

## DORSET OOSER 2023 RACE INSTRUCTIONS

Thank You for entering the 2023 Dorset Ooser trail event,

### HERE ARE YOUR RACE INSTRUCTIONS:

THIS IS QUITE LONG BUT PLEASE READ THROUGH TO THE END AND TAKE NOTE OF ALL THE INFORMATION

Please make sure you have read our Ts & Cs on the website <https://www.dorset-ooser-marathon.co.uk/faq-t-cs>

### THE EVENT IS CUPLESS:

We will not be providing plastic or paper cups at our aid stations.

Aid station volunteers will be pleased to fill water bottles and hydration packs but in order to have a refreshing coke or squash you will need to bring your own collapsible cup - there are many available if you don't have one already and most will fit in a pocket. If you forget yours we have a limited number at Race Registration to purchase for £5

### CAR PARKING:

Please try and CAR SHARE where possible. Our parking area that we have been allotted this year is not infinite and if everyone arrives 1 to a car we probably won't fit you all in. So please try to share. thank you

### CANICROSS RUNNERS:

If you are running with a dog you must make sure you have the correct equipment. eg dog must be wearing a suitable harness, and must be attached to you via a lead clipped to a waist belt or harness of some kind. Hand held leads attached to normal collars that dogs can slip out of will not be acceptable and you will not be able to compete. Kit checks will be made on race day. You may encounter livestock on the route so it is very important that your dog remains attached to you.

We also reserve the right to remove you from the race if we consider your dog to be in distress at any time. Dogs must be over 12 months old.

PLEASE NOTE CANICROSS RUNNERS WILL BE REQUIRED TO START APPROX 5 MINS BEHIND THE MAIN RACE START (this is required for our race permit) Chip timing means your time will not start until you cross the line.

In addition to the correct equipment, our Race Permit requires us to make sure that you have third party insurance for your dog. This is because if an incident occurs which is caused (even inadvertently) by your dog, YOU ARE NOT COVERED BY OUR INSURANCE. Most pet insurance covers this, some household insurance covers it - but if you don't have pet insurance may we suggest an alternative. The charity Dog's Trust has a membership option at £25 a year, which includes third party insurance for your own dog. Many thanks for your cooperation.

Aid stations will have dog water bowls.

Please make sure you clean up after your dog, especially in the following areas: Car park field & Race HQ, start/finish and any other area of the course where people or livestock live. Thank You

### DEFERRALS:

Deferrals and Transfers are now closed thank you

### TIMETABLE ON THE DAY:

Car park opens at approx 7:00am with race registration opening shortly after. Your race numbers will be ready for collection in the race registration tent.

If you have ordered a race tshirt you should be able to collect it before the race (our volunteers will have a list if you are not sure).

Please attach your race number according to the instructions issued by Timing Monkey. Safety pins will be available but if possible bring your own.

### BAG DROP

We won't have a huge area for a bag drop under cover at the finish but we will try and accommodate small kit bags. Please don't bring a huge suitcase!

Bag drop will be unmanned and unmonitored, don't leave valuables in your bags. If you can cope with leaving your bag in your car please do so. Car keys can be handed to Registration volunteers (ask for a label) and will be taken to the finish area for you.

### TOILETS:

There are toilets available in the car park, and at the barn start/finish area. There will also be a toilet at the Affpuddle Aid station (aid 3 in the marathon, aid 1 in the half )

### START PROCEDURE:

The 2 races will be called to the start separately. to avoid confusion or congestion at the start we ask that you remain in the car park until your race is called to the start area.

You need to be ready to leave the car park at:

Marathon: approx 8:45am

Half Marathon: approx 9:45am

It is then a 10-15 min walk to the start area at the barn (makes a good warm up!)

There will be a short race briefing at the start area

#### RACE START TIMES:

Marathon - 09:00

Half Marathon - 10:00

CANICROSS RUNNERS will have a separate start approx 5 mins behind the main pack in each race. (this is a requirement of our race permit) so please hold back while the main pack sets off.

#### RECOMMENDED KIT:

The weather is currently looking OK for the weekend but you might want to bring a waterproof running jacket just in case- especially for marathon runners, as the route can be quite exposed in places. We recommend trail shoes.

In case of difficulty please have a fully charged mobile phone with RD's phone numbers saved in: Denise Day: 07827 925911

Kevin Day: 07786 555092

We also advise having what3words app downloaded to your phone if possible in case you need to tell us exactly where you are during the race

#### DURING THE RACE:

Please remember the Countryside Code:

"Leave nothing but footprints, take nothing but photos, kill nothing but time" Please do not litter

Please close all gates

Please give livestock a wide berth

#### COURSE ETIQUETTE:

A lot of the course is wide tracks or open fields but there are some small sections that are single track. If the path is narrow please be patient and warn the person in front when you are about to overtake.

WE ask you very politely to PLEASE GIVE WAY to other trail users, even if it means stepping off the trail. Please help us maintain our good name with the locals and the landowners.

You may encounter dog walkers, landowners, farm workers, horse riders, mountain bikers etc.

Because of merging race routes and overlapping times, leading runners of one distance may find themselves approaching runners of another distance. Please be courteous and warn of overtaking, please wait until you can pass safely.

#### AT THE FINISH:

We estimate that first runners in the half marathon will start returning from 11:30 am and first runners in the marathon from around 12:00 (we may be wrong...)

please keep moving through the finish collecting your medal then continuing through the barn (where we should have bag drop), please don't backtrack through the finish area; it's quite small and you may confuse the timing mats.

If you want to wait for other runners to come back there is plenty of space for spectating outside the actual finish area itself, and around the refreshment tents

We will have hot and cold drinks post race served in real mugs or you can have your own cup filled, and there will be a selection of cakes and fruit. There will be limited VEGAN cakes, and some Gluten free. These will be kept separate; please advise our lovely cake monitors if you require one. (all included in your race entry!)

#### MERCHANDISE:

If you have not ordered a tshirt there will be a small selection to purchase after the race along with other merchandise, we hope that the card reader will work but please bring cash just in case!

2023 Event tshirts are £10, all other stock is greatly reduced in price

#### OTHER VENDORS:

In addition, in the car park area we will have local business

English Vintage Summer with their ice cream truck and coffee wagon. They will be there for most of the day so you can grab tea/coffee beforehand and ice cream afterwards if you wish. Cash or Card payment.

#### DIRECTIONS TO THE EVENT:

DT2 7JA is the nearest postcode to the farm, if you are using google maps or sat nav. After that, and in fact even before that, you should see event signage from the main road.

From London & Winchester:

Take M3 and M27 to A31 in Hampshire, follow A31 to Bere Regis, At Bere Regis Shell Garage take first exit towards Bere Regis, the at the next roundabout take second exit towards Wool & Bovington.

From Ringwood, Ferndown & Wimborne:

follow A31 to Bere Regis, At Bere Regis Shell Garage take first exit towards Bere Regis, the at the next roundabout take second exit towards Wool & Bovington.

From Poole & Bournemouth:

take the A35 towards Dorchester, at Bere Regis take the road towards Wool & Bovington.

From Dorchester:

take the A35 towards Poole, at Bere Regis Shell Garage take first exit towards Bere Regis, the at the next roundabout take second exit towards Wool & Bovington.

From the West:

take the A35 towards Dorchester, then follow directions from Dorchester.

From Salisbury & Blandford:

follow the A354 then the A31 to Bere Regis.

From Bristol & Yeovil:

take the A37 to Dorchester then follow directions from Dorchester.

THEN: at the big stone Bere Regis sign, follow the road around the left bend and onto Southbrook and Rye Hill. Follow Rye Hill up and out the village until you see the Rochester Court sign on the right. Immediately after this sign turn into Yearlings Drove, then take the first turning on the right signposted to Turners Puddle. Follow this road until you see the Event Car park sign.

CAN I PARK MY CAR SAFELY? if you have a vehicle with very low ground clearance this may be an issue, but otherwise there should be no problems, although there will be an 'agricultural towing vehicle' available in case there is mud and anyone gets stuck!

as previously mentioned! The car park is not infinite, so please car share if you can.

Please don't leave valuables in sight as car parking is not monitored and we cannot be held responsible for theft or damage. PLEASE FOLLOW PARKING INSTRUCTIONS GIVEN TO YOU BY HI VIZ WEARING MARSHALS

#### RACE ROUTE DESCRIPTION:

The races are predominantly trail. The marathon has a maximum of 3.5km (approx) of short tarmac sections, the longest being about 1km. The half marathon has a maximum of 2.6km (approx) of short tarmac sections, the longest being about 1.3km (we tried to get this section changed to fields, but unfortunately the farmer said his Bull wouldn't like it...)

The first 5km / 3 miles in both races is the same, going uphill at the start and consisting of wide managed woodland tracks, farm tracks (with a road crossing), and fields, just to spread everyone out a bit. Then the race splits, the marathon takes more farm tracks and field edges, their first aid station, and some single track, before a short road section then heads into the more technical section of the race, with hidden woodland tracks, and tricky downhill & sneaky uphills, and the second aid station at an unexpected location, before joining the half runners again at Affpuddle, where we find aid station three

The half runners take their longest tarmac section through Tolpuddle, and across fields, before they join the marathon runners again at Affpuddle and the first aid station in the half. Both races then follow farm tracks, holloways, and wide managed woodland paths, with a few surprises thrown in, before descending to Briantspuddle and the infamous water meadow crossing (which at last check, was dry sorry!). A long uphill, the last aid station, and a long downhill then a flattish river path makes for some good running, before going up once again.

The second split sends the marathon on another technical trip through hidden heathland paths & woodland, before the last big climb then down to the finish.

The half runners go straight uphill then a flattish run along the ridge before heading left to the finish.

#### THE TERRAIN:

Currently the trails are damp and a bit muddy. Some of the course is steep and slippery especially in the marathon. We would advise trail shoes or some sort of hybrid with grip

There are Stiles to get over, if you are running with your dog, you may like to know that at last inspection all stiles had spaces next to them for dogs to get through (although it may involve a bit of quick unclipping and reclipping leads unless you fancy crawling through as well) However, we can't account for the last minute fancies of landowners which may involve covering the gaps with something.

## GATES & LIVESTOCK

As mentioned already - There are some gates on the route - If a gate is shut and you have to open it to go through, then please close it behind you again, we do not want to be responsible for any livestock escaping.

Some gates will be propped open but should have a notice on them 'gate left open with the permission of the land-owner' but if in doubt, close the gate!

Some fields may have livestock in, if they do, please treat all livestock with respect and give them a wide berth.

## OTHER USERS OF THE ROUTE:

As previously mentioned, please be courteous to other users of our route, although some of it runs through private land, most of it is on public footpaths and bridleways, and across public roads. You may encounter road vehicles, farm vehicles, walkers, other runners, horse riders, farmers going about their business, and local people wondering what on earth these idiots are doing running about in the countryside. **BE PREPARED TO STOP AND WALK IF REQUIRED.** Please be nice, then we can come back next year :-)

## CUT OFFS:

The cut off in the marathon is 8 hours, which is pretty generous, the cut off in the half is 4.5 hours. This should allow enough time for taking selfies, pictures of the scenery and generally having a lovely time in the countryside.

There are 2 sweepers in each race.

They will keep an eye on you, and make sure you are doing OK. They will only have your best interests at heart and will only suggest you pull out of the race if you are really struggling or are a way behind the cut off.

## Aid Stations:

There are 4 aid stations in the marathon and 2 in the half

Weatherby Castle (7km marathon only)

Clyffe House (16km marathon only)

Affpuddle (8km half / 24km marathon)

Kite Hill Dairy (16km half / 32km marathon)

All aid stations will have a pop up shelter, and will be stocked with basic provisions. Please use the hand sanitiser provided. There will be a mixture of wrapped food and loose items.

The marshals will fill your cups or bottles. We will have some vegan items in addition to fruit but if in doubt as to whether we will have something you can eat, it's probably advisable to bring your own race nutrition.

Please keep any food wrappers with you or dispose of them in the bins provided - that being said...

## LITTER:

Please don't litter.

We are a cupless race to try and minimise litter (landowners have been very pleased to know that there won't be plastic cups all over the place!). You will be running in some lovely countryside, why would you want to spoil it? Marshals and aid stations will be pleased to take any litter from you as you pass.

## THE WEATHER:

Given the weather situation in the last few weeks, expect anything.

However please note, we won't cancel the event if it's raining, blowing a hooligan or unseasonably hot sunshine. The only reason we would cancel is if the road conditions make travelling to or running the event (for runners and marshals) unsafe.

## SAFETY AND MEDICAL COVER:

Although we have asked for your ICE details on race entry please also fill them in on the back of your race numbers, for ease of access to information in an emergency.

We have a medical team in attendance in a 4 x 4, and they have been provided with all the access points to the race route, but please be aware that given the nature of the terrain it may take some time for them to get to you should you need attendance.

**IF YOU NEED TO DROP OUT OF THE EVENT** - please inform a marshal if possible, or phone us directly. If you don't finish the race and we don't know what's happened we will assume you are lying in a ditch somewhere and will have to send out a search party.

For your information, telephone numbers of the RD's for any urgent issues on the day are Kevin Day 07786 555092  
Denise Day 07827 925911

FYI The mobile signal in the area, depending on where you are, can be intermittent so we often find text messaging works better

## HEADPHONES

We realise some people like to run with headphones and music. We'd prefer you didn't for safety's sake but if you can't survive without it then please remove the earbuds / headphones from your ears when you are approaching a marshal and especially at a road crossing. Otherwise you may not hear something that may save your life...

#### MARSHALS:

These lovely people have given up their time to help us put the event on. Please be polite to them, and listen to instructions given to you by any of the marshals. Apart from aid station volunteers, most marshals are on road crossings for your safety, and they may ask you to stop if vehicles are approaching (they are not allowed to stop traffic), if they do, please follow their instructions, failure to do so may result in you being squashed by a truck.....

Ultimately however as per our Ts & Cs you are responsible for your own safety when crossing roads, so please remember your Green Cross Code.

#### SIGNAGE

the route will be marked with our own unique arrows

Please be alert to signage, not all turnings have marshals on. Look out for signs saying 'Left Turn ahead' or 'Right Turn ahead' as these indicate a turn off the main path onto another, sometimes much smaller path.

There will also be warning signs as you approach road crossings

We realise that there is always the possibility of tampering by third parties so as a backup we provide you with gpx files these have been plotted not recorded and so may not have finer details but should be enough to stop you getting lost for miles out of the way if you miss a sign.

#### RACE MEMENTOS AND PRIZES:

There are unique medals for all finishers in both races, and prizes for the first three female finishers, and first three male finishers in each race. Dog assisted runners are not eligible for the main 1st, 2nd and 3rd prizes but a 1st 2nd 3rd mixed canicross prize will be awarded in each race if appropriate.

We hope you enjoy the day

any questions, we will be out on site from tomorrow so may not be able to answer straight away

We would also appreciate any feedback about the event afterwards, as we can only improve with your help.