

Saturday, 5 June, 2021

DD DOSSIER



A YEAR LIKE NO OTHER!

Global Pandemic

When we first learnt of the pandemic and the introduction of the first lockdown at the end of March last year, I was still hopeful that the 2020 race could go ahead! As time passed and the situation grew worse across the UK and the rest of the world, it became clear that cancelling the race was the only option.

Turn the clock forward a year and we very nearly had to cancel this year's race as well. However, such was the success of the vaccine rollout and the plummeting new cases and death rates, we are delighted to be able to stage the 2021 DD.

As we are not free from all restrictions yet, there are certain things we have to put in place. Most of them you will have been well used to by now!

Your safety and the future of the race is our top priority, that is why we ask you to please read through this dossier, as it contains all the information you will need to know, both before, during and after the race.

We want you to remember this year's DD for all the right reasons.

New Race HQ

We are very much looking forward to welcoming you to our new Race HQ, Princetown Community Centre. We believe it to be so much better than our previous one at the Plume of Feathers.

We are now able to reintroduce the ever so popular Friday Night Pasta Party. It's a great way to meet fellow runners, some of whom have run the race many times, or to chat to some of the 100-plus newbies we have taking part this year. At £10 a head, which includes a drink from the bar or tea/coffee, you can't really go wrong. Full details can be found later on in this dossier.

Covid has sadly put paid to our legendary after race disco. All is not lost though, as we will be having a quiz night instead. Not quite the same I know, but there will be some cracking prizes.

The other major new addition this year is our race village. Camping is available on the football pitch at the back of Race HQ. With stunning views of Dartmoor and the imposing Dartmoor Prison, it makes for a cracking place to camp.

And it's goodnight from me!

When the Teignbridge Trotters were asked to take over the staging of the DD, I jumped at the chance, as the race was one of my favourites and I couldn't stand back and see it fold. With the amazing support from my fellow Team DD committee and the help from the rest of the Trotters, we have managed to turn the race into what it is today.

I'm very proud to have been the Race Director for the past 11 years, but all good things must come to an end. This will be my last year at the helm, as I hand over to my wonderful assistant, Liz Barnett.

I would like to take this opportunity to thank you, the runners, as without your incredible support and loyalty to the race, the DD wouldn't have survived. Your messages via Facebook and email over the years have meant so much, not just to me but the whole of the club.

My final thank you goes to my wife, Caroline, who has supported me throughout my tenure. She's had to put up with the DD being a big part of my life, often taking it over completely!

STAY SAFE - KEEP SOME SPACE!

Face coverings must be worn at all times whilst inside Race HQ. The only exception to this is whilst sat down at the pasta party and quiz night and whilst using the changing rooms.

Please respect social distancing whilst in the building and use the hand sanitiser provided on a regular basis.

Parking

We kindly ask all runners and spectators to park in Princetown's school playground (see Princetown site plan below). Follow our marshals' instructions once in the car park. When the car park is full, on-street parking can be found in the village, or there is a pay and display car park almost opposite Race HQ. For the purpose of Sat Nav planning, the school's postcode is PL20 6QE.

Registration

You will be able to register on Friday evening, from 6pm to 8pm at the community centre or on Saturday morning, between 7.15am and 8.45am. Once registered, we'll issue you with your race number. It needs to be pinned to the front of your running top. Please do not alter it in any way. Please fill in the medical form on the reverse of the number.

All those that enter on the Friday evening will be entered into a draw for a free race entry for the 2022 race.

Personal Drinks

You can deposit your own drinks in the clearly numbered boxes, up until 8.45am on race day. These will be taken to the relevant feeding stations on the course, (see course map) where each one will be wiped down/cleaned. We'll provide labels

and waterproof pens. All you need to do is write your race number on the label and stick it to your bottle. Each feeding station will have a choice of water or orange squash.

Non-starters

If you register on the Friday evening and then decide not to run, please inform someone at registration. It's vital that we give our medical team an accurate number of starters. We take your safety seriously, so we need to be able to account for everyone out on the moor. It can be an unforgiving place, especially in extreme weather.

Camping/Motorhomes

Camping is £10 per pitch, per night, available on Friday from 3pm until midday on Sunday. Or if you prefer you can camp for just the one night on either Friday or Saturday. Motorhome pitches have all sold out - sorry!

There is 24-hour access to toilets and showers.

Breakfast baps and coffee/tea (£5) will be available in Race HQ on Sunday morning between 7.30 and 9.30am.

Please book and pay for your camping pitch in advance via the link on the Trotters website.

PASTA PARTY

The DD Pasta Party is at the Community Centre (Race HQ) on Friday from 6.00pm-8.00pm.

Priced at a mere £10.00, which includes a tea/coffee or soft/alcoholic drink, it's a great value way to kick off your weekend.

You need to book and pay for it in advance via our Trotters website. There are vegetarian and a vegan option. The last date you can reserve a place is Sunday 30th May.

After you've carbo-loaded why not stay for a drink, we have a well stocked licensed bar, and enjoy listening to an inspirational talk from Bernard Genge (pictured below), starting at 8.15pm.

Please book your place before the 30th May deadline. We don't want you to miss out!



Stunning setting for our race village



Cut-off points

Due to the nature of Dartmoor and the likelihood that some of our members will be out on the moor for the best part of the day, we have imposed a strict race cut-off time of six hours 30 minutes. This equates to an average speed of 12-minute miling. There are three cut-off checkpoints (see map). You must reach them in the required times to be able to continue in the race:

- 13.1Miles (Ashburton) — 2hrs 38 minutes
- 20Miles (Rugglestone Inn) — 4hrs
- Marathon — 5hrs 15 minutes

An official race timekeeper will be present at each cut-off point. If you fail to make the cut-off point in the required time we will politely ask you to withdraw from the race. Transport will be provided to the finish.

Because of the wave starts this year, the above times will be extended by four minutes. We're good to you!

Changing, toilets and showers

The male and female changing rooms/showers are situated towards the back of the building. Ladies, please be aware that they are open-plan! Toilets can be found throughout the building. If we could please ask you to turn up ready to race rather than have to use the changing rooms. These will be of greater benefit after you have finished the race, by which time you will be more spaced out.

Start

The race starts at 9.30am. Because of the covid situation we will be starting the race in waves. You will have hopefully by now replied to the Google poll, indicating your estimated finish time. There will be a total of four waves with approximately 50 runners in each. The faster runners (determined by their race number) will go off first, thus reducing the chance of overtaking and increased contact. There will be a minute in between each wave setting off. Please assemble in the clearly marked race pens at the start area.

Course toilets

There are various toilets on the course: 9M — New Bridge Car Park; 13M — Ashburton Centre, on left just before turning left for Buckland in the Moor; 20M — Widecombe-in-the-Moor car park.

Animals on the road

Please be tolerant if you're held up by animals on the road. Most of the route is through unfenced countryside and there is nothing the race committee can do to stop animals wandering along or mustering on the road. It's all part of the allure of the DD, so take a chill pill if things suddenly get a little more rural than you're used to! Please use the gates to the side of cattle grids. Don't try to dance across the rails: you'll be risking serious injury.

MP3 players and the like

Due to the narrowness of many of the lanes on the course, the wearing of MP3 players or similar devices is strictly forbidden. Please be sensible and adhere to this. We don't want to disqualify you if you ignore our request.

Did we mention a bar!

Our new home has a fully licensed bar and what's more, we are in control of it! That basically means we can open it when we like – as it's a bar run by the Trotters it will be open pretty much all weekend! Sadly, due to covid restrictions, it will be table service only. We will have draught real ale on tap from Dartmoor Brewery, as well as Otter lager on tap. There will be a wide range of spirits, as well as red and white wine, Guinness and ciders.



Hopefully there will be something for everyone!
All drinks are £3, almost Wetherspoons prices! You can double up on the spirits for an extra £1 – now that is cheaper than Spoons!

Cash is King!

Now this is important... Please bring plenty of the hard stuff with you as our card reader is very temperamental! We've tried to make it easy by making all the drinks an even amount, that goes for our selection of DD



KEEP IT CLEAN

The DD is held within Dartmoor National Park, an area of outstanding beauty, and can only take place with the kind permission and co-operation of The Dartmoor National Park Authority, The Duchy of Cornwall, The Dartmoor Preservation Society, The Dartmoor Tourist Association and all parish councils through which the race passes.

Please respect these hardworking groups and the beautiful countryside through which you are running by disposing of your empty drinks bottles and sponges in the bins provided. These will be situated 50 metres past each of the feeding stations. Please do not throw bottles and sponges over a hedge or into the verge, where they will pose a danger to wildlife and the ponies, sheep and cattle that wander at will on the moor.

Feeding stations are only three miles apart so, if you miss a bin, please carry your bottle or sponge to the next station.

Saturday Night Quiz

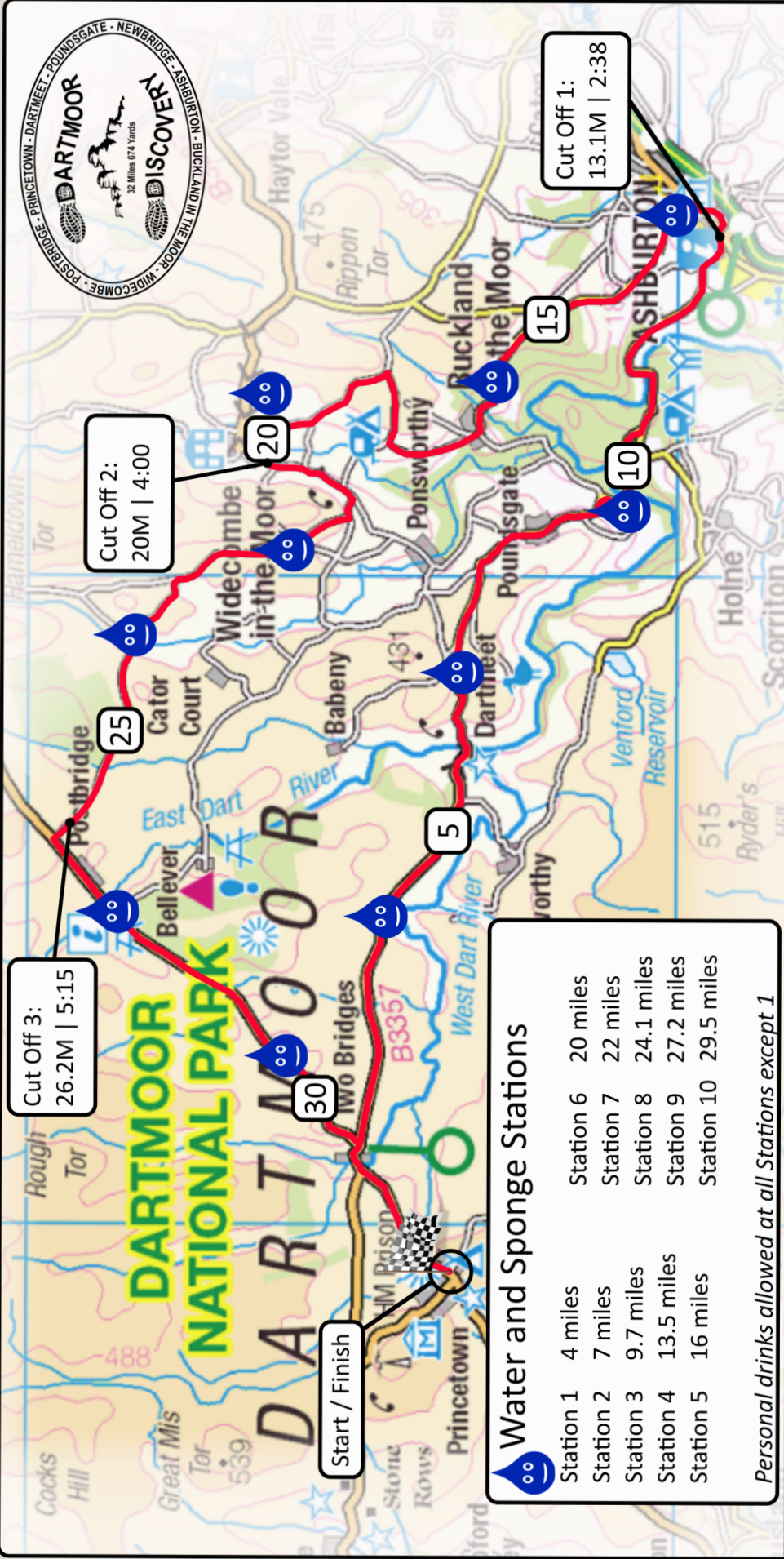
We're as gutted as you are that we can't have our legendary disco this year. It's always a joy to see everyone up on the dance floor strutting their stuff. You'd never know most of them had run 32 miles a few hours earlier!
However, as what we hope will be a nice alternative, we will be having quiz. The two Johns will be your quiz masters (Skinner & Ludlam). They are quite a double act - entertainment is guaranteed!
There will be plenty of great prizes on offer. The evening gets underway at 8.15pm in the main hall.

It's all about looking the part!



We have a great selection of DD clothing on sale and all at very reasonable prices. Our shop will be open during registration on Friday night and Saturday morning and again after the race has finished.





Cut Off 3:
26.2M | 5:15

Cut Off 2:
20M | 4:00

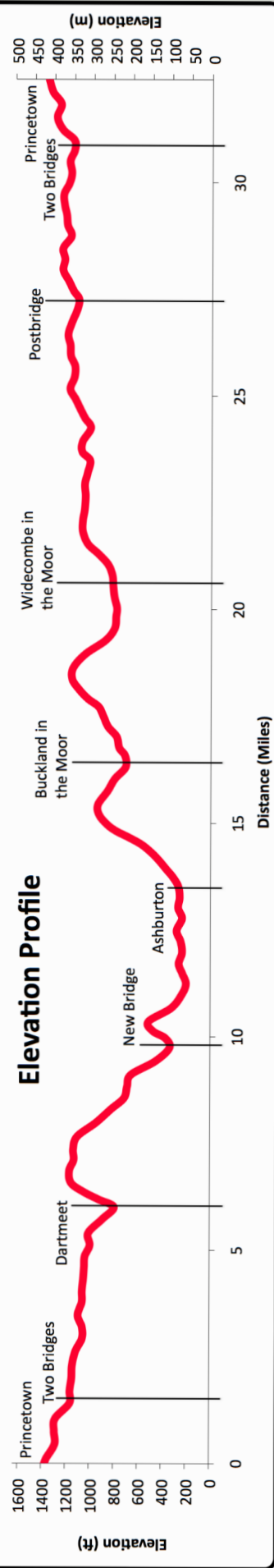
Cut Off 1:
13.1M | 2:38

Start / Finish

Water and Sponge Stations

Station 1	4 miles	Station 6	20 miles
Station 2	7 miles	Station 7	22 miles
Station 3	9.7 miles	Station 8	24.1 miles
Station 4	13.5 miles	Station 9	27.2 miles
Station 5	16 miles	Station 10	29.5 miles

Personal drinks allowed at all Stations except 1



Glittering prizes

Once again, there will be a full catalogue of prizes and trophies on offer. The presentation ceremony is at 5pm. If it's dry, it will take place outside at the back of the building. Otherwise, it will be in the main hall.



All winners (listed below) receive a gorgeous, engraved crystal glass trophy.

- First 3 Men
- First 3 Ladies
- 1st & 2nd MV40, 45, 50, 55, 60
- 1st MV65, 70
- 1st and 2nd FV35, 40, 45, 50
- 1st FV55,60
- 1st Male & Female newcomer
- 1st, 2nd, 3rd Male Teams (3 to count)
- 1st, 2nd, Female Teams (3 to count)
- £200 for a new Male or Female course record
- £25 for any new vet course record

Don't forget that, just as with all Teignbridge Trotters races, you can win more than one prize!



Road protocol

Due to the narrow roads over Dartmoor please run on the left-hand side of the road, in single file whenever possible, unless directed otherwise by a marshal.

Split times

Because of the wave start times there won't be any splits times recorded this year.

Finish

Timekeepers log everyone's finishing time up to the 6:30 cut-off. All finishers get a unique medal and technical t-shirt. Runners' requirements differ on finishing an ultra, so our catering team offer everything from a sit-down and a cup of tea, to sandwiches, hot soup and flapjacks. It's all free, too! Blankets will also be available if the weather turns cold, a possibility, even in June. If you don't fancy anything when you cross the line, please feel free to return for something later.

Spectators

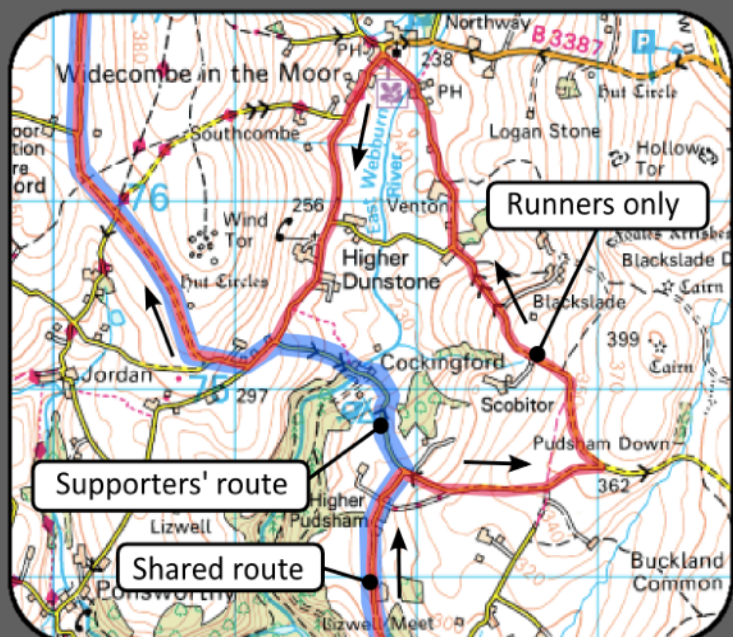
We are happy for your friends and family to cheer you across the finish line but respectfully remind them to observe the social distancing rules. They are welcome to purchase anything from the bar, BBQ or a tea/coffee and slice of cake.

Cyclists

Traffic problems are a real issue for the DD and cyclists accompanying runners add to congestion. In the interests of safety and the environment, we ask you to confine your support to the roadside.

RACE TRAFFIC NEAR WIDECOMBE

The road to Widecombe-in-the-Moor from Stone Cross Junction (17.5M) is very narrow and steep in places and there have been some near-accidents involving runners and race-related traffic. To avoid this danger, the road to Pudsham Down and Widecombe-in-the-Moor from Stone Cross junction is closed to all supporters and back-up teams. They must turn left at Stone Cross junction and re-join the race route at Church Lane Head junction and Eastern Lane junction. See the plan, right, for the route supporters need to take. There will be marshals stationed at Stone Cross, Church Lane Head and Eastern Lane junctions to assist.



Fancy a shout out!

Those of you who have run the race before will know all about our team on the microphone and the welcome they give you as you approach the finish line. John Skinner, pictured in the middle, is somewhat of a DD legend. He would love to hear from you if you would like a special shout out. Could be your birthday, your first DD, your 10th, running with your daughter or husband, anything you like really! You can contact John via email: jcskins@icloud.com

Results

Our new Race HQ has got great WiFi coverage, unusual for Dartmoor! This means we will be able to upload the results onto our website before you even get home! They will also be on display in the main hall.



100 Not out!

We are delighted to announce that Loretta Daley (pictured on the right) from the Les Croupiers running club, has chosen the DD to be her 100th Marathon. She will be running with the number 100 on the front and back of her top. If you see her, give her a shout. It will be some achievement.



Ever Present!

One runner has completed every single DD since it started in 1998, that's 21 DD's! (allowing for race cancellations in 2001 and 2020). Graham Baker, from Mid Essex Casuals, has certainly earned the right to his number 1 race number each year.



Running Forever Running Club

A special mention must go to the Taunton based running club; RFRC. Over the past six or seven years, they have taken the DD to their hearts, as each year more and more of them enter the race. They always make a weekend of it, and even match the Trotters on the dance floor at the disco!

In 2019, Mike Nicholls (pictured below), their honorary President sadly passed away. Mike was a great lover of the DD, having run it previously before he became ill. He then organised many of the club's trips down to Princetown. His enthusiasm and support he showed to his fellow club mates meant as much to Mike as actually



taking part in the race. Adrian Edwards,

another member of RFRC also tragically recently passed away at the age of 44. Adrian was due to take part in this year's race. In memory of them both, RFRC have entered this year's race in huge numbers. As I write this there are 32 entered. They will be wearing black armbands as a show of respect. I know Mike and Adrian would have been so proud to see so many white and red vests running one of their favourite races in their honour.



There's more than just the DD don't you know!

The Trotters organise another four races each year. Hot on the heels after the DD is the **Haytor Heller**, now in its 35th year. It's a race that certainly packs a punch, with possibly one of the steepest starts to any race in the country! This year's race takes place on 17 July. It's already sold out having reached its 350 race limit! The **Totnes 10K** (pictured on the right) takes place on 1 August. It's our biggest race as far as entries are concerned. The last three years it has sold out, reaching its race limit of 625. The route is 95% off road and runs alongside the beautiful River Dart and through the picturesque Dartington Estate. There is also a 1-mile fun run that attracts over 150 youngsters. On 19 September we stage the **Newton Abbot Ladies' 10K**. As the name suggests it's a ladies-only race, over an undulating course that takes place on country lanes through the hamlets of Denbury and Ogwell. And, finally, our last race of the year is the **Sibelco Templer Ten** which takes place on 7 November. It's a multi-terrain 10-miler, starting and finishing in the stunning grounds of Stover School. There is also a 1-mile fun run.

