

Saturday 7 June 2025

DD DOSSIER



WHAT A LINE UP!

Previous winners galore!

Six previous DD winners (three men, three ladies) will be on the start line this year, for what promises to be a very high quality field. We also have 108 DD first timers taking part.

We've made a few changes this year. Sadly, due to dwindling numbers, we won't be having the Friday night pasta party, or offering camping on the football pitch at Race HQ. Also, registration will now only take place on the Saturday morning, where there will be free tea and coffee available for you.

The good news is that we're still having the after race disco on the Saturday night. That gets under way at 8pm and is held in the main

hall at Race HQ. Be great to see plenty of you there. There really is no better way to get rid of those lactic acids than by strutting your stuff on the dance floor! What's more, we've got a well stocked bar at great prices!

The race didn't quite sell out this year, which although disappointing, I guess is understandable with so many other races available. Whilst the Trotters continue to stage the DD, we will always try to offer a good value race. We are only too aware of some of the entry fees that races, mainly event companies, charge nowadays! On behalf of all of us at the Trotters, a big thank you for supporting a running club organised race.

Within this dossier you'll find all the info you'll need for before, during and after the race. If you have any questions, please drop me a line and I'll do my best to help.

The new cut-off times that we introduced last year were well received - we'll be sticking with those again this year.

Hopefully the weather is kind to us and allows us to do the presentations outside in the finish area. There's always a great atmosphere and this year we will be celebrating some very special milestones (see page 4).

All that remains is to wish you the very best of luck.

Liz Barnett (Race Director)

Parking

We kindly ask all runners (not 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

Registration opens at 7.15am on Saturday morning at our Race HQ and closes at 8.45am. Once registered, we'll issue you with your race number. It needs to be pinned to the front of your running top or shorts. Please do not bend or crumple the chip, and please fill in the medical form on the reverse of the number.

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). 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, as well as jelly babies.

Camping/Motorhomes

There are limited motorhome spaces available at Race HQ for the Friday and/or Saturday night. You can book a space via our Trotters website. There is 24 hour access to toilets and showers.

Camping is only available at the Plume and Feathers campsite, which is a short walk away from Race HQ. Pitches need to be booked directly with them.



Cut-off points

We have a strict race cut-off time of six hours 45 minutes. 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 53 minutes.

20 Miles (Rugglestone Inn) - 4hrs 15 minutes .

Marathon - 5hrs 30 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.

If you have to withdraw from the race at any stage other than any of the cut-off-points, please let the nearest marshal know and give them your race number.

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 gels 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.

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 planned! Toilets can be found throughout the building.

Start

The race starts at 9.30am. You will be asked to make your way to the start at 9.15am. Please assemble on the large paved area in front of the Princetown visitor centre. The race brief will take place at 9.25am.

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, including bone conductors, is strictly forbidden. Please be sensible and adhere to this, as anyone caught wearing them during the race will be disqualified!

Did we mention a bar!

Our new home has a fully licensed bar and what's more, we're in control of it! That basically means it will be open pretty much all day on Saturday!

We will have Jail Ale on tap from Dartmoor Brewery as well as Carling 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 £3.50, almost Wetherspoon's prices!



Cash is King!

Now this is important... Please bring plenty of the hard stuff with you as our card reader is very temperamental!



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.



Chip Timing at the DD!

We'll have a TV at the finish, showing live updates as you cross the line. If you happen to spot a mistake, please inform one of chip timing team. There will be someone at the marathon point using a 'zapper' to get your split time. Don't be alarmed when it's pointed at you!

Milestones!

We're delighted that three runners have chosen this year's DD to celebrate some pretty awesome milestones. All three of them are well known faces on the marathon circuit, not to mention the DD. First up we have Derek Skinner, a member of the host club, the Teignbridge Trotters. This will be Derek's 100th marathon, having completed his first one (Amsterdam) in 2012.

Sharon Daw will have amassed 100 ultras when she crosses the finish line on the 7th June. A veteran of over 500 Marathons. Sharon's first ultra was also the DD!

Last but by no means least, this will be Neil Williams 500th marathon. That total includes 8 previous DD's (same number as Sharon). It all started back in 2011 when he ran the Dartmoor Vale Marathon .

We wish all three of them the very best of luck.



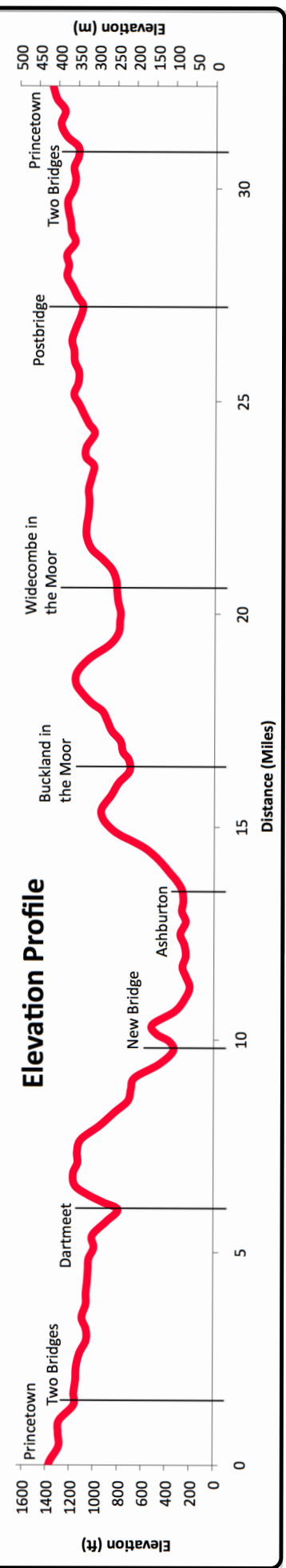
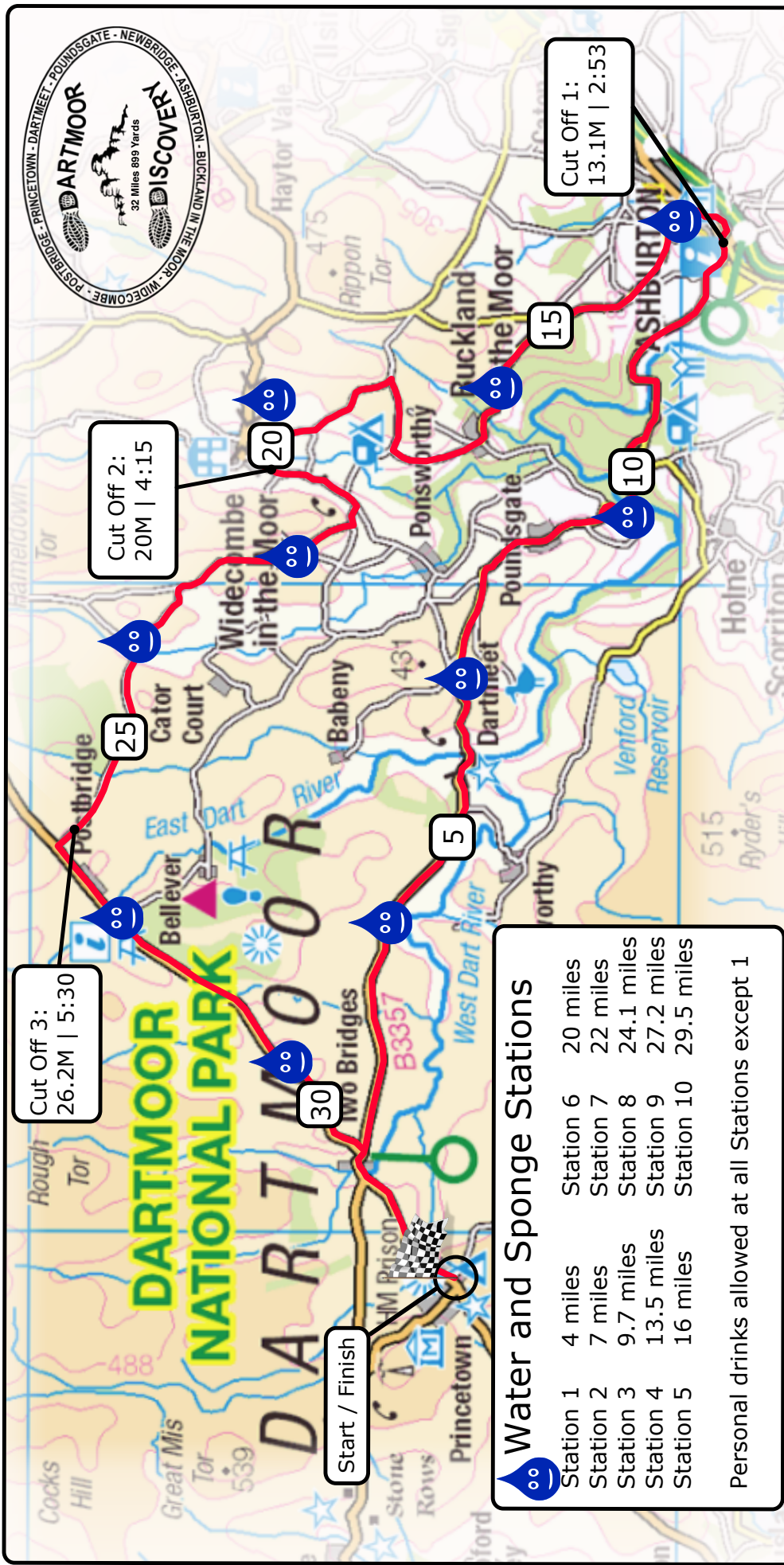
Sharon



Neil



Derek



Glittering prizes

Once again, there will be a full catalogue of prizes and trophies on offer. The presentation ceremony is at 4.30pm. If it's dry, it will take place outside in the finish area. 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, 55
- 1st FV60
- 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

We will record your time at the marathon point.

Finish

Our timing system will log everyone's finishing time up to the 6:45 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

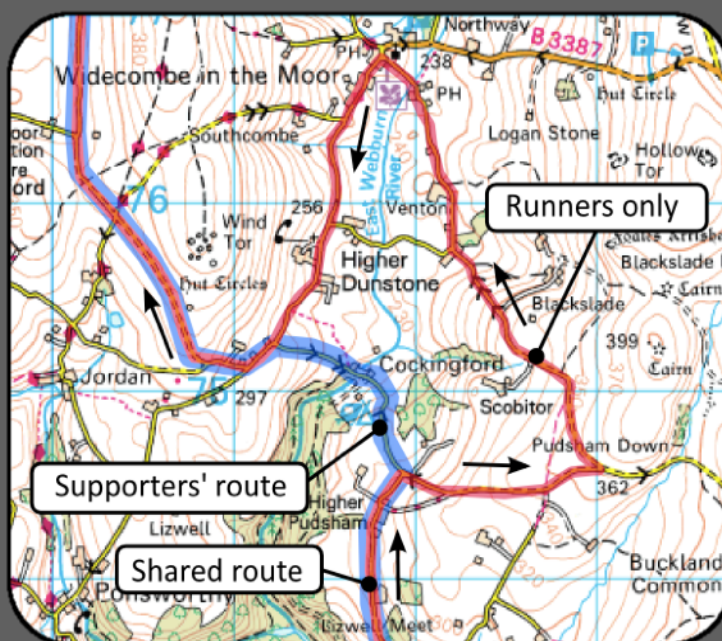
We are more than happy for your friends and family to cheer you across the finish line. They are welcome to purchase anything from the bar, BBQ or a tea/coffee. Please remember runners' food is for runners only!

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; mrs.deb.hart@gmail.com

Results

Our 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.

Almost an ever present!

One runner has completed every single DD, bar two (2023 & 24), since it started in 1998, that's 23 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.



Heads up for our sponsors

Without the support we receive from our sponsors, we wouldn't be able to stage the race.

A big thank you to;
Islington Country House Hotel
Sibelco
Apex Scaffolding
MI Plant

Check out our other races!



Totnes 10K ~ Sun 3rd August



Haytor Heller ~ Sat 6th September



Ladies 10K ~ Sun 28th September



Templer Ten ~ Sun 5th October

