



## 2010 DMM Participant Update

(All No Navigation Categories)

**Event Date:** 24<sup>th</sup> July 2010

**Times:**

	Registration	Briefing	Start	Prize Giving
Marathon	09:30-10:30	10:45	11:00	16:00
10k	09:30-10:30	10:45	11:15	13:15
Half Marathon	09:30-10:30	10:45	11:30	14:30

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

**Paper Work:** Each participant is required to submit a completed medical form and indemnity waiver. To save time on the day, 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 either by post or e-mail prior to the event.

**Parking:** Please 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 please 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. The Inn will be offering camping and breakfast combo deals for all DMM participants, although we would not recommend a full English prior to running a marathon ;)

**Site Facilities:** Parking, camping, bar, restaurant, loos, porta loos, basic showers and communal pot wash facilities for campers.

**Event Day:** Once registered, participants must attend a mandatory welcome and safety briefing (see times above), to hear important information relating to safety and logistics.

**Course Maps:**

NB: Course routes shown in red

10k map [here](#)

Half marathon map [here](#)

Marathon map [here](#)

## 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:** The following items of clothing and kit must be worn or carried by all half marathon and marathon participants. Please Note: No exceptions will be made regardless of the weather conditions; participants not wearing or carrying the required items will be disqualified.

[Windproof jacket \(with long sleeves\)](#)

[Water bottle or hydration system](#) (min 750ml of fluid)

[Basic first aid kit](#) (small selection of plasters, 1x dressing & zinc tape)

[Emergency foil blanket](#)

[Energy bar / snacks](#)

Mobile phone

Hat, cap or buff

Whistle

- **Carry a mobile phone:** All marathon and half marathon participants must carry a mobile phone. 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.
- **Stay on the marked course:** Please stay on the marked courses to avoid unnecessary disturbance to flora and fauna.
- **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.

**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 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.

**Dartmoor Weather Warning:** 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.

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