

Saturday 6 June 2026

DD DOSSIER

YOUR 7-
PAGE
COMPLETE RACE
GUIDE STARTS
HERE!



WHAT A LINE UP!

Better weather please!

Those that ran last year probably didn't mind the persistent heavy rain throughout most of the day. The rest of us literally got soaked through to the skin! From a purely selfish view, I've ordered the sunshine this year!

Race entries have been on a par with last year. As I write this they currently stand at 244. It's always lovely to welcome back so many familiar faces. We really do appreciate your support. This year we also have 129 first timers taking part.

Please continue to spread the word. It would be great to get the race full again next year, especially as it's the 30th anniversary. To celebrate

that we will be reverting back to the original 34 mile course, something we do every 10 years!

A polite reminder not to be late when registering on Saturday morning. We close registration at 8.45am. That is also the cut off time for placing your personal drinks in the boxes provided (see page 2 and 5 for more details).

For those of you who like a bit of caffeine to get you going in the morning, there will be free tea and coffee available before the start of the race.

You'll be glad to hear that we're still having the after race disco on the Saturday night. That gets under way at 8.30pm 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!

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.

Hopefully the weather is kind to us and allows us to do the presentations outside in the finish area. If not, we'll be in the main hall.

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.

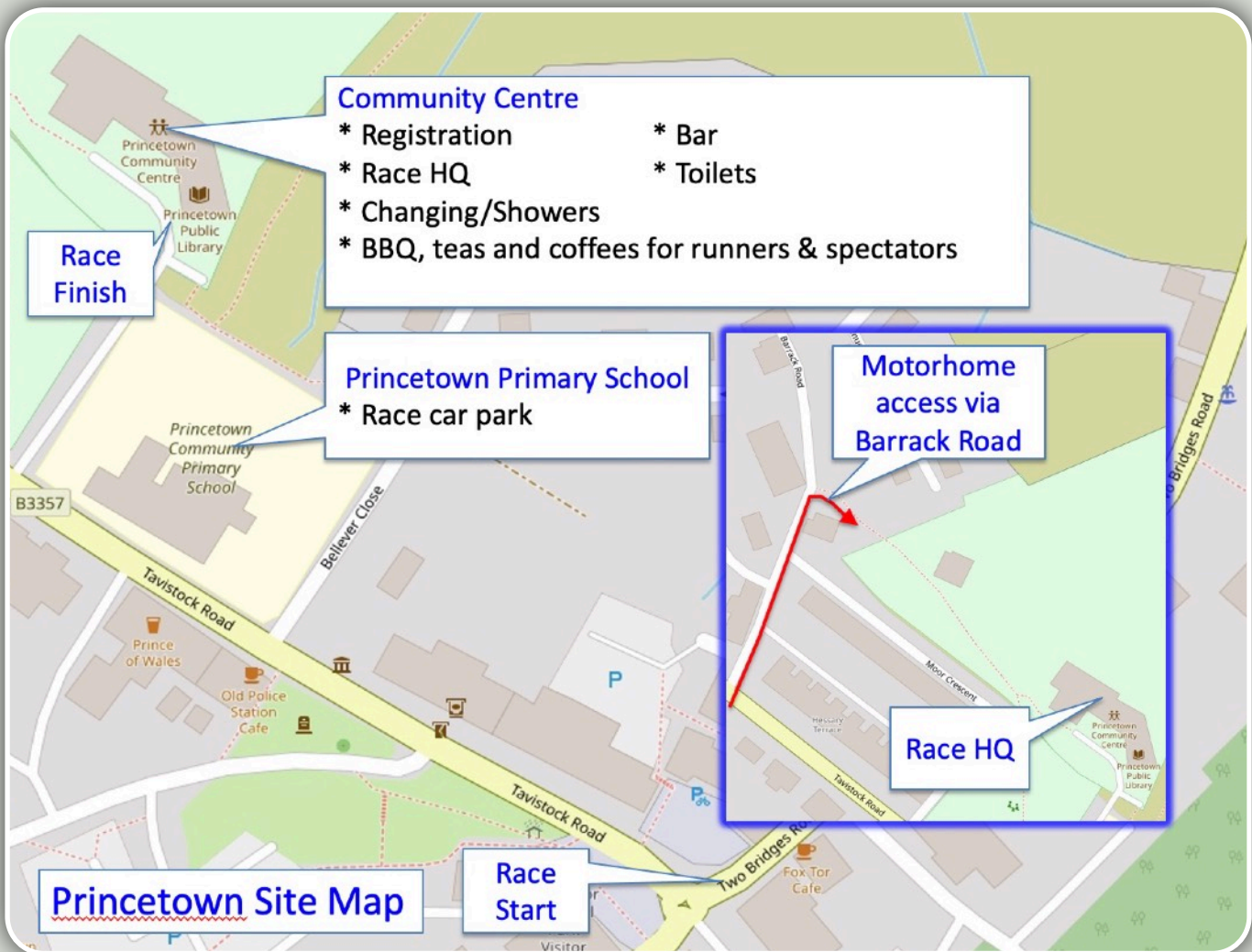
Personal Drinks

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:

13.1 Miles (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-plan! 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 old 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 Race HQ 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. There will be a wide range of spirits as well as red and white wine, Guinness, lager 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!

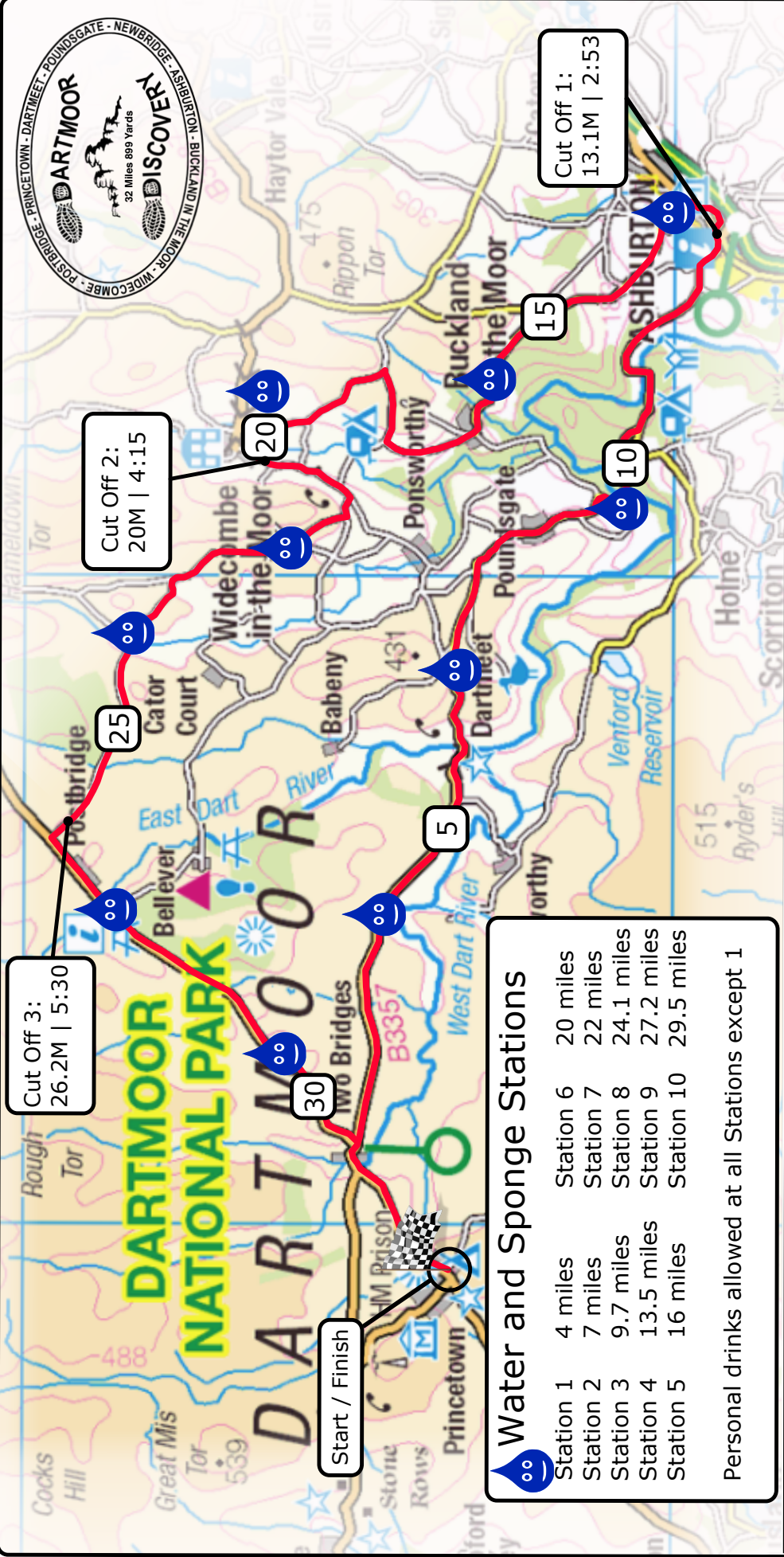
Join us at the DD Disco!

There really is no better way of getting rid of all that lactic acid than strutting your stuff on the dance floor at the DD Disco!

The night gets underway at 8.30pm, giving you enough time to shower, change, grab a bite to eat and make your way over to Race HQ.

There's a fully stocked bar and some guaranteed banging tunes. See you there!





Cut Off 3:
26.2M | 5:30

Cut Off 2:
20M | 4:15

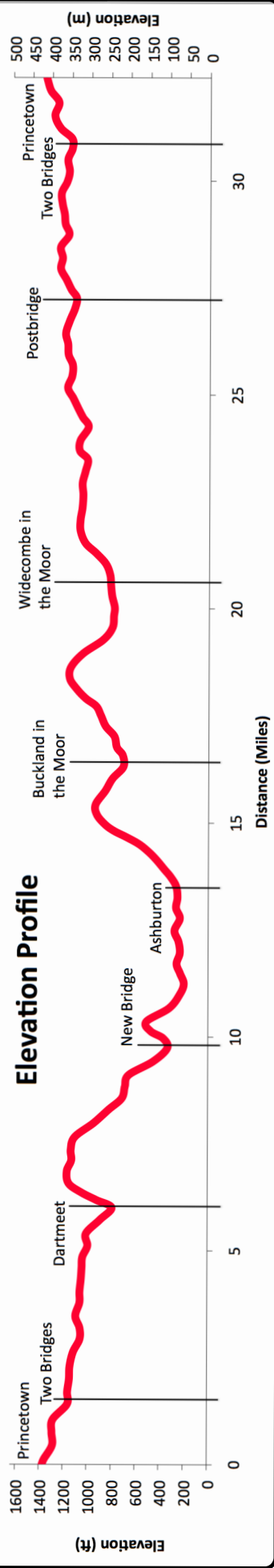
Cut Off 1:
13.1M | 2:53

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 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

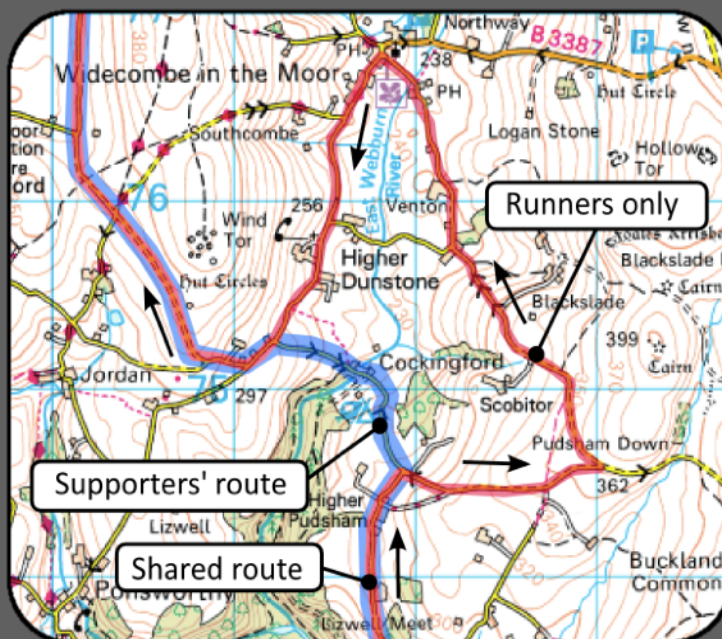
We are more than happy for your friends and family to cheer you across the finish line. They are welcome to purchase anything from the bar, BBQ or a tea/coffee. Please remember runners' food is for runners only!

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.

Race Number 1

Graham Baker has completed 24 DD's, earning him the right to wear race number 1. Unfortunately Graham won't be joining us this year, having decided to retire from road running. We will be retiring race number 1 until someone knocks him off the top off the Hall of Fame. That person will then take on the honour of wearing number 1.



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
Rugglestone Inn
Francis Clark

Check out our other races!



Ladies 10K ~ Sun 28th June



Totnes 10K ~ Sun 2nd August



Haytor Heller ~ Sat 5th September



Templer Ten ~ Sun 4th October