

The 5K.ish

We are hoping there will be the same quality running/walking and fun that has been had in the past.

The event takes place on a private farm, mainly on dusty tracks, fields. Please take care on the course as some areas are planted with wildflowers and crops, this may affect your footing, or your hay fever.

We encourage fancy dress when taking part!

This 1 lap course is marked with signs, arrows, a marshal or 2, there is also red and white marker tape around, also worth noting it is an ISH course it will NOT be 5K!

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
W3W - ///steaming.genius.parked

EVENT INSTRUCTIONS

NO, it is NOT a race, it is a Challenge, whether you are challenging yourself to get around or just to start the weekend off on the right foot, it is up to you. Event Starts at 7:45pm there is no TUGG option for this event, everyone will start at 7:45pm.

Event Numbers: Are all to be collected 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 then start when told. Don't go near the finish line after 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 no time.

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.

Terrain: It is a trail event. Hopefully you realised that when you signed up? So, the route is over fields and tracks. Mainly hard packed trail and wide paths, but there are areas where it is narrow and rutted ground, so lots of opportunities to trip over.

Shoes:

RED 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. If you don't have any RED (Running Events Devon) trail shoes you can opt for other colours but they may not be as great!!

Snack Shack: SORRY no Snack Shack! It is a 5K.ish, think of your time!

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.

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 means 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 one, 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, 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.