

# WSR February Newsletter

## New exciting nutrition options

We are pleased to have Longhaul Endurance with us at some events this year. Join co-Founders Stale and Amelia to chat about endurance fuelling and to try their savoury Ultra Fuels. They 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 but if you can't wait until then check out their website for more info

 <https://longhaulendurance.com/>



## Ox Races



White Star running returns to the Rushmoor Estate with a variety of off road races and a great social weekend of running. From 10.5k to 50m there's a distance to suit everyone, as well as camping, food, bar and the Epic challenge, to get your hands on this medal. All you've got to do is complete the 50m and one other race to get it but you can do all 4 races and get the full complement of dangles on the medal.

<https://whitestarrunning.co.uk/ox-races-2019/>

Also a couple of Dog starts for the Frolic & Light if you want to run with your pooch <https://whitestarrunning.co.uk/dog-races-2019/>

## A Fastest Known Time Attempt

WSR are proud to be supporting local runner Dan Williams on a Fastest Known Time (FKT) challenge. Dan is running the South West coastal path from Lyme Regis in Devon to the Dorset border at Chewton Bunny.

There isn't currently an FKT for the 100-mile, 17,500ft-ascent, journey along the Dorset coast, so Dan is hoping to set a benchmark that might, in future, attract other ultrarunners to explore the area. As well as raising awareness of the Dorset and Jurassic Coast area, Dan is also raising money for the [Jurassic Coast Trust](#). We're hoping to give him lots of support along the route and you will be able to track him in his attempt. To read about Dan's attempt visit <https://www.justgiving.com/fundraising/dan-williams-uk>

## Cupless Frolic's

For 2019 we are trialling having cupless events at the frolic races. To help reduce our waste you'll need to bring a cup or bottle to use. Aid station staff will fill up your vessel whenever you like and you can even leave it at the aid stations if you wish, where our crew will look after them. Don't fear if you don't think you have a suitable cup, then we have some that are available from

[www.whitestarclothing.co.uk](http://www.whitestarclothing.co.uk)



## New for 2019 over Whitsun Bank Holiday in May

Dorset Invader returns but not as Romans with a Celtic theme and the bestest medals as ever from us. With a Frolic, Marathon, Half Marathon and chaos race, there's something for everyone. Destination is beautiful farm and some of the best scenery we have to offer in our fair county. So all the usual stuff White Star Catering, Lovestation, bar from Piddle brewery and the most amazing scenery ever! <https://whitestarrunning.co.uk/new-dorset-invader-2019/>



Along with the great news that we have a New Dorset Invader we are also holding a Virtual Dorset Invader for those of you that wanted to achieve one of the other medals and felt you may have missed out. From the 1st April to 30th April 2019, you have 4 weeks to run or walk as many miles as you can! Included with your medal will be a Dorset Invader Muff. This is to raise money for Helping Hounds ([www.helpfulhounds.org.uk](http://www.helpfulhounds.org.uk)). Many of you may be aware of one of our fellow runners Kim Bailey and her daughter Phoebe. They recently were donated a dog to assist Phoebe with coping with day to day stresses. Funds raised from entering either one or both these events means further training can be given to Whisper to assist and deal with Phoebe's autism.

Half Marathon <https://www.fullonsport.com/.../virtual-dorset-invade.../profile>

Marathon <https://www.fullonsport.com/.../virtual-dorset-invade.../profile>

## RunJurassic Medal Revealed

We got the full set of medals you can earn at #RunJurassic last week. In partnership with [Jurassic Coast Trust](#) (JCT) we are delighted to be bringing you this running festival. Various distances across the weekend. JCT work on the coastline to help protect it for future generations.

So when you sign up to the race you can give the Trust a donation to help contribute to that valuable work. For all the information on the running festival visit [www.runjurassic.co.uk](http://www.runjurassic.co.uk)



See you at a race soon