

Ox Races 2023 Race Instructions

Here are the amazing and overly long race instructions for you to read, which contain all the information you need for a smooth race (if you read them 😊). We love heading back out to the Rushmore Estate and are very lucky to be able to run around this great estate.

Couple of small changes/upgrades this year; we've moved the event back a few weeks in the hope of warmer weather for those braving camping at our first opportunity of the season.

Saturday 27th May

12pm – Campsite opens

2pm – Admin & White Star Clothing shop open

3.20pm – Ox Calf Race Briefing

3:30pm – Ox Calf Race Start

4:45pm – Dog Runners Light Ox Race Briefing

*(A quick briefing for dog runners at the start, but **please don't bring your dog** to this)*

5pm – Dog Runners Light Ox Race Start

5:10pm – Light Ox Race Briefing

5:15pm – Light Ox Race Start

7.00-7:30pm – Admin & Shop will close for quick staff break

8.45pm – Dark Ox Race Briefing

9pm – Dark Ox Race Start

Sunday 28th 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

Monday 29th May

7.30am-1pm – White Star Clothing shop open

7.30am – Admin open

8:45am – Ox Half Race Briefing

9am – 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. 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: 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 Star 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](#).



On Site

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

A simple Bar will be run by the team on site Sunday and Monday for all your refreshment needs.

Food: Will be available to buy from Steph and her team at **White Star Catering** and will be served from 7am. Including breakfast, lunches and evening meals.



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, 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:

Ox Calf – Dorset Flapjack & Muff

Light Ox – Gritchie Lager/Lemonade, Moores Biscuits & Muff

Dark Ox – Gritchie Lager/Lemonade, Moores Biscuits & Muff

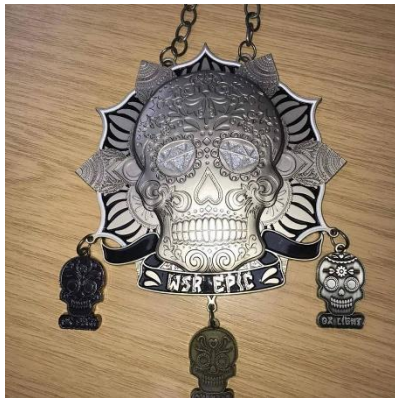
50 Mile – T-Shirt and Muff

Frolic – Travel Mug, Squeaky & Dorset Flapjack

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 3rd May.

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.

Unfortunately, due to rising prices we will not be offering Ox Epic hoodies after the event, as we have done in previous years.

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 **special** offers – more to be revealed soon. You can pay with cash, card and Apple/Google Pay if signal is being kind to us. You can also **click and collect** any items from our online shop until **Thursday 23rd May** for us to pack and bring with us for you to collect.

Just use the code **Oxraces23** at checkout: www.whitestarclothing.co.uk

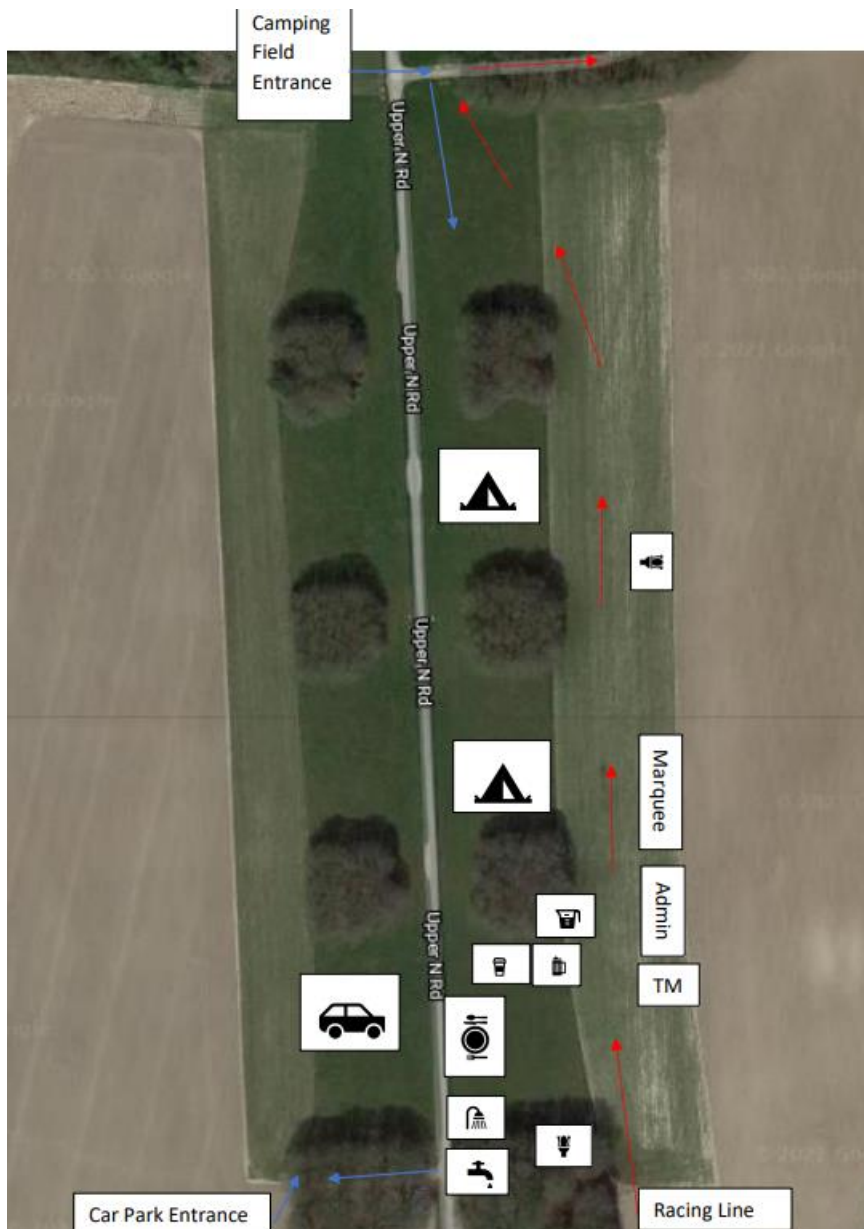
Showers and toilets: There are showers and portalavs onsite; please clean up after yourselves. They will be frequently cleaned each day, but please leave them as you expect to find them. Please remember to **bring your own toilet roll**.

Camping: Book camping [here](#) before midday on **Wednesday 22nd 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**.

Motorhome Retrofits are specialists in the supply and installation of motorhome technology, inside and out. From on-board WiFi, 360 Degree HD Parking Camera Systems, digital Freeview television, lighting, security, 240v sockets and wireless phone chargers to the latest navigation kit. Check out their website for details [Motorhome Retrofits | Upgrading Motorhome Technology | Poole, Dorset, United Kingdom](#)

On Saturday there will be a face painter, from [Savvy Sunflower](#) on site for all your face painting or glitter tattoo requirements as part of your fancy dress outfit.

[Flanci](#) will also have their pop-up shop over the weekend with some bargain leggings, shorts, skirts and much more for you all.



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 Saturday 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. Dynamic bib assignment will be used to allocate numbers as you arrive.

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**

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. There will be gazebos for solo runners to leave aid/kit in to access each lap.

Race Routes

Ox Races are 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; light 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.

Race	Aid Station	Mileage	Aid Station	Mileage	Aid Station	Mileage
Dark/Light	Lovestation™	3m	Finish	5.67m		
OX Calf	Lovestation™	2km	Finish	4km		
50m/Frolic	Lovestation™	3m	Start/Finish	5.75m		
Half Mara	Water/Squash	3.2m	Water & Sweets	6m	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.

Ox Calf

New this year, Ox Calf a 4km kids' race to complement the other races. It's their chance to run around Chase Woods to take in the bluebells and wild garlic.

Ox Light

10.5K loop in Cranborne Chase Woods, which is a start to the weekend or a lovely gentle Saturday afternoon 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

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 9 laps, then stop – first lap is 4 miles and then 8 laps of the 5.75-mile loop to complete your 50 miles. 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 4 miles** in length and then continuous laps of the 5.75-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). For those wishing to complete a marathon, do the first lap and then 4 more laps.

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.

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 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.

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 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: We won't drag you out of the race for wearing one, but we advise against it. 'WHY? 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: Our friendly photographers will be on site over the weekend and upload their pictures to our [Facebook Group](#).

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
- 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

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.

www.whitestarrunning.co.uk

Enjoy the Weekend