

# Spring Larmer Tree 2023 Race Instructions

## Welcome to Spring Larmer

We return to the beautiful Larmer Tree Gardens for our season opener. The Rushmore Estate feels like our second home, and we're grateful as ever to the Rushmore Estate team for their support and help for an 8<sup>th</sup> year.

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

### **Saturday 11<sup>th</sup> March**

**07.00** – Admin & White Star Clothing shop open, as well as the catering options

**08.15** – **Marathon Race Briefing**

**08.30** – **Marathon Race Start**

**08.45** – **20 Mile Race Briefing**

**09.00** – **20 Mile Race Start**

**09:10** – **7 Mile Dog Race Briefing** (A quick briefing for dog runners at the start, but **please don't bring your dog** to this)

**09:15** – **7 Mile Dog Start Only**

**09.20** – **7 Mile Race Briefing**

**09.30** – **7 Mile Race Start 7**

10.05 – First runners in the 7 Mile race are expected to return

11.10 – First runners in the 20 Mile race are expected to return (at a guess!)

11.30 – First runners in the Marathon are expected to return (ish)

### **Sunday 12<sup>th</sup> March**

**07.00** – Admin & White Star Clothing shop open, as well as the catering options

**08:15** – **Half Marathon Briefing**

**08.30** – **Half Marathon Race Start**

**9:05- 10 Mile Dog Race Brief**

**09.15** – **10 Mile Dog Race start**

**9:20** – **10 Mile Race Briefing**

**09.30** – **10 mile Race Start**

**09.50** – First runners in the Half Marathon race are expected to return (ish)

**10.50** – First runners in the 10 Mile race are expected to return

### **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. If the deadline passes and you're unable to attend the race because you test positive for Covid or have to isolate, or if you're ill or injured, we will let you complete the race virtually and send you your medals and goodies: [Post-deadline illness and injury policy 2023 - White Star Running](#)

## Travel

**By car:** Don't use sat navs; they're not up to date. But if you really must, use this postcode **SP5 5PY**. Read the below instructions, and when you see the White Star Running signage and the brown 'flower' sign, then follow signs and not your sat nav, or you will end up in the village of Tollard Royal. Larmer Tree Gardens is easy to find if you follow the brown flower signs and FOLLOW OUR SIGNAGE.

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

**Day parking:** Free parking is available in the fields adjacent to the entrance drive to Larmer Tree Gardens, near to the start/finish area. Free, unlike some other races... mentioning no names, LOL. **Be aware of the Marathon race starting at 08:30am on Saturday; the car park road will be closed for about 2 minutes for the race to start. Please give way to runners.**

### **FOLLOW OUR SIGNAGE**

We'd love it if you could car share. This not only helps with the environment and carbon footprint etc, but 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](#).

**Camping:** There isn't any; it's March for heaven's sake!

### **On Site**

**Food:** Will be available to buy from **White Star Catering** and will be served from 7am.

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

#### **Breakfast (from 7am)**

Bacon rolls or sausage baps with optional extras

Breakfast wraps with veggie and vegan options including grilled Halloumi

**Lunch** – burger and thick cut toasted sandwich menu

Beef Burgers	Triple Cheese & Spring Onion
Venison Burgers	Cheese & Ham
Cheese Burgers	Tuna & Cheese crunch
Olde Smoky Burgers	Smoked Applewood, bacon, spinach & onion marmalade
Blue Burger	Vegan sausage, vegan cheese, spinach & chutney
Grilled Halloumi & Marmalade	Sausage & Blue Cheese with Chutney



**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 you will see a sticker on your race number so the finish-line team know you have kindly gifted your goodies.

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

7 Mile – Muff and Fudge

10 Mile – Muff and Cup

Half Marathon – Muff, Cup and Biscuits

20 Mile – Muff, Cup and Drink



Marathon – Muff, Cup and Drink

**Massage:** [Vyeking Fitness](#) will be on site all weekend to offer post-race massages and advice on any issues you may be having. Make sure you say hello to the team and welcome them to the White Star family. They will operate on a first-come, first-serve basis for 15-minute massages at £10.

**White Star Running 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 8<sup>th</sup> March** – just use the code **Larmer2023** at checkout: [www.whitestarclothing.co.uk](http://www.whitestarclothing.co.uk)

## RACE INSTRUCTIONS

### Race Numbers

**The Spring Larmer Tree Admin area will be open from 7am-ish to pick up your numbers.** Please arrive with enough time to pick up your number.

If you are in the Dog Start for the 10 Mile or 7 Mile races and you entered before 22<sup>nd</sup> February, your race number is coming out to you by post; with a parking pass that we would suggest you put on your dash for the parking marshals to see so they can direct you to the parking nearest the start/finish for you. If you entered either of these races after that date, your number will need to be collected from the pavilion.

**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 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 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/products/wsr-blue-re-usable-cup>

**Baggage:** Please leave your car keys on the key board 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.

**Changing/showers:** No, sorry, you will have to go unwashed. If it's really muddy, we will sort out hoses for you and your shoes so bring a towel and change of clothes for post-race entry into the pavilion.

**Toilets:** There will be portaloavs at Larmer. There is never enough, we know; we ask you to be patient.

## **Race Route**

The area in which you are running is typical Dorset woodland and Wiltshire chalk down. 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, farm tracks, a couple of roads, and all are rights of way. The majority of the route is on trails owned by the Rushmore Estate and managed by Big Jon and the Forestry team. 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, so please don't do anything to jeopardise our good working relationships. 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.

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

**Terrain:** All races are trail races; you knew this right? So therefore about 90% of the routes are off road. There are stretches of tarmac and some made, unmade and almost-made roads. There will be one or two hills. It will be muddy in places. Please don't swim in the puddles. There may be a ploughed field.

**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.

Saturday: 7 Mile – 2 Hours, 20 Mile – 6 Hours, and Marathon – 7 Hours

Sunday: 10 Mile – 3 Hours, and Half Marathon – 4 Hours

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.

<b>Saturday</b>	<b>Marathon</b>	<b>20 Mile</b>	<b>7 Mile</b>
Water & Sweets	3 miles		
Full Aid Station	6 miles		
Water & Sweets	11.11 miles	4.5 miles	
Full Aid Station	15 miles	8.3 miles	
Lovestation	20 miles	13.8 miles	3 miles
Water & Snacks	25.2 miles	19 miles	5.5 miles
<b>Sunday</b>	<b>10 Mile</b>	<b>Half Marathon</b>	
Water	3 miles	3 miles	
Lovestation	7 miles	7 miles	
Water & Sweets	9 miles	12 miles	

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

**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 March 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. 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 – Beast from the East we still went ahead! Remember, you are a roughy tuffty trail runner... bad weather means nothing to you.

**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. People round here drive tractors and 4x4s; you are a target and they will win in a 'runner vs. 12-ton tractor' game of chicken.

**Headphones:** 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 music when I run; 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.

See the Facebook event for any last minute information about the [event](#); see what to expect from our events by checking out our [Reviews](#).

## **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. 7 Mile race is bang on. 10 Mile is bang on. Half Marathon is about 13.3 miles. 20 Mile is about 20.5 miles. Marathon is almost bang on... ish.

### **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. Is parking secure?**

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

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

A. Odstock Hospital, Salisbury, a 30-minute drive.

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

A. We are just consulting our Weather Shaman now. It could be really muddy, might not be, dunno. Leave your shoes outside the venue; bring a towel and change of clothes for post-race food. Be sensible... hahaha... if possible.

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