

2025 Uffington White Horse Gallop

Sunday 27th July 2025, 9:30 am

Sparsholt Firs OX12 9XB

<https://whitehorseharriers.uk/trail-race/>



Dear Runner,

Thank you for entering the Uffington White Horse Gallop - a beautiful, trail half marathon taking in the Ridgeway, Ashdown and the original White Horse Hill.

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IMPORTANT

- **Check your entry details** using the confirmation email you received when you entered the event.
- **Race numbers are to be collected on the day.** You will need to write your personal and medical details on the back of your race number as a requirement for entry into the Uffington White Horse Gallop.
- **Do not give your Race Number to anyone else** - as they will not be insured and it causes chaos with the results and prize giving. To do so will lead to disqualification.
- **Noise cancelling, in Ear or Over Ear headphones are prohibited** - if participants choose to use headphones, they must be bone conducting and ensure the volume is low enough to hear instructions from marshals.
- **Take your litter home!** Any left over rubbish will harm horses placed back in the field.
- Dogs are **NOT** allowed to be walked in the car park field. There is plenty of room to walk your dog on the Ridgeway.
- **Please bring enough water for the race and conditions.** We recommend a minimum of 1.5ltr, ideally 2ltrs if hot weather.. It is your responsibility to ensure you have enough water for the event.
- **Please bring your own cup or water bottle for the 2 water stations on route.** We are aiming to go plastic free and will only supply a very small number of biodegradable paper cups at water stations for the small number of runners who are not able to bring their own. We will only provide 450ml of water per competitor per water station.
- **The route is on public footpaths, bridleways and by-ways and you should expect to encounter uneven, hazardous, rutted and potentially slippery terrain.** There is a large badger set north of Ashdown before you meet the Ridgeway again which will be marked with a cone and marshalled. Please run carefully in these areas and alert runners behind you of any hazards.
- **The route is shared with the public, including cyclists, walkers and horse riders.** Please be considerate and give appropriate space and a friendly warm welcome.
- **There are two small sections of road,** the roads are not closed. Please keep left.
- **All five road crossings are marshalled** but roads are not closed to traffic.

- **There are two cattle grids as you approach White Horse Hill**, please use the gates to the side, please do not attempt to run across the grid.
- **At around 3.5 miles** there is a stretch of the route which runs alongside an all-weather gallop (black spongy surface for racehorses). Please stick to the path and ***do not run on the gallop***.
- **There are two cut off points on the route.** This is because the course cannot stay open indefinitely as this would not be fair to the landowners who kindly give us permission to use their land, or for the safety of the volunteer marshals.

You need to reach the first water station (5.6 miles) by 10.50am and the second water station (9.5 miles) by 12.00 pm. Anyone reaching these cut off points after these times will need to surrender their number and will be offered a lift to the finish.

These cut off times have been planned so that all runners should finish by 12.45pm, (3 hours 15 mins after the start).

We would like to thank everyone who has entered the race, as well as the many volunteers who have made the race possible. The 2025 sponsors are Hurstbourne Forge and The Whittingtons. We are a small club and so always appreciate any offers of help on the day. If you know anyone who can help, please ask them to get in touch.

On behalf of White Horse Harriers we wish you an enjoyable and successful race and look forward to seeing you on the day.

The Race Directors
whitehorsetrailrace@gmail.com

RACE INFORMATION

Date: Sunday, 27th July 2025, 9:30 am

Arrival Time: The car park will be open from 8:30 am and closes at 9.10 am. Please do not arrive later than 9.10am. Please be at the start by 9.25am for a short race briefing. ***Cars will not be allowed to leave the car park until after the race has started.***

Venue and Parking

Race HQ and plenty of car parking are all based in the same field near the Hill Barn B&B at Sparsholt Firs on the Ridgeway OX12 9XB. Signage will lead you to the parking area for which there is no extra charge. Portaloos will be available at the race village, please be respectful and do not use the working field or hedges.

Please car share to minimise your environmental impact and potential damage to the field

Bag Drop off There will be no bag drop off, car parking is a short walk from the start.

Race Registration and Rules The event is held under UK Athletics rules and has been granted a permit by the Trail Running Association (permit number 7213).

Arrival Race numbers are to be collected from the White Horse Harrier Gazebo once you have parked. This will also act as the Information Desk if you have any queries throughout the day.

Start The start line will be on the Ridgeway close to the car park and race HQ.

Course

It is an attractive and hilly circular rural course taking in the best of the Vale of the White Horse. Starting from the Ridgeway at Sparsholt Firs, runners will descend towards Lambourn, before taking the Gallops to Weathercock Hill. Once over this hill, Ashdown House will come into view as you skirt its border to then climb back to the Ridgeway. Heading East, you will take a scenic detour around the White Horse Hill before a final two inclines brings you to the finish - right back where you started. There are signs throughout, and marshals at regular intervals.

GPX, link: <https://connect.garmin.com/modern/course/382182488>

FOR YOUR SAFETY

- Please keep to the left, except when otherwise directed and do not cut corners. If you need to pass runners, wait for the appropriate opportunity where there is space
- Obey the marshals at all times to avoid the risk of disqualification. The route is slightly different from previous years at the top of White Horse Hill (exit via gate, not stile).
- Please remember - runners share the paths with walkers/other runners/horses and even traffic.
- Personal music devices must be set at a low enough volume to listen to any instructions given during the race. Noise cancelling headphones/ear plugs are prohibited. Only bone conducting headphones permitted.
- Ensure you have the appropriate kit for the weather conditions and terrain on the day and study the route prior to your run.

Finish

The finish and start line are at the same place. After finishing, runners will be handed a plantable medal from local charity Styleacre and a slice of homemade flapjack before heading back to the race village and car park. There will be a coffee van within the race village.

Winners Trophies

The first placed male and female will receive a bespoke Golden White Horse Trophy. There will be prizes for the second and third female and male in addition to some age category and spot prizes.

Prize giving will be between 11.45am and 12 noon.

Age Group Categories:

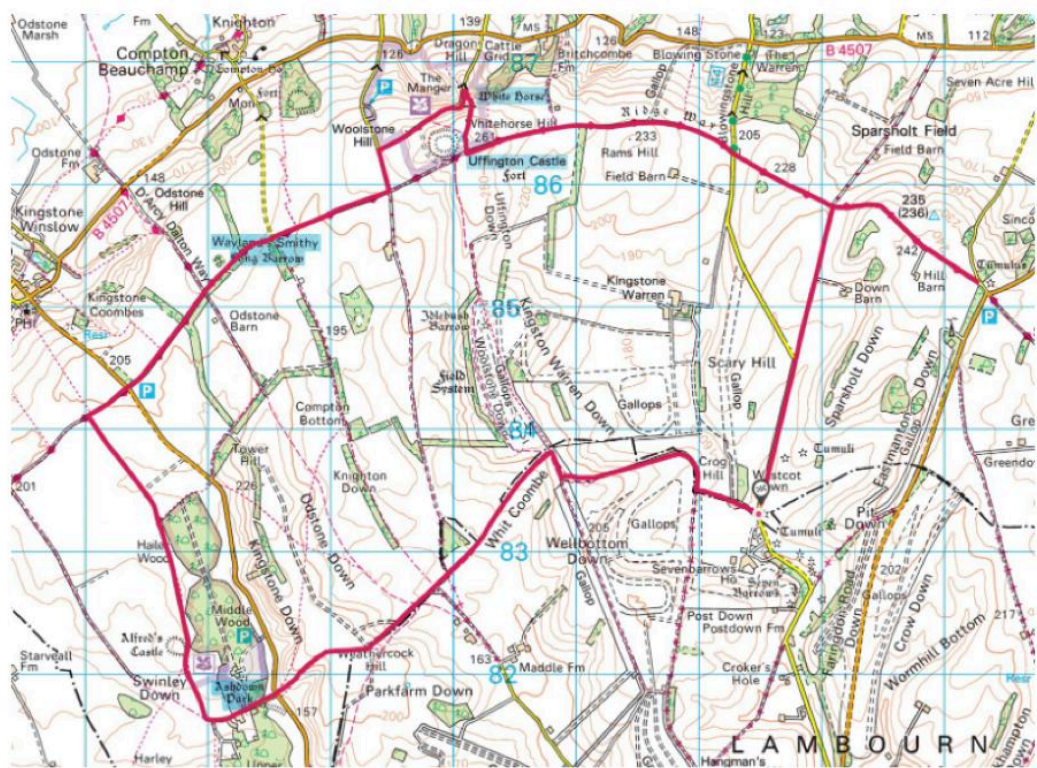
| Male | Female |
|--------|--------|
| V20-29 | V20-29 |
| V30-39 | V30-39 |
| V40-49 | V40-49 |
| V50-59 | V50-59 |
| V60-69 | V60-69 |
| V70+ | V70+ |

Your Personal Details

Please note that White Horse Harriers will hold your personal details as submitted on the entry form for up to one year following the race. We will only use the information for communications regarding this year's race and to provide an early prompt for entry to next year's race. Your payment details are held by Race Nation and are not passed to White Horse Harriers.

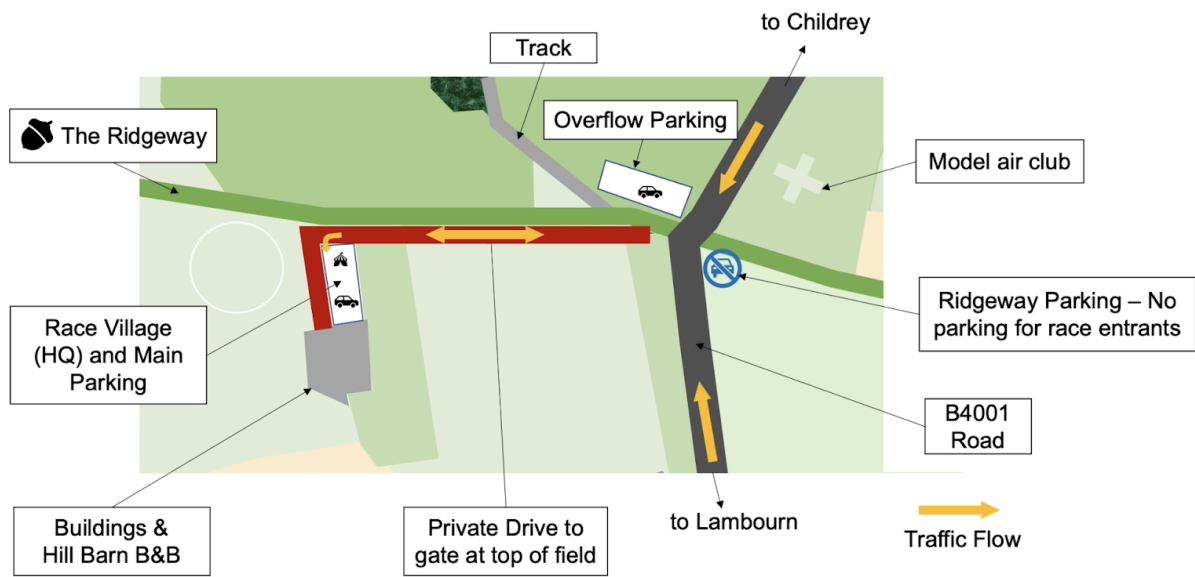
ENJOY YOUR RACE!

COURSE MAP



RACE HQ and PARKING





Welcome to White Horse Harriers A.C.

We are a friendly athletics club based in Wantage & Grove, Oxfordshire. We have over 200 members of all abilities and ages spanning from 'Year 4' well into retirement. We coach youngsters, have structured coaching for seniors, encourage beginners to get jogging and explore trails through Oxfordshire's beautiful countryside.

White Horse Harriers was formed in 1981 and has been part of the Wantage & Grove community for more than 35 years. The club enters and encourages competition in track & field athletics, road-running, cross-country, team events and 33 junior competitions like Sportshall.

A number of Harriers have had notable success over the years, including former member, Jessica Harrison, who achieved 12th in the Triathlon in the 2008 Olympics and 9th in the 2012 London Olympics. In 2016, Ben Claridge won 400m at English Schools Championship, Jonny Cornish won the Oxfordshire Cross Country League and Eda Onay represented GB at Triathle and won the U15 girls. In 2017, Okan Onay brought home a gold medal from the European Triathlon Championships in Portugal.

Our regular England Athletics athletics coaches and assistant coaches, train 8-16 year old children up to twice a week and encourage them to be active, healthy and involved in competitions.

Our Run Leaders support our adult runners, providing training for all levels of ability from our Welcome group through to the fastest Harriers!

We regularly do more structured training sessions including agility, balance and coordination (ABC), plyometrics, hill reps, intervals and track sessions to improve your running and reduce injury. We can also provide one-to-one advice, developing a personalised training plan.

We are an inclusive club, we encourage non-athletes into jogging for health reasons by organising courses like JogWantage, and volunteering at ParkRun Grove fields and Abingdon.

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