



2010 DMM Participant Update

(All Navigation Categories)

Event Date: 24th & 25th July 2010

Registration Windows: Friday evening 19:00-21:00 / Saturday morning 07:00-09:00

Start Window: Saturday 08:00-10:00

Start Times: Start times within the start window will be issued randomly at registration, please make sure that you are on time. Late starters will attract time penalties.

Kit Checks: Official mandatory kit checks will take place at the finish of day one. Random kit checks are possible and likely at any time during the event. Please see below for details on mandatory kit. It is each participant's responsibility to ensure that the correct kit is worn or carried.

Paper Work: Each participant is required to submit a completed medical form and indemnity waiver. To save time on the day and if you are able, please download these forms [here](#). Alternatively you will be able to collect and complete these forms as part of the registration process on the day.

Participant Numbers: Your unique participant number will be issued to you at registration; you will not be informed of your participant number prior to the event.

Registration Location: The Plume of Feathers Inn, Plymouth Hill, Princetown, Dartmoor, South Devon, PL20 6QQ. Location Map / Directions [here](#).

Parking: Follow the event parking signs on arrival in Princetown. Parking for the duration of the event is included in your entry fee but only in the designated event parking area. Do not leave valuables on display in your vehicle and take note that vehicles are left at owner's risk.

Camping: Camping pitches are available at the event base on Friday evening. Please visit the Plume of Feathers bar to pay for your pitch and to get a tent tag prior to pitching your tent. If you would like to leave an empty tent up whilst you are competing, to use on Sunday night, please check with the venue staff first. The Inn will be offering camping and breakfast combo deals for DMM participants.

Site Facilities: Bar, restaurant, basic loos, basic showers, communal pot wash facilities.

Event Day: Once registered, participants must make their way to the start area located approximately 500 meters from the event base. The route to the start will be clearly marked. Once in the vicinity of the start area, please follow the event official's instructions.

Course Maps: Each participant in the DMM will be issued with an official course map at the start. The course maps are printed on waterproof, abrasion resistant paper. The maps are not tear proof however and it is strongly recommended that they are used in conjunction with a map case to protect them. The maps have been produced by Harvey's to a high standard and are at 1:40,000 scale, the maps are A2 in size and will show all controls for both days on a single sheet. A separate A5 controls description sheet will be issued at the start of each day which describes the location of the control and shows points values.

Event Rules:

- All DMM participants are asked to enter into the spirit of the event and to proceed with the utmost respect for the local residents and flora and fauna of the moor. The organisers reserve the right to disqualify participants whose behaviour is deemed to be unsuitable.
- **Follow the countryside code:** Drop no litter, open / close gates carefully and do not climb fences or gates.
- **Wear or carry the mandatory kit and equipment:** Standard mountain marathon rules apply; all participants are required to be fully self sufficient and self reliant for the duration of the event. Random kit checks will take place and participants lacking the mandatory kit and equipment will be considered to be cheating and reckless so will be disqualified. See kit list below for details.
- **Carry a mobile phone:** All solo participants must carry a mobile phone for the duration of the DMM. Phones should be fully charged, switched off and placed in a sealed bag (tamper evident bags will be provided by the organisers at registration) Teams are required to carry one mobile phone per team, fully charged, switched off and sealed in a bag as above. GPS devices are not permitted, mobile phones equipped with GPS are permitted if contained as above.
- **Stay together:** Teams must stay in close contact with each other whilst participating and must visit controls together, it is essential that both team members dib their timing chips at the control boxes.
- **Stay in bounds:** The DMM map will clearly show several out of bounds areas that must be strictly respected by all participants. Any participants found to be or reported to have been out of bounds, either intentionally or unintentionally, will be disqualified.
- **De-register from the event:** If you retire from the event for any reason it is essential that you de-register with an event official before leaving. The timing chip issued to you at registration remains the property of the event and must be returned in order to verify that you are off the course and safe.

Mandatory Kit List:

To be worn or carried for the duration of the event

Back pack (with waterproof liner)
Sleeping bag (liners or sheets are not acceptable)
Sleeping mat
Cooker, fuel & utensils (one set per team acceptable)
Main meals
Additional energy foods
Hydration system / water bottle
Tent with sewn in ground sheet (open sided sheet shelters or non hooped bivi bags are not acceptable)
Light weight waterproof jacket & trousers
Synthetic or wool base layer top and bottom
Spare synthetic or wool base layer top
Synthetic or wool mid insulation layer

Hat
Trail or fell running shoes with suitable tread pattern for off road terrain (road shoes are in no way suitable for this challenge and are not permitted)
Head torch capable of providing useable light for 8 hours
Whistle
Compass
Map (provided)
Basic 1st aid kit (plasters, zinc tape or similar, 1 x wound dressing, triangular bandage)
Pen/pencil and paper capable of being used in wet conditions
Mobile phone (fully charged, switched off and sealed in a bag provided by organisers at registration)

Strongly recommended Kit: Map case

Camping: The over night camp location for Saturday night will be made known on receipt of your control sheet and official course map. The site has been carefully selected and offers fine views and a relatively sheltered position. On arrival at camp, participants are required to check in with the event officials before pitching tents and preparing meals ETC.

If a solo participant or team does not make it to the official camp site on Saturday night the organisers will assume that they have wild camped safely on the moor. The rescue services will not be alerted unless you affect a search and rescue yourself by using your mobile phone, or by the organisers, should you not appear by the closure of the DMM courses on Sunday afternoon.

Facilities: The over night camp will offer basic facilities such as porta loos and a small communal area for those wishing to socialise over a cuppa in the evening. There will also be fresh water and bins for the recycling of refuse generated at the site.

Emergency Situations: In the event of a minor injury that is troublesome enough to prevent you from continuing in the competition safely, please attempt to make your way to a road head or manned check point from where an evacuation from the course can be effected more easily. If you are involved in, or witness an emergency situation, please contact the emergency services immediately by dialling 999 or 112.

Please Note: All mobile phones regardless of service provider and signal strength are capable of reaching the emergency services on the following numbers 112 / 999. Your exact location is also pin pointed via a call to these numbers.

Dartmoor Weather Warning: All DMM participants are required to have the appropriate out door skills and navigational ability commensurate with the mountain marathon category entered. In summer on Dartmoor, after a spell of good weather, it is very easy to be lured into a false sense of security. Please do not underestimate the moors ability to challenge even the best prepared and most experienced of persons. The weather can and does change very quickly on the moors and with reduced visibility it can become a very tricky place indeed to find your way about. Please make sure you follow all the guidelines and rules set out here in addition to the information on the DMM pages of the web site.

On behalf of the Endurancelife team, best of luck with your final preparations and we look forward to seeing you on Dartmoor soon.