

Weekend @ the Races 2019

Races Instructions

Hello and thank you for signing up to the new Weekend at the Races event for 2019, based out at the lovely Moreton Equestrian Centre, which we are truly grateful to have use of.

UNICORNS who knew this race would go so nuts for rainbow coloured unicorns

After our tester event last year, we loved it as much as you so thought we'd go back for more.

So where is this again?

Moreton. It's a small village in Dorset....near France for you Northerners.

So Richard Frampton Hobbs is our host for the weekend. Richard owns the estate we are running on and has kindly said we can run on pretty much all private land. That means no one else is allowed there...you are special. Before you ask Richard's mad dog is a Chesapeake Bay retriever, pretty rare these days and pretty nuts...so if you are doggy person say hello

The estate has been in the Frampton family hands since the time of Norman conquests and is crawling with history....I won't bore you with the details, google is your friend

The obelisk is worth a look as you run up to it

The unicorn theme came along because.....erm....why not.

Soooo what's occurring? Well, read below

Read this info its important

Race timetable

Thursday 4th

Campsite open lunchtime

Admin & Shop 4-7pm

Evening Food & Bar open 5pm

Friday 5th

Admin opens 7am

Summer Session starts 8am

Last runner allowed out at 7.59pm

Saturday 6th

Admin Open, Breaky & Coffee served 6.30am

Race briefing 07.40 start area

Team Runners Race start 7.45am

Solo Race start 7.55am

Kids Race Brief 4.50pm

Kids Race Start 5pm

Last runner allowed out at 7.59pm

Sunday 7th

Admin open, Breaky & Coffee served 7.30am

Marathon Race briefing 08.15am

Marathon Start 8.30am

10m Race briefing 9.45

10m Start 10.00

Getting there

Plan your journey carefully we won't halt the race start because you are stuck behind a tractor on the A35 google this address

Moreton Equestrian Centre, Moreton, DT2 8RH

Day Parking Follow the signs to the parking field

Camping/ Accommodation

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

Camping in our Athletes village is available. The campsite is huge as in VAST 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 plenty of space to spread out in and you can drive your car onto the field. Follow the signs to enter.

Portalavs will be onsite, please bring toilet roll with you.

If you haven't booked your pitch already you can do so here until Wednesday evening
<https://www.fullonsport.com/event/wsr-camping-weekend-2019/profile>

Route

Friday & Saturday Frolic

Luckily we have a massive area to run on, the trails aren't overly hilly but its bit demanding underfoot in places and it's a nice 5.2 mile loop so easy to get a half marathon or marathon.

FOLLOW the signs it's very easy to get lost if you get lost that it.... you will die out there...it's a jungle.....its not

Shoes trails or road...blue ones are best obvs....

Be aware this is an equestrian centre and there will be big horses out and about, avoid a trample, trample, flatten situation, keep well away from the horses.

Bring a camera there's a few "interesting photo opportunities"

Lovestation will be out there manned...womaned....by the top team

You can start your last lap at 7.59pm. This will be strictly enforced and yes we mean it too. Cut offs are there for a reason. That reason is we like a beer and want one so please don't hang about.

Little Unicorn Race is 2 miles within the Moreton land over fields.

Sunday Races

Both races start in the big field and take in some Forestry Land and the Frolic route. Various terrain, some tracks, fields, sandy paths and woodland areas, so a nice mix underfoot. You go past Richard's stately pile...it's his house and over the metal bridge...it is actually metal but doesn't look it...then through the river or over the bridge you choose. Things to note you go over a lot of bridges, don't fall in the river...its wet...use the hand rails...be brave. 10 milers you will be split to complete a smaller loop, Marathon runners you'll pass along side our event field to complete a second loop of the route.

Aid/water stations

The **aid/water stations** approx. 2.5 miles apart for Saturday & Friday, being Love Station™ and 1 other Water Station at start/finish for both days.

Sunday Water stations are approx..4 miles apart.

FRIDAY & SATURDAY will be CUPLESS RACES, 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, kids sippy cup, punch bowl, literally whatever your comfortable bringing, to run round with or leave at Love Station or Water station at the finish/lap changeover.

If your thinking of leaving it just make sure it's recognisable for you to get when you lap round & to help our top team find them efficiently. If you don't yet have a re-useable cup we sell several designs in the shop and you can order to collect at the event <https://whitestarclothing.co.uk/search?q=cup&type=product#>

Cut offs Frolic 12 hours, last lap needs to be started by 7.59pm. marathon is 7.5 hours and 10m 3 hours, both Sunday races will be swept by our team.

Race Numbers

Can be collected from Race admin, Thursday, Friday, Saturday & Sunday.

CHIP INSTRUCTIONS 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.

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 timing admin and tell us your number. Please make a face for the camera; we can then blackmail you with the footage

Safety On the back of your number write an ICE number, In Case of Emergency & any medical details. 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 do drop out please, please return you number to admin. We then know that you are safe and we do not have to send out search parties. If you drop out at a marshal point, aid or waterstation give your number to the lead marshal.

Sweepers and pace We have our regular sweeping team at this race and they will be running to cut off pace. If it looks like you will not be able to make the cut off we will pull you out of the race. There will be no arguing with the sweepers, chief marshals, Boss at aid stations. If you look a mess with the thousand-yard stare we reserve the right to pull you out for your own safety.

Local Things to do

We are next door to **Moreton Walled Garden**, <https://walledgardenmoreton.co.uk/> an amazing hidden gem of beautiful three-acre landscaped formal garden with FREE ENTRY

Moreton has become well-known because of its association with T. E. Lawrence, also known as Lawrence of Arabia.

T. E. Lawrence lived near to Moreton when he served at Bovington Camp and was later buried in Moreton Church Yard. Every year thousands of visitors are drawn to Moreton to visit his grave, which backs onto The Walled Garden.

Dovecoat Café in the walled garden is well worth a visit for the yummy food they serve <https://walledgardenmoreton.co.uk/the-dovecote-cafe/>

Moreton Tea Rooms are also just across the road if you want to escape for some R & R which occupies the old School House in the tranquil village of Moreton. Situated on the River Frome, the village is surrounded by broad meadows and pastures creating Thomas Hardy's "Vale of the Great Dairies". Open Monday-Friday 10am-5pm and Weekends 9.30am-5pm. With Brunch Served 10am-11.45am, Light Meals Served 10am-3.30pm, Lunch Served Midday-2.30pm and Drinks and Cakes served 10am-close. <http://www.moretontearooms.co.uk/content/>

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 to leave your gear in the car.

Toilets There will be portalavs please bring your own loo roll. They will be cleaned out mid-morning on Saturday.

GATES Most of the gates will be open, if it's 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.

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. Anyone caught littering will be disqualified.

Weather The race is in the countryside in July and as we have seen in the past couple of years the British summertime 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. 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.

Roads There are a few road crossings and they 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.

Prizes So if you are good enough to win something

Friday

Prizes for fastest first lap and furthest ran male and female.

Saturday

If you or your team are good, fast or everyone else is too busy sunbathing and chatting you could win stuff. **Solos 1-3 Ladies and gents and First team of two, First Team of Three And first team of four.**

Little Unicorn prizes for first girl & first boy

Sunday a bit more traditional with top 3 male and female across the line in both distances.

Food

Your lucky enough to have lots of choice on site for the weekend:

Dorset's finest White Star Catering will be on site again providing food throughout the day and evenings.

The great team at [Steph Whitestarcatering White](#) (no relation) will be providing catering for the weekend.

-Full burger menu

-Breakfast menu inc full English each day

as well as EVENING MEALS, indicative menu [here](#)

[Totally Wonderfuel](#) will be there for all your refreshment needs. [Chop & Chill](#) will be on site serving you ice cream rolls for the weekend. Vlaarkamp Family will be there with their Dutch Crepe offering, [Dorset Poffertjes](#).

Photos Race photos are expensive, so we have our own photographers and make photos available to you, free, on Facebook Last year's Larmer we took 4,000 all of them great except the one of the cow poo. 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. As well as Helen & Steve from Dorset Bays. 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. These snaps will then be uploaded in due course to the Facebook. 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. Friday & Sunday runners you will receive a lovely pint glass and voucher to fill it with a drink from Piddle Brewery- Beer, Cider or Soft. Saturday frolickers you get your amazing unicorn squeaky, muff and some unicorn ale. Little Unicorns get a muff & flapjack.

All of you get a quality uniquely minted race medal. You get this if you complete the race.

Massage Dave Mott will be on site Saturday & Sunday from Physio Fitness offering massage and physio advice.

FLANCI will also be on site showing off their active wear and giving you lucky runners 10% off all stock there. <https://www.facebook.com/funkyactivewear/>

White Star Running shop. Will be onsite 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 Wed 3rd July for us to pack and bring with us for you** www.whitestarclothing.co.uk

Final Warning

This is an equestrian centre that does have some activity going on over the weekend so please don't go onto the course whilst the runs are not on or wondering around the site that WSR are clearly not occupying, this is for your personal safety.

Horses...like puppies are not just for Xmas....

FAQs

Q. Can I run with my dog? A. No, Dogs are allowed on site at this venue in the campsite out on the running courses. You can take your dog to the river which is a public area. Please, please keep your dog under strict control. Please we must reiterate no dogs in the equestrian area, so if going out to watch the Frolic route please exit & enter our field the way the runners leave the field.

Q. Fancy dress is it compulsory? A. No, but you ya know we all like a big hat, Gentlemen corduroy is back in 2019...posh trousers right?

Q. What's the weather going to be? A. One moment I'm on the line to Mother nature right now, who knows, be prepared for every eventuality

Q.What's a Lovestation™? A. Lovestation™ is a super accelerated Water and aid station. There will be cake, there will be more cakes, maybe a cheeky mid race stiffener (homemade schnapps maybe?). Its also a place to get a boot in the bum or a shoulder to cry on....it's not easy this running thing. It also gives us a chance to look at you to see if you are fit to carry on. Our races are hard for some people and we care about your

welfare so our experienced team at the Lovestation can take a look at you to make sure you are ok.

Q. Anything else important? A. Yes have fun

Facebook event for any other updates

<https://www.facebook.com/events/253317175266694/>

Cheers WSR Team