

The Bell & Bumble Plod

We are hoping there will be some happy faces and having some fun out on course. Walking is allowed too!

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 more, there is also red and white marker tape around.

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, it is designed for the younger at heart, as well as the juniors, whether you are challenging yourself to get around the 1 lap or just to finish off the weekend on your feet, it is up to you. All participants must be 4 years and over at this event, children must be accompanied by an adult if under the age of 10 (we will not stop adults accompanying older children), but it is open to all, if you want a medal you need a number, to get a number you MUST enter the event!

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.

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.

Results: This event is just for fun, there are no prizes but everyone gets their choice of medal and a couple goodies

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 pack 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: Will be out on course with water & squash. 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.

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.

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.