

# Run Jurassic 2019 Race Instructions



Thanks for entering Run Jurassic 2019, we feel very privileged to be asked by Jurassic Coast Trust (JCT) to organise what aims to be the “official” Jurassic Coast Running Festival.

We are truly thankful to the many partners who have collaborated to make this event possible and given permission for use of the South West Coastal Path (SWCP) to ensure you can experience the best the Jurassic Coast has to offer along the way! We are immensely proud that a percentage of income from the event will go towards supporting the Trust’s work in looking after the Jurassic Coast World Heritage Site, so thank you if you already donated to their priceless work. If you haven’t & would like to know more visit them over the weekend or see information on their [website](#)

We are also very lucky to have secured the amazing event location of [Freshwater Beach Holiday Park \(FBHP\)](#), with amazing facilities available for you all and a great central location for the races. We are ever grateful for all their hard work in pulling this event together and all the team who will be working over the weekend to ensure you have the best visit.

We're excited to say [404 Productions](#) who created the initial videos for RunJurassic are back over the event weekend and creating another master piece to showcase this awesome event for [Jurassic Coast Trust](#) and us .



## **Timetable of events**

### **Friday 27<sup>th</sup> September**

Midday Camping check in opens & 3pm static caravan check in opens

Admin & shop will be open 4pm-7pm

George & Flopper Meet & Greet guests 6-8pm

### **Saturday 28<sup>th</sup> September**

5.30am Admin open

6.30am Ultra Marathon buses leave

6.45am Marathon buses leave

7.45am Race briefings & check -ins at both starts

8am Ultra & Marathon races start

11am First Runner expected

11.30am Marathon Halfway cut off at Langton Herring Aid Station

1.30pm Ultra 19 mile cut off at Langton Herring Aid Station

1.45pm Marathon cut off at Lovestation™

2.30pm Ultra Marathon cut off at Lovestation™

4.30pm Last Runner expected

5pm Registration for Chaos Race

6pm Chaos Race

6pm Dinner service commences in Atlantic Bar

8pm Band in the Atlantic Bar followed by Disco at 10pm

### **Sunday 29<sup>th</sup> September**

6.30am Admin open

7.45am Half Marathon Race briefing

8am Half Marathon race start

8.15am 10 Race Briefing

8.30am 10k Race Start

9.30am First Runner expected

1.30pm Last Runner expected

2pm Kids Race

6pm Dinner service commences in Atlantic Bar

11pm Bar Closes

### **Monday 30<sup>th</sup> September**

Leave site & check out by 10am

## How to get there

### **Freshwater Beach Holiday Park, Bridport, DT6 4PT**

#### **Car**

Freshwater is based just outside small village of Burton Bradstock, accessed off the B3157, from the A35 at Bridport.

#### **Bus**

The X53 in particular allows you to enjoy some of the most spectacular views of the Jurassic Coast. The Jurassic Coaster service is operated by First Bus and goes between Bournemouth and Exeter with a stop directly outside Freshwater.

<https://www.firstgroup.com>

#### **Rail**

There are three main railway lines that connect the Jurassic Coast area with London and the rest of the UK. The first runs from Weymouth through Dorchester, Wareham, Poole and onwards up to London Waterloo. The second runs further west and connects Exeter with London Waterloo.

A third line runs from Weymouth through Dorchester up towards Bristol. Visit National Rail Enquiries for more information. Nearest Train stations are Weymouth and Dorchester.

#### **Air**

Nearest Airport to the event is Exeter, 37 miles away from Freshwater. With a variety of international and domestic destinations if you are travelling from further afield to join us.

**Day Parking** Free parking is available at Freshwater Beach Holiday Park (FBHP) in the fields adjacent to the finish area. A one-way system will be in place around Freshwater for you to follow and exit the park speedily when you have finished your race- FOLLOW THE SIGNAGE

**If you are making your own way to Ultra or Marathon start, make sure you arrive by at least 7.30am.**

Ultra Marathon Start Durdle Door Car Park, Wareham BH20 5PU. Parking charges apply- see tariff posted in Facebook event or [here](#)

Marathon Start Rosewall Campsite Osmington, Weymouth DT3 6HA. Free Parking available <http://www.weymouthcamping.com/>

#### **Shuttle Buses**

A massive thank you to [Damory coaches](#) who are providing our shuttle service on Saturday. Those parking at FBHP on Saturday should make their way to the bus collection point opposite the camping field by the big barns. You should get on a bus labelled with your race (marathon or ultra) and give your name/number to the bus monitor who will be checking you off the start list. This will reduce the roll call at the race brief & help us ensure your safety. When a bus is full it will leave and the next will arrive to fill up- PLEASE DO NOT BE LATE- the last buses will leave at -

6.30am Ultra Marathon buses leave

6.45am Marathon buses leave

Once dropped at your location please make your way to the start area as indicated by the signage on site. The start crews will have a box to put in any extra layers you have worn that you don't want to run in, these will come back to the finish but we can't guarantee they will be back before you!

## **Accommodation**

Camping like normal at the heart of the race we will have our 'Athletes' on site surrounded by beautiful countryside yet just a short stroll from the beach/events field. It's well laid out with surfaced roads and lighting and there's plenty of electric hook-ups available. If you haven't yet booked directly with [Freshwater Beach Holiday Park](#) you will need to.

You will need to **vacate your pitch by 10am on your day of departure** (even if you are running) & move your car to the day parking area so they can prepare the pitch for the next camper coming on to it.

If you have booked a static caravan direct with Freshwater keys can be collected anytime between 3.00pm and 10.00pm on the day of arrival. If arriving between 5.00pm and 10.00pm, please notify Reception to arrange key collection - (01308) 897317.

If you've booked privately with an owner you will have made your own arrangements direct but there may still be static caravans available [here](#)

If you want to stay at some of the other race starts:-

Ultra distance starts at Durdle Door and on site is Durdle Door Holiday Park. Whether you're looking for a luxury holiday homes, a premium pitch or one of their amazing camping pods, they have the perfect accommodation waiting for you.

Their friendly team are on hand to help with all your needs. Book via their website:

<https://durdle-door.co.uk/>

You will need to arrange transportation back there once you have finished.

Marathon starts in Rosewall which is a family run camping park, set in an area of outstanding natural beauty, on the world Heritage Jurassic Coast, in the hamlet of Osmington Mills, five miles east of Weymouth.

You can book to stay on site direct with the camp site via their website:

<http://www.weymouthcamping.com/Camping>

You will need to arrange transportation back there once you have finished.

Other accommodation in the local area can be found here:

<https://jurassiccoast.org/discover/where-to-stay/>

## **Food**

FBHP are opening their takeaway hatch and restaurant from 5-9pm Friday & Noon - 9pm Saturday & Sunday, which will run their normal menus.

They will have catering vans on the event field for refreshments throughout Saturday & Sunday 6am-5pm.

Atlantic Bar will open at 5.30pm Saturday & Sunday, where between 6-9pm a canteen style food from the hot trolley will be available with Chicken pasta, vegan chilli, beef chilli, rice or chips £6.50 adult £4.50 kids - basically pile as high as you want!

## **Race instructions...yes it is a race!**

Admin opening times are listed in the timetable on page 2

**Saturday Runners your race numbers are being posted out to you directly**, If you haven't received your number through the post by Friday 20<sup>th</sup> September please get in touch so we can arrange for you to collect a replacement at the event

[raceadmin@whitestarrunning.co.uk](mailto:raceadmin@whitestarrunning.co.uk)

Sunday Runners, Chaos Race & Kids race numbers will need to be collected from the Event Village at FBHP.

**You will need to provide your own safety pins**

**A Timing Chip** is built into the number, put it on and go. Once you have completed the race do not go near the finish line again or you will get a false reading. Please make sure

you wear your race number correctly so it can be picked up.

**How to correctly wear your race number**

All runners must wear their race number on the front of their race shirt for the duration of the whole run, held on safely by safety pins or bib clips.

Wear your number and be seen. We need to make sure everyone running is part of our organised run, looked after at all times and covered by our insurance.

Please do not wear your number folded up, on shorts, on your back or sides and do not place pins through the chip. If you are wearing a jacket or jumper on over the top of your run number please remove before crossing the finish line to ensure the timing mats record your result.

If not worn correctly then your result from the timing chip may not be recorded. This is your responsibility.

For your safety please ensure that the back of your race number is filled in with all correct information. Help us to help you. We have had to use this in the past and to ensure you get the help required as quickly as possible please always fill it in.

**The do not list...**

- Do not wear folded up...
- ...on your back or bag
- ...on shorts or side
- ...place pins through chip
- ...cover your bib

WHITE STAR RUNNING

The race will be videoed to watch you cross the line, to provide evidence if the timing chip doesn't register. If you lose your chip tell a marshal and they will radio admin and tell us your number.

**Safety** On the back of your number write an ICE number and any medical details. In Case of Emergency. This will help us and you. If you are struck by lightning or flake out with exhaustion, we need to get you help as quickly as possible. We insist as part of the kit list 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 an access road. 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 you number to admin. We then know that you are safe and we do not have to send out search parties. We would also **recommend you download** a free app called **what3words** which can help pin point your location should you need assistance.

### Compulsory Kit

All Runners must carry an essential kit list with you during the race:

- Charged Mobile phone with race HQ number stored to call in if you have any difficulties **07930335746**
- Saturday runners you need to carry the map enclosed you're your race number

Other advisable items that may become essential depending on weather forecast & will be advised in the Facebook Event:

- Water
- Small First aid kit
- Weather appropriate clothing/sun cream/waterproofs

For your safety if you **do not** have the compulsory kit you **will not** be allowed to start as part of the event.

**Baggage** Please give us car keys, it's easier. Presentation of your number will get your keys back, we will only give the person wearing the number their keys. There will be a place to store your bags at the finish if you wish. Please give us your keys it's much easier leave your gear in the car. Please note you leave the bags and keys at your own risk.

**Changing/Showers/Toilets** There are toilet/shower blocks dotted around the site at Freshwater Beach Holiday Park (see Map below)

Durdle Door Toilet block will be open from 7am on Race day, as will shower/toilet blocks at Rosewall Camp Site for the marathon start.

For those that have booked accommodation directly with Freshwater Beach Holiday Park on arrival with your welcome pack you will be given a wristband to use the other onsite facilities during your stay.

If you are taking part in the races and not staying but would like to use the facilities you can do so but will need to pay:

Adult Swim £5.60 & Child (2-15yrs) swim £3.40

Under 2yrs are free, Under 4yrs must wear a swim nappy and under 12yrs need to have an adult accompany them

Bowling 10am - 2pm Adult £3 & Child £2

Bowling 2pm-close Adult £4 & Child £3

More information can be found here <https://www.freshwaterbeach.co.uk/jurassic-fun-centre/>

Freshwater have free wifi available throughout the park, you can use up to 500mb per 24 hours

**username: gratis**

**password: nada**

Please respect the park rules, those staying will be given a copy on the back of your map but main ones are:

- Parents/guardians are responsible for supervising their children at all times, especially when using the parks facilities
- We ask everyone to respect other visitors on the park and keep noise levels down between 10.30pm – 8am
- Dogs must be kept on a lead at all times



## The Race Route

Photos & videos of the routes have been posted in [the Facebook event](#) for you to see and the routes are available on the webpage <https://runjurassic.co.uk/routes/>

We are running mainly on the Dorset section of the SWCP, which is predominantly tracks, paths & fields. The path is marked on signs by an Acorn symbol and is a track for the majority of the way, some sections will pass through built up areas but is still marked. All the paths we use are well-maintained public access routes.

The course is designed to take in the smashing views and beautiful coastline Dorset has to offer. The route will have our usual route arrows/markers where relevant and marshals at critical points along the route. This is because it is already well marked with the Acorn signs and helps ensure that we have the minimum possible impact on what is a beautiful and natural environment already.

**Ultra-** 4 miles of steep ascent & decent between Durdle Door & White Northe, before descending into Ringstead Bay. Cliff path from here until Osmington Mills, where you go up the road to join the steps at Goggins Barrow.

**Saturday** – Cliff path and fields along to Bowleaze Cove, onto footpath down to Weymouth Esplanade, continuing to cut across town and along the Rodwell Trail. From Ferrybridge footpath & trails round coves, around Chickerell Camp & then around some holiday camps until East Fleet. Path & fields along the fleet nature reserve until just past Henbury where you come inland to go over farm tracks & fields to Langton Herring. Back onto SWCP to weave through fields before descending into Abbotsbury. Then small section of road to join up to SWPC round Catherine's Chapel and onto shingle beach at Abbotsbury. Beach/tarmac from here until you turn off just after Lovestation™ onto fields at West Bexington Nature Reserve. Follow fields to Cogden beach, with small shingle section again before cliff path up and over to Burton Beach East. Round Hive Beach to join path along fields over Burton Cliff and then decent into FCHP & finish.

**Sunday** – Start across golf club and decent into West Bay, where road will be closed for you to pass through and start climb up over West Cliff. At [Highlands](#) End you will turn inland over fields to cut across road at Eype and follow permissive paths to Down House Farm, past which the races will spilt.

**Half** – will continue across fields to reach Ridge Cliff & then follow path inland to back of Golden Cap park in Seatown. Before crossing road and travelling along track to Langdon Hill and then across fields round Filcombe Wood and St Gabriels Wood, before starting the climb up Golden cap. Cliff path back towards Seatown and then climb over ridge cliff again, staying on SWCP to return along Thorncombe Beacon where you met return of 10k

**10k** - continues on path to Thorncombe Beacon where it then joins cliff path and Monarchs Way back down to Eype Mouth. Crossing the river and ascending back up the cliff to climb across to West Bay where you return along the pavements and up along the East Cliff to return to FBHP.

**Sharing the Path-** this means you maybe sharing the path with other users, walkers, families, dogs, other runners etc so please be courtesy of them. Pass them carefully and with warning if necessary, we would like to be coming back in the following years to organise the event, so need to show our runners can share the path with other users without causing a nuisance.

Be safe & responsible- keep away from the cliff edge, on some stretches the path is narrow and very close to the cliff edge- **STAY AWAY from it**. The view is beautiful, but you don't need to be on the edge to enjoy it. **Keep a safe distance from the edge of the cliff at all times**. If the ground is loose and slippery and you feel unsure at any time head inland immediately. The nature of the coast path means on certain sections you will be

walking/running close to the edge of the cliff. This represents a 'significant risk' and extra care must be taken. If weather and / or visibility deteriorate participants should navigate inland to the nearest obvious road and call HQ for assistance.

Please follow the route marked because of the specialist environment we are running in it may be changed due to unforeseen circumstances, this will be covered in the Race briefing before the start of each race.

**Dogs** You are **NOT** allowed to run with your dog **Sorry**

### **CUT OFFS**

Saturday's races have some cut offs along the route as well as total time we expect you to finish in.

Ultra cut off is 9 hours, by 1.30pm you should have reached 19 miles at Langton Herring Aid Station & by 3.30pm the Lovestation™ at mile 26.

Marathon runners you need to complete the course in 7.30 hours and by 12.00pm be at the Langton Herring Aid Station at approximately 15 miles and Lovestation™ by 2pm, which is 21 miles.

Sunday races just have a time to complete the race by, for Half Marathon runners you need to complete the race in 4.5 hours and the 10k in 3.5 hours.

Please keep a track of your mileage and progress. If you know your not going to make the cut off's, please drop out at an aid station so we can get you back to Freshwater safely.

All times are generous because of the environment we are in but you can walk them in less. The event is also a race, so some sort of running is involved.

### **Waterstation/Aid stations**

These will be evenly placed along the routes and have plenty of water. All drinks will have cups, but due to the environment we are in, we would encourage you to carry your own cup or water supply and then you will be able to fill them up at aid stations. We have a supply of the dinky little reusable cups you can buy from the [race shop](#) at £3.50/4.00 each.

Lovestation™ and other aid stations with have all the usual goodies for you, something nice like flat Coke or sweets 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, cold, falling over, 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.

<b>Saturday Aid Stations</b>	<b>Mileage</b>	<b>Toilet</b>	<b>Contents</b>
<b>Holworth *Ultra only</b>	<b>3</b>		<b>Pop-up Water</b>
<b>Osmington * Ultra only</b>	<b>5</b>	√	<b>Water &amp; Savouries</b>
<b>Weymouth Esplanade</b>	<b>10/5</b>	√	<b>Water</b>
<b>Ferry Bridge</b>	<b>12/7</b>		<b>Water &amp; Mini Aid</b>
<b>Landing Stage</b>	<b>16/11</b>		<b>Water</b>
<b>Langton Herring</b>	<b>20/15</b>		<b>Full Aid</b>
<b>Abbotsbury</b>	<b>22/17</b>	√	<b>Water &amp; Gels</b>
<b>West Bexington</b>	<b>26/21</b>	√	<b>Lovestation™</b>
<b>Cogden Beach</b>	<b>28/23</b>		<b>Water</b>

<b>Sunday Aid Stations</b>	<b>Mileage</b>	<b>Contents</b>
<b>Highlands End</b>	<b>2m/3km</b>	<b>Water</b>
<b>Filcombe Farm * Half only</b>	<b>6m</b>	<b>Water</b>
<b>Eype</b>	<b>10m/7km</b>	<b>Lovestation™</b>

Public Toilet blocks at West Bay & Seatown on Sunday



**GATES** Most of the gates will be closed as it will mean livestock are on that section of the route. If it's shut, it's shut for a reason, please shut it behind you, don't leave it open for someone behind you. The last thing we want is an animal escaping. In some places the gates are next to a stile please go over/through whichever you prefer.

**Litter** We run in areas of outstanding natural beauty. We do not tolerate littering. We run our races with consent of the farmers and landowners of Dorset. Please, please don't throw your litter on the ground. If you have something pop it in a pocket or hang on to it and deposit at an aid station. Anyone caught littering will be disqualified, we are running in an area of Natural Outstanding Beauty and would like to run on it again in the future.

**Weather** The race is on the coast in September and as we have seen in the past couple of years the British weather 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. **Trial or soft trail shows are recommended.** The weather on the coastline can deteriorate and change very quickly.

- Ensure you adhere to the kit list and are adequately clothed for the forecast weather
- If the weather is extremely adverse and deemed to be dangerous on the coast path, the event will be cancelled or rerouted inland as appropriate
- If the event is live and participants are on the course and the weather deteriorates and poses a safety risk, runners will be held at the next aid station and transported from the course back to the event HQ or to a point further along the course that is safe.

**Roads** There are a few road crossings and there are some quiet sections of road in the race. The dangerous crossings will be manned, you are responsible for your own safety, marshals cannot and will not stop traffic for you. If a marshal stops you at a road junction or crossing, it's for your benefit. Look both ways when you approach a road crossing if there isn't a marshal cross yourself safely.

**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. Our photographers will be wandering around the course taking snaps 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)

### **Spectators**

For those that are planning their spectator points, we've published a helpful guide on where you can access the route to watch runners on our webpage  
<https://runjurassic.co.uk/spectator-information/>

The National Trust protects and conserves huge stretches of coastline ensuring they look as they do today. The landscape forms an integral part of the coastline and some of the areas are available to visit whilst your on the Jurassic Coast:

#### **Saturday**

Ringstead Bay -an unspoilt sweep of single beach with clear water for bathing and rock pools to explore

Hive Beach -golden sandstone cliffs and popular with families

Cogden Beach- part of Chesil bank where you can fly kites and count the stones!

#### **Sunday**

Golden Cap- highest point on Southern English coast

Langdon Hill- woodland walks & play trail

Stonebarrow Hill (just off route) spectacular views and 25 miles of footpaths. A smugglers trail to keep kids entertained

Make sure you're planning your activity for the weekend, Jurassic Coast Trust are organising some family friendly activities including Jurassic Attack, Dino Disco, face painters and their beach schools.

We are also lucky that they have booked Cara Jenkins who will be running a series of Beach School/Forest School style sessions across the weekend. You will need to book these sessions and pay, which will be between £5-£15. See the Team at the JCT gazebo over the weekend to sign up. It will have to be on a "first come first served " booking system, as they can only accommodate a small amount of children on each session.

### Beach school timetable

FRIDAY		SATURDAY	
4 – 5pm	Beach Explore – beach art, beach combing fun and games	9.30 – 10.30 am	Stickman & Mini shelter building
6 – 7pm	FIRE-LIGHTING & MARSHMALLOWS	11am – 12pm	Jurassic Warriors – bow & arrows, wands, journey sticks & other stick-ee things
		3 – 4pm	Beach crafts – create, design, make and use
		4.30 – 5.30pm	FIRE-LIGHTING & MARSHMALLOWS

**Medals and Goodies.** All runners that finish will receive a quality uniquely minted race medal. You get this if you complete the race. Along with your goodies:

Saturday- Jurassic Muff, Jurassic Beer & Moores Biscuits

Sunday - Jurassic Muff, Jurassic Beer & Moores Biscuits

Kids- Purbeck Ice cream & Jurassic Muff

**Massage** Claire from Revive will be offering post race Sports Massage on both days outside if weather permitting (if not inside the Atlantic Bar). She will be there on Saturday 12pm - 5pm and Sunday 10am to 2pm. Treatments priced at £10 for 15minutes, payments accepted via cash or Bank transfer

We are pleased to have Longhaul Endurance with us at the Run Jurassic weekend. Join co-Founders Staale and Amelia to chat about endurance fuelling and to try their savoury Ultra Fuels Amelia & Staale believe in natural sports nutrition. Real food that provides sustained energy, a natural nutritional mix, and, quite frankly, tastes much better. We are lucky to have them at a few of our races this year to chat to you about your nutritional needs and as it is not advisable to try new nutritional things on race day, Longhaul are offering you a 15% discount on their fuels. Test them out before the race weekend by using the code WSRJURASSIC15 valid until 29th October

<https://longhaulendurance.com>

**White Star Clothing shop.** Will be onsite selling our own branded t-shirts, hoodies and lots of other goodies. You can also click and collect any items from our online shop, orders being taken up **until 5pm Tuesday 24<sup>th</sup> September** for us to pack and bring with us for you. Please make sure you state “Run Jurassic” as collection point.

[www.whitestarclothing.co.uk](http://www.whitestarclothing.co.uk)

**Please remember to look after yourself and fellow runners, this is a tough environment you are running in. Enjoy the race but look after yourself and if you don't feel well or are injured don't push it, stop. Reminder safety first!**

## **FAQs** Based on feedback from our other races

**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, cold, falling over, 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. White Star Races have a reputation for being the wrong distance** A. It's a trail race not the Olympics, we dare you, yes, dare you to create an off road race and get the distance spot on. Consider it "bonus miles"

**Q. Can I wear an iPod, MP3?** A. If you like, we would prefer you didn't. So we are not responsible for your safety on roads if you decide to wear one.

**Q. Is parking secure?** A. No, lock cars and place valuables out of sight.

**Q. Where is the nearest Dr. A&E etc?** A. Dorset County Hospital, Williams Ave, Dorchester DT1 2JY

**Q. Is it hilly?** A. Yes, live with it

**Q. Do I have to enjoy myself?** A. Yes it's the law.

[www.whitestarrunning.co.uk](http://www.whitestarrunning.co.uk) and [www.runjurassic.co.uk](http://www.runjurassic.co.uk)