

THE MINSTEAD STINGER – SUNDAY 23RD OCTOBER 2011 – 10AM

Entries are now open for the 2nd Totton Running Club - Minstead Stinger multi-terrain race. A 9-mile (ish) forest-track/off-road race starting and finishing at [Ocknell Camp Site](#) in the New Forest.

As with the inaugural event in 2010, we make no apologies for mud, water crossings or hills and hope that you manage to enjoy some of the beautiful scenery while you are running through this part of the forest. The race has been moved away from the nesting bird season, so while we do not encourage you to run off track, we do not have the same concern over disturbing the wildlife we had with our 2010 race, and so we hope that moving to a time later in the year will lead to greater Forest enjoyment.

The route starts and finishes from [Ocknell Camp Site](#) on grass and track and heads into woodland passing under the busy A31 to cross towards the Minstead enclosure, where the majority of the route will remain as last year, before turning back and finishing with a flourish through the woods back to the Camp Site.

The race follows many forest gravel tracks, some muddy woodland trails and grassy paths but also includes a stream crossing, the level of which will depend on weather conditions in the weeks leading up to the race.

This year we have managed to eliminate all road sections, so there will be a complete traffic free run to be had.

Race Headquarters

Race headquarters will be at [Ocknell Camp Site](#).

[Race Route Map](#) shown is for guidance only, please follow marshal instructions on the day in case we need to make last minute changes to the course.

Parking - All Competitors & Spectators.

Parking will be at the Ocknell Camp Site, where the "Race Village" will be sited. Plenty of parking will be available, but we do advise car sharing where possible. This helps to reduce the environmental impact of the race.

Entry Forms

Entry forms can be found [here](#). Closing date for entries is Friday 14th October, entries will be available on the day provided our race limit of 350 has not been reached. Entries may also be made online through Runners' World and there will be an additional charge for this service.

All competitors must be over 17 on the day of the race.

Cost for solo competitors is £12 for UK Athletics affiliated athletes or £14 for unaffiliated athletes.

Any on the day entries will incur an additional £2.

Race Numbers

Race numbers will be collected on the day from the Race Village, so you need to allow time to get to the car park, and collect your number. Please wear your number on the front of your shirt/vest and make sure it is clearly visible.

Should you be unable to run on the day and wish someone else to run in your place, please let us know in advance of the closing date where possible and provide details of the replacement runner. As numbers are being collected on the day we would like the replacement runner to bring a completed entry form and confirm details when collecting the race number to ensure we have details in case of medical emergency.

Any runner found running under another competitors number without having given replacement details will be disqualified.

Pictures

Will be taken on the day and will be available on our website after the event. The course is challenging so please try and raise a nice smile when you see the photographer ahead just as you wallow in the nice mud pool or strive to reach the top of Hart Hill.

Sponsors

Thank you to [Up and Running](#), [Rocks Organics](#), [Swizzels-Matlow Ltd](#) and [Coversure Insurance Services](#) who have helped with prizes and goodie bags for the event.

Thanks also to Ace Liftaway for providing our toilet services and offering us such a good service.

Toilets

Due to the timing of the race we are unable to access the fixed site facilities, so there will be portaloos placed near to the brick built toilet block on the Camp Site.

Refreshments

Water will be provided at stations around the course and also at the finish.

Other refreshments will be available in the "Race Village" before, during and after the race. A selection of hot and cold drinks, soup, and hot food (bacon butties, burgers etc) will be available for you to purchase from our hot food van.

Post Race Massage

Will be available at the Race Village to ease the tired aching calf muscles after all the hill work. There will be a charge for this service.

Changing and Baggage

There are no changing facilities at the Camp Site, though we will attempt to provide a tent for this purpose, should the weather prove to be inclement on the day. We advise all competitors to arrive ready for the race if possible. Note: there are no shower facilities at the Site.

We may have limited unsupervised bag storage near the start area, but suggest that as this area is reasonably close to the car park, car storage may be the safest option.

First Aid and Safety

Please remember that first and foremost YOU are responsible for your own safety and should be medically fit to run. We will have a first aid provider to offer our First Aid cover on the day. There will be a 4x4 ambulance on standby and first aiders will be located at each water station and at the finish.

There will be NO police cover for the event, so please take extra care and listen to any marshal instructions you are given. Although we have no road sections this year, there are many other hazards as most of the route is run through the forest and on track and may have uneven surface, rocks or tree roots to challenge you.

For safety reasons we advise that you do not use MP3 players/I-pods – this is to ensure you can hear any marshal instructions on the day.

Drink Stations

Will be located at approximately 3 miles and 6 miles around the course and at the finish. We will provide water in cups and ask that you please try and restrict disposing of your cups to the area near to the water station. While we will instruct our marshals in the area to pick up any cups that have been dropped, it would be helpful for them and the environment to please try and be sensitive when disposing of your cups and keep disposal as close to the stations as possible or in the bins provided.

Prizes

Will be given to the following: 1st Man, 1st Woman

1st to finish in each of the following categories, but if a winner is also the overall race winner then the category prize will go to the next finisher in that age group.

1st in category, under 40, 40+, 50+ 60+ male; under 40, 40+, 50+, 60+ female.

There will be a presentation immediately after the race in the Race Village at the Camp Site.

Spot prizes may also be handed out courtesy of our sponsors

Results

Will be issued as soon as possible once the finishers start to arrive back at the Camp Site. A full list of all results will be posted on our website as soon as they are available.

After the race

Please be sensitive to other forest users when leaving the car park after the race. The Camp Site is near the A31 so the easiest exit is to take the road onto the A31 and head towards the M3. Turning to head West is possible at this point if required. We advise that this is a busy road so please take care when joining the traffic.

If wishing to visit other areas of the Forest after the race, please ensure you return to collect your car first and utilise other Forest Car Parks in the area as we will be locking the Camp Site gates once we have cleared the Race Village.