

## Race instructions Casterbridge Half Marathon 2017

The first of many

White Star has teamed up with Casterbridge Rotary in the ever so lovely town of Dorchester in the fair county of Dorsetshire

Roads.....we are on the roads....Yes we know, but we were asked nicely so how could we say no?

Dorchester is Dorset's County town, so the town must have a major sporting event and they don't come anymore major than a big road race.

We are supporting a great charity this year too, the Dorset and Somerset Air Ambulance.

Thanks for entering the first ever Casterbridge Half Marathon,

**First off, some thank you thank you thank you to the fine people and companies of Dorchester and Dorset who have made this happen**

Kiteley's solicitors, Dorset County Council, Dorchester Bid and Dorchester Town Council, West Dorset District Council, Magna Housing, Domus Estate Agents, Mercedes Dorchester, Grassby and Sons, Studio Print and the Dorset County Show, Piddle Brewery and Dorset Catering. Thanks for all the support and trust.

**To all our mates in the running world who are helping make this event what it is**

Running Imp, the U.K.s best race supplies and the best medals anywhere ever.

Merox screen print of Bournemouth for the excellent tshirts

Up and Running Bournemouth for their continued support over the years, Hi-5 for race day nutrition

XMiles of Wimborne

A massive thanks to all the donors from Dorset food and drink association for all the goodies in the race winners hampers

**Some people we must mention**

Casterbridge Rotary and race committee for their trust in White Star to lay on a pretty great race.

To Mr John Mayo owner of Cokers Frome Farm for allowing us to use his place for the weekend

To the team from the Dorset County Show for the advice and help

Mr Tim Cox for letting us run on his land where the "Lovestation" is based.

A massive thanks to all the marshals and stewards for volunteering to make this a great event for everyone

To Wessex FM and Magna housing for getting the word out that this race is a great idea.

## **RACE TIMETABLE**

### **Can be found here**

<http://www.dorchestermarathon.co.uk/images/marathonprog.pdf> have a read theres loads of useful information in the race program.

## **Sunday 28th May**

### **Half Marathon Start 09.30**

Race briefing 09.05 admin area, the start is a ten minute walk to Greys bridge follow the pickup truck.

First runners expected back 10.35 ish maybe sooner who knows

Last runners 13.30

## **GETTING TO THE RACE**

### **Before Race Day**

Exit A35 at Stinsford Roundabout and follow signs for Dorchester Town Centre. Take second right hand turn signposted PiddleHinton, event village is first left hand turn. Follow signs/marshals to be directed to camping area or parking.

### **On Race Day**

This route will be signposted to follow on race day

Travelling East or West on A35

Follow A35 until Monkey's Jump Roundabout, with B3150. At roundabout take the A37 exit towards Yeovil.

Travelling South from A37 and those from East & West above.

At roundabout take exit to B3147 signposted Dorchester, at the junction with BP Garage and Lidl turn left, continue along road through traffic lights at Sun Inn Pub. Take next right hand turn signposted Frome Whitfield and continue along this road until you are directed into parking field.

## **Public transport**

### **Train stations**

Dorchester West is managed by Great Western Railways and Dorchester South by South West Trains.

Both are approximately a 15 minute walk to event village and well signposted through the town.

### **Taxis**

Taxi rank is in Trinity Street, with 3 cab offices, Bob's Cabs 01305 269500, A Line Taxis 01305 264747 and AB Cars Taxis 0800 413190 providing taxi services across Dorchester.

### **Bus**

Dorchester does not have a Bus Station but most services use High West Street and/or Dorchester South Station for their stops.

### **SPECTATOR INFORMATION CAN BE FOUND HERE**

<http://www.dorchestermarathon.co.uk/images/dorchester-marathon-spectator-Information.pdf>

This is good stuff follow this and catch up with the runners along the route.

### **RACE INFORMATION**

#### **CUTOFFS**

**Cut off is 4 hours.**

All times are generous you can walk them in less....

**The events are also races, so some sort of running should be 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. The cut off will be strictly enforced, as the bar is open and there's a barn dance to go to.**

### **THE ROUTE**

**Well sign posted and marshalled**

### **TERRAIN**

It's a road race might be best to wear road shoes, barefoot is fine if you are bonkers

### **WEATHER**

The race is in the countryside in May and as we have seen in the past couple of years the British spring and summer time can vary from beautiful warm to belting down with rain. Basically be prepared for all eventualities and bring clothing suitable for the changeable Dorset climate. If it's blowing a gale and belting down with rain, wear appropriate clothing. Bring the factor 50 suncream, if its sunny, to avoid the embarrassing running vest tan lines later on.

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 cakes waiting for you.

### **SQUEAKY CHICKENS AND COWS**

If you have one, bring it.

### **RACE NUMBERS**

We will be chip timing the event.

Your number will be delivered to you by the jolly postman. Fill out the back of the number with your personal emergency information. **This is important** so if you do need a help we can get it to you quickly.

### **BAGGAGE**

There will be a place to store your bags at the finish. You present your bag to us at the finish line. Attach the special tag that's on your number on and tie it to the bag. The bag will be kept ready for your return.

Presentation of your number will get your bag back, we will only give the person wearing the number, their bag. No number no bag. Any unclaimed bags will be piled in a massive heap and we will burn them all like a scene from Wicker Man

### **No number no bags**

**Please note you leave the bags at your own risk.**

### **CHANGING**

**There is changing. I know normally we don't bother, but this is spesh and we don't want too many naked people in the car park...you can get away with that at a trail race.**

### **SAFETY**

On the back of your number is an area to fill out with your details please fill this in, write an ICE number. In Case of Emergency. This will help us and you. If you are kidnapped by locals or pass out at the sheer joy of seeing a man in a kilt, 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 and get you as quickly as possible. The good thing is, the race is very centralised and you are never far from medical help or aid. We will have 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 details to the lead marshal.

We advise you carry a fully charged mobile phone with just in case.

## ROADS

Closed but there will be a few cars on the route please be aware of this we can't stop residents leaving their homes and essential services going about their daily business

## VEHICLES ON ROUTE

This is a closed road marathon as much as practically possible. Blue lights, carers, farm vehicles, residents and event support vehicles are all expected to be on the race route at various points.

Be aware when running that you could encounter these vehicles at any point. Marshals will be providing them with instructions and they will be briefed to drive more cautiously and expect runners. You should also be cautious and expect to come into contact with a limited number of vehicles through the route.

There is also a cycle event on certain sections on the route in Puddletown, Tincton, Woodsford and Moreton, so you can expect to see cyclist on the route as well.....no backies off the bikes either.

Each race has a lead car, kindly provided by [Mercedes Benz of Dorchester](#) that will lead front runners around the route. **MARATHON lead runners** your lead car will pull up at Puddletown just past GP surgery, where a lead bike will take over to continue with you for the rest of the route as you will be mixed in with half runners at this point. Cars and runners don't mix guys be aware.

## IPODS & MP3 PLAYERS

The perennial question about these devices...is, are they allowed?

**No.**

"WHY? I love my Best of 70's Eurovision album, I can't run without it"

Because we can't guarantee the route will be traffic free at all times. See above. UK Athletics rules state it is no headphones race. We are sorry it's the rules, if you have headphones in you we will disqualify you from the event and your time will be removed from the results

The roads are quiet country lanes, but there may be local residents cars, carers need to get through as do farm vehicles. So milk tankers, combines and tractors take no prisoners and you need to hear them and any instructions from marshals and warnings. For your safety and the fact it's a lot of paperwork for us if you get splatted by a 20 tonne tractor. So we are afraid you will have to talk to people, you never know it might be nice, you might meet a new best friend or even a new love of your life.....we need a WSR dating agency..!

## WATERSTATIONS \ AIDSTATIONS

Waterstations will be evenly placed 3 miles apart. These stations will have plenty of water.

All drinks will be in cups. We will have premixed Hi-5 drinks and gels at most aid stations. 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. The area is full of Organic farms and has many sites of scientific interest, Wildlife reserves and is teaming with Deer, Badgers, Pheasant, Cows and Bears and other wildlife and livestock. We would not want any animals affected by litter. So, we ask everyone to drink and dispose of the litter at the waterstation or carry it with you to the next one.

If you have a Camelbak or carry a bottle ask the nice marshal to fill your bottle straight from the container.

Anyone caught deliberately littering will be handed to the Dorchester Women's Institute for punishment and then disqualified, **we have zero tolerance to rubbish** (rant over).

Aid stations will have the usual goodies at 1.5, 4,7 and 10 miles.....we are too good to you.

The WSR Lovestation will be run by carefully selected mad people to give the boost you need (no kilt sorry but you will be hugged).

This years Lovestation will be sponsored by **Piddle Brewery so expect beer onsite**

Now these aid stations are designed for you to get some cake, a sports drink, a gel, jelly babies, there will be cider and a few savoury bits. There will also be toilets on the race route.

So no weeing in a hedge.....toilets are at the lovestation

## **PHOTOS**

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

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 the Flickr page and to Facebook. By entering the race you are giving your permission to have your photo taken and placed on Flickr. 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)

Look for the big bloke with the beard taking pictures.

Also Dorchester camera club will be out onsite taking photo so expect social media to go bonkers

## **MEDALS & TSHIRT**

All runners will receive free race tech t-shirt from our mates Merox and they are dead nice too and a quality uniquely minted race medal. From our bezzie mates at Running Imp  
You get this if you complete the race. No finish no medal, no t-shirt, no regrets, no tears goodbye.

## **MASSAGE**

We have post race massage onsite for both races there is a small fee but after running 13.1 miles you will probably need it.

**Massage Weymouth** is looking forward to assisting all the athletes in their **recovery** from the Dorchester fully and half marathon.

We will be offering **15 minute Treatments to Help Speed up your recovery.**

- 1: Flushing the lactic acid away from your legs helping to take away the stiffness you feel the few days after an event.
- 2: To Relax and take strain away from any muscles you may have strained during the event.
- 3: To help stop cramping in the muscles.

4: To manually help and give advice on the day, should you have injured yourself.

Sorry no pre booking excepted for the day of event. Payment, cash only.

15 minute treatment - £10

If you have any questions or want any advice before the race, look at our website

[WWW.MASSAGEWEYMOUTH.CO.UK](http://WWW.MASSAGEWEYMOUTH.CO.UK)

## SHOWERS

There are showers onsite please clean up after yourselves and they are sooper dooper ones and free to use bring a towel and flannel and that really nice body wash you got for Xmas but haven't used yet.

## TOILETS

There will be portalavs at the races. There is never enough we know, we ask you to be patient.

## FOOD ON RACE DAY

**Book food here and now food and drink is available all Saturday and Sunday.**

<https://marathon.topoleposition.com>

## CAMPING

Book camping here book by Tuesday 23<sup>rd</sup>

<http://www.dorchestermarathon.co.uk/camping.php>

It's cheap its right by the finish line and the beer tent

## CAMPING AND EXTRA INFORMATION

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 will be available at race village area. There will be portalavs. There will be bins to chuck rubbish in and please if you bring your dog clear up after them, sheep graze the fields so we don't want them catching anything nasty. **Please keep your dogs under control at all times.** Sheep graze in the fields they must not be disturbed. **EVER.** If in doubt leave Fido at home.

The farmer, Mr Mayo has been very kind letting us use his farm, please respect his farm and the countryside code. It is a working farm so you run the risk of injury and death if you muck about in places you shouldn't.

We say again don't let the kids out of your sight, control your dog.

No open fires or singing late into the night THAT'S YOU Chippenham Harriers

Be aware of random nudity....just saying it happens THAT'S YOU AGAIN Chippenham Harriers

We cannot guarantee the security of valuables, please lock them in your car out of sight....then wrap your car in clingfilm like they do to suit cases at the airport

### **Some things to remember:**

- This is deepest, darkest Dorset the nearest cashpoint is just up the road in Dorchester...see its not all bad....bring cash anyway....its not all contactless...its not that London you know.
- Bring sunscreen and wet weather gear.
- 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.
- Unlike our other races we have situated the campsite and start finish right next to a big town so there's all the amenities you need should you realise you haven't brought a sleeping bag or spare nappies or Vaseline, the throbbing metropolis of Dorchester is a 2 minute drive.
- The nearest hospital God forbid you need one is which is about 15 minutes in Dorchester or Weymouth.

### **Post race activities**

Barn Dance

Booze

Food

What else is in the town

Dorchester Town centre is also a 10 minute walk from the event village via footpath accessible to London Road. There are various attractions to provide entertainment whilst you are waiting for runners to finish including Dorset County Museum, Teddy Bear Museum, Dinosaur Museum, plenty of shops and Brewery Square. Also the Race Directors fave, Bovington Tank Museum in Wool we do a race there at Xmas (entry open now ) just saying 😊

For plenty of other ideas and attractions to suit your needs on race day or over the weekend whilst visiting Dorchester visit tourist information <http://www.visit-dorchester.co.uk>

Other attractions on routes to visit where the route passes and are accessible by car by exiting A35 at Puddletown and following signage

Athlethampton House & Gardens a spectacular 15th century Tudor country house and gardens in Dorset. Admission charges apply open 10.30-5pm



Tolpuddle Martyrs Museum that tells the harrowing tale of the Martyrs arrest, trial and punishment, leading to the foundation of modern day trade unionism. Free Admission open 11am-5pm

If you are staying in Dorchester the event village is a short walk.

## **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 while we consult with the Pagan weather Gods.....dunno It might rain, it might not, it might be sunny. 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 we even have mile markers...go us.

### **Q.Is it self supporting?**

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

### **Q.Can I wear an ipod?**

A.No stop asking.

### **Q.Can my tent go next to my mates?**

A.Camping will be allocated by our top team from Rotary their word is law

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

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

**Q.Camper, caravans, Winnebago 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. Mentioned above is a spectator guide, all the roads are shut so may be difficult to move about so follow the guide

**Q.Headtorch at the campsite why?**

A. Camping is dark in the night you know dark

**Q. Do I have to enjoy myself?**

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

**Q. What other races do you organise?**

A. Right ready?

Giants Head Marathon, Hilly, Britain's best marathon. OFFICIAL.

The Larmer Tree Races, 20 miler Marathon and Half, Hilly (it was great this year)

Bovington at Xmas with tanks n stuff

Chase half and Cider frolic praise the Lord races at a Cider brewery

East Farm Frolic 12 hour race for solos and Teams Multiple laps and marathon half and 10k on Saturday before

The Dorset Invader, Marathon and Half Marathon. Roman madness

Bad Cow Weekender fun in the Purbecks we even have a seaside bit this year,loads really

*Have fun at the bestest road race in Dorset but remember its not a Funrun.*

If you enjoyed this tell your mates and come back next year.