



## Race Instructions 2021

**Bonjour and welcome to The Cider and Piggy weekend**, jam packed running over the weekend in sunny...maybe, Dorset. So, kicking off Friday with a 8 hour solo frolic, on Saturday a 12 hour run (we won't use the word race we know you aren't fooled!) and then Sunday a Kids race and 10k to top off the weekend.

The family who own the farm, the Meadens, also own Cranborne Chase Cider brewery, so we just had to put on an event, right?

Soooo, what's occurring? Well, read below.

### **EVENT TIMETABLE**

#### **Thursday**

3pm – Campsite open

5-8pm – WSC Shop open and Admin open

#### **Friday**

7am – Admin open

7am- 12pm WSC Shop open

7.50am – Race briefing

#### **8am – Cider Sessions (staggered starts)**

1pm-8pm WSC Shop Open

4pm – Last runner allowed out on new lap

5-8pm – WSC Shop open and Admin open

#### **Saturday**

7am-12pm WSC Shop open

7am – Admin open

7.30am – Race briefing

#### **7.40am – Cider Frolic (solo staggered starts)**

#### **8am – Cider Frolic (team start)**

1pm – 6pm WSC Shop open

#### **Sunday**

7am – Admin open

7am-1pm – WSC Shop open

#### **8am – Kids' Piggy Plod brief and start**

**9.30am – Adult Piggy Plod brief and start** (*\*We will be making sure all kids are back before we start the adults' race for those wanting to accompany their kids and still race the 10K.*)

4pm – Campsite needs to be clear

Please make sure you have familiarised yourself with our Covid secure arrangements, which can be read here: [What will a WSR Covid-secure event feel like? - White Star Running](#)

## **PRE-EVENT**

- **Pre-event Covid screening** means you **must** stay at home if you have any of the Covid-19 symptoms
- Participants are required to be **test and trace compliant**, and WSR will use your data for this purpose too if required. If you have any symptoms post-race, you must upload onto the NHS test and trace system and notify WSR immediately.
- Download the [NHS Covid-19 App](#) and scan the QR code on arrival at the event village. If your phone is not capable of QR capability and we notify you of a possible case, you will need to complete contact tracing to manually track and trace those you have come into contact with: [NHS Test and Trace \(phe.gov.uk\)](#)
- **Your race number is being posted out to you. Please remember to bring it with you!** Fill out the back of the number with your personal emergency information.
- **You will need to bring your own safety pins/event clips to attach your number on.**
- **Facemasks and hand sanitiser are mandatory kit to bring with you, along with your own cup.**
- Camping needs to be pre-booked by **Wednesday 14<sup>th</sup> July** (see Camping section).
- Any WSC orders need to be made by **Tuesday 13<sup>th</sup> July** (see WSC section).
- All the latest information on the event is in the [Facebook Event](#).
- In this Facebook Event there is a poll for those taking part in the Cider Sessions or Adult Piggy Plod. Your goodies include a yummy bottle of Cranborne Chase Cider. If you would prefer the non-alcoholic, vegan, gluten-free option, please indicate in the poll.

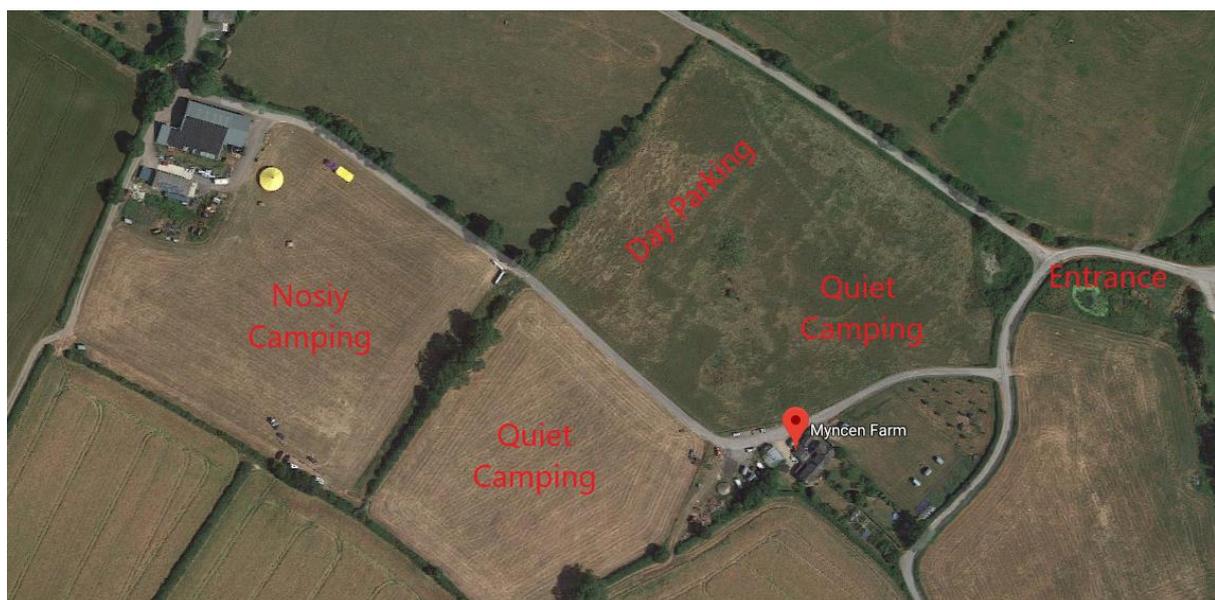
## **DIRECTIONS TO EVENT**

Please allow more than adequate time to get to the event. We won't hold the race because you are stuck in traffic.

**Sat Navs use this address, and then when you get closer follow the WSR signage.**

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

**Because the event attracts a lot of campers, the fields are split to help you decide where you'd like to be:**



### **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.

## **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 in the Facebook Group is: Doctors & Nurses. There are prizes for best outfits male and female, you don't have dress up but it's a bit of fun.

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. **Marshals** will be at critical points, but you can expect to see fewer people on course to help reduce the risk to runners. Where necessary, they will be in appropriate PPE, but as friendly as ever underneath it. Please respect them and their needs, as well as your own.

**Rule of 30** – we know you're all as keen as us to catch up with other runners and see how they've got on over the last year. However, if you're chatting in groups, please maintain social distancing and try not to crowd in larger groups. **Signage** around the event village will remind you of this.

**Staggered starts** – groups of 30 will be set off 30 seconds apart to help spread runners out on the course. You should arrive with enough time to get yourself race ready, use the facilities, and then head to start your race. Have your mask or muff on when in the event village and starting pens. **Please be sensible and avoid milling around.**

### **Cider Sessions**

This is a **Solo Frolic** event around a 5.8km route on the farm. The trails aren't overly hilly, but they're a bit demanding underfoot in places.

There will be a race briefing at 7.50am for those taking part in the mass start, but because of Covid changes, we're allowing you to start at any time you wish. 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 4pm.**

### **Cider Frolic**

The route is 5.8km in length.

**Solos** – do as many laps as you want. So, if you want a marathon distance you start and do 7 laps, follow the signs easy peasy. You must complete 1 lap to get your bling.

**Teams** – only one of you runs at a time, then you swap as and when you feel like it.

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? We hope so... there's a quiz at the end.

**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 do's and don'ts around the timing.

### **Kids' Piggy Plod**

This route is 4km 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.

## **Adult Piggy Plod**

This route is a couple of loops around the farm to make up your 10km.

## **RACE STUFF**

All times are generous; you can walk them in less.

**The events are also races, so some sort of running should be involved.**

**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, kid's sippy cup, 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#>

## **TERRAIN**

All races are trail races; there are several farm roads on the route and some made, unmade and almost-made road.

Shoes: difficult one. We recommend a soft trail shoe; road shoes may not offer enough protection, but the choice is yours.

## **WEATHER**

The race is in the countryside in July, and as we have seen in the past couple of years the British springtime can vary from beautifully warm to belting down with rain. So please take into consideration the previous day's weather when deciding what to wear on your feet. Trail shoes are recommended. Basically, be prepared for all eventualities and bring clothing suitable for the changeable climate. **BITES: Insect repellent is suggested as there may be some aggressive foliage and will be things to bite, sting or scratch you too.**

## **IPODS & 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? I love my new Skorpions album; I can't run without it!'

## **WATERSTATIONS**

**Food/fuel will not be provided** – We know the Lovestation™ will be missed, but it will be back before you know it. We would encourage longer-distance runners to carry anything they need or use the drop facilities as described below.

Water station at the start/finish area will have water and squash provided. **Remember these are cupless.**

Lovestation™ – as well as water and squash, we will have cola and cider for you.

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

We ask everyone to dispose of the litter at the water station or carry it with you to the next one.

**Mask up** – you're encouraged to wear masks or muffs around the event village. Even though it's outdoors, it's good practice while not running to reduce any risk further. **You will be required to wear them if you enter marquees** (for example Admin and Shop).

## **MEDALS AND GOODIES**

Will be laid out for finishers to take themselves. We know it's not the same experience as getting a J & J hug, but for a few months it's the safest way to collect your goodies.

Prize bundles will be given in a box/bag to the winners.

## MESSAGE

[Run Fit Fordingbridge](#) have been providing massage at the Spring Larmer Tree Races for the last few years and will be at some of our other events this year.

We are really pleased to announce that on-site massage will be available. Of course, there will be some safety measures in place (which may adapt to meet the latest guidance in place at the time).

- There will be social distancing in place and masks will need to be worn by runners (when queuing and during the massage).
- You will need to sign in and give your details for test and trace, and you'll be asked to agree to a Covid symptoms disclaimer, alongside the usual massage disclaimer.
- Hand gel will be provided, and the couches will also be cleaned between massages.
- No linen will be used (towels, blankets), only disposable couch roll.
- Expect your massage therapist to be in full PPE.

Massages can be pre-booked now, which enables you to secure your massage and pre-pay. Book here: <https://www.runfitfordingbridge.co.uk/white-star-event-massage>

## RACE NUMBERS

These are being posted out to you and have the built-in timing chip on the back of the number; put it on and go. **You do not need to come to Admin on the race day.**

**If you entered after 22<sup>nd</sup> June, you will need to collect your race number from Admin.**

**If your race number does not arrive in the post, do not panic, come to Admin to collect a replacement number before your race.**

A reminder on how to wear your race number is below and can be seen in this video too in order to make sure you get accurate reads from your timing chip that is attached to your number: <https://youtu.be/OXKjwCUaU8U>

**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

## CHIP TIMING

This event is being timed by [Timing Monkey](#) who will be on-site all weekend and results will be available from their website. See [this video](#) on what to expect at a Frolic.

## SAFETY

On the back of your number 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 try – try –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. We will have 4X4 vehicles and ambulances on standby to come and get you if need be.

**First aid** – will be provided in a secure manner if needed. **You will be required to carry your face mask on route** in case you need medical help so you can put it on while being seen to. We recommend you download the [what3words app](#) to help give accurate location markers.

## BAGGAGE

**No key drop** – we ask you to carry your keys or keep them safe. Runners will be able to leave their bags in the large marquees, which will have an entry and exit clearly signposted.

## CHANGING

There isn't any. We feel nudity in the middle of field in Dorset is more fun.

## SHOWERS & TOILETS

There are showers and portalavs onsite; please clean up after yourselves. They will be cleaned on Friday and Saturday between 8am-5pm and Sunday 8am-3pm, but there will also be a non-toxic hygiene spray available for your own use. We recommend you spray door handles, toilet seat, toilet roll holders, sanitiser push button, shower buttons and hooks.

Please, please, please **bring your own loo roll**. Too many were pinched from our first event back, so we will be going back to not supplying loo roll. Some will be available from the shop if you forget yours: [Loo Rolls | White Star Clothing](#)

## REFRESHMENTS

**We have catering teams on-site** for the whole weekend.

[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 Pizza's, burgers, evening meals there will be veggie, vegan and gluten-free options available too.

Cash payments preferred; card payments can be taken. Please stand back from the van until you are called forward.

The team from Gounded Coffee will be on-site to serve up all your refreshment needs.

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

**For all catering outlets, you will be required to wear your mask/muff while queuing, maintain social distancing rules and card payments are preferable.**

## **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.

## CAMPING

Book camping [here](#) before midday on Wednesday 14<sup>th</sup> July.

The campsite, start/finish are all in the same area and there is plenty of space. Please spread out across the fields to help maintain social distancing.

If you bring your dog, clear up after them. Please keep your dogs under control at all times and on leads.

White Star staff will be on-site all weekend; please rock up from Thursday 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 next to the barns.

**Rubbish** – thanks to our new partnership with [Junk-0-Saurus](#) there will be ton bags to put rubbish and recycling in. Please dispose of rubbish responsibly.

**PHOTOS** – race photos are expensive, so we have our own photographers and make photos available to you and are posted as albums in our [Facebook group](#).

## WSC SHOP

**WSC will have a limited shop available on-site.** The shop will only have **very limited items**, particularly those things you might need at the last minute like reusable cups and events clips. (Don't forget that the races are cupless and we won't be supplying safety pins! You have been warned.) To visit the shop on the day, you will need to follow the entry/exit signage and there will be a limit on the number of people inside the marquee at any time. **We ask that you wear a face mask and don't touch the display items.** We can't let you try items on at this time, but the shop team will do their best to guide you with sizes and hold up different items for you. Please respect our team and the safety measures we have in place. But what helps us the most is if you pre-order any goodies you want to buy. [Click and collect](#) means we can pack your order in advance and safely pass it to you on the day.

**Use code 'cider' in the discount box at checkout for collection from the event**

## FINAL POINTS

Mycen 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's also blokes with shotguns... just saying.

Do not approach the livestock. Trampled to death by 100 angry sheep is not nice.

Do not let your dogs near the sheep.

Do not under any circumstances leave your kids unattended

Our events are planned to feel as White Star as they can within the current restrictions that we must follow. The biggest way that they will feel like WSR events is that you are there!

We can't wait to see you back running, and encourage everyone to come along and enjoy the events. But please follow the rules and guidance we issue to keep you and our team safe. All of this will mean we can return to a 'normal' White Star experience all that bit quicker, once all restrictions are lifted.

## 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 Six Penny Handley
- Bring toilet paper or purchase from the shop [Loo Rolls | White Star Clothing](#)

**Enjoy the Weekend**