

Dear Runner

## HERE ARE YOUR RACE INSTRUCTIONS:

Some Important Information:

WE ARE A CUPLESS EVENT - in line with most European trail races and an increasing number of UK trail races 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. We won't have any cups available to purchase on the day so you need to make sure you bring one with you YES - EVEN FOR THE 10k!

### CANICROSS RUNNERS:

You must make sure you have the correct equipment. eg dog must be wearing a 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. Kit checks may be made on the day.

We also reserve the right to remove you from the race if we consider your dog to be in distress at any time.

you must have third party insurance for your dog. 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.

You must clean up after your dog, thank you IF IT IS HOT WE ARE OFFERING CANICROSS RUNNERS EARLIER STARTS DETAILS BELOW UNDER START TIMES

LATE DEFERRALS: although we have been very flexible in the past, sorry but we can no longer support late deferrals, as each one costs us money and this year has been very difficult. Our deferral window for the Hellstone has now passed and no more deferrals are possible.

### TIMETABLE ON THE DAY:

Car park opens at approx 7:30am 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.

There will be a short Race Briefing approx 10 mins before each start.

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.

RACE START TIMES: Marathon - 09:00 Half Marathon - 10:00 10k - 11:00

CANICROSS RUNNERS: we are offering canicross runners only earlier starts if the weather is hot, your options are: Marathon: between 08:00 - 08:30 (but you will need to all start together) Half: 5 mins after the main marathon runners start at 09:00 (ie where the canicross marathon runners normally start) 10K: 5 mins after the main half runners start at 10:00 (ie where the canicross half runners normally start) You do not HAVE to take these earlier times, if you wish you can start behind your main race group as normal. You can decide which start time on the day. If you take an earlier time, please let marshals know which race you are in in case they need to direct you. Marathon Canicross you need to be aware if you take the early start, that early marshals and first aid station may or may not be there or fully operational in time.

RECOMMENDED KIT: The weather is currently looking hot for the weekend so we advise a sun hat and sunscreen as the route can be exposed in places Obviously given the recent weather it might also rain so you may want to bring a light rain jacket in case. 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 Play Store what3words Apple Mac store what3words DON'T FORGET YOUR COLLAPSIBLE CUP!

WE HAVE NO BAG DROP! This is because the start is right next to the car park and you won't have far to go to collect a bag! Please leave your bag in your car, but we are happy to hold onto your car keys for you.

TOILETS: There will be toilets in the main car park, with extra hand sanitiser.

START PROCEDURE: We are back to a mass start, but please space yourself out in the start area there will be plenty of room and with the chip timing your time will not start until you cross the start line. Canicross entrants will start in a separate group 5 mins behind the main group.

FINISH: We estimate that first runners in the half marathon will start returning at 11:30 am, first runners in the 10k at 11:45am and first runners in the marathon at around 12:00 (we may be wrong...) Please keep moving through the finish funnel to collect your medal; please don't return back over the timing mats or you will upset your race timing chip. If you are running and you will be waiting for someone else to finish, please make your way through the finish and wait for them outside the funnel. We will have hot & cold drinks and cakes and fruit available after the finish as part of your race entry. We will have plenty of mugs available please return to a designated area once finished. We will have some VEGAN cakes and some Gluten Free which will be kept aside so please let our helpers know if you require this option. Please use the hand sanitiser provided.

There will be no changing areas available sorry.

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!

OTHER VENDORS: In addition to our post race drinks and cakes, we hope there will be a local coffee wagon selling hot drinks before the race, and an ice cream vendor from mid morning onwards. They will accept cards if they can but please bring cash just in case. There should also be a stall selling cheese made by Tom & Kelly Foot at Open Air Dairy

DIRECTIONS TO THE EVENT: Our Event Venue is Bellamont House, Long Bredy.

Nearest Postcode to Race HQ is DT2 9HN, or what3words code [///flashback.hammocks.icons](#) will get you to the parking field.

Old fashioned map directions as follows:

From London & Winchester:

Take M3 and M27 to A31 in Hampshire, follow A31 to Bere Regis, Then follow A35 to Dorchester. Take the A35 towards Honiton for approx 7 miles. Just before the dual carriageway take the left turn signposted to Long Bredy, follow the road for 0.5 miles and at the T-junction turn left signposted to Long Bredy. Follow the road for approx another 0.5 miles into the village then take the left turn past the red phone box, signposted to Little Bredy and Dorchester (you should see event signage). After less than half a mile you will see the event car park entrance on your left.

From Ringwood, Ferndown & Wimborne:

follow A31 to Bere Regis, Then follow A35 to Dorchester. Take the A35 towards Honiton for approx 7 miles. Just before the dual carriageway take the left turn signposted to Long Bredy, follow the road for 0.5 miles and at the T-junction turn left signposted to Long Bredy. Follow the road for approx another 0.5 miles into the village then take the left turn past the red phone box, signposted to Little Bredy and Dorchester (you should see event signage). After less than half a mile you will see the event car park entrance on your left.

From Poole & Bournemouth:

follow A31 to Bere Regis, Then follow A35 to Dorchester. Take the A35 towards Honiton for approx 7 miles. Just before the dual carriageway take the left turn signposted to Long Bredy, follow the road for 0.5 miles and at the T-junction turn left signposted to Long Bredy. Follow the road for approx another 0.5 miles into the village then take the left turn past the red phone box, signposted to Little Bredy and Dorchester (you should see event signage). After less than half a mile you will see the event car park entrance on your left.

From Dorchester:

Take the A35 towards Honiton for approx 7 miles. Just before the dual carriageway take the left turn signposted to Long Bredy, follow the road for 0.5 miles and at the T-junction turn left signposted to Long Bredy. Follow the road for approx another 0.5 miles into the village then take the left turn past the red phone box, signposted to Little Bredy and Dorchester (you should see event signage). After less than half a mile you will see the event car park entrance on your left.

From the West:

take the A35 towards Dorchester, just after the Askerswell and Litton Cheney turn offs, and at the end of the Dual Carriageway, there will be a turning on the right to Long Bredy, follow the road for 0.5 miles and at the T-junction turn left signposted to Long Bredy. Follow the road for approx another 0.5 miles into the village then take the left turn past the red phone box, signposted to Little Bredy and Dorchester (you should see event signage). After less than half a mile you will see the event car park entrance on your left.

From Salisbury & Blandford:

follow the A354 then the A31 to Bere Regis. Then follow A35 to Dorchester. Take the A35 towards Honiton for approx 7 miles. Just before the dual carriageway take the left turn signposted to Long Bredy, follow the road for 0.5 miles and at the T-junction turn left signposted to Long Bredy. Follow the road for approx another 0.5 miles into the village then take the left turn past the red phone box, signposted to Little Bredy and Dorchester (you should see event signage). After less than half a mile you will see the event car park entrance on your left.

From Bristol & Yeovil:

take the A37 to Dorchester then follow directions from Dorchester.

**CAN I PARK MY CAR SAFELY?** The parking field is fairly even and most vehicles should have no trouble at all but it can be slippery if the grass is wet so drive with care. Please be patient with our parking marshals, this is a new car park we have not used before so it may take time to park you.

We would encourage car sharing if possible, after all the parking field is not infinite!. 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** - Please be patient with our parking marshals, this is a new car park we have not used before so it may take time to park you.

RACE REGISTRATION, CAR PARKING, and START/FINISH area are all in the same field.

**RACE ROUTE DESCRIPTION:**

The races are predominantly trail. The marathon has a maximum of around 3km of tarmac in short sections, the half approx 1.5km, the 10k less than a km.

The first 6.5km in the marathon & half Races are the same, going uphill from the start (for a whole km no less!) then following farm tracks, public footpaths and parts of the Dorset Ridgeway, with a couple of small road crossings then taking in the first aid station at 5km. In this first section there may be livestock, and a few gates to open (All landowners have been informed about the race and are happy to have us running through their countryside).

**PLEASE CLOSE GATES BEHIND YOU.** After Aid Station 1, you go through fields and woodland to reach the first split just below Hardy's Monument.

The Marathon then follows the Ridgeway to Upwey where there is Aid Station 2, before changing direction at the Wishing Well and returning along the lower ridge. This loop concludes with the appropriately named Hell's Bottom path, heading back towards the Monument, where you will meet up with the Half Route again.

Both Races then follow heath-land and farm tracks uphill and downhill with sea views to aid 3 at Portesham, single track then woodland and a very steep hill climbing back up to the ridge and the road. Flat hilltop running follows then an easy downhill to Gorwell farm, where Aid 5 is. The Marathon splits again, and there are a couple of stiles, and a couple more hills, before a long gravel descent. Some easy running through private woodland follows, with a steep road climb, some sheep fields and a last drinks station before the Marathon joins up with the half once again. Another devilishly steep hill for both races, plus the chance to see the 'stone circle of disappointment' (you'll understand when you get there), then a slog along the hilltop, before descending through farmland to a road crossing. One last slog up the final hill, and a lovely run down to the finish for all three races, finishing through the avenue of trees in front of Bellamont House.

The 10k starts up a hill too, but in a slightly different direction, and joins the half & marathon route just after 1km. Then the route is the same as until about 4km where you drop down through trees past the water station, cross by the old venue (cricket pitch and a nice view of bridehead house) then 1km uphill before joining the other races for the last few km.

GPX files are attached for your use, but please be aware these are just plotted routes and 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.

**THE TERRAIN:**

At last inspection, the ground was quite dry. You may even get away with road shoes but we would recommend some kind of grip if possible, especially given the recent rain. There is very little tarmac, as specified above.

There are a few Stiles to get over mainly on the marathon route: if you are running with your dog, you may like to know that most stiles have spaces next to them for dogs to get through (although it may involve a bit of quick unclipping and re-clipping leads unless you fancy crawling through as well) However, we have noticed on last route inspection that a couple of stiles have been 'upgraded' recently with stock fencing below, so please be aware that there may not always be gaps.

**Gates and Livestock:**

There are a few gates on the route and potentially a fair bit of livestock both cows and sheep, **PLEASE CLOSE**

GATES BEHIND YOU to prevent livestock escaping. They may or may not have been moved, but assume there could be livestock even if you can't see it.

If in doubt - close the gate unless they are definitely tied back! Some gates may need climbing over.

Please treat all livestock with respect and give them a wide berth, you may encounter cows, horses, sheep and pheasants. (this may require you to stop running and walk past; cows especially are nosy and may run after you if you are doing something interesting like running!)

#### 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, the cut off in the half is 4.5 hours. There is no cut off for the 10k. 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:

These may be different than listed on the website. There are 5 aid stations in the marathon, 3 in the half, and 1 in the 10km

The final locations are listed below

Aid 1 - Loscombe Farm - Marathon & Half: 5km

Aid 2 - Upwey - Marathon only: 14km

Aid 3 - Portesham - Marathon: 23km, Half: 9.5km

Aid 4 - Gorwell Farm - Marathon: 28km, half: 14.5km  
Aid 5 - Gorwell Farm return - Marathon only 35km  
Aid 6(10k) - Carriage Drive - 10k only 4.5km (this is just a drinks station with a few snacks)

All aid stations will have a pop up shelter, and will be stocked with basic provisions. You must 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!). And 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 at the moment, expect anything. On recent route inspections it's been warm, cold, windy, raining, sunny.... Please dress accordingly, we recommend bringing a light jacket just in case. Conversely don't forget your sunscreen....

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 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.

#### 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 stop you 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 disqualified from the race (and/or squashed by a truck...) PLEASE NOTE, that although we try to have marshals posted on all road crossings, we prioritise busier roads first and so very quiet minor roads may not have a marshal. In addition, things happen, marshals may be called away urgently, or eg. encounter problems on the way to their position, etc, so ultimately the responsibility for crossing roads safely lies with you as a runner. 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 OR ROAD SECTIONS 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 a 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 or livestock so as a back up you will be provided with gpx files (attached) - As previously mentioned, 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 mixed 1st, 2nd, 3rd canicross prize will be awarded in each race.

We have limited amounts of race t-shirts to purchase on the day if you have not ordered one and there will be some available online while stocks last afterwards at £10 each with free p&p for runners.

We hope you enjoy the day

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

Any questions please email us on [badgertrailevents@gmail.com](mailto:badgertrailevents@gmail.com)