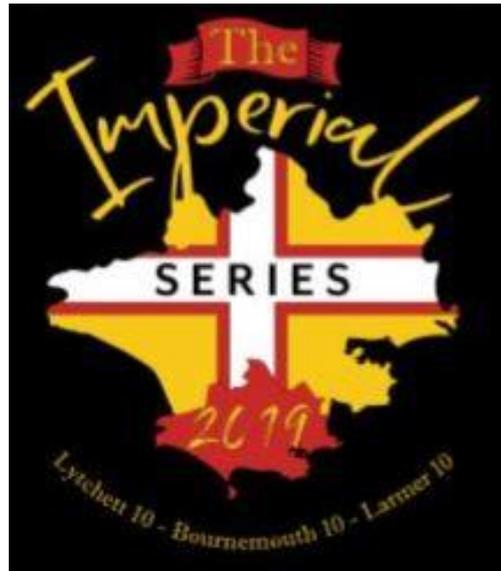


Larmer Tree Saturday Race Instructions



Thanks for entering the Larmer Races 2019

We return to the beautiful Larmer Tree gardens, one of Britain's poshest race venues. 5 epic trail races, a bit hilly, might be a bit moist under foot and guaranteed.... might be beautiful weather. Like last year, all the races are 99% off road. The marathon has two miles of road at miles 2-4 then all trails. Like last year we thought you would appreciate a hot meal at the finish again so we have a voucher at the finish to exchange for top nosh in the pavilion, except for the Dark Race.

The Rushmore Estate feels like our second home. We have been organising races there for 6 years now. We are grateful to the Rushmore Estate Manager Ruth Mason and Larmer Tree supremo Carol Cross for their patience, understanding and enthusiasm helping us bring this trail races to life.

The **Imperial series** is on again this year and we'd like to thanks to Ian White from Bournemouth AC and Judith from Lytchett Manor Striders for trusting us with a hairbrained idea. Thanks to both clubs for putting on two great races as ever.

Right stuff you need to know

Timetable of events

Admin opens 7.00 as well as Breakfast, Tea, Coffee from 07.00ish

A quick briefing for dog runners at start at 08.10 please don't bring the dog then 10m Dogs only start at 08.15

08.20 Race briefing 10 miles

08.30 Race start 10 miles

09.20 Race briefing half

09.30 Race start half

09.40 First runners in 10 expected return

09.30 First runners in half 10.45 (ish)

Prize giving for first 3 in each race in **main food hall at approx. 11.00** and Imperial prize giving that's if we can work out who wins the old peoples prizes....erm age category winners

14.30 Shop closes and staff have bit of a break

16.30 Shop & Admin re—open for Dark Races

17.50pm Dark Race briefing

18.00pm Dark race start

21.00pm Last runner in

How to get there

By car. Don't use Sat Navs they are not up to date but if you really must use this postcode SP5 5PY Read below and when you see the WSR signage and Flower sign then follow signs not your satnav or you will end up in the village Tollard Royal Larmer Tree is easy to find if **you follow the brown flower signs image And FOLLOW OUR SIGNAGE**

FROM THAT THERE LONDON Take M3 going south. Exit at Junction 8 and join A303. Stay on A303 until Andover and come off at A343 signed to Salisbury. On reaching Salisbury follow directions immediately below

FROM SALISBURY Take A354 towards Blandford. After 11 miles (at large roundabout), go straight over and you will see BROWN HERITAGE SIGNS for Larmer Tree Gardens (right turn after about three miles) and Larmer Tree. Then take first left after ½ mile and follow BROWN FLOWERS and Larmer Tree signs. After passing through Newtown (very narrow lane through village) the Larmer Tree Gardens entrance is ½ mile on right. FOLLOW OUR SIGNAGE

FROM THE WEST Follow A354 for 8 miles east of Blandford (towards Salisbury). Then pick up BROWN HERITAGE SIGNS for Larmer Tree Gardens and Larmer Tree. After turning off A354, take first left after ½ mile and follow BROWN FLOWERS and Larmer Tree signs. After passing through Newtown (very narrow lane through village) the Larmer Tree Gardens entrance is ½ mile on right. FOLLOW OUR SIGNAGE

FROM BRISTOL Head for Shaftesbury and on reaching Shaftesbury follow signs for Salisbury (A30). Three miles (approx) after leaving Shaftesbury, on reaching Ludwell look for BROWN HERITAGE SIGNS for Larmer Tree Gardens (right) then follow BROWN FLOWERS and Larmer Tree signs. Stay on this road to top of Wingreen Hill. - Highest point in Wiltshire! Marathon and 20 runners will know all about that hill later) (2 miles approx) , then at crossroads turn left. After 1 mile (exactly), road swings to the left but take right fork (signed Tollard Green) and stay on this road for 1.7 miles until you see Larmer Tree Gardens entrance on left.

FROM THE MIDLANDS - Head for Andover and follow directions from London (see above).

FROM SOUTHAMPTON Take A31 to Ringwood. Exit at the A338 junction (Bournemouth road) but go right at roundabout to Three Legged Cross. Follow this road through Three Legged Cross (watch your speed as there are three speed cameras on this road) and Horton. At T-junction, turn left and immediately right at Horton Inn. On reaching A354 (Salisbury-Blandford road), turn right and then immediately left, following signs to Farnham & Tollard Royal and Larmer Tree Gardens. Then take first left after ½ mile and follow BROWN FLOWERS and Larmer Tree signs. After passing through Newtown (very narrow lane through hamlet) the Larmer Tree Gardens entrance is ½ mile on right. FOLLOW OUR SIGNAGE Map co ordinates N50° 57' 4" W2° 4' 59" or ST 942 169 **FOLLOW THE WSR SIGNAGE FROM THE ROAD. GOT IT?**

Day Parking Free parking is available in the fields adjacent to the entrance drive to Larmer Tree Gardens near to the start/finish area. We'd like to thank our crew for providing a top Car Parking team to help maximise the space and get you parked safely in the fields. **Be aware of the 10 mile race starting at 08:15 the car park road will be closed for a 2 minutes for the race to start. Please give way to runners FOLLOW OUR SIGNAGE**

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

Camping. There isn't any, its March for heaven's sake!

Food on race day

Breakfast will be available to buy at Larmer Tree and will be served from 7am We have posh coffee and teas etc. available outside in a big Landrover thanks to Grounded Coffee.

Food is also available to buy for spectators

Station 1 Brunch from 7.00am Full English: Bacon, sausage, fried egg, beans, fried potatoes (Saturday only) Veggie: Veggie sausage, fried egg, beans, mushrooms and fried potatoes. (Saturday only)
Bacon Bap Sausage baps Veggie sausage bap Burger in a wholemeal bun Veggie burger in a wholemeal bun Gluten free rolls available

Station 2 Soups and Chilli from 10am Saturday, 11am Sunday, Choice of 2 soups with crusty bread or garlic bread (both choices vegan and gluten/dairy free) Gluten free bread available. Chilli & Nachos (meat and veggie options)

Station 3 Pasta bar from 10am Saturday, 11am Sunday, Lasagne Macaroni cheese Gluten free macaroni cheese Vegan friendly tomato pasta bake All served with salad coleslaw and garlic bread

Station 4 Bar Beverages & Soft Drinks From 7.00am

Race instructions...yes it is a race

The Larmer tree admin will be open from 7am-ish on Saturday to pick up your numbers. If you taking part in the Imperial series make sure your number has a yellow sticker on the front Please arrive with enough time to pick up your number. If you know any of the WSR team and live locally (Dorset) you can collect from our offices during these times.

Tuesday 26th February 3-7pm

Thursday 28th February 2-6pm

Saturday 2nd March 10.30-Noon

Monday 4th March 11am- 6pm

Wednesday 6th March 11am-3pm

We are staggering the handing out of numbers to ease congestion.. It will help keep numbers down and speed things up.

10 mile runners Pick up your numbers from **7.00 until 08.20** then go to safety briefing.

Half runners pick up your numbers from **08.00 until 09.15** then go to safety briefing.

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

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

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 its much easier leave your gear in the car. Please note you leave the bags and keys at your own risk.

Changing There isn't any we are known for random nudity. **Showers** No sorry you will have to go unwashed.

Toilets There will be portalavs at Larmer. There is never enough, we know; we ask you to be patient If it's really muddy we will sort out hoses for you and your shoes bring a towel and change of clothes for post-race food.

The Race / Route

The area in which you are running is typical Dorset woodland and Wiltshire chalk down. 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, farm tracks a couple of roads and all are rights of way. The majority of the route is on trails owned by the Rushmore Estate and managed by the Forestry team. 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. We reserve the right to change the route at the last minute. We won't do this for fun we would only do this in an emergency. For example: flooding (Ox 2014), Bull in field (Giants Head 2014), herds of pregnant angry cows (Giants Head 2013).

Dogs You are allowed to run with your dog **ONLY IN THE DOG RACE**. The dog must be tethered at all time or on a lead. Any dog seen running unattached the owner will be withdrawn from the race. No arguing. Sheep are loose in some of the fields, livestock being worried will not be tolerated. Sorry to sound harsh but it's a concern. You must clear its poo up responsibly. · If your dog drops out the race so, do you. · You are responsible for your dog at all times. **You**. Not us. · Don't leave your dog in the car while you run and **don't bring the dog into admin or the food hall at any time**. · There are no vets onsite you a responsible for the dogs wellbeing. **DO NOT LET YOUR DOG CHASE ANY GAME BIRDS AT ANY TIME. SERIOUSLY DO NOT DO THIS.** “ yeah but my Jackawackapoodlawawa loves to chase birds”. **Well not here he doesn't the woods are home for game birds that are bred for hunting, sorry that's a fact of life they are valuable. We get one complaint about dogs off the lead where there are birds or sheep, we are in the shizz and so are you. Inserts smiley face**

Terrain All five races are trail races, you knew this right? So therefore about 90% of the routes are off road. There are stretches of tarmac and some made, unmade and almost made road. There will be one or two hills. It will be muddy in places. Please don't swim in the puddles. There may be a ploughed field.....LOL Shoes. Difficult one, 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. Adidas Kanadia, New Balance thingies (can't remember what they were) were ok. Inov-8 Roclikes and Terrafllys were best. Personal choice....you know its like your feet bring everything you own in a back pack and carry them round. We don't recommend road shoes.

CUT OFFS The cut off for the 10 is 3 hours. Cut off in the half is 4, the Dark race cut off is 3 hours. 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 in all races 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.

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

Weather The race is in the countryside in March and as we have seen in the past couple of years the British springtime 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. The other year it was snowing when we arrived to set up. Basically be prepared for all eventualities and bring clothing suitable for the changeable Wiltshire climate. 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. **BUT** that said if its chaos on the roads we will postpone or delay or modify or do something and make sure no one loses out.

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.

Roads There are a few road crossings and there are some quiet sections of road in the race. 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.

Milk tanker drivers hate you, they are working on a Sunday and you are not...."it's not fair they are off galavanting about...oooh look there's some quick speed up" If you really must sing along to your latest Lethal Bizzle album, 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 blatted by a tractor. You never know talking to the person next you might be nice!

Waterstations/Aidstations. **Waterstations** will be evenly placed. These stations will have plenty of water. All drinks will have cups. We know not everyone likes cups but we are working towards cutting out litter completely, cups are easily disposed of as bottles are bulky and are usually chucked after a mile or so. If you're running with your own cups you will be able to fill them up at aid stations. We have a supply of the dinky little cups you can buy from the race shop at £3.50 each.

Lovestation™ will be here, run by the fabulous Clare, you will be looked after. Now these aid stations are designed for you to get some cake, a sports drink, a gel, jelly babies, there will be beer and a few savoury bits.

10m - Water Station @ 2 & 9 miles, Lovestation™ @ 4.5 miles.

Half Water station @ 2, 5.2 & 12.8 miles, Lovestation™ @ 7.5 miles.

The area is full of Organic farms and has many sites of scientific interest, Wildlife reserves and is teeming with Deer, Sheep, 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

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. All runners that finish in **10m and Half races** will receive free food voucher and a quality uniquely minted race medal. You get this if you complete the race. **Dark Race** will receive a muff and box of biscuits.

Massage Sue and Barbara from Run Fit Fordingbridge will be offering post race Sports Massage on both days for Larmer Weekend in the Indian Gardens.

They will be there on Saturday 8:30am - 2:30pm and Sunday 10:30am to 4pm. Treatments priced at £10 for 15minutes, payments accepted via cash or card.

Longhaul

We are pleased to have Longhaul Endurance with us at the Larmer Tree weekend. Join co-Founders Staale and Amelia to chat about endurance fuelling and to try their savoury Ultra Fuels. Amelia & Staale believe in natural sports nutrition. Real food that provides sustained energy, a natural nutritional mix, and, quite frankly, tastes much better. We are lucky to have them at a few of our races this year to chat to you about your nutritional needs and as it is not advisable to try new nutritional things on race day, Longhaul are offering Larmer Runners a 15% discount on their fuels. Test them out before the race weekend by using the code LARMERTREE19

✔ <https://longhaulendurance.com/>

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/> They are also offering a discount code that will last until midnight on 17 March - so a week after Larmer races. It is LARMER19. If you want to order something & worried it won't arrive in time for Larmer, you can email them and they will bring it to the race for you.

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 6th March for us to pack and bring with us for you** www.whitestarclothing.co.uk

FAQs Based on feedback from our other races

Q. What's a "Lovestation™"? A. At our races we realise that sometimes you need a bit of boost at the bit in the race where you are starting flag, normally 20 miles in marathons, 7 or 8 in a half etc, so we have the Lovestation™. So when you rock up to the Lovestation™ you can have a sit down and glass of something nice like flat Coke or a cider and chew on a cake or Scotch egg and just get your s*** together before venturing on to finish the race. There may be a hug or two. The serious side is we can also have a look at you and assess whether you are in a fit state to carry on. We realise that most of our races are not easy and present some challenges, heat, cold, falling over, hills, exhaustion etc. can all take a toll and we are keen not to have any casualties. We take safety seriously and would only pull you out of the race if we felt you looked like death and for you to continue would put you at risk.

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. Consider it "bonus miles" "Yeah but Bovington?....that's so 2017"

Q. Can I wear an iPod, MP3? A. If you like, we would prefer you didn't. So we are not responsible for your safety on roads if you decide to wear one.

Q. Is there a cash point in the village of Farnham? A. No the nearest free cashpoint is Blandford.

Q. Is there a Costa Coffee/ Starbucks nearby? A. No this is the countryside. But we have a coffee truck on site thanks to Grounded Coffee.

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

Q. Where is the nearest Dr. A&E etc? A. Odstock Hospital Salisbury 30 minutes' drive.

Q. Is it hilly? A. Yes live with it

Q. Will Brexit affect my race time? A. Auntie Theresa has promised Brexit will not interfere with the race

Q. Do I have to enjoy myself? A. Yes it's the law.

Q. What is the weather going to be like A. We are just consulting our Weather Shamen now. It could be really muddy, might not be dunno, leave your shoes outside the food venue, bring a towel and change of clothes for post-race food, be sensible hahaha if possible

Q. What other races do you organise? A. Right ready? Award winning and most epic Giants Head Marathon, Hilly, Britain's best marathon. OFFICIAL. The Ox 12 hour, Ox 50, Dark and Light and Half Races, The New Dorset Invader, Marathon and Half Marathon. Pretty hilly. The Crafty Fox and RunJurassic

www.whitestarrunning.co.uk and www.runjurassic.co.uk