

Race instructions for the Crafty Fox Races 2019

Welcome, here we go for the return of the Crafty Fox Marathon and Half Marathon

So the race HQ, camping, start and finish is at Brewery farm, so named because it was the original site of the Hall and Woodhouse brewery...now moved elsewhere

The farm is a working farm and we are immensely grateful to the Wallis family for looking after us

Race timetable

Friday

15.00 Campsite opens

The farm shop open until 6pm

1600-1900 Shop & Admin open (will close promptly at 7pm for 7.45pm Rugby Game)

18.00 Evening food available

19.00 or sooner, bar opens

22.00 bar shuts

Saturday - Marathon Day

07.00 Breakfast starts

07.30 admin opens for number collection

08.45 Marathon briefing at start finish area

9.00 Marathon starts

9.01 Admin staff go and have a coffee and do our hair

11.00 lunch starts and the bar opens

12.30 Approx. first runner in marathon

16.30 last runner in Marathon

18.00 Dinner starts serving

Sunday - Half Marathon day

07.30 Registration opens

08.50 Half Marathon briefing at start finish area

09.00 Half Marathon starts

09.01 Admin staff go and have a coffee and do our thing

10.00 lunch starts & the Farm bar opens

10.30 First runner in Half Marathon (maybe)

13.00 last runners in Half Marathon (latest)

Getting to Brewery Farm

Please note Dorset has no Motorways and it's A roads are pretty rubbish, the roads near Ansty can be rammed at this time of year with holiday makers, caravans, tractors, combine harvesters and people just generally being in your way when you need go somewhere.

Please allow more than adequate time to get to the event. We won't hold the race because you are stuck in traffic. Brewery farm is easy to get too on the A354, any other way is reeeeaally complicated.

You need to look out for the A road number signs at major roundabouts.

So let's go through it so you know where to find us, these routes look a bit out of the way and long winded but trust us these are the easiest ways we have found.

The A354 is the key road and main access to Ansty

Sat Navs use this address

Ansty, Dorchester DT2 7PN

Use this link its dead handy

<http://www.breweryfarmdorset.com/find-us.php>

By train.

There are direct trains from London Waterloo to Dorchester. At time of writing there are no trains early enough to travel from London to Dorchester on the day. Taxis may be available from the station.

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

By air. Bristol, Exeter airports are all about 2 hours away, Bournemouth is an hour and hire cars are available at all airports.

Contact us for further information about travel plans, we may be able to help with your journey. (please note we are not coming to pick you up, just give advice)

Day Parking Follow the signs don't park in the farm yard. FOLLOW THE SIGNS if you park in the farmyard, we have a tractor JCB machine thing with forks on, your car will be carried to the parking section, think of the paintwork!

SIGNS FOLLOW THEM.....got it?

Camping

Camping is a great success at our races. We are ever so grateful to Mr and Mrs Wallis for the use of their 20 acre field. The campsite is huge, right in the centre of the race, 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 sheep removed (there may be poo...it's the countryside get over it) 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.

Please go home on Sunday we need to put the animals back in the field. Unless you want to share! Make sure you book your pitch **here before Wednesday**. <https://www.fullonsport.com/event/wsr-camping-weekend-2019/profile>

If you have booked an **electric hook up pitch** please use the main Brewery Farm entrance and locate your name on the hook up boxes to find your pitch.

Portalavs will be onsite, please bring your own loo roll.

There will be drinking water supply. We will have our normal shower trailer. We realise a lot of people have travelled a long way, so for once, we thought it might be nice for you to go home smelling sweet. Bring your own wash gear and towel it's not a Travelodge.

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

Please look after your dogs. That means control them, do not let them near any farm animals at any time. We don't want you to get in trouble and your dog or livestock hurt or distressed.

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

FOOD

[White Star Catering](#) are providing yummy food on site once again.

They will be serving evening meals and pizza's. Along with Breakfast that will consist of the usual sausage, bacon, egg ect rolls and breakfast/brunch potato hash meals which can be made into a veggie option if required.

Normal excellent burger range throughout the day.

Sunday runners you are in for a treat [Chop & Chill](#) will be on site offering a unique and exciting alternative to traditional ice cream. They chop, freeze and roll delicious ice cream right in front of you! From fresh fruits to fan-favourite chocolates, the choice is yours! Make sure you stop by Stephen's van to taste some delicious flavours.

[Totally Wonderfuel](#) will be on site serving their yummy refreshments.

Bar

Run by Piddle Brewery that will be open all day and most of the night, local ale, ciders, lager, soft drinks and maybe some wine.

Race instructions...yes it is a race

Race numbers can be collected from admin over the weekend. Timing chips are built into the number is your timing chip, put it on and go. Do not go near the finish line again once you have

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.

If you completed the Wyvern series you will have a sticker on your race number so you can receive your extra medal and muff when you finished. Current standings for Wyvern series can be seen here <https://whitestarrunning.co.uk/wyvern-series-standings-2/>

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

Safety On the back of your number write an ICE number and any medical details. In Case of Emergency. 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. This number is **07930335746** If you need to drop out of the race at anytime 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 waterstation give your number to the lead marshal.

Baggage Please give us car keys, 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 give us your keys it's much easier leave your gear in the car. Please note you leave the bags and keys at your own risk.

The Race Route

The marathon is a two lap race its hilly at the start of the second lap those guys that catch up with the sweeper will be given a wrist band to wear and look cool with it means our marshals can see you are in the finishing stages of the race

Easy

The half marathon is a single loop its lovely

It might not be bang on distance consider it bonus mileage, 13.48 ish

You are welcome....no no don't thank us

Half marathon runners just to make you aware, like last year you may see some cyclist on the roads as [The Rotary Dorset Bike Ride in aid of Cancer Research UK](#) is taking place in and around Ansty so please listen to marshals and look both ways when you cross the roads.

The course

The races take place in the valleys and hills in and around the of area of Ansty, Bulbarrow and Melcombe Bingham in Dorset. The course is hilly, that said there are hills, you can run or walk up them, on the down you can go WEEEEEEEEEE and flail your arms madly.

Terrain

Trails, grassy bits, a bit of road, farm tracks and sections through crops. Dorset in early September tends to be concrete hard on the trails and dusty too. We recommend a soft trail shoe, road shoes may not offer enough protection, but the choice is yours.

Dogs You are not allowed to run with your dog **Sorry**

CUT OFFS

Half marathon 4 hours

Marathon 7.5 hours

These cut offs will be strictly enforced, there will be Shepherds (not sweeper anymore) in each race.

They will run to pace. This means if they over take you, you are out of the event. Got it?

You can walk this race in less than the cut off time. The key word is race, it is still by definition a race, there is some form of running involved.

Waterstations/Aidstations.Waterstations will be evenly placed. These stations will have plenty of water. All stations will have cups but we encourage you to bring re-useable cups.

Lovestation™ will be here, designed for you to get some cake, a sports drink, a gel, jelly babies, there will be beer and a few savoury bits.

The area is full of farms and has many sites of scientific interest, Wildlife reserves and is teaming with Deer, Sheeps, Wild Pigs, Pheasants, Partridges, Snarks, Clowns with balloons on sticks 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. If you have a Camelbak or carry a bottle ask the nice marshal to fill your bottle straight from the container. Please, please dispose of your litter and plastic cups responsibly.

Half marathon

3. miles water station, 5 miles water station and then 8 miles Lovestation™

Marathon

3 miles water station, 5 miles Aid, 9 miles water, 12 miles Lovestation™, 15 miles water, 18 miles water, 20.5 miles Lovestation™ again (we are good to you) and then 23 miles waterstation + gels

GATES Most of the gates will be open, if it's shut, it's 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 it's easier for you and we don't have to worry about gates being open. Wrestling escaped cows is not fun.

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. 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. Anyone caught littering will be disqualified....and you will be handed to the local villagers and....well have you seen Wicker Man?

Weather The race is in the countryside in September and as we have seen in the past couple of years it can vary from beautiful warm 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. **Bites.** Insect repellent. This is Dorset, we have an excellent selection of things that fly, bite and sting. Jungle formula, wear it. So be aware a Blandford Fly bite will make you crock for ages

Please be aware of aggressive foliage there will be bitey, stinging, scratchy things

Roads There are a few road crossings. 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". 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 Black Lace Xmas album 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 from marshals and warnings.

Photos Race photos are expensive, so we have our own photographers and make photos available to you, free, in our Facebook group. This means any photos you or your supporters or fan club take can be added as well. Our pet photographer Bertie, will be on site to snap you looking your best, before, during and after the race. 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)

Medals and Goodies. All runners that finish in **both races** will receive a Crafty Fox pint glass, a drink to go in it and a quality uniquely minted race medal. You get this if you complete the race.

Massage [Revive Massage Therapy](#) will be onsite to soothe those aching muscles. Treatments priced at £10 for 15minutes, payments accepted via cash or Bank Transfer.

Claire will be on site on Saturday from 12.30pm until 5pm and Sunday 10am-3pm.

The lovely team at [Longhaul Endurance](#) can't be at this event but have kindly offered you all a discount on their Fuels.

If you haven't come across them before they believe in natural sports nutrition. Real food that provides sustained energy, a natural nutritional mix, that comes in yummy flavours that quite frankly, tastes much better.

15% discount code:

WSRCRAFTY15 valid until 08th October

WSC shop

White Star Clothing will be onsite with merchandise and stuff from the world's greatest race company (that's us BTW) with some Fox Themed items.

FAQs

Q. Fancy dress is it compulsory?

A. No, but you will look lovely right?

Q. What's the weather going to be?

A. One moment I'm on the line to Mother nature right now, its September who knows.

Q. Kids can I bring them?

A. Only your own. The campsite and race is family friendly. That said look after them we do not have a crèche. Do not leave your kids for us to look after we are not insured or interested in looking after your kids....we don't even like ours. Seriously don't we had problems with kids last year.

Q. Anything else important?

A. Yes have fun

A final warning

The farms in this area are working farms, that means there are lots of dangers for children, dogs and drunk adults.

There are large farm machines to get run over by, dangerous structures to fall off, slurry pits to drown in (that's not amazing way to go), be aware.

Do no approach the livestock, cows have killed people in the past. Trampled to death by 100 stone of angry cow is not nice

Do not let your dogs near the sheep.....Got this???? Don't just don't do it

Do not under any circumstances leave your kids unattended.

See any last minute information in the [Facebook event](#)

See you at the weekend!