

Race Instructions 2023

A warm welcome to the Mapperton Muddle, our winter event based at Mapperton House and Gardens. Just outside of Dorchester, the country estate is owned by the Earl and Countess of Sandwich. We're excited and very proud to have been invited back to run at Mapperton, one of Dorset's finest estates.

We expect there to be mud, lovingly created by the herd of White Park Cattle, and watered by the many natural springs in the area. Both races will be a bit hilly and wet.

Saturday 9th December

8am – Coach House opens for refreshments

8.30am – Admin & White Star Clothing shop open

9.45am – Half Marathon Race Briefing

10am – Half Marathon Race Start

10.45am – 10km Race Briefing

11am – 10km Race Start

3pm – Coach House closes

We know that we're thick in the cold and flu season, and that Covid is doing the rounds again. We wanted to provide reassurance that we recognise it's still a consideration when you sign up to events. If the transfer 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](#)

Getting there & event advice

By car: Use the postcode for **Mapperton House & Gardens, Beaminster, DT8 3NR** in sat navs and follow the brown tourist signs when you get close.

Day parking: Free parking is available; 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.

We'd love it if you could car share. This helps with the environment and carbon footprint. 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 this website: [Holiday Accommodation in Dorset - Visit Dorset \(visit-dorset.com\)](#)

On site

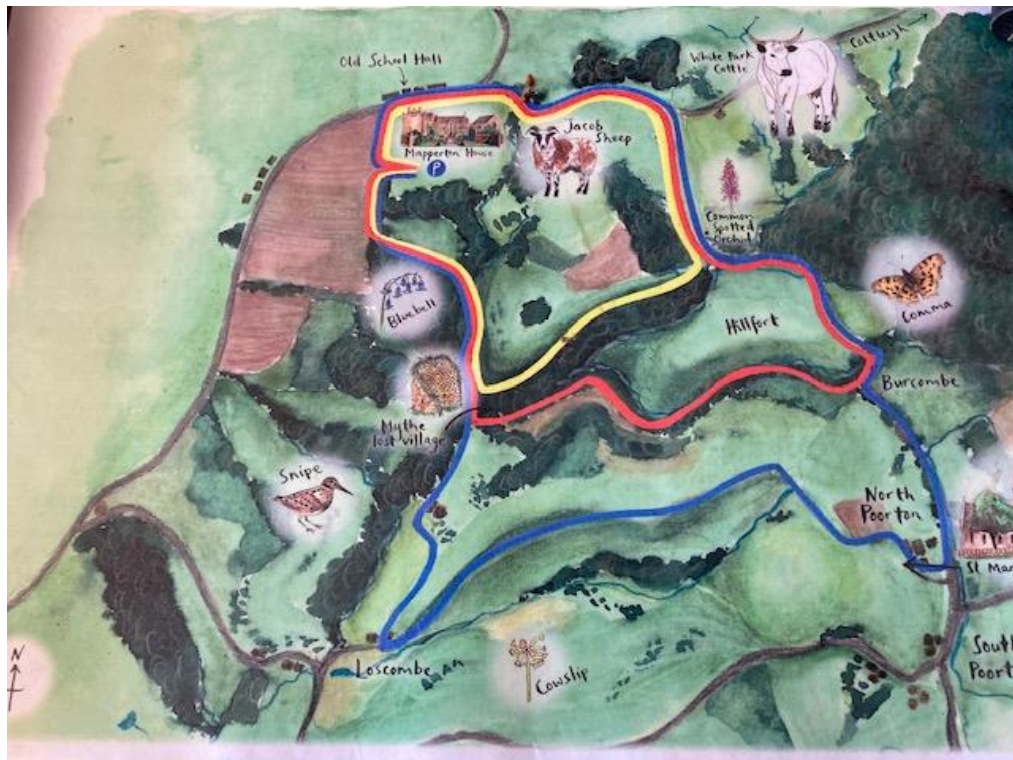
The Coach House will be open from 8am to 3pm. They will be serving some of their yummy sausage rolls, pasties and soup, along with tea, coffee and cakes. [Coach House Café - Mapperton](#)

The estate is kindly opening up the gardens for the day for you to look round free of charge. They are well worth a viewing, even in December, as they are Winners of the 2020 Historic Houses Garden of the Year award, registered Grade II* listed and are among a handful of the top gardens in the South West.

We can't wait for you to see them! For more details, visit: <https://mapperton.com/visit/gardens/>



If you're bringing spectators with you, the estate has a few walking routes marked out to see some of the highlights to get a feel for the area: <https://mapperton.com/visit/walks/>



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.

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](#)).

As we always strive to do, we have kept with local suppliers for this race. Palmers Brewery will be providing bottles of their beer and GC Cakes are making some yummy Chocolate Orange cupcakes (non-alcoholic and vegan/gluten-free alternatives available; choose these on your entry).

White Star Clothing shop: We will be on site selling our own branded t-shirts, hoodies and lots of other goodies in the rear of the Coach House. You can pay buy cash, card and Apple/Google Pay.

You can also **click and collect** any items from our online shop until **Wednesday 6th December** for us to pack and bring with us for you to collect. Use code **MappertonMuddle23** at checkout to order and collect.

A team of local Sports Massage Therapists will be waiting for you at the finish line. The massages will be approximately 20 minutes each and they will ask for donations between £5-20 for their services.

RACE INSTRUCTIONS

Yes, it is a race.

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

Race numbers

These are all to be collected from the Admin area at the rear of the Coach House. Following another successful year of [dynamic bib assignment](#), we will be continuing with this and numbers will be allocated on arrival.

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 set are available](#) in the shop and you can collect them at the event.

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 race controller. 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 go karts 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 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 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.

Prizes: We give out prizes for 1st, 2nd and 3rd men and women in both distances for this race; these prizes are awarded on the line by the finish-line dream team.

Changing/showers: No, sorry, you will have to go unwashed.

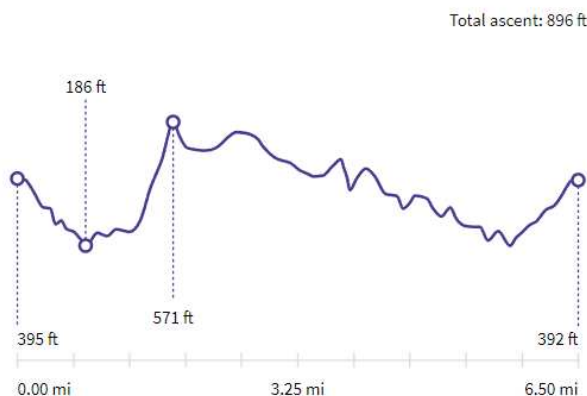
Toilets: These will be located on the coach park hard standing area.

Race routes

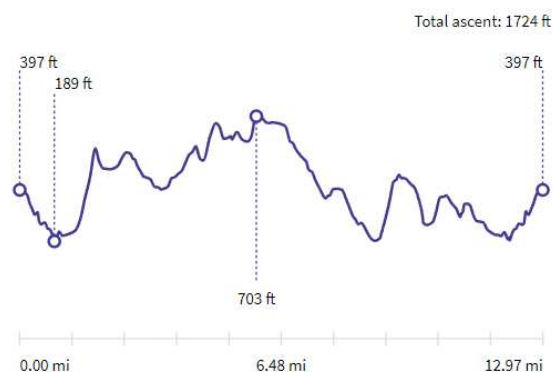
These races occur on various terrain; some tracks, fields, and woodland areas, so a nice mix for all. There are some technical areas underfoot that will need concentrating on, so you don't twist your ankle. The routes head out of the Mapperton House area through the spring onto the Jubilee Trail and up to Coltleigh Farm and Coppice. Before adventuring into Hooke Park, where the 10km peel off to return to the finish and the half marathon continue to explore Woodland Coppice, Loscombe Nature Reserve and Burcombe before returning back. The courses 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.

Routes are available on the [route map page](#) of the Clubtrac entry site; unfortunately the distances and elevation don't seem to be appearing correctly – they should look like this!

Elevation



Elevation



Terrain: All races are trail races; you knew this right? So all of the routes are off road, on trails or tracks. Most races are trail and fields, but there are areas where it narrows and lots of opportunities to trip over.

Shoes: Trail shoes are a must and recommended – something with a grip. The routes will be very muddy and slippery in places.

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, we do not provide them anymore.**

Race Distance	Aid 1	Water Station	Lovestation™
Half	3 Miles	6.5 Miles	11 Miles
10km	4.5km		7km

Lovestation™: 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 cider or a shot of Baileys.

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 else.** 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.

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 December and, as we have seen in the past couple of years, the British Winter can vary from beautifully crisp days to belting down with rain. So please take into consideration the weather when considering what to wear. Last year we had snow, hail and sunshine.

Race photos: We're lucky to have photographers who want to come and take your [photos](#). These will be uploaded to the main Facebook Group.

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

We look forward to seeing you at our last race for 2023 and thank you for all your support this year. We are busy planning next year's events and have some provisional dates for you [here](#).