

# Dark Moors 2019

Thanks for entering the Dark Moors Races. We are more than a bit delighted to be welcomed back to Moors Valley Country Park and Forest, 1000 acres of parkland and forest for us to explore and run around.

Moors Valley Country Park boasts two huge play parks, a dedicated play trail, with various nature themed play areas, miles of beautiful walking and cycling tracks, cycle hire facilities, a large gift shop, a narrow gauge railway and plenty more... so experience more and make your Moors Valley visit one to remember!

With special thanks to Moors Valley staff and Forestry Commission personnel who have helped secure permission for these fantastic races to go ahead.

## Right stuff you need to know

### Timetable of events

Admin opens 3.30pm in the rear of the cafe. *Please do not arrive before 3.30pm, as the admin area will not be open and the Park may still be busy*

Hot drinks/refreshments from Totally Wonderfuel near start/finish

5 mile Race briefing 4.15pm by the Gruffalo you will find it

5 mile race Start 4.30pm

10 mile Race briefing 6.15pm be there or be square

10 mile Race start 6.30pm

### Getting There

#### By car.

Moors Valley Country Park is situated ten miles north of Bournemouth; it is signposted from the Ashley Heath roundabout at the junction of the A31 and A338, between Ringwood and St Leonards.

#### **Find us on Horton Road, Ashley Heath, Nr Ringwood, BH24 2ET Please note:**

Be aware that due to the rural nature of our location, some satellite navigation systems and route planners may not be accurate when using our postcode.

Please cross-reference with this map  [www.moors-valley.co.uk/visitor-information/find-us/](http://www.moors-valley.co.uk/visitor-information/find-us/)

It is easy to find if you follow the brown signs And FOLLOW OUR SIGNAGE

**Please Car Share for the event. 95% of runners are from BH/DT postcode and live within a small radius of Moors Valley. Please also park responsibly and allow plenty of time to arrive and park. If the day has seen good weather we can expect the Country Park to be busy when we start arriving, so please be careful of other park visitors.**

### Day Parking

The park has a maximum of 650 parking spaces and as it is likely there will still be some general visitors when you first arrive. So, we ask, as we did

before, to car share please, that worked very well and we know a lot of you are from the BH and DT areas, so jump in with a mate or make new friends. Karaoke Car Share is good.

Free Parking is included within your race entry, so you can arrive on site anytime after 3.00pm to take advantage of this offer.

**Going home** When you leave the Country Park you **WILL NOT** need to put your number plate into the machines, the barriers will open when you exit the park.

**Do not park on or around any of the surrounding roads near the park.**

These are residential streets and will cause issues with regards to the relationship between the locals and the park.

**Local Accommodation** suggestions can be found on our website

✔ <http://whitestarrunning.co.uk/local...>

**Refreshments** are being provided by Totally Wonderfuel near start/finish area

Race instructions

**You must have a working headtorch or chest torch and we reserve the right to disqualify you if you do not have a working headtorch, got it?**

**HEADTORCH you need one**

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**HEAD for fear of repeating ourselves TORCH**

**If you are bringing friends and family they need a torch too, its blimmin dark**

**Number**

**Dark Moors admin will be open from 3.30pm on Saturday to pick up your numbers at the rear of the café.**

**Running clubs if there is a vast amount of you coming to us arrange to pick up all you mates numbers too**

Please arrive with enough time to pick up your numbers. If you know any of the WSR team and live locally (Dorset) or have a really good reason why you can't pick up your number on the day email [andy@whitestarrunning.co.uk](mailto:andy@whitestarrunning.co.uk)

Basically, anything that will save us a bit of time on the day will be helpful

**IMPORANT PICK UP DATES**

We will be in Seasons after Moors Valley parkrun on the 22<sup>nd</sup> December and in the cricket pavilion after Poole parkrun on Christmas Day if you would like to pick up your numbers. Please come and find us. Keep an eye out on Facebook for other pickup dates and venues.

**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 secure your number so it

doesn't flap up as you run as this can lead to the chips not being read as you cross the finish line.

## **Race times**

### **Baggage**

Please give us car keys, it's easier. Come to the finish and give your keys to one of the lovely people at the finish line.

Presentation of your number will get your keys back, we will only give the person wearing the number their keys. If it's a nice car we will play with it when you are out running. Please give us your keys it's much easier if you leave your gear in the car. Please note you leave the keys at your own risk.

### **Changing & Showers**

Because of the nature of the event and time of year we aren't able to provide any changing or Showers. So sorry you will have to go unwashed, but at least you will smell of sweet sweat, hard earned and the righteous sweat of toil...or something.

### **Toilets.**

Toilets are located by the Visitor Centre or up by the main railway and there are no other toilets onsite. There is never enough, we know; we ask you to be patient.

### **The Race / Route**

The area in which you are running is typical Dorset/Hampshire woodland. All the paths we use are usually well maintained public access routes. The course is designed to take in the smashing variety at Moors Valley.

There will be tree stumps, roots, ditches and puddles on some of the tracks. So watch where you are going and placing your feet. We will sign if you need to stay in the middle of a track or to one side because there is a danger so please follow these instructions. If you don't fall over at least once then go and buy a lottery ticket you lucky person.

The course will be well marked with signs, arrows; some trees, posts etc will have flashing lights on the signage and marshals at key points to direct you.

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, if there has been bad weather before the event.

### **Terrain**

There are stretches of gravel paths and some made, unmade and almost made paths. There will be one or two hills. It will be muddy in places. Please don't swim in the puddles. Difficult one, trail shoes are recommended, something with a grip. That said studs and spikes are not a good idea. Personal choice. We reckon road shoes are ok too. Please note the whole course will be sign posted.

**CUT OFFS** The cut off for the 5 mile is 1.5 hours. Cut off for the 10 miler is 2.5 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 both 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

### **Litter**

We run in areas of outstanding natural beauty. We do not tolerate littering. 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 not be returning to any more of our races.

### **Weather**

The race is in the countryside in January and as we have seen in the past couple of years the British Winter 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 English 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 drinking tea and trying not to feel smug, so might be an idea to bring a waterproof jacket to wear or an anorak.

**Dogs** bring them to spectate, no dogs are allowed to run in Dark races, please clear up after your dog and get rid of poo in bins.

### **Safety.**

On the back of your number write an ICE number. In Case of Emergency. This will help us and you. If you are struck by lightning or flake out with exhaustion or the sheer joy of , 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 for Race Control.**

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 your 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.

### **Waterstations/Aidstations.**

Waterstations will be evenly placed. 2.5 miles apart. These stations will have plenty of water. All drinks will have cups. We know not everyone likes cups but we want to cut out litter completely, cups are easily disposed of as bottles are bulky and are usually chucked after a mile or so. from the

**Lovestation** will be here, designed for you to get some cake, a sports drink, a gel, jelly babies, there will be a bit of beer and a few savoury bits.

**Photos** Race photos are expensive, so we have our own photographers and make photos available to you, free, on Facebook. 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. Don't touch his beard. 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) That said its dark so who knows if they will work in the dark

## **Medals**

All runners that finish will receive a quality uniquely minted race medal, pack of biscuits and muff. You get this if you complete the race. No finish, no medal.

***So that's it anything else keep an eye on our Facebook and our website***

## **FAQs**

**Q. Can I run with my dog?** A. No we and you are not insured.

**Q. Fancy dress is it compulsory?** A. No, but you ya know we all like a wig and a leg warmers all sparkly right?

**Q. What's the weather going to be?** A. One moment I am calling up the Weather Gods right now, it's like January who knows.

**Q. What gels are they?** A. Hi-5

**Q.What's a Lovestation?.** A. Lovestation is a super accelerated Water and aid station. There will be cake, there will be sweeties, 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. Kids can I bring them?**

A. Only your own. The race is family friendly. That said look after them we do not have a crèche. Do not leave your kids for us to look after we are not insured or interested in looking after your kids....we don't even like our own.

**Q. Anything else important?**

A. Yes have fun