

Cider Frolic & Piggy Plod Race Instructions 2024

A jam-packed weekend of running and merriment in sunny (hopefully!) Dorset.

Friday evening sees a brand-new race added to the weekend's schedule: Cider 24. It will run the same as our 12-hour Frolics... but for double the time! Then Saturday's 12-hour Frolic (teams and solos) join the fun, followed by a kids 4K race and 10K on the Sunday.

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

EVENT TIMETABLE

Friday 19th July

1pm – Campsite opens

3pm-8.30pm – White Star Clothing Shop and Admin open

5:50pm – Cider 24 Race Briefing

6pm – Cider 24 Race Start

11:59pm – Group Lap (Meet at registration tent)

Saturday 20th July

6.30am-12pm – White Star Clothing Shop open

6.30am – Admin open

7.45am – Cider Frolic Race Briefing

8am – Cider Frolic Race Start (this may be group starts depending on 24 runners on course)

3pm–7pm – White Star Clothing Shop open

Sunday 21st July

8am – Admin open

8am-1pm – White Star Clothing Shop open

9am – Kids' Piggy Plod Race Briefing and Race Start

10.30am – 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, not to mention all manner of summer viruses, and we're all learning to adapt to new ways of living. We introduced some different ways of operating over the last couple of years and are planning to keep some of those adaptations 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](#) -

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 race 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. **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

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.

She will serve until around midnight on Friday evening and 10pm on Saturday evening for those running big distances.

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

Entertainment: We have the return of Dr Beatroot, a live band, to bring some entertainment to Saturday evening. Band starts at 8pm and the bar is open all night.



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 24 – Soft Flask, Cider/Lemonade and Fudge

Cider Frolic – Cider/Lemonade, Soft Reuseable Cup and Biscuits

Kids' Piggy Plod – Flapjack and Piggy Muff

Adult Piggy Plod – Cider/Lemonade and Fudge

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 17th July** for us to pack and bring with us for you to collect. Just use the code **Cider/Piggy24** at checkout: www.whitestarclothing.co.uk

FLANCI will also be on-site showing off their amazing kit designs:
<https://www.facebook.com/funkyactivewear/>

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

Camping: Book camping [here](#) before midday on **Tuesday 16th 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 in the picture below! **BRING TOILET ROLL; we will no longer be providing any.**

If you bring your dog, **THEY MUST BE ON A LEAD**. This is the request of the landowner. Please keep your dogs under control at all times.

KRR crew will be onsite all weekend; please rock up from Friday afternoon as we have permission for camping all weekend. 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.

Please be mindful that there will be runners on the course on Friday evening for the 24-hour race, and there may be some noise of runners moving around the whole event area, including the camping field at all hours. We ask runners to be respectful and mindful of noise in the night-time hours as you move in and out of the camping areas, and around the start/finish area, as there will be people trying to sleep.

You must book camping if you need to sleep during the 24-hour event. Under no circumstances should you sleep in a tent on the racing line. You may set up a team gazebo to keep supplies, cheer each other on and swap runners, but as we need 24/7 emergency access, it is not safe or allowed to sleep in these gazebos overnight. **24 HOUR RUNNERS PLEASE READ THESE FAQs FOR MORE INFORMATION.** If you do have a team gazebo, be mindful of noise overnight as it carries a lot across the fields.

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.

Cider 24 runners – chip instructions: Your race numbers will not have an inbuilt chip attached; at registration each runner will be assigned a race number and an active timing chip on an ankle strap. Your finish timing mat will be clearly labelled as 'Finish' at the top of the field; this will time your laps. A second mat will be located just past the barn at the bottom of the field so we can monitor who is going out on course clearly, away from the changeover and rest area. This will help us to safely manage runners on course. When wearing your timing chip if you're not actively running a lap, please do not go anywhere near

the second mat by the barn. **You will be required to return your ankle chip when collecting your goodies and medals, otherwise you will be charged £100 for a non-returned chip.**

In a bid to be more environmentally conscious, **we do not supply safety pins** for attaching your race number. **Please remember to bring your own** or wear a number belt or use some **event clips**. A [set is available](#) in the shop and you can collect them at the event.

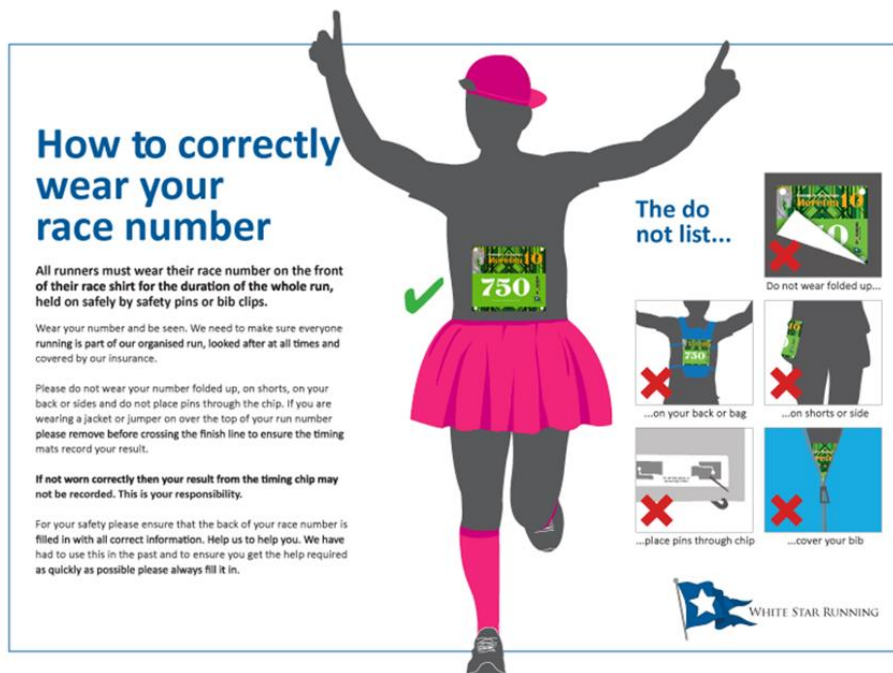
If the weather is inclement, you will need to unzip your jacket while crossing the finish line so the mats can read your timing chip.

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:

07722 818 910

If you need to drop out of the race at any time we will try – try –and get you as quickly as possible. We will have 4X4 vehicles and ambulances on standby to come and get you if need be.



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#>

The weather is usually nice, and we would highly recommend running with some fluids, as well as filling up at the aid stations.

Baggage: Please give us car keys and leave your gear in the car; it's easier. 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.

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.

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? 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: 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. The Love Station™ will be here! This is where you will be looked after by the team and then water will be available at the start/finish too.

For 24 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 24

Cider 24 will run the same as our 12-hour Frolics... but for double the time. Solo runners can stop and start as much as they need to. The 24 hours will start on the Friday evening at 6pm and finish on Saturday at 6pm. We have chosen this so that you can get some laps out of the way while it's still light, and to do the night running early on while you're relatively fresh. You can expect all of the usual support from the aid station teams during the night, and there will be access to hot water all night so that you can prepare food and drinks as you need to.

Solos: Do as many laps as you want. 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.

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. Teams can bring their own changeover baton if they wish – prizes for the most creative. Or you can use high 5s or just swap with no contact.

Group Lap: any runners in the 24 hr race can participate in our group lap at midnight. This would involve solo runners and team runners, that would meet at the start line at 11:59pm to do a lap together, giving you all a bit of company in the dark. If more than 1 team runner would like to take part they can, only 1 will be credited with the lap in the results for the 24 hr race, the others should remove their timing chips for this lap.

Kit list: You will have to carry at the very minimum a suitable water vessel (bottle, cup, hydration pack) despite the short laps, and a working headtorch, preferably with a back-up light source or spare batteries. You should also carry a fully charged mobile phone, with the RD phone number in it. Ideally a GPX version of the route on your watch if you can, though the route will be straightforward and well signed.

Logistics: There will be both solo runners and teams running the 24-hour course. On the Saturday morning, you will also be joined by the Cider Frolic (12-hour) runners at 8am. This should hopefully give you a boost, with fresh faces to chat to. Bear in mind that their event finishes later, while the 24-hour runners need to be out on their last lap by 5:59pm.

Period products are available if you need them, and are kept on aid stations and at the admin area. There is also a small table by the toilets with hand gel and cleaning spray for those who wish to sanitise the toilets before using (they are also regularly cleaned by our team), and we will have a box of period products there as well to help yourselves if needed.

We will have hot water via an urn available throughout the night, so that you can bring things like packet soups, noodles, tea and coffee, etc, if you want something hot overnight. You are expected to bring your own food and drink to ensure that you have enough fuel to go for 24 hours, and you must carry a vessel of any kind for water.

See further information here [Cider 24 – common questions answered - Keep Running Rural](#)

Cider Frolic

The route is 3.5 miles in length; we are just waiting for a harvest cut 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 in 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. Teams can bring their own changeover baton if they wish – prizes for the most creative. Or you can use high 5s or just swap with no contact.

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.

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 safety pins.