

Mid-Season updates

Dear WSR Runner,

We're over half way of the WSR Season and we're getting excited for the next couple of months ahead.



Compete in the following three events, opting for the same distance at each, and get the Wyvern Series medal at the end!

Marathons – Larmer, Moreton (Weekend at the Races) and Crafty Fox

Mini – Larmer 10M, Moreton 10M and Crafty Fox Half Marathon

Following the second event of the Wyvern Series this weekend, up next is Crafty Fox on 7 & 8 September with a Half and Marathon. We'll be busy pulling together the standing so far in the series, so you can see how you're doing.

For Wyvern series there will be winner's prizes for the series, so you will have to do all mini's or all marathons not a mix, if you are in it to win it as it were.

We are also doing club prizes for first running club or group in half and marathon series. Prizes will be won on Running club position not the individual runners so it's all about the team and not the one person as it were.

If you've done a mixture of distances you can still claim your medal and muff at Crafty Fox

Deferral/Transfer Deadlines

Some of you are being caught out and missing deadlines for deferring your entry to another WSR event or Transferring your place to another runner if you become unable to participate in an event. Dates are published on our website in each race section and we post on Facebook to give a reminder. Most are 1 week before the event but some are longer. We don't like saying no to things but have to meet our own deadlines for each event and give ourselves enough time to get everything prepared.

All information is here <https://whitestarrunning.co.uk/race-transfers/>



With all this hot weather we're thinking about running around in the Dark in Winter!

Returning for 2019 Dark Valley Races, hosted in the amazing Moors Valley Country Park, a chance to run around the trails and woods in the Dark.

10k and Half Marathon distance available on Saturday 2nd November. As well as your medals, you will get a mug and yummy pack of Moore's biscuits for your efforts

More info and booking here <https://whitestarrunning.co.uk/dark-valley-2019/>

If your not sure about a Dark race, check out this video from Dark Moors this year, filmed by a couple of Bad Boy Runners to help you see what fun you'll have.

<https://whitestarrunning.co.uk/not-sure-what-to-expect-at-.../>

Coffee Coffee Coffee

If you haven't heard Early Riser Coffee is the brainchild of Andy Palmer and the rest of the team, focused on promoting their local area to the national running community. Being a team of coffee drinkers (with the exception of Gemma), we were on the hunt for a blend that would be less 'reactive' on the gut for use at our own races. We quickly became unsatisfied with the current mass-market and generic offerings available in large-scale supermarkets and health shops, so they did what they do best - they decided to create their own.

IF you haven't already seen it check it out, it's rather yum, if we do say so ourselves. You can get 10% off your first order if you sign up to hear all the latest news from our website

<https://earlyriser.coffee/>



National Running Show

We couldn't be more excited to be partnering with The National Running Show again who have announced in 2020 there will be 2 shows!

We will be at both great Expo's, the new show is in London on the 13th- 14th June 2020.

Head over to our new London website for free tickets... <https://nationalrunningshowlondon.reg.buzz/>



Virtual Run for August

Have you missed out on obtaining one of our Bad Cow or Chase medals? This is your opportunity to complete your set and take on your own personal challenge.

On offer are a variety of Bad Cow and Chase medals and with each medal you will receive a special gift.

Basically all you need to do is walk or run as many miles as you can in August. We are accepting children to also be able to take part as it is the summer holidays...

A proportion of the money raised from this event will go to our chosen charity of the year the [Jurassic Coast Trust](https://www.jurassiccoasttrust.org/).

More info here <https://whitestar.fullonsport.com/.../wsr-virtual-aug.../profile>

2020 Season

Looking ahead to next year's season it's starting to shape up to be another exciting one. Dark Moors night races at Moors Valley will soon be on sale for entry, taking place on Saturday 11th January to start the year off.

Currently open for entry are Larmer Tree Races in March including a Half Marathon, 20m and Marathon <https://whitestarrunning.co.uk/larmer-tree-races-2020/> Dog race and 10 miler are not open for a bit as we are going to do the Imperial Series once again and will open at the same time as Lytchett and Bournemouth 10m races.

The Ox races will take place between 8th- 10th May next year and with the 8th May being declared the Early May Bank Holiday we will be adding a Race of 2 Half's!

Giants Head Marathon & Sydling Hill 10k date has been confirmed as 20th June 2020.

END OF SEASON SALE

FRI 2ND - SAT 3RD AUGUST

White Star Clothing are having an Open House event that will give you some end of season bargains to get your hands on. Our unit will be open to visitors from 2-8pm on Friday and 9am-3pm Saturday for you to pop in and grab yourself a steal. We've set up a Facebook event to tell you all about the deals you can expect, so make sure you have a look [here](#)



Crafty Fox- September

Last few places available in Half and Marathon for Crafty Fox. Saturday marathon and half marathon on Sunday. Based in the village of Ansty, bang in the middle of Dorset, providing a tough race with some beautiful scenery.

2 Laps for Marathon, one for half.

<https://whitestarrunning.co.uk/crafty-fox-2019/>

We're looking forward to seeing many of you in next couple of weeks at the upcoming events.

Thanks,

WSR Team