

We are looking forward to seeing you all next weekend. Hoping there will be the same quality of running/walking, Fancy Dress and fun that has been had in the past, we are also hoping for the sunny weather.

DIRECTIONS TO THE VENUE

Please travel safely allowing plenty of time to get to the event, some of the roads in Dorset are like Devon roads and are slow and winding, you also may meet the odd tractor or combine, you will also need to collect your race number and be ready for our event briefing.

This is the venue address. Our signage will be at the final driveway junction:

Myncen Farm,
83 Myncington,
Blandford Forum,
DT11 8DH

Day parking:

Please follow the signs and park sensibly in the field, parking is free, we will have marshals directing you when it is the busy times. Be aware it is a field so therefore it is not smooth or flat. Please don't park on the roads as they are quite narrow and are in constant use, and you don't want your car clipped by a tractor, also our marshals and others need access as well.

We would love it if you could car share. This helps with the environment and the carbon footprint of our event.

On Site we will have:

Water points: There are water points around which will be marked by blue flags waving high in the air, some in hedges and one by one of the buildings in the Event field.

Toilets: These are the portable toilets you see at races, there is no running water in them, you may find some toilet roll in them BUT we do ask you to bring your own.

Showers: These are on site, use them with respect to others, they can get busy at certain times.

Pizza – This year we welcome Hidden Pizza, a local Dorset company, not only will they be supplying your pizza needs, yes Gluten Free & Vegan too, they will be serving up some breakfast options too

Bar: Cranborne Chase Cider will be running their Cider Shack bar all weekend to keep you hydrated, also selling their Ciders to take home with you as well.

Coffee: We know how some of you need that proper coffee caffeine shot, we have Fox & Fern for all your drink options and they will have some yummy cakes too.

Ice Creams: This year we have Fat Sam's joining us on Saturday.

Our shop: We will be selling our own t-shirts, hoodies and a few other goodies. You can pay by cash or card but if signal is against us, we do have cash option too.

FLANCI: will also be on-site showing off their activewear, so pop along to see some of their amazing prints and activewear.

REDBEAR: Showing and selling their lovely tops & kit with you.

DISCO: Yes, we have a disco again after last year was so popular. The theme this year is SPARKLE & SHINE!

ABSOLUTLEY NO FIRES OR BBQs

For this event the landowner and us ask you **NOT** to have any fires or BBQs of any kind. We stay on and run around an arable farm that is the family's livelihood, and the one rule for the weekend is **NO** BBQs or FIRES. We can't risk the whole place going up in smoke; it's just not negotiable. Gas camping stoves are allowed but these **MUST** be off the ground and protected.

EVENT INSTRUCTIONS

It is NOT a race, it is a Challenge, whether you are challenging yourself to get around 1 lap or to just to carry on till you can't anymore, it is up to you.

Event Numbers:

Are all to be collected over the weekend from the Admin gazebo and will be on dynamic bib assignment, so your numbers will be allocated on collection.

Chip instructions:

Built into the number is your timing chip; put it on and go. Don't go near the finish line again once you've crossed and finished, or you will get a false reading and this will make Timing Monkey very unhappy. Please make sure you wear your event number correctly so it can be picked up, otherwise you will have to complete more laps than you intended.

Results:

This event is being timed by Timing Monkey who will be on site all weekend and results will be available from their website. We will share a live link on social media.

Safety:

On the back of your number, please write an ICE number and any medical details. This will help us and you, if we need to get you help as quickly as possible. We recommend that you carry a fully charged mobile phone for emergency use with event HQ emergency number stored.

This number is: **07368900770** (Running Events Devon number)

This will put you through to one of our team.

If you need to drop out of the event at any time we will come and get you as quickly as possible. The good thing is this event is all on the farm, so we have good access.

Cups:

ALL our events are CUPLESS; this means there will be NO cups at any aid stations, we will NOT allow people to drink directly from the jugs or water containers.

Meaning you need to bring your own drinking utensil. It can be whatever you like... cup, bottle, mug, milk bottle, bowl, bucket – literally whatever you're comfortable bringing to run round with. We do sell squishy cups in the shop.

Baggage:

Please leave most of your gear in the car, unless camping. You can write a baggage label with your race number on and then hand your keys to us for safe storage. Presentation of your number will get your keys back; we will only give the person wearing the number their keys. There will NOT be a place to store your bags at the finish. The marquee at the bottom of the hill is available if you need your bag BUT this area is not supervised at any time.

Please note, you leave keys at your own risk.

THE ROUTES:

The events take place on private land within the farm, mostly dusty tracks, fields. There are some wildflowers and crops, so please take care of your footing and your hay fever. Each route is a lap, no out & back or running the same part multiple times for 1 lap.

Shoes:

If you have room bring both Trail & Road so you have options. Trail shoes are recommended if you are looking for something with grip especially useful if it has been raining. To be honest, if it's dry, I would personally prefer road shoes. But I would always wear what is comfortable.

Snack Shack:

Will be out on course (except the 5K-ish) with water, squash, coke, cider, etc etc; remember you're running with your own cup, there will be a varied selection of sweet and savoury bits on our Snack Shack!

Litter:

You will be in an area of outstanding natural beauty. We do NOT tolerate littering. We organise our races with consent of the farmers and landowners of Devon and Dorset. So please, do not throw any of your litter on the ground, pop it in your pocket or hang on to it and deposit at the water stop or at the aid station.

Rubbish:

We have several wheelie bins around the event field and camping field for your rubbish and recycling. Please dispose of rubbish responsibly. When leaving the site, please dispose of your rubbish in the bins, or take it home with you. Please note we will have dedicated bins for recycling if you can please recycle where possible

Weather:

The event is in this country in July and, as we have seen over the past couple of years, the British weather in the summer can vary from rain to beautifully warm to belting down with rain again. So please take into consideration that the previous day's weather may or may not be the best decision on what to wear. Remember, you are a trail runner / walker...bad weather or heat mean nothing to you.

Headphones / Ear buds etc.

The main question is, 'are they allowed?' Yes. We won't drag you out of the event for wearing them, but we advise against it. 'WHY?' Have you spoken to the person next to you, can you cheer on that person as they pass, but we would encourage you not to wear them for the reason of safety. The occasional vehicle may be out on course.

Event photos:

We will have some friendly photographers on site over the weekend who will upload pictures to our Facebook Group, this might be done on the day of the event but also may be up a week later. These will be free to download and use by yourselves, if you are a keen photographer & want to help our other friends out, please let us know.

FINAL POINTS

Myncen Farm is a working farm, it is also the home to our hosts, it being a farm means there are lots of dangers for children, dogs and adults. There are large farm machines to get run over by; can be dangerous structures to fall off; please be aware.

Do **NOT** under any circumstances leave your children unattended.

Please note:

- Nearest shop is in Sixpenny Handley
- Bring your own toilet paper
- Bring insect repellent
- Bring your cup / drinking utensil
- Bring torches; there are no lights out there

We hope you enjoy the weekend.