

WSR July Newsletter

Lockdown Frolic New Event - Saturday 25th July

What is a Lockdown Frolic?

Over a 12 hour period you do as much running OR walking as you want. Open to any age or ability.

So run or walk as a family or group of friends or solo and claim an amazing woodland animal medal!

This is a treasure hunt, you must find things, the more creative you are the better. You take photos while on your run of the things we ask you to take photos of "treasures on the list"....best photo will win prizes

The list will be published a 07.00 am on the Saturday of the race via email and social media. The prizes will be varied and accessible to anyone, even the kids....and there will be loads!

PROOF WILL BE NEEDED best solo mileage, best team mileage over a day best team and solo elevation on a single run, best individual photo taken, so a solo runner or team could win this, best selfies and so on

You could win free race entry to a WSR event after the virus has gone, loads of stuff from WSC shop, free beer or cider at a race in the future. And one lucky runner will be personally escorted to Si Davies shop [Click here we love Simon](#) and given.....yes GIVEN a pair of shoes for running in of their choice FREE (little cheap shoes are nice...)

For full details and to enter visit the [website](#)



Race Update for August

We are continually assessing the situation for mass participation events and guidance as it comes from the Government and our National Governing Body, UK Athletics (UKA), to be able to give you clear updates on our events for this year. There is still too much uncertainty as to when events will be able to take place and what restriction will be placed on them.

UKA insure and licence our events, they are currently not sanctioning any events until the end of July and we suspect that timeframe will be extended again. With this in mind and the announcement last week that 'staycations' are allowed within the current lockdown rules, we have decided to postpone our Cranbourne event until 2021.

The health, safety and welfare of our runners, volunteers, crew, partners and spectators is at the heart of everything we do and will always remains our priority. We feel a responsibility to protect everyone in our running community including our great medics, emergency services, landowners and local community who have always been so supportive.

We have yet to agree a provisional date for the 2021 event but are working hard to do so with the Landowner, so like many other events your entry and camping bookings are safe and will automatically be transferred to next years event.

If you wish to use any of your deferred or banked entries you have with us on our amazing Lockdown Frolic on Saturday 25th July then please email raceadmin@whitestarrunning.co.uk with the medal choice you'd like to select from the fabulous five available

<https://whitestarrunning.co.uk/lockdown-frolic/>

Run Jurassic.

The current update on Run Jurassic is that the Jurassic Coast Trust are due to be meeting many of the landowners and stakeholders and services involved with the area we run in at the end of the month. They will discuss if there is an appetite for the event to take place this year.

This event like many of our races relies on a good working partnership with the local landowners and with the current pandemic situation we want to be sure Landowners are comfortable with lots of runners being on their land that creates their livelihoods.

As you'll know the Jurassic Coast and SWCP is a unique place for us to run and we are really honoured to be in partnership with the Trust for this event. However it also brings it's challenges one of which this year will be the ability to practice social distancing for these races. As soon as we can, we will let you know the outcome of that meeting and what is happening. we expect a decision in the next two weeks.

As always we'd like to thank you all for your patience and incredible support over the last few months and we look forward to welcoming you back with open arms as soon as it is safe to do so.

All previous race updates get shared on our [Facebook page](#) and the [News section](#) of our Website

White Star Clothing Open House

White Star Clothing's open house evening last month was a great success and you guys loved popping in to chat to the team and see the merchandise, so we have decided to continue them over the summer!

With **special offers on the night and deals** to get your hands on we are opening up our unit on Friday evening's between 4-7pm for your shopping needs.

31st July & 28th August will be the next two, so keep an eye on our [Facebook Page](#) for full details nearer the time.



Meet our 2 virtual winners from our April & May events

April saw **Jonathon Taylor** get creative with his running and he was the first person to send in evidence of the medal he was earning via pictures.

May's winner was **Wills Dibben** who looked so happy at being out running again and looked like he had a great time.

Well done both of you, your prizes are on the way to you in the post.

Don't forget you can still sign up to our monthly virtual races by the 15th of each month, with lots of medals to choose from, see all the details here

<https://whitestarclothing.co.uk/.../ne.../products/virtual-races#>



Distance	Avg Pace
2.17 mi	11:34 /mi
Moving Time	Elevation Gain
25:13	54 ft
Calories	Avg Heart Rate
278 Cal	125 bpm

Our regular updates are on our [Facebook Page](#) & [News section](#) of our Website

Stay Safe & Keep Running Rural