

Giants Head Marathon, Sydling Hill Race and the Sydling Bell Races 2019

Welcome to the race instructions. We do hope you have a few minutes to enjoy the full enormity of these instructions. If you look at last year's instructions you will notice our great skills with cut and paste. As you may know The Giants Head Marathon was voted over the last few years, by The Running Awards "the best marathon in the UK". This is an amazing accolade seeing as it's a little race in the middle of Dorset. Accolades are fleeting, but our hills aren't. Anyways it's a marathon and 10k race... ok really it's an 11k race but who is counting right?

Giants Head Marathon 2019 - Programme

Friday:

2.00pm	Bar opens for the day	Village Hall Marquee
From 3pm	Registration Camping	Village Green Village Campsite
6.00pm	Pasta Supper (Pre ordered on line)	Village Hall
7.30pm	Pasta Supper (Pre ordered on line)	Village Hall
9.00pm	Pasta Supper (Pre ordered on line)	Village Hall
	<i>Main Course -Meat Lasagne, Salad and Roll, or Vegetarian/Vegan option of Black Bean Stew with Baked Potato, Salad and Roll.</i>	
	<i>Desert -Fresh Fruit Salad & Ice Cream. Vegetarian/Vegan option available</i>	
	<i>£8.50 and child's portion £5.00. Book by Tuesday 18th June</i>	

Saturday:

6.30am	Breakfast: Bacon Rolls, Porridge, Tea & Coffee	Village Hall
8.30 am	Marathon Start	Village Hall Grounds
10.00am	10K Start	Village Hall Grounds
11.30am	Bar opens for the day	Village Hall Marquee
12.00	BBQ with Pork Rolls, plus Meat, Vegetarian & Vegan Burgers.	Village Hall Grounds
10.30am until 4.30pm	Tea Coffee and Cakes	Village Hall
6.30pm	Chilli Supper (Pre ordered on line)	Village Hall
	<i>Main Course- Meat or Vegetarian/Vegan Chilli, Fresh Bread, Green Salad and Tzatziki</i>	
	<i>Desert- Fruit Crumble & Cream. Vegetarian/Vegan option available</i>	
	<i>£8.50 and child's portion £5.00. Book by Tuesday 18th June</i>	
7.30pm	Barn Dance- Black Sheep Band	Village Hall

Sunday:

7.30am	Breakfast. Bacon Rolls, Toast, Tea & Coffee.	
9.00am	Sydling Bell Race (less easy)	Village Hall Grounds
9.30am	Sydling Bell Race (easy)	Village Hall Grounds
10.30 until 1.00pm	Tea, Coffee and Cakes	Village Hall

Getting to Sydling

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 two and a half hours from London. We are about an hour from Bristol and Exeter and 2 hours-ish from the Midlands. There are guesses as we don't go to these places.

For sat navs use postcode DT2 9NU

Follow the signs they will be on the A37 from Friday lunchtime.

By train.

There are direct trains from London Waterloo to Maiden Newton , a small village 4 miles away. At 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 suitable.

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

By air. Bristol, Exeter and Bournemouth airports are all about an hour and half away and hire cars are available at all airports.

Day Parking

Right read this it's not hard

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

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, 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 short cut to the Start and Race admin, it's quicker honest.

This is important we have worked out a way of getting you parked nearer the centre of the village. Park at the end of the field and walk out towards the bottom gate, follow the signs and you will end up in the village BOOM shortcut = Follow the signs

Hotels.

There are plenty of hotels in the area and the site  www.visit-dorset.com will help you select a nice one.

Camping.

So previous years camping was a great success. We are ever grateful to Chris for the use of his 20 acre field. The campsite is huge, right in the centre of the village a one minute walk from the start/finish and registration.

This field or as we like to call it '***The Athletes Village***' has had all the cows removed and you are able to drive your car onto the field. If you have a massive camper van or Winnebago it should fit in the gate. If it doesn't come back the village hall we will get you in some other way

Price of the camping is £17.50 per pitch, you can stay both Friday and Saturday nights.

Please go home on Sunday we need to put the cows back in the field. Unless you want to share!

Portaloos will be onsite....we can't call them portaloos its copyright and we get a letter from a man. **There will not be toilet paper provided in them so you will need to bring your own.**

There will be drinking water supply on the top of the hill.

We will have showers at the village hall and they are free to use. Bring your own wash gear and towel, it's not a hotel.

If you bring your dog to camp, please, please, pick up any poos they leave and dispose of them sensibly.

The field will be returned to Chris for his dairy nursery and we don't want any baby cows picking up any nasty infections from the dog poo. Please note dogs are not allowed in the village hall grounds....ever.

Booking Camping

You can book camping here <https://www.fullonsport.com/event/wsr-camping-weekend-2019/profile> It's a bargain price of £17.50 for the weekend per pitch no matter how many people or what your camping in. **Remember to print your confirmation and put it in the windscreen of the vehicle.**

Food

Once again we are ever so grateful to the people of Sydling for welcoming us back and feeding us. All ingredients used are sourced locally as much as possible. You need to **Pre-book by Wednesday 19th.**

Prices £8.50 and £5.00 for children portions.

Friday, the food is made locally in the village by the W.I.

Three sittings at 6.00 pm, 7.30pm and 9pm with max 70 persons at each sitting.

MENU CHOICES

Main course

Meat lasagne with bread roll and side salad

or

Black bean stew with baked potato and side salad with or without cheese (vegetarian and vegan option)

Desert

Fruit salad and ice cream

6pm  <https://www.fullonsport.com/.../ghm-food-friday-eveni.../profile>

7.30pm  <https://www.fullonsport.com/.../ghm-food-friday-eveni.../profile>

9pm  <https://www.fullonsport.com/.../ghm-food-friday-eveni.../profile>

Saturday Chilli Supper served from 6.30pm at the Village Hall

This supper is prepared by SHARP a small village organisation which raises money for local and overseas charities.

Meat or Veggie/Vegan Chilli, fresh bread, green salad and Tzatziki with pudding of fruit crumble and cream

 <https://www.fullonsport.com/.../ghm-food-saturday-eve.../profile>

Now listen this bit is important. You have to book, pay and make your menu choice in advance. Remember this is all the hospitality of the

Ladies of Sydling, it is not a commercial restaurant and they are all busy doing other things....but have kindly agreed to help us out by cooking for us with a nice slice of Dorset hospitality.

YOU MUST BOOK ONLINE AND PAY

NO BOOKING NO FOOD. THERE IS NO DROP IN FACILITY.

Food on race day

Breakfast

Tea and 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 will be available for porridge etc

Hog roast and post race meal

Hog Roast and BBQ (veg & vegan available) from late morning until last runner is in there will be enough for everyone this year, refreshments and CAKES in the village hall from early doors.

Sunday

Breakfast, porridge, bacon rolls and tea and coffees will be available from 7am. Tea, coffee & cake 10.30-1pm.

Bar

The Bar is selling these metal pint cups, they are made from re-cycled stainless steel, pressed into the pint cups and then engraved.

Order yours in the merchandise section here to be collected from the Bar during race weekend <https://www.fullonsport.com/event/giants-head-marathon-2019/profile>

We will have Cerne Ale (3.8%) together with Cerne Blonde (4.2%) straight from the barrel and served at cellar temperature. We'll also have some of his bottled beers.

We are also going to have an extra barrel from Anthony on Friday night - he lives in the village and has started up the Copper Street microbrewery in Dorchester.

This year we are getting our cider from Twisted Cider, Spring Farm in Longburton - about 10 miles away. It's family run, made from pure juice pressed on the farm. We are going to get both dry and sweet this year, so you can mix and match it - half and half if you want a medium.

We'll have our usual range of wines and soft drinks too, with a 'help yourself' vat of lemon iced water on the bar.

This year again we will be using re-usable (ie wash and use again) polycarbonate glasses. They are very pleasant to drink out of. There will be a small deposit - if you want to keep the glasses then that is fine by us, otherwise return them to the bar and we'll refund your deposit, put them through our machine and reuse them.

Barn dance

We have the return of the barn dance with 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.....no you are going to dance.....and yes we are evil and yes you will love it!

Band starts at 7.30 pm sharp, interval about 9 and bar open all night

Race instructions

Number Collection

We are doing the numbers at the finish line on village green (you can't miss it). The village green admin will be open on Friday and from 06.30am on Saturday to pick up your numbers. Please allow enough time to do this before the race starts.

Timing Chip is built into the number, put it on and go. Do not go near the finish line again once you have crossed, 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.

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

The race will be videoed to watch you cross the line if we miss the chip registering. If you lose your chip tell a marshal and they will radio admin and tell us your number. Please make a face for the camera; we can then blackmail you with the footage.

On the back of your number is an emergency details section for you to fill out. Please fill it out, we need an emergency contact number. This will help us and you. If you are struck by lightning or flake out with exhaustion 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 07930 335746

Race times

The marathon starts at 08.30.

At 8.20. am there will be a race safety briefing and village notices will be read in the grounds of the village hall. Runners will form up on the road by the church. Please be there to listen to the briefing, it's for your benefit. Anyone not listening will be handed to the W.I. for punishment

The 10km11km...what ever....race starts at 10.00 again runners will form up on the road by the church after a race safety briefing. Please be there to listen to the briefing, it's for your benefit.

Baggage

No space for baggage, its better if you give us your car keys. Now numbers have a baggage label thing on them, tear that off and tie it to the keys. Presentation of your number will get your keys back, we will only give the person wearing the number their keys. No number no keys. Any unclaimed keys will have the contents rifled and then burned in a Wicker Man style ceremony...it is the West Country remember Please note you leave the keys at your own risk.

Changing

There isn't any. Random nudity is fine.

Showers.

Like last year there will be showers on site in the village hall grounds, please be patient this is a service we provide free of charge and please leave them in a good state. May be a good idea to have a shower as soon as you finish.

Toilets.

There will be portaloavs in the village hall grounds and at the campsite. There is never enough we know, we ask you to be patient. **You will need to bring your own toilet roll.**

The Race\Route

The Giants Head and Sydling races are both predominantly off-road races.

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.

Litter Just don't drop it, nuff said, anyone found littering will be publicly humiliated on Facebook and banned from our races. The countryside is not a dump.

CUT OFFS

The cut off for the marathon is 7 hours and 37 minutes

Cut off in the hill race is 2 hours or whenever Gill gets back in her only race of the year.

There will be a sweeper in both races and we reserve the right to pull you out of the event if you will not make the cut off.

The sweepers word is final. If it looks like you won't finish in about 7.30 ish minutes we will ask or even tell you to pull out. The sweeper in the marathon will be running to pace if the sweeper overtakes you, you better hurry up or its curtains

Got it? The course is doable in 7.45 walking it, it is a running event, therefore some running is involved.

GATES.

Most of the gates will be open, if its shut, its shut for a reason, please shut it behind you, 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 please go over the stile its easier for you and we don't have to worry about gates being open.

The race is in the countryside in June and as we have seen in the past couple of years the British summertime can vary from beautiful warm to blistering hot to belting down with rain. So please take into consideration the previous days weather when considering what to wear on your feet. Trail shoes are recommended.

Safety.

We ask that runners be sensible and if it looks like it's going to be hot and sunny, put on sunscreen, wear a hat (balding middle age runners that means you!) and wear suitable clothing. Please remember to bring your own sunscreen, the nearest Boots is 10 miles away!

Basically, be prepared for all eventualities, bring clothing suitable for the changeable British summertime. 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.

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. If you drop out at a marshal point, aid or water station we will come to get you.

Roads.

Thankfully there is very little road running in this race. That said you will have to cross the A352 twice first at Cerne Abbas and then at Minterne Magna. Both road crossings will be marshalled, and they will help you across the road.

The A352 is not a busy road but is a quick one and we don't want you splatted by a car please listen to the marshals and stop, don't charge straight across. At miles 14ish, 19 and miles, there are short sections of road. These areas too will be marshalled let the marshals help, stay close to the side and look out for cars.

Ipods and MP3 players

The perennial question about these devices...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 UB40 greatest hit album....".....80's reggae was shocking. So 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 combine harvester out there and you need to hear them and any instructions from marshals and warnings. If you really must sing along to The Carpenters turn it off when you get onto the road sections. For your safety and the fact it's a lot of paperwork for us if you get clobbered by a tractor.

Waterstations/Aidstations.

Waterstations will be evenly placed.

GHM 3 miles, 6 miles aid , 8.5 miles, 10.5 miles, 13 aid miles, 17.5 miles, lovestation™ at 20 miles and 23.5 miles.

Hill Race 3 miles - water & 6 miles aid & water.

These stations will have plenty of water and cups. We know not everyone likes cups, but we want to cut out litter completely, cups are easily disposed of as bottles are bulky and are usually chucked after a mile or so. The area is full of Organic farms and has many sites of scientific interest, Wildlife reserves and is teeming with Deer, Sausage dogs, Pheasant and other wildlife and livestock. We would not want any animals affected by litter. So, we ask everyone to drink and dispose of the litter at the waterstation or carry it with you to the next one.

So if you have a Camelbak or carry a bottle/cup ask the nice marshal to fill it straight from the container.

Please, please dispose of your litter and plastic cups responsibly.

There will also be three aid stations in the marathon

- **6 miles**
- **13 miles**
- **20 mile Lovestation™**

Now these aid stations are designed for you to get some cake, a sports drink, a gel, jelly babies, there will be water melon and few savoury bits.

Photos

Race photos are expensive, so we have our own photographers and make photos available to you, free, on our group Facebook page.

Please share on Facebook in an open folder (little globe pic)

This means any photos you or your supporters or fan club take can be shared too. Our pet photographers Bertie (don't touch the beard) will be on site we hope to snap you looking your best, before, during and after the race. Our photographers will be wandering around the course taking snaps and will be at the finish should you wish to have a photo with friends and family. By entering the race you are giving your permission to have your photo taken. If there is a pic you object (didn't get your right side, your bum looked too big etc.) please contact us and we will

remove it. (Please note you must highlight the said photo we won't root through all the pics looking for it)

Mementoes

All runners in both races will receive a tech race t-shirt and quality uniquely minted race medal.

All runners in the marathon will get a specially made WSR MUFF to wear.

****Warning Muff has Willys on it***

White Star Clothing Shop will be onsite selling our own branded t-shirts and hoodies. If you wish to order something to click & collect you need to place your order **Wednesday 19th June** <https://whitestarclothing.co.uk/#>

Massage

Revive Massage Therapy will be providing post event massage following the marathon and 10k races. Post event massage will help your body calm and recover from the stress and strain of the race, and significantly increase rate of recovery by speeding recovery of muscle fatigue, reducing the effect of delayed onset muscle soreness (DOMS) and relaxing tight muscles.

£10 for 15min massage

(plus vouchers for competitors for £5 off a 60min treatment)

SYDLING BELL RACES

Ok so on Sunday 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.

Advance 9am  <https://www.fullonsport.com/.../advance-bell-race-2019/profile>

Fun 9.30am  <https://www.fullonsport.com/event/fun-bell-race-2019/profile>

All profits go to the Sydling St.Nicholas Church bell repair funds...Bell race see, yes, got it? Run up the hill to where Bad Dave, Flash Gordon and Jimbo 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.

Admin opens at 8am or you can collect and pay for your numbers over the weekend.

FAQs

Q. Can I run with my dog? A. No sorry we ask people not to run with their dog.

Q. Can I bring my dog to the campsite A. Yes

Q. Can I wear an iPod, MP3 ? A. If you are anti-social yes

Q. I want to camp near/away from my friends? A. Arrive early and sort yourself out, it's a big field, we may ask you to shuffle up if space is limited

Q. What do I need to bring for camping? A. Usual stuff, mozzie repellent, sunscreen, wet weather gear, a torch is essential, as is a sense of humour.

Q. Is there a cash point in the village? A. No the nearest free cashpoint is Dorchester, bring cash with you

Q. Is there a Costa Coffee/ Starbucks nearby? A. Don't be daft, this is the countryside.

Q. Is camping secure? A. No, lock cars and place valuables out of sight.

Q. Where is the nearest Dr. A&E etc? A. Dorchester

Q. Can I pet the Cows? A. No don't even think about the cows in Dorset are nearly all wild and will attack on sight. Seriously don't go near cows, they like trampling and stamping.

Q. Can my car, motorbike, light aircraft, park next to my tent?

A. Yes it's a big old field..

Q. Headtorch at the campsite why?

A. Camping is dark in the night you know dark

Q. Electric fences are they on?

A. Take a guess....if it's in a field, its quite likely to be on and live means zzzzzap right? So don't touch one with your walking pole, don't take it down and potentially let all the animals out....go over or under it...you let a lot of sheep out you are in trouble.

One last thing, enjoy yourselves