

Cider Frolic & Piggy Plod Race Instructions 2023

A jam-packed weekend of running and merriment in sunny (hopefully!) Dorset. We kick off on the Saturday with a 12-hour Frolic (teams and solos) and an 8-hour Sessions (solos only), followed by a kids' race and 10K on the Sunday.

The family who owns the farm, the Meadens, also own Cranborne Chase Cider brewery... what better combination for an event, right?

EVENT TIMETABLE

Friday 21st July

3pm – Campsite open

4-8pm – White Star Clothing Shop and Admin open

Saturday 22nd July

6.30am-12pm – White Star Clothing Shop open

6.30am – Admin open

7.35am – Cider Frolic Race Briefing

7.45am – Cider Frolic Race Start

9am – Cider Sessions can start anytime from

1pm–6pm – White Star Clothing Shop open

Sunday 23rd July

7am – Admin open

7am-1pm – White Star Clothing Shop open

8am – Kids' Piggy Plod Race Briefing and Race Start

9.30am – Adult Piggy Plod Race Briefing and Race Start

*(*We will be making sure all kids are back before we start the adult race for those wanting to accompany their kids and still race the 10K.)*

4pm – Campsite needs to be clear

PRE-EVENT

Covid is here to stay for the long term, and we're all learning to adapt to new ways of living. We introduced some different ways of operating last year and are planning to keep some of those key adaptations to continue to operate safe events.

We wanted to provide reassurance that we recognise it's still a consideration when you sign up to events. If the deadline passes and you're unable to attend the race because you test positive for Covid or have to isolate, or if you're ill or injured, we will let you complete the race virtually and send you your medals and goodies: [Post-deadline illness and injury policy 2023 - White Star Running](#)

DIRECTIONS TO EVENT

Please allow more than adequate time to get to the event, collect your race number and be ready for the race briefing.

Satnavs use this address, and then when you get closer follow the WSR signage:

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

Day parking: Free parking is available in the field adjacent to the event field. Follow the signs and park sensibly in the field (it's massive so take up as much space as you want).

Day parkers follow the signs! Please don't park on the roads as they are in constant use, and you don't want your car clipped by a tractor.

We'd love it if you could car share. This helps with the environment and carbon footprint, etc. Here's a great website: <https://liftshare.com/uk>; please make sure you feel safe and happy before offering/accepting lifts. Or you can ask in the [Facebook Group](#).

On Site

We will have posh coffee and teas and cakes available thanks to **espresso!**

Food: Will be available to buy from the White Star Catering team. [Steph at White Star Catering](#) will be supplying her usual yummy selection of food throughout the day. Open all day serving breakfast, lunch and dinner. Alongside her usual menu of burgers, chips, loaded fries and halloumi fries and evening meals, there will be veggie, vegan and gluten-free options too. Please bring cash in case the signal for card payments is poor.

[Dorset Poffertjes Company](#) will be returning to serve you up delicious little Dutch pancakes with yummy toppings.

[Cranborne Chase Cider](#) will be running the Cider Shack bar all weekend to keep you hydrated.



Medals and goodies: All runners will receive their medal. For those of you who have opted to donate your goodies to the [Wild Woodbury project](#), thank you! We're pleased to offer this option for those looking to gift the goodies portion of your entry fee to this local environmental project. You will see a sticker on your race number so the finish-line team know you have kindly gifted your goodies.

If you haven't done so yet, you can still donate your goodies, or answer the goodies question on your entry to ensure you have what you need (dietary requirements) by editing your entry [information here](#) (as long as you have [set-up an account](#) and [imported your booking to your account](#)).

For those claiming their goodies, this year you will receive:

Cider Sessions – Travel Mug and Flapjack

Cider Frolic – Squeaky, Cider and Biscuits

Kids' Piggy Plod – Flapjack and Piggy Muff

Adult Piggy Plod – Piggy Muff, Flapjack and Cider



White Star Running shop: We will be on site selling our own branded t-shirts, hoodies and lots of other goodies. You can pay buy cash, card and Apple/Google Pay if signal is being kind to us; otherwise we can only take cash.

You can also **click and collect** any items from our online shop until **Wednesday 19th July** for us to pack and bring with us for you to collect. Just use the code **Cider/Piggy23** at checkout: www.whitestarclothing.co.uk

FLANCI will also be on-site showing off their activewear and giving you lucky runners 10% off all stock there: <https://www.facebook.com/funkyactivewear/>

Massage: Muscle Masters will be on site all weekend to offer post-race massages and advice on any issues you may be having. Make sure you say hello to the team and welcome them to the White Star family. They will operate on a first-come, first-serve basis for 15-minute massages at £10.

Showers and toilets: There are showers and portalavs onsite; please clean up after yourselves. Please remember to **bring your own toilet roll**.

Camping: Book camping [here](#) before lunchtime on Wednesday 19th July. The campsite and start/finish are all in the same area and there is plenty of space. Please spread out across the field, it is massive as you can see! **BRING TOILET ROLL**. We cannot guarantee the security of valuables, so please lock them in your car out of sight.

Water is available from an outside tap near the Silver Metal Barn. Look out for our water flag to locate the tap easily.

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 a 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 should not be on the ground.

RACE INSTRUCTIONS

Yes, it is a race.

Race Numbers: Are all to be collected over the weekend from the Admin marquee and will be [dynamic bib assignment](#), so your numbers will be allocated on arrival.

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 at the finish, or you will get a false reading and this will make us unhappy. Please make sure you **wear your race number correctly** so it can be picked up.

How to correctly wear your race number

All runners must wear their race number on the front of their race shirt for the duration of the whole run, held on safely by safety pins or bib clips.

Wear your number and be seen. We need to make sure everyone running is part of our organised run, looked after at all times and covered by our insurance.

Please do not wear your number folded up, on shorts, on your back or sides and do not place pins through the chip. If you are wearing a jacket or jumper on over the top of your run number please remove before crossing the finish line to ensure the timing mats record your result.

If not worn correctly then your result from the timing chip may not be recorded. This is your responsibility.

For your safety please ensure that the back of your race number is filled in with all correct information. Help us to help you. We have had to use this in the past and to ensure you get the help required as quickly as possible please always fill it in.

The do not list...

- Do not wear folded up...
- ...on your back or bag
- ...on shorts or side
- ...place pins through chip
- ...cover your bib

WHITE STAR RUNNING

Results: This event is being timed by [Timing Monkey](#) who will be on site all weekend and results will be available from their website.

Safety: On the back of your number, please write an ICE number and any medical details. This will help us and you. If you're kidnapped by locals or pass out at the sheer joy of being outside, we need to get you help as quickly as possible. We recommend that you carry a fully charged mobile phone for emergency use with race HQ emergency number stored. This number is:

07930335746

This will put you through to grumpy and harassed race controller who will assess your needs based on their caffeine intake for the day.

If you need to drop out of the race at any time we will come and get you as quickly as possible. The good thing is the race is very centralised and you are never far from an access road or from the finish.

Kit

Cups: ALL RACES are CUPLESS; this means there will be no cups at any aid station. Meaning you need to bring your own drinking vessels. It can be whatever you like... cup, bottle, mug, baby's bottle, punch bowl – literally whatever you're comfortable bringing to run round with.

If you don't yet have a re-useable cup, we sell several designs in the shop and you can order to collect: <https://whitestarclothing.co.uk/search?q=cup&type=product#>

Baggage: Please give us your car keys and leave most of your gear in the car; it's easier. You can write a baggage label with your race number on and then hang your keys on the board. 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. Please note, you leave keys at your own risk. If we like the look of your car, we reserve the right to take it for a spin round the car park.

THE RACE / ROUTES

The races take place on private land within the farm, mostly dusty tracks, fields, crops and grass. There are some wildflowers and crops, so please take care in these fields with your footing.

Dressing up is always a must at this event weekend, so the **theme that has been decided is pigs**, as it used to be a pig farm hence the Sunday races!

The course will be well marked with signs and arrows; some trees, posts, etc, will have red and white marker tape around them just to reassure you that you're not lost.

Terrain: All races are trail races; you knew this right? So all of the routes are off road, mainly on well-used trails or tracks. Most races are hard pack trail and wide paths, but there are areas where it narrows and lots of opportunities to trip over.

Shoes: Blue shoes are best. Difficult one; trail shoes are recommended – something with a grip. To be honest, if it's dry road shoes may be better. Wear what's comfortable, as long as it is blue.

Aid stations: Water stations will be evenly placed and will have plenty of water and squash; remember you're running with your own cup.

Lovestation™: Oh yes, the Lovestation™ will be here! This is where you will be looked after by the team. Now these aid stations are designed for you to get some cake, jelly babies, etc, and there will be alcohol and a few crisps.

For Sessions and Frolic runners, you will be able to drop off your own aid and items around the start/finish area so you have easy access to it on each lap in the gazebos.

Cider Sessions

This is a **Solo Sessions** event around a 3.3 mile route on the farm. The trails aren't overly hilly, but they're a bit demanding underfoot in places.

Just turn up as above, make your way to the start and set off once you have **made the timing team aware you're starting**.

Once you've completed the distance you want, you can stop and claim your goodies from the tent. **Last laps must be started before 5pm.**

Cider Frolic

The route is 3.3 miles in length; we are just waiting for a harvest cut this week to confirm. Frolics are a perfect way to enjoy running a distance with a few breaks and rests in between. If you're new to Frolics, please check out [our handy guide](#).

Solos: Do as many laps as you want. So, if you want a marathon distance you do 8 laps. Follow the signs... easy! You can leave any nutrition or kit in the gazebos so you can get to it every lap when you need without going too far from the racing line.

There's no pressure; do as many laps as you want. There are prizes for the most laps – this is all about distance covered in 12 hours and if it's a tie on distance it's all about time! If you do 10 laps and you finish 2 minutes ahead of your opponent who is also on 10 laps you win! Got it?

Teams: Only one of you runs at a time, then you swap as and when you feel like it. Your times are all added up. Any of you can stop and collect your goodies at any time, and other members of the team can keep going. We suggest you make a team area along the racing line so you can cheer your fellow runners on.

All Frolic runners: You can start your last lap at 7.59pm. This will be strictly enforced and yes, we mean it too. Cut-offs are there for a reason. That reason is we like a cider and want one, so please don't hang about.

Headtorch: If you're going out on a lap after 7pm you will need to take a headtorch out with you.

Note: there are some parts of the route that have wildflowers seeded on them – please don't run on those bits, okay?

If you're not used to participating in a Frolic, check out [this short video](#) on the dos and don'ts around the timing.

For the Frolic and Sessions runners and teams are encouraged to make an area to cheer from. **We would recommend you bring your own chairs to sit on and spread out to cheer in the large field.** There will be gazebos for solo runners to leave aid/kit in to access each lap.

Kids' Piggy Plod

This route is 4K around the farm. Adults, if you wish to run with your kids during the race that is fine, although you don't have to as our crew will be mixed in with them for safety. A lovely open route showcasing local views across the site to give a nice introduction to trail running.

Adult Piggy Plod

This route is a couple of loops around the farm to make up your 10K, finishing the weekend with the last glimpses of what Cranborne Chase Area of Outstanding Natural Beauty (AONB) has to offer.

Cut Off: 2 Hours

RACE STUFF

Gates: All of the gates will be open.

Litter: We run in areas of outstanding natural beauty. We do not tolerate littering. We run our races with consent of the farmers and landowners of Dorset and Wiltshire. Please, please, don't throw your litter on the ground; pop it in a pocket or hang on to it and deposit at an aid station.

Rubbish: Thanks to our partnership with Dorset Waste Partnership there will be bins and ton bags to put rubbish and recycling in. Please dispose of rubbish responsibly. When leaving the site, please dispose of your rubbish in the bins.

Weather: The race is in the countryside in July and, as we have seen in the past couple of years, the British summer time can vary from beautifully warm to belting down with rain. So please take into consideration the previous day's weather when considering what to wear on your feet. Trail shoes are recommended. Remember, you are a roughy tuffty trail runner... bad weather means nothing to you.

iPods and MP3 players: The perennial question about these devices is, 'are they allowed?' Yes. We won't drag you out of the race for wearing one, but we advise against it. 'WHY?' Safety is the only reason we don't encourage you to wear them.

Race photos: Our friendly photographers will be on site over the weekend and will upload their pictures to our [Facebook Group](#).

FINAL POINTS

Myncen Farm is someone's home and is also a working farm, which means there are lots of dangers for children, dogs and drunk adults. There are large farm machines to get run over by; dangerous structures to fall off; slurry pits to drown in (that's not amazing way to die) – be aware. There are also blokes with shotguns... just saying.

Do not under any circumstances leave your kids unattended.

THINGS TO REMEMBER

- Bring insect repellent. It should be okay on that field, but just in case
- Bring torches; there are no streetlights out there
- There is a shop in Sixpenny Handley
- Bring toilet paper
- Bring your cup

Enjoy the Weekend