

Giants Head 2022 Race Instructions

Welcome to the long-awaited return to Giants Head

We return to the beautiful village of Sydling St Nicholas for a weekend of racing and dancing.

Spinning willy medals, giant ice creams, camping and some gurt hills!

The barn dance returns in the Village Hall, along with some amazing home-cooked food.

The villagers love welcoming you all for the weekend and enjoy chatting with everyone. We have all missed putting on this race over the last couple of years, but they're ready to welcome us all with open arms.

Here are the beautifully crafted and overly long race instructions for you to read.

Villagers' timetable

Friday

Noon	Bar opens for the day in the Marquee	Village Hall Grounds
From 3:00 pm	Registration	Village Green
	Camping	Village Campsite
6:30pm	Pasta Supper (Pre-ordered online)	Village Hall
8.00pm	Pasta Supper (Pre-ordered online)	Village Hall

Saturday

6.30am	Breakfast: Bacon Rolls, Porridge, Tea & Coffee	Village Hall
8.30am	MARATHON START	Village Green
10.00am	10K START	Village Green
10.30am – 4.30pm	Tea, Coffee & Cake	Village Hall
11.00am	Bar opens for the day in the Marquee	Village Hall Grounds
Noon	BBQ with Pork Rolls and Beef, Vegetarian & Vegan Burgers	Village Hall Grounds
6.30pm	Chilli Supper (Pre-ordered online)	Village Hall
7.30pm	Barn Dance – Black Sheep Band	Village Hall

Sunday

7.30am	Breakfast: Bacon Rolls, Porridge, Tea & Coffee	Village Hall
10.30-11.30am	Tea & Coffee	Village Hall
9.00am	BELL RACE START	Village Green
11.00am	Bar opens for the day in the Marquee	Village Hall Grounds
10.30am	HALF MARATHON START	Village Green
12.30pm	Sunday Lunch (Pre-ordered online)	Village Hall

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 before or over race weekend to let us know you are a DNS (Did Not Start).

Recommended hygiene protocols:

- **We highly recommend wearing a face covering in the main hall**
- **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

We are in the middle of nowhere, but thankfully nowhere is easy to get to. Sydling St. Nicholas is a small village on the outskirts of Dorchester in the beautiful county of Dorset.

By car

Sydling is 15 minutes from Dorchester and about 30 minutes from Yeovil on the A37. We are 40 minutes from Bournemouth, and 2.5 hours from London. **For sat navs, use postcode DT2 9PD.** Follow the signs; they will be on the A37 from Friday lunchtime.

Day parking: Free parking is available in the farm field in the centre of the village, behind the church, a 2-minute walk to the start/finish. **Please follow the race parking signs on the A37.** If you are heading in from the A352, just follow the signs to Sydling. We can't say it enough, **follow the signs.** Don't drive into the village, follow the signs from the A37. **Don't take the Grimstone turn off; follow the signs to Dollens Farm (postcode DT2 9PD).**

There is more than enough parking for everyone. Stop and talk to the handsome marshal at the gate and they will tell you how to get the shortcut to the village. Once you have parked, **DO NOT walk out the way you have driven in;** follow the arrows to the bottom of the field and there's a shortcut to the start and race admin – it's quicker honest.

Don't park near the start/finish or in the village

We'd love it if you could car share. This not only helps with the environment and carbon footprint etc, it also helps with having less cars to pull out of the muddy car park with a tractor. 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](#).

By train

There are direct trains from London Waterloo to Maiden Newton, a small village 4 miles away. At the time of writing, there are no trains early enough to travel from London or any of the stops en route to Maiden Newton on the day of the race. However, trains to Dorchester may be more suitable. A quick Google will get you the names of local taxi firms. Book taxis sooner rather than later.

There is a proposed rail strike this weekend – please check before you travel [Rail strike: When is it and which lines would be affected? - BBC News](#)

By bus

Please check <http://www.morebus.co.uk/> for bus details.

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

On Site

Food: Will be available from the Village Hall all weekend; see the above timetable for times.

Every year at Giants Head the village opens up and welcomes all the runners as temporary villagers for the weekend. Several of the community groups serve the food to raise funds for their good causes and as a way to chat and meet all of you.

The programme up on the website details the times for food over the weekend: [Giant's Head Weekend Programme - White Star Running](#)

Food is now open for booking here: [White Star Running : \(clubtrac.co.uk\)](#)

All options come in an adult or child size portion (recommended for under 12 years).

Friday night has two sittings, but on Saturday and Sunday, the food is served from a certain time and you can go along when you are ready, all served in the Village Hall.

Friday night: Pasta Supper – 6.30pm or 8pm

Meat Lasagne, salad and French baguette, or Pasta Bake, both with ice cream dessert.

Saturday night: Chilli Supper – from 6.30pm

Meat beef chilli, green salad and tzatziki, or vegetarian/vegan Chilli, both with fruit crumble & cream.

Sunday: Roast lunch – from 12.30pm

Roast beef, potatoes, vegetables and Yorkshire pudding, or mushroom and green vegetable tray bake, dressed with lime and coriander, both with Sydling Mess for pudding.

Bookings will close at midnight on Tuesday 21st June.

Breakfast (Saturday): Tea, coffee and toast at reasonable prices in the Village Hall from 6.30am. There will be bacon sandwiches and porridge, and there will be a microwave and hot water available for your own porridge, etc.

Hog roast (Saturday): Hog Roast and BBQ (veg & vegan available) from late morning until last runner is in. Refreshments and cakes in the Village Hall from early doors.

Breakfast (Sunday): Breakfast, porridge, bacon rolls, and tea and coffees will be available from 7am.

Bar:

The bar will be running in a very similar format to previous years, but technological advances have eventually reached Sydling St. Nicholas and you can now pay with Contactless payment! The bar will open at 11am on Friday through to 11pm at night; it'll start a bit earlier on both Saturday and Sunday, closing at 11pm on Saturday and mid-afternoon (ish) on Sunday, meaning the bar will be open for the half-marathoners and those who are stopping for the Sunday Lunch.

All beer and cider will be served cool, at cellar temperature; white wine and soft drinks will be served cold. As in previous years, there is a large container of cool water with lemon for you to help yourselves to on the bar itself.

Glasses: We are using decent polycarbonate wine and beer glasses – they are so much nicer to drink from than disposables! There will be a £1 refundable deposit on each glass –they are machine washed and re-used. We'll have to give you a pound coin in refund, as we can't refund it on your card.

Stainless Steel Cups: We have a limited number of these, which are made from recycled stainless steel in Birmingham. We had sourced the 2020 dated version, and when that marathon was cancelled we managed to get a '+1' added to the date. But, of course, the 2021 marathon was also cancelled and unfortunately Covid has wreaked havoc with the manufacturer and they have had to close that business down. They are no longer manufacturing these cups, and therefore we couldn't get any further engraving done. There are also a few from 2019. This will be your last chance to get one, and they will be available at the bar on a first-come, first-served basis.

Barn dance: We have the return of the barn dance with a live band and caller! Black Sheep are back! You will dance... yes, we know you have just run a long way; yes, your feet ache; yes, you need to rest; but no, you are going to dance! And yes, we are evil and yes, you will love it! **Band starts at 7.30pm sharp**, interval about 9pm, and bar open all night



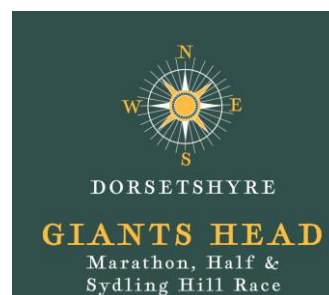
Medals and goodies: All runners will receive their medal. For those of you who have opted to donate your goodies to the [Wild Woodbury project](#), thank you! We're pleased to offer this option for those looking to gift the goodies portion of your entry fee to this local environmental project.

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

Marathon – T-shirt and Muff

Hill Race and Half Marathon – T-shirt

Bell Race – Bell



Massage (Saturday runners only): If you're running with us on Saturday, then why not treat yourself to a massage post-race to ease your aching legs? The team from Run Fit Fordingbridge will be on hand at this event. You can now pay in advance for your 15-min post-race massage. There is no timing on your booking, so just come along to the Run Fit Fordingbridge massage tent when you're ready.

If you've paid in advance for a massage, you will have priority over walk-ins on the day; handy if the tent gets busy!

Advance pay here: [Giant's Head Saturday 25th June 2022 - Massage Advance Pay | RunFit Fordingbridge](#)

White Star Clothing shop: We will be on site selling our own branded t-shirts, hoodies and lots of other goodies. You can also **click and collect** any items from our online shop until **Wednesday 22nd June** for us to pack and bring with us for you to collect. Just use the code **GiantsHead22** at checkout: www.whitestarclothing.co.uk

We will be bringing the Cow and Purveyors collections with us with some bargain buckets too, so if there is something else specific you want, please pre-order for collection at the event. Shop opening times will be **Friday: 3-7pm, Saturday: 7am – 5pm and Sunday 8am – 3pm**. . 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 Wi-Fi each evening.

Bodyshop representatives will be on site to showcase some Bodyshop products.

Campsite

Camping: Book camping [here](#) before midday on **Wednesday 22nd June**. 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, **please clean up after them. They are not allowed in the grounds of the village hall.**

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 at the top of the field. Look out for our Water flag to locate the tap easily. Keep an eye on the cows at the top of the field. If they are drinking, the water pressure drops. No, it's really true... countryside innit. Let them finish.

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!

It is a rural village and can get dark, **so we suggest you bring a head torch or some torches** to walk between the camping field and village centre, etc.

SITE LAYOUT



RACE INSTRUCTIONS

Yes, it is a race.

Race Numbers

Admin area will be on the Village Green so you can collect your race number.

Friday: 3-7pm

Saturday: 7am

Sunday: 8am

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

WHITE STAR RUNNING

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.

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 car keys and leave your gear in the car; it's easier. 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.

Showers: Are available in the grounds of the Village Hall.

Toilets: There will be portaloys on the village green and in the campsite. There is never enough, we know; we ask you to be patient. Please remember to bring your own toilet roll if you are camping.

Race Route

All the race routes are predominantly off-road. The area in the Sydling and Cerne valleys are typical Dorset chalk downs areas and drain very well. All the paths we use are usually well-maintained public access routes. The course is designed to take in the smashing views and beautiful countryside. The course follows several paths and rights of way.

We are very grateful to the landowners and farmers in the area for their co-operation in bringing this event to life. All the farms are 7-day-a-week operations and the farmers have been very helpful moving livestock allowing us to open some gates and helping with logistics. We rely on the goodwill of the landowners please don't do anything to jeopardise our good working relationships.

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

Routes are available on the [event webpage](#), with links to OS pages to download GPX files or see a flythrough of the route.

Marathon

The marathon route is very challenging and hilly, but a beautiful course running through the Sydling and Cerne valleys around and under the famous Cerne Giant. It is certainly not for the faint hearted; it is a tough race, with some steep climbs, sharp descents and the most amazing views to reward yourself with. Coming in at about 27 miles, it's a toughie. You will have to cross the A352 twice, first at Cerne Abbas (8 miles) and then at Minterne Magna (13 miles) . Both road crossings will be marshalled, and they will help you across the road. The A352 is not a busy road at these points; we don't want you splatted by a car, so please listen to the marshals and stop – don't charge straight across. There are also a couple of other short sections of road at Telegraph Hill, Whites Wood and Up Sydling. We hope to have these areas marshalled too but stay close to the side and look out for cars.

Cut-off time: 7 hours and 37 minutes

Hill Race

The Sydling Hill route is a very challenging hilly 11K course running through the Sydling and Cerne valleys. It climbs up Shearplace Hill, before continuing on to Crete Hill and Ridge Hill, before returning to the Village Green.

Cut-off time: 2.5 hours

Half Marathon

This year we're giving you the chance to try a new Half Marathon course, which complements the other distances available over the weekend. It will be hilly; there will be an epic medal with a willy on it; you will be running over lots of the terrain that the marathon runs on... except it's only half the way... well 13.5 miles! There is a small section of road at Up Cerne before passing Great Pond and heading along the Cerne Abbas way. Then a tough climb to Weather Hill before a drop and climb onto Wessex Ridge way before returning to the village.

Cut-off time: 4 hours

Terrain: Is often dry and dusty on these routes, mostly tracks with some field paths and grass mixed in.

Shoes: 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.

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 in all races, 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**.

If you have a hydration pack or vest, or carry a bottle/cup, ask the nice marshal to fill it straight from the container. We suggest you carry water on this route as it is tough and usually pretty hot wether.

Please, please dispose of your litter responsibly.

Saturday:

Aid	Name	Marathon	Hill Race
Water	Jackmans Cross	3 miles	3 miles
Full Aid Station	Higher City Farm	6 miles	6 miles
Water & Snacks	Cerne Abbas VH	8.5 miles	
Full Aid Station	Minterne Magna	13 miles	
Water	Row Hill Coppice	17.5 miles	
Lovestation	Batcombe Hill	20 miles	
Water & Sweets	Up Sydling	23.5 miles	

Sunday:

Aid	Name	Half
Water	Higher City Farm	3 miles
Full Aid Station	Up Cerne	5.8 miles
Water & sweets	Weather Hill	8 miles
Lovestation	Higher City Farm	11 miles

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, a sports drink, a gel, jelly babies, etc, and there will be booze and a few savoury bits.

Bell Race

Okay, so on Sunday morning, as if you haven't done enough running, we have a Chaos-style race. You need to pre-book as we can't guarantee any entry on the day, then pay for entry in cash when you collect your number. £7 each. We don't time this race; it's just for fun and a cool medal but 3K to stretch your legs or introduce your family to the delights of the Dorset scenery.

All profits get split between the Sydling St. Nicholas Church Bell repair funds and the New play park fund for the village.

Bell race see, yes, got it? Run up the hill to where the team will be there to give you tasks. Now once you have finished your task you will receive a Swiss Cow bell (bell race see yes eh?eh?) then you can run down the hill with your bell clonking away.

First bloke and lady back get a prize.

Pre-register here: <https://whitestarrunning.clubtrac.co.uk/e/gh-weekend-7059>

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.

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.

Weather: The race is in the countryside in June and, as we have seen in the past couple of years, the British summer time 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. The other year it was snowing when we arrived to set up. 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. We won't be cancelling or changing the race if it's inclement weather Remember, you are a roughy tuffty trail runner... bad weather means nothing to you. **There can be horse flies on the route; they bite and they will bite you. Wear Jungle Formula or similar.**

Roads: There are a few road crossings and there are some quiet sections of road in the race. The dangerous crossings will be manned; you are responsible for your own safety, marshals cannot and will not stop traffic for you. If a marshal stops you at a road junction or crossing, it's for your benefit.

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 Ken Dodd Xmas 1981 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 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](#).

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. The Hill Race is 11km ish.

Q. Can I wear an iPod, MP3, etc?

A. If you like, please just take out on approach to road crossings so you can hear the marshals instructions.

Q. Is there a cashpoint in the village?

A. No. The nearest cashpoint is on the A road at Long Ash Service Station. Bring cash with you or use cashless payment touch points, etc.

Q. Is parking secure?

A. No. Lock cars and place valuables out of sight.

Q. Where is the nearest doctor, A&E, etc?

A. Dorset County Hospital, Dorchester, a 30-minute drive.

Q. What is the weather going to be like?

A. We are just consulting our Weather Shaman now. It is usually dry and hot; please consider the weather forecast in planning your race kits. Remember insect spray for the horse flies that are around!

www.whitestarrunning.co.uk