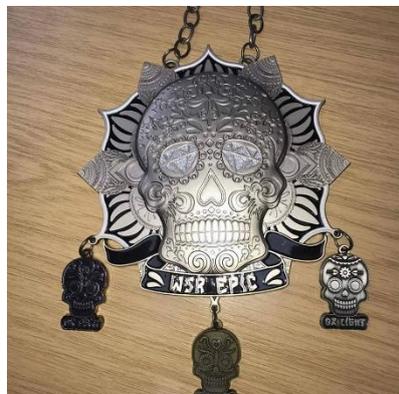
Light Ox – Gritchie Lager and Fudge or Biscotti

Half Marathon – T-Shirt



### EPIC Challenge

If you're planning on completing the Ox 50 Mile race and at least one other race over the weekend, you are eligible to receive the Ox Epic medal.



Currently those entrants showing as being listed as eligible for the Epic Challenge can be seen [here](#), as of 11<sup>th</sup> April.

If you want to be eligible for the Epic challenge, please log into your account and edit the answer to the Epic question as part of your 50 Mile entry.

See links above if you're yet to create an account and import your entry, in order to edit its details.

We usually offer Ox Epic Hoodies after the event for those who complete the 50 Mile race and wish to purchase it. Because we customise them with the individual race badges, they normally take a veeery long time to make. This year we will be offering a hoody to pre-order after the race that will be the same design as the T-shirt with the word 'Epic' on it.

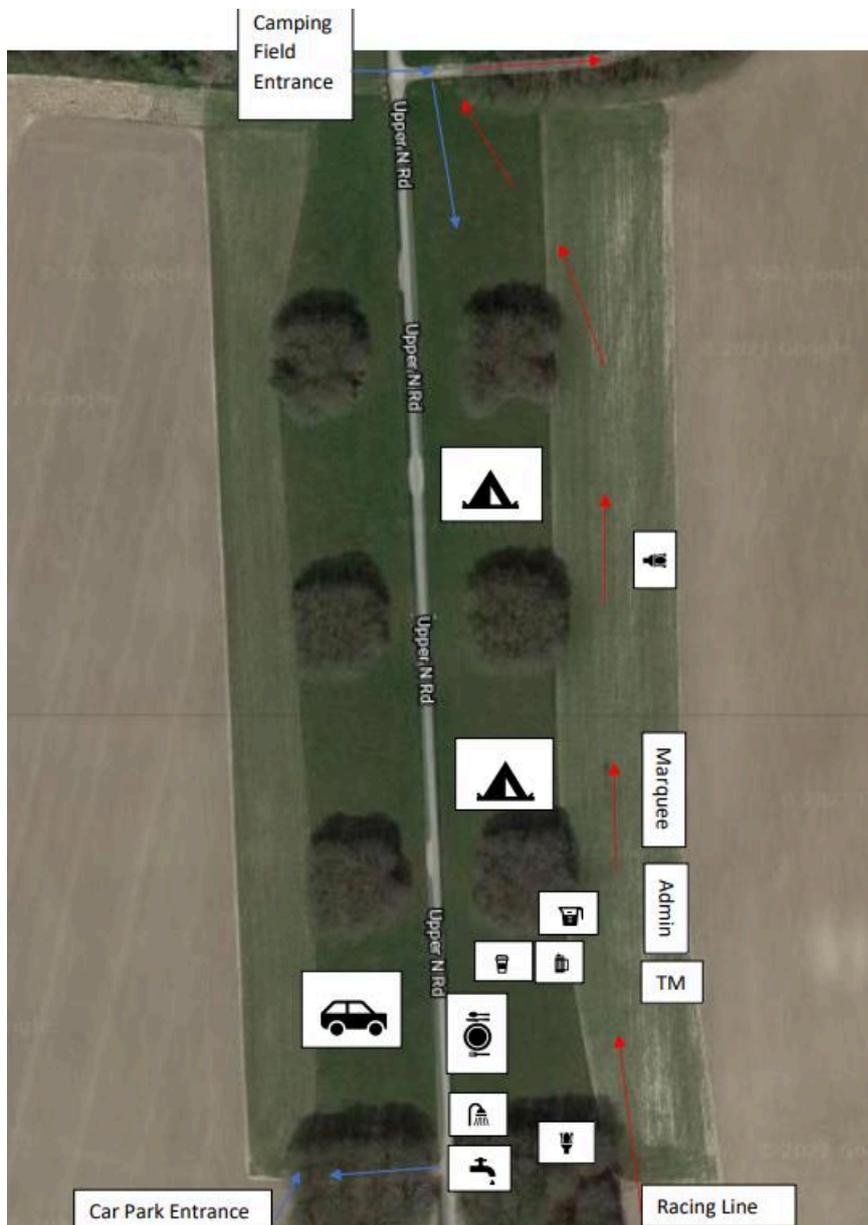
**White Star Running shop:** We will be on site selling our own branded t-shirts, hoodies and lots of other goodies. There will be some amazing sale items available from our sublimation range, as well as a fab **buy one, get one free** offer – more to be revealed soon. You can pay buy cash, card and Apple/Google Pay if signal is being kind to us; otherwise we can only take cash or a manual card payment from your card details, which will be processed once we can get WiFi each evening.

You can also **click and collect** any items from our online shop until **Wednesday 4<sup>th</sup> May** for us to pack and bring with us for you to collect.

Just use the code **OxRaces2022** at checkout: [www.whitestarclothing.co.uk](http://www.whitestarclothing.co.uk)

**Showers and 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 as well as hand sanitiser. Please remember to **bring your own toilet roll**.

**Camping:** Book camping [here](#) before midday on **Wednesday 4<sup>th</sup> May**. The campsite and start/finish are all in the same area and there is plenty of space. Please spread out across the field, it is massive as you can see! **BRING TOILET ROLL**.



If you bring your dog, clear up after them. Sheep graze in 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.

White Star staff will be onsite 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 on the side of Cuttice Lodge or corner of the field by the pedestrian entrance. Look out for our Water flag to locate the tap easily.

Off the ground firepits and BBQs are allowed at this event; we just ask there not to be a visual sign you have had one after the event and you take sensible safety precautions when using and disposing of them.

Basically, be an adult and no raging infernos!

## **RACE INSTRUCTIONS**

Yes, it is a race.

### **Race Numbers**

These are all to be collected over the weekend from the Admin marquee. Following Spring Larmer's successful [dynamic bib assignment](#), we will be continuing with this and numbers will be allocated on arrival. Dynamic bib assignment is a great phrase to be fair... Andy has no idea what it means.

**Chip instructions:** Built into the number is your timing chip; put it on and go. Don't go near the finish line again once you've crossed at the finish, or you will get a false reading and this will make us unhappy. Please make sure you **wear your race number correctly** so it can be picked up.

In a bid to be more environmentally conscious, **we do not supply safety pins** for attaching your race number. **Please remember to bring your own** or wear a number belt or use some **event clips**. A [WSR set are available](#) in the shop and you can collect them at the event.

## 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

If the weather is inclement, you will need to unzip your jacket while crossing the finish line so the mats can read your timing chip.

**Results:** 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, please 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. Please be aware there are a vast number of chances to trip up and break something, so **please watch your footing.**

### Kit

**Cups:** **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, baby's bottle, 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#>

**Baggage:** Please give us your car keys. Just yours mind; it's not a swingers' party. Leave your gear in the car; it's easier. You can write a baggage label with your race number on and then hang your keys on the board. Presentation of your number will get your keys back; we will only give the person wearing the number their keys. There will **NOT** be a place to store

your bags at the finish. Please note, you leave keys at your own risk. If we like the look of your car, we reserve the right to take it for a spin round the car park.

For the Frolic and 50 Mile races, runners and teams are encouraged to make an area to cheer from. **We would recommend you bring your own chairs to sit on and spread out to cheer in the large field.**

## **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.

**Routes are available on the [route map page](#) of the Clubtrac entry site.**

**Terrain:** All races are trail races; you knew this right? So all of the routes are off road, manly on well-used trails or tracks. Most races are hard pack trail and wide paths, but there are areas where it narrows and lots of opportunities to trip over.

**Shoes: Blue shoes are best.** Difficult one; trail shoes are recommended – something with a grip. That said, studs and spikes are not a good idea. We wore a variety of shoes over the terrain on our test runs. Wear what's comfortable, as long as it is blue.

**Cut offs:** All times are generous; you can walk them in less. The event is also a race, so some sort of running is involved. There will be a sweeper and we reserve the right to pull you out of the event if you will not make the cut off. ***SWEEPERS ARE GODS***; listen to them please.

**Aid stations:** Water stations will be evenly placed and will have plenty of water and squash; remember you're running with your own cup.

<b>Race</b>	<b>Aid Station</b>	<b>Mileage</b>	<b>Aid Station</b>	<b>Mileage</b>	<b>Aid Station</b>	<b>Mileage</b>
Dark Ox	Lovestation™	3.5m				
50m/Frolic	Lovestation™	2.5m	Start/Finish	5m		
Light Ox	Lovestation™	3.5m				
Half Mara	Water/Squash	3.2m	Water & Sweets	6.8m	Lovestation™	10.5m

**Lovestation™:** Oh yes, the Lovestation will be here! This is where you will be looked after by the team. Now these aid stations are designed for you to get some cake, jelly babies, etc, and there will be beer and a few savoury bits.

**For your FIRST LAP ONLY of the 50 Mile and Frolic, the Lovestation™ will not be open; alcohol will be available from mid morning.**

## **Dark Ox**

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

This race is a great introduction to night running, in a safe environment. Don't get us wrong it is still potentially dangerous with steep hills, trip hazards, low hanging branches and therefore a head or chest torch is essential. A 10.5K 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/chest torch. That's the theory.

**Cut-off time: 2 hours**

### **Ox 50 Mile**

Run around for 10 laps, then stop. Laps are 5 miles and you will be able to leave fuel/bags etc in the gazebos near to the start/finish line so you have everything you need close at hand.

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 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.**

### **Ox Frolic**

Route is a **first lap of 6.25 miles** in length and then continuous laps of the 5-mile loops; this is to easily allow those running a marathon to complete the distance without too much excess mileage (because we know you all love that).

**Dog runners:** Have a separate start and there will be dog bowls available at the waterstation for your canine friends. If you've opted in to your goodies, your dogs will also receive a little something for their efforts.

We are lucky to have a student, Vicky, in her final year at the Mctimoney college of chiropractic doing an MSc in Animal Manipulation (chiropractic), visiting for her research project. Vicky loves running with her dogs and this study aims to heighten well-being and hopefully keep long, happy dog running through their lives.

She has chosen to look at dogs taking part in canicross and the training they undertake in relation to spinal misalignments and the potential for chiropractic treatment to improve performance and well being of our canine running partners.

She is looking to talk to owners during the Frolic event to gather data to give a snapshot of larger population of dogs. You will just be require owners to fill in a short questionnaire and allow Vicky to assess your dog by feeling for spinal and pelvic misalignments, which will take a couple of minutes- the data anonymous.

Please stop by the Horse Box on the finish-line whilst you're having a break from running to help Vicky with her research and say hi.

**Solos:** Do as many laps as you want. So, if you want a marathon distance you start at 8am and do 5 laps. Follow the signs... easy!

**Teams:** 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. If you're new to Frolicing please check out [our handy guide](#)

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

### **Ox Light**

10.5K loop in Cranborne Chase Woods, which is a great recovery run if you have previously run over the weekend or a lovely gentle Sunday morning run. Through the woods with wild garlic and fab bluebells, this race is a great introduction to trail running. It's not overly hilly and as a starter 10K this is a great opportunity for you to step up without calling air sea rescue.

**Dog runners:** Have a separate start and there will be dog bowls available at the waterstation for your canine friends. If you've opted in to your goodies, your dogs will also receive a little something for their efforts.

**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. Think a bit like Larmer but warmer. There is a small section of road to link the valleys and the woods, and marshals will be on crossings to help. As half marathons go this is quite tough due to the climbs and the terrain in the valley section.

**Cut-off time: 4 hours**

## **Race Stuff**

**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. If you are reading this sentence, we thank you for reading these race instructions and would like to give you a free gift, which you can claim by coming to see Gemma over the race weekend at the marshals' tent and say the word 'Helicopter'.

**Litter:** We run in areas of outstanding natural beauty. We do not tolerate littering. We run our races with consent of the farmers and landowners of Dorset and Wiltshire. Please, please, don't throw your litter on the ground; pop it in a pocket or hang on to it and deposit at an aid station.

**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 bulk white bags.

**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 beautifully warm to belting down with rain. So please take into consideration the previous day's weather when considering what to wear on your feet. Trail shoes are recommended. Remember, you are a roughy tuffty trail runner... bad weather means nothing to you.

**iPods and 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 Dead Green and Mouldy album by Slayer; 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 milk tanker out there and you need to hear them and any instructions/warnings from marshals.

**Race photos:** We have a new race photo system where you can search for your pictures after the event by your race number or with a selfie to identify pictures you are in. You'll find the event album [here](#).

## **Final points**

### **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
- Bring TOILET ROLL and safety pins and a cup

## **FAQs**

Based on feedback from our other races.

### **Q. White Star Races have a reputation for being the wrong distance...**

A. It's a trail race, not the Olympics. We dare you, yes dare you, to create an off-road race and get the distance spot on.

### **Q. How hilly is it?**

Well, the Dark Ox, 50 Mile, Frolic and Light Ox are pretty flat this year; the Ox Half... less so. Actually, the Ox Half has some pretty dramatic downhills, so please be aware of this when you're hurtling down a steep incline. Newton's Law of Trail Running states that "every downhill is cancelled out by a gurt hill on t'other side"

### **Q. Is there a cashpoint in the village?**

A. No. The nearest free cashpoint is Blandford. Bring cash with you or use cashless payment touch points, etc.

### **Q. What is the weather going to be like?**

A. We are just consulting our Mother Nature hotline now. Our last few reccys have been dry and hard underfoot, but who knows what the next few weeks will be like!

[www.whitestarrunning.co.uk](http://www.whitestarrunning.co.uk)

**Enjoy the Weekend**