

The New Dorset Invader™ 2019 Race Instructions

Thank you for entering the New Dorset Invader™ in what we hope will be sunny Pilsdon. A big thanks to the Rabbetts Family for letting us run round their farms and hosting the event in it's new location

We are grateful to the local farm owners for their patience, understanding and enthusiasm in helping us bring this trail races to life.

Race timetable

Friday 24th May

12.00 Campsite opens

15.00 Race Admin Opens

19.00 Race Admin Closes

Saturday 25th May

06.30 admin opens for number collection

06.30 Breakfast starts

07.50 Race Briefing

08.00 Frolic race starts

08.01 Admin staff go and have a coffee and a chat perhaps play some games

12.15 Admin staff shout some encouraging words etc... "I spy with my little eye"

12.30 Admin staff come out of beer tent make sure everything is ok

19.59 last chance to get in an extra lap

20.00 No new runners on the course after 20.00 hrs.....a bit later last runners come in easy

We then try and work out who won, Prize giving in beer tent

Sunday 26th May

Admin open 7am

Marathon Race briefing 08.20

Marathon race start 8.30am

Half Race briefing 10.15

Half Marathon Start 10.30

Barn Dance Starts 8pm approx..

Monday 27th May

Admin opens 8.30am

Chaos instructions 9.55am

Chaos race starts 10am

Campsite cleared by 2.27ish

FINDING US

DIRECTIONS TO GERRARDS FARM

From South & East

At Bridport R/A take exit towards Bridport Town B3162, travel through the Highstreet to the mini-roundabout where the B road splits, take 2nd exit off the roundabout signposted Broadwindsor & Salway Ash. Travel along the B3162 through Salway Ash, Kingsland, South Bowood until you reach Four Acres where you turn left toward Blackney. At the fork junction bear left to continue towards Blackney. Turn right onto Venn Lane, continue along here until you get to Ham corner where you'll see our signage for camping & parking.

From West

Follow A35 towards Bridport, at junction with B3162 signposted Chard, take the left turn off the A35. Stay in the left hand land and bear left, signposted Symondsburry & Bridport, turn left to join the B3162. At the mini-roundabout take 1st exit signposted Broadwindsor & Salway Ash. Travel along the B3162 through Salway Ash, Kingsland, South Bowood until you reach Four Acres where you turn left toward Blackney/Shav Cross. At the fork junction bear left to continue towards Blackney. Turn right onto Venn Lane, continue along here until you get to Ham corner where you'll see our signage for camping & parking.

From North

At Crewkerne take the A356, south street towards Misterton, continue through Misterton until you reach the cross roads with the A3066. At the crossroads turn right signposted Misterton. Continue along the A3066 through Misterton and at Whetley Cross turn right on to the B3164 signposted Broadwindsor. Continue along the B3164 all the way through Broadwindsor and around the one way system to come out on a junction with B3163 and you are going straight over on to the B3162 towards Stoke Abbott. Follow this road until you turn right toward Blackney/Shav Cross. At the fork junction bear left to continue towards Blackney. Turn right onto Venn Lane, continue along here until you get to Ham corner where you'll see our signage for camping & parking.

Follow the WSR signage

Please don't park on the roads as they are in constant use and you don't want your car clipped by a tractor.

Barn Dance

As it's bank holiday weekend we wanted to throw a good old knee's up and have a party, so we've invited Black Sheep to hold a Barn Dance on Sunday night, if you can still walk. In the marquee from 8pm ish they will be playing and you will be dancing.

Saturday- Frolic Day

Route is 3.5 ish miles in length. **Solos** do as many laps as you want. So if you want a marathon distance you start at 8 and do 7 laps follow the signs....easy. **Teams** only one of you runs at a time then you swap as and when you feel like it in the “**chicken change over area**” where you hand over your baton (squeaky chicken).

There's no pressure, do as many laps as you want there's prizes for the most laps, this is all about distance covered in 12 hours and if it's a tie on distance its all about time so if you do 10 laps and you finish 2 minutes ahead of your opponent who is also on 10 laps you win, got it. I hope so....there's a quiz at the end.

Prizes So 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.**

Headtorch if your going out on a lap after 7.30pm you will need to take a headtorch out with you.

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.

SATURDAY will be a CUPLESS RACE, 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#>

For all the runners who have complete the **Virtual Dorset Invader** and advised to collect the medals at the event – Kim, Phoebe, Whisper and Helpful Hounds will be at the frolic event for you to be presented with your medal and thank you for participating.

Sunday – Marathon & Half Marathon

Sunday's route is approximately 14 miles in length across various hill forts and Lewesdon hill, it's topographic prominence of 185 metres qualifies it as a Marilyn (google it) It's bloody hilly. Half Marathoners do 1 lap, Marathoners do 2 laps and will be directed back to finish once you've completed your two laps by being given a band at the end of the first lap.

Monday – Chaos Race

Something for all the family before you go home - a Family Friendly Chaos Race to end the weekend, any ages, any abilities can take part. You can pre-

register and then pay your £7 in cash when you collect your race number over the weekend. All profits are going towards this year's Charity Partner [Jurassic Coast Trust](#)

THE RACE \ ROUTES

The area in which you are running is typical Dorset trails and farmland. The majority of the route is on trails and rights of way open to the public.

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 florescent signs, arrows; some trees, posts etc will have red and white marker tape around them just to reassure you that you are not lost.

TERRAIN

Currently it is hard under foot, with some hard tracks to run along and then mainly trails. It is a hilly course, you are climbing two of the biggest hill forts around this area for the loop. Difficult one, road shoes are recommended for this one as it currently stands.

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.

CUT-OFFS

For Saturday's Frolic you will be able to start your last lap at 7.59pm, after this time no new runners will be able to start another lap. Sunday's marathon has a 7.5hr with a half way cut off of 3.5hr for your first lap. Half marathon cut-off is 4 hours.

WEATHER

The race is in the countryside in May 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. Basically be prepared for all eventualities and bring clothing suitable for the changeable 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. We will be sitting in the warm by a fully stocked bar full of cider, eating pizza waiting for you.

IPODS & 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 new Skorpions 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 combine harvester out there and you need to hear them and any

instructions from marshals and warnings. If you really must sing along to your favourite Glen Campbell 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 flattened by a tractor.

WATERSTATIONS \ AIDSTATIONS

Waterstations will be evenly placed. About 4 miles apart. These stations will have plenty of water. **Remember these are cupless on Saturday.**

The area is full of Organic farms and has many sites of scientific interest, Wildlife reserves and is teeming with Deer, Old dears, Pheasant, Snarks and pythons and other wildlife and livestock. We would not want any animals affected by litter. So we ask everyone dispose of the litter at the waterstation or carry it with you to the next one.

Anyone caught deliberately littering will be carted through the streets of Tollard Royal in chains and disqualified, **we have zero tolerance to rubbish** (rant over).

Aid stations will have the usual goodies. The WSR Lovestation™ is designed for you to get some cake, a sports drink, a gel, jelly babies, there will be beer and a few savoury bits.

Medals and Goodies.

Frolic runners that finish will receive a fresh squeaky chicken, Beer, biscuits and a quality uniquely minted race medal. You get this if you complete the race.

Sunday runners that finish will receive engraved pint glass and voucher to put a drink in it along with a quality uniquely minted race medal.

RACE NUMBERS

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.

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 & any medical details. This will help us and you. If you are kidnapped by locals or pass out at the sheer joy of being outside, 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...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.

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. Tear off your baggage label from your race numbers and attach to keys. We will keep them in a box with a label, when you return you can then pick a random car at the end of the day to drive home in.

CHANGING

There isn't any. We feel nudity in the middle of field in Dorset is more fun.

SHOWERS

There are showers onsite please clean up after yourselves.

TOILETS

There will be portalavs, there is never enough we know, we ask you to be patient.

REFRESHMENTS

We have a catering team and coffee van onsite for the whole weekend

CAMPING

Book camping here <https://www.fullonsport.com/event/wsr-camping-weekend-2019/profile> before 10am on Wednesday.

The campsite, start/finish are all in the same area.

Please bring the kids they are more than welcome. **But we are not a crèche you look after them.**

Water is available from an outside tap on the side of drinking trough. There will be bins to chuck rubbish in and please if you bring your dog clear up after

them, sheep graze the field's so we don't want them catching anything nasty. Please keep your dogs under control at all times. The farmer has graciously allowed us to have dogs on the campsite. animals graze in the fields next to the campsite they must not be disturbed. If in doubt leave Fido at home.

White Star staff will be onsite all weekend please rock up from Friday lunchtime, we have permission for camping all weekend. We cannot guarantee the security of valuables, please lock them in your car out of sight.

Photos

Race photos are expensive, so we have our own photographers and make photos available to you, free, on our own Facebook page.

This means any photos you or your supporters or fan club take can be added as well. Our pet photographer will be on site to snap you looking your best, before, during and after the race. 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 our [White Star Running Facebook Group](#) By entering the race you are giving your permission to have your photo taken and placed on Facebook. 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)

Some things to remember:

- This is deepest, darkest Dorset the nearest cashpoint will Bridport.
- Bring insect repellent, it should be ok on that field, just in case.
- Bring torches there are no street lights out there.
- Bring toilet paper.
- We will have a generator so there will be some lighting onsite.
- The nearest hospital God forbid you need one is Dorchester

FAQ

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, 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.What's the weather going to be like?

A. One moment we are on the phone to Mother nature....”uhu yeah uhu ok thanks”.....dunno

It might rain, it might not, it might be sunny during the day...at night maybe not . Bring all your clothes and every pair of running shoes you own just to be safe. And a warm vest.

Q.Is the route marked and signposted?

A.Yes

Q.Is it self supporting?

A.No we will feed you, we like well-fed runners.

Q.Can I wear an ipod?

A.If you want

Q.Can my tent go next to my mates?

A.Sort your own camping out, camp in the areas marked and you are fine.

Q.Can my car, motorbike, light aircraft, park next to my tent?

A.Yes it's a big old field..

Q.Camper vans?

A.Yes bring them, if it has loo we may want to borrow it...joke btw

Q.When my husband, wife, boyfriend, sweetheart etc runs where can I go?

A. Tell them to hang around and watch you are elites it will be over in a flash

Q.Headtorch why?

A. Camping is dark in the night you know dark

Q. Can I use the WSR after party to mix with other runners and meet like minded people and get drunk with them?

Yes and yes

Q. Do I have to enjoy myself?

A. No, its running about in the most beautiful areas in Wiltshire you will hate it

Q. What other races do you organise?

A. Right ready? Lots and lots <https://whitestarrunning.co.uk/>

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 22th May for us to pack and bring with us for you www.whitestarclothing.co.uk**