



Participant Guide 2025



Trail Race & Challenge Walk

In Partnership with:



Supporting:



<https://www.derbymrt.org.uk/>



www.peakdistrictfoundation.org.uk

CONTENTS

<u>1.</u>	<u>LOCATION</u>	<u>3</u>
<u>2.</u>	<u>TRAVEL, PARKING & ACCOMMODATION</u>	<u>3</u>
<u>3.</u>	<u>REGISTRATION & RACE BRIEFINGS</u>	<u>5</u>
<u>4.</u>	<u>START TIMES AND FORMATS</u>	<u>5</u>
<u>5.</u>	<u>RACE CATEGORIES & AWARDS</u>	<u>6</u>
<u>6.</u>	<u>EVENT TIMETABLE</u>	<u>7</u>
<u>7.</u>	<u>OVERVIEW OF THE COURSE</u>	<u>8</u>
<u>8.</u>	<u>ROUTE HIGHLIGHTS</u>	<u>9</u>
<u>9.</u>	<u>ROUTE CHANGES</u>	<u>9</u>
<u>10.</u>	<u>CHECKPOINT DETAILS AND PROVISIONS</u>	<u>10</u>
<u>11.</u>	<u>PARTICIPATION REQUIREMENTS</u>	<u>11</u>
<u>12</u>	<u>REFRESHMENTS</u>	<u>15</u>
<u>13</u>	<u>TRANSPORT TO THE FINISH</u>	<u>16</u>
<u>14</u>	<u>MEDICAL SUPPORT</u>	<u>16</u>
<u>15</u>	<u>RACE TIMING</u>	<u>17</u>
<u>16</u>	<u>PHOTOGRAPHS</u>	<u>17</u>
<u>17</u>	<u>EVENT DIRECTORS & EMERGENCY CONTACTS</u>	<u>18</u>
<u>18</u>	<u>SUPPORTING GOOD CAUSES</u>	<u>18</u>
<u>19</u>	<u>THANK YOU</u>	<u>19</u>
<u>20</u>	<u>COPYRIGHT STATEMENTS</u>	<u>19</u>

Thank you for entering the Dovedale Dipper. This document contains important information that will ensure a smooth and safe event for all involved. Please take some time to read and understand it prior to race day.

1. Location

The base for the event (Event HQ) is Hartington Village Hall.

Hartington Village Hall
Hide Street
Hartington
Derbyshire
SK17 0AW



OS Grid Reference: SK 1291 6046

Google Maps: <https://goo.gl/maps/1SSPXUXkind9Ls2r6>

What3Words: <https://w3w.co/shifting.reckoned.composed>

PLEASE NOTE: There is **NO PARKING** at the village hall itself. We ask that you use the dedicated event car park (see details below). Please **DO NOT** park in the village centre.

2. Travel, Parking & Accommodation

Public Transport

The nearest railway station is Buxton located 11.5-miles away. <https://www.nationalrail.co.uk>

Local bus services are operated by High Peak with the Buxton to Ashbourne service passing through Hartington (<https://www.highpeakbuses.com>)

The local private hire taxi companies are Neil's Taxis (Tel 07816 201746 / 07541 541708, <http://www.neils-taxi.co.uk>) and Bakewell Taxi Service (Tel 07866 661188, <https://www.bakewelltaxiservice.co.uk>)

Parking and Overnight Campervans

The event car and campervan park will be available to participants and their supporters from 18:30 on Friday to 10:00 on Sunday morning.

This is located on the eastern side of the village 400 metres (5 mins walk) from event HQ, as shown below.

Peak Running Parking Passes - To use the carpark, you must display a parking pass obtained from Peak Running. The preferred method is to purchase your parking pass on-line prior to the event. This can be done either as you enter the event via SiEntries, or by retrospectively editing your entry and adding the parking pass option. *PLEASE NOTE: Parking passes will be emailed out to those who have purchased one in advance on Thursday 31st July.*

Alternatively, parking passes can be obtained by paying **IN CASH** at the car park entrance on Saturday morning from 07:00 until 10:30. If you arrive late on the Friday evening, please pay for the parking pass when the Marshal gets there on Saturday morning.

Passes are valid all weekend so supporters coming and going should retain their pass to avoid being charged to re-enter.

During the night (22:30 to 07:00) please be as quiet as possible in the car park area so not to disturb adjacent residents.

The cost, per vehicle, for parking for the duration of the event is as follows:

Car: **£4**

Small camper van (up to 4.9m long): **£10**

Large camper van (5m to 7m long): **£15**

Note: Narrow lanes and entrances in the area are a challenge for large motorhomes (exceeding the above sizes). We therefore cannot accommodate these in the event car park. If you are travelling in such a vehicle we recommend that you make your own arrangements with a local campsite.



Accommodation

There are various accommodation options in the area. Locally there are Youth Hostels (Hartington Hall and Ilam Hall) and a number of campsites. There are also various pubs with accommodation, B&Bs and holiday cottages.

The nearest large towns/cities with greater accommodation options are Buxton (11 miles), Ashbourne (10 miles) and Leek (11 miles).

3. Registration & Race Briefings

Event Registration Times

Registration will be open in the village hall from 07:00 to 10:30 on the day (Saturday 2nd August 2025).

IMPORTANT: Please ensure you register at least 30 minutes prior to your planned start time.

Registration Process

To register you will need to personally report to registration and must bring the kit you plan to run/walk in and carry with you.

You will be issued with your participant number and timing bank (to be returned at the finish).

T-shirts; if you purchased a t-shirt when entering the event, you'll be able to collect this from registration.

Final Briefing: A final briefing containing details of any last-minute issues will be sent to participants two days before the event.

It is **essential that you take notice of this briefing** as it will include important safety information and details of any last-minute changes.

4. Start Times and Formats

We will be using a system where walkers, and runners who anticipate moving below a certain speed will have the option of an 'early start' setting off at any time within a defined time window (as outlined below).

There is then a 'mass start' for runners aiming to go faster and/or compete for 1st/2nd/3rd Male & Female podium positions.

All participants will be timed (based on their start time) and allocated a finishing position.

As well as providing a more relaxed experience for those whose main goal is to complete the course rather than compete for a high finishing position, this system will also reduce congestion at gates/stiles on the early part of the course, particularly on the 15-mile route.

MASS STARTS – RUNNERS

There will be mass starts for runners at the following times:

10:00 – 26m Route (Big Dipper)

11:00 – 15m Route (Little Dipper)

EARLY STARTS – WALKERS AND RUNNERS

Early starters can start anytime within the following time windows.

08:30 to 09:30 – 26m Route **WALKERS**

09:00 to 09:30 – 26m Route **RUNNERS** anticipating finishing in 6hrs plus.

10:15 to 10:45 – 15m Route **WALKERS & RUNNERS** anticipating finishing in 3hr 30m plus

It is **really important** to note that the checkpoints (which you must check-in at) are open between specific times of day, with the opening times based on the slowest average speed a participant can move at to finish within the overall time limit.

You must, therefore, choose a start time that ensures you will arrive at the checkpoints within their opening times, as you will not be able to check-in and/or continue prior to that.

CHANGING START TIME: To amend your start time, log in and edit your entry via SiEntries, no later than midnight on Thursday 31st July.

CHANGING COURSE: If you decide to switch from the 26-mile Big Dipper to the 15-mile Litte Dipper or vice versa, please email us at info@peakrunning.co.uk no later than midnight on 31st July.

Opening times are as follows:

Checkpoint	26m Route	15m Route	Opens	Closes
CP1: Sparklow	Y		10:00	11:15 *
CP2: Longnor	Y		11:00	12:15
CP3: Revidge	Y	Y	11:15	13:45
CP4: Wetton	Y	Y	11:45	15:30
CP5: Castern	Y		12:15	16:45
CP6: Milldale	Y	Y	12:00	18:00
Finish	Y	Y	12:30	20:00

**Although the cut-off time at CP1 (Sparklow) is 11:15 for all participants, those walking on the 26m route departing after 10:30 are at risk of missing their cut-off time at the next check point.*

5. Race Categories & Awards

The race categories and awards available are summarised below. To be eligible for prizes based on finishing position you must start with the competitive mass start for your distance.

Race	Categories	Awards
26-mile Big Dipper	Male	Prizes for: <ul style="list-style-type: none"> 1st, 2nd & 3rd competitive runners 1st veteran over 40 1st veteran over 50 1st veteran over 60 1st veteran over 70 Finisher's certificate for all finishers (optional).
	Female	Prizes for: <ul style="list-style-type: none"> 1st, 2nd & 3rd competitive runners 1st veteran over 40 1st veteran over 50 1st veteran over 60 1st veteran over 70 Finisher's certificate for all finishers (optional).

Race	Categories	Awards
15-mile Little Dipper	Male	Prizes for: <ul style="list-style-type: none"> • 1st, 2nd & 3rd competitive runners • 1st veteran over 40 • 1st veteran over 50 • 1st veteran over 60 • 1st veteran over 70 Finisher's certificate for all finishers (optional).
	Female	Prizes for: <ul style="list-style-type: none"> • 1st, 2nd & 3rd competitive runners • 1st veteran over 40 • 1st veteran over 50 • 1st veteran over 60 • 1st veteran over 70 Finisher's certificate for all finishers (optional).

6. Event Timetable

Key timings for the event are as follows:

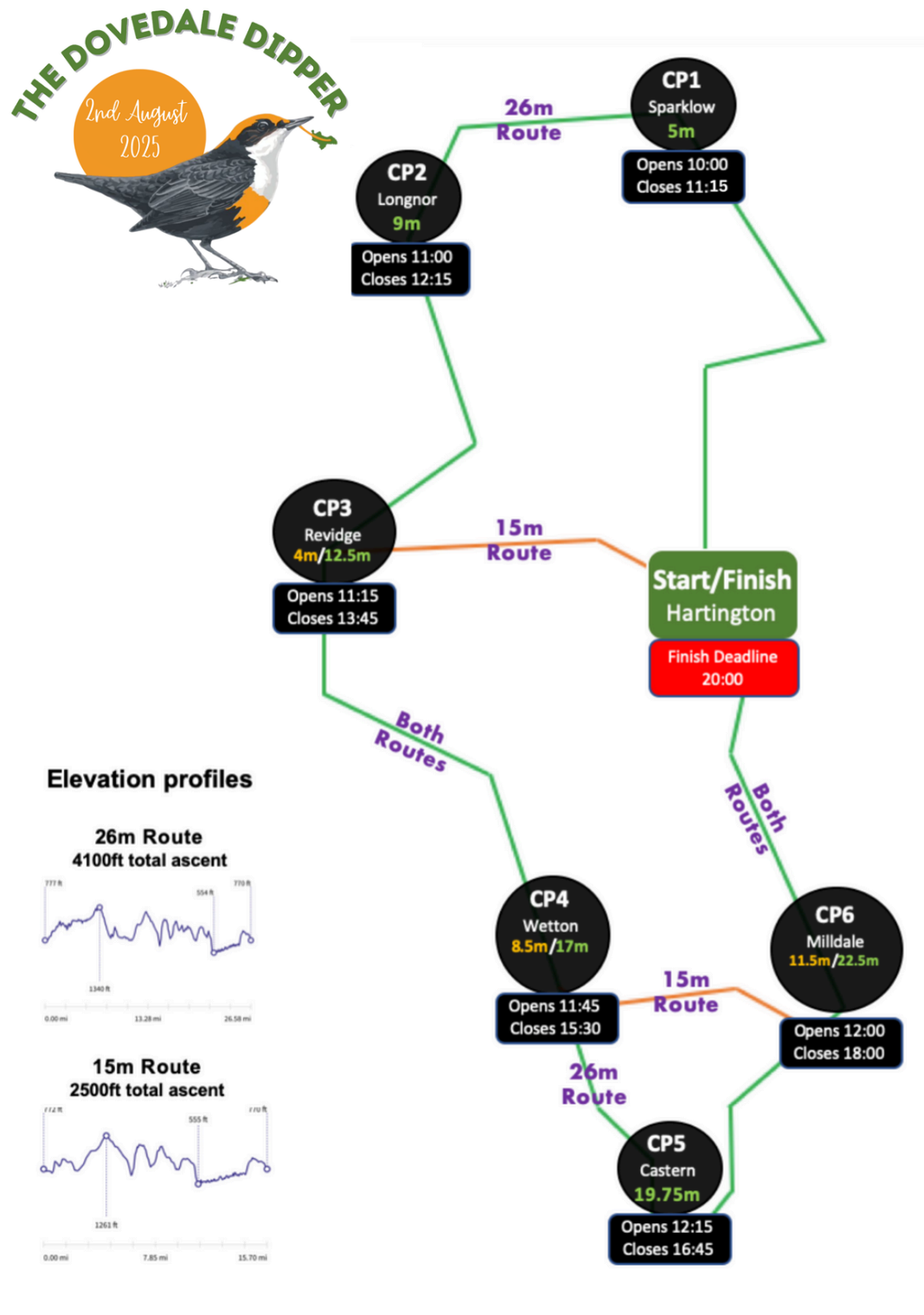
Friday 1st August	
18:30	Event parking opens
Saturday 2nd August	
07:00	Registration opens
08:30	Early Start opens for 26-mile walkers
09:00	Early Start opens for 26-mile runners anticipating taking 6hrs plus
09:30	Early Start closes for 26-mile participants
10:00	Mass start for 26-mile competitive runners
10:30	Registration closes
10:15	Early Start opens for 15-mile participants anticipating taking 3hr 30m plus
10:45	Early Start closes for 15-mile participants
11:00	Mass start for 15-mile competitive runners
20:00	Deadline to finish
Sunday 3rd August	
10:00	Event parking closes

7. Overview of the Course

The image below provides an overview of the course, with approximate distances between checkpoints, and the **opening and cut-off times** for each check-point.

There is a more detailed route map with CP locations marked on available [here](https://www.peakrunning.co.uk/files/ugd/60ac89_3cb6db704c4648838c2fbc58c0b3e5b8.pdf);

https://www.peakrunning.co.uk/files/ugd/60ac89_3cb6db704c4648838c2fbc58c0b3e5b8.pdf



8. Route Highlights

Both the 26-miles and 15-mile routes showcase the wonderful scenery this quieter part of the Peak District has to offer.

The 26-mile route initially heads north from Hartington along the side of the very peaceful upper Dovedale valley with great views toward the hills that form the 'Derbyshire Dragon's Back' in the distance. Something that you will get a closer look at between the checkpoints at Sparklow and Longnor.

After Longnor it starts to head back south, this time along the relatively flat Manifold Valley before tackling what is probably the most challenging part of the course. The hills between Revidge and Wetton are worth the effort though for the fabulous views that they provide. And there are many interesting things to see along the way too. Including the former copper mines on Ecton Hill.

Beyond Wetton there is a spectacular section looking down into the Manifold Valley, which is now 100s of feet below you, before it undulates its way over to the east to the final checkpoint at Milldale.

From Milldale you are now on the final section which heads north again along the River Dove through Wolfscote Dale. A really classic example of the canyon like dales in the White Peak area.

There is then one last climb to take you up out of the dale before a fast finish along the lanes into Hartington.

The 15-mile route takes in many of the best sights of the longer route too. This heads west from the start to intersect the longer route just before checkpoint 3 at Revidge, from where you can enjoy the hills between there and Wetton. It leaves the longer route again at Wetton and takes a more direct route to Milldale, where you re-join it for the final section through Wolfscote Dale.

9. Route Changes

There have been a couple of minor changes to the routes since the event was taken over by Peak Running, as outlined below. These changes have been in place since the 2024 event.

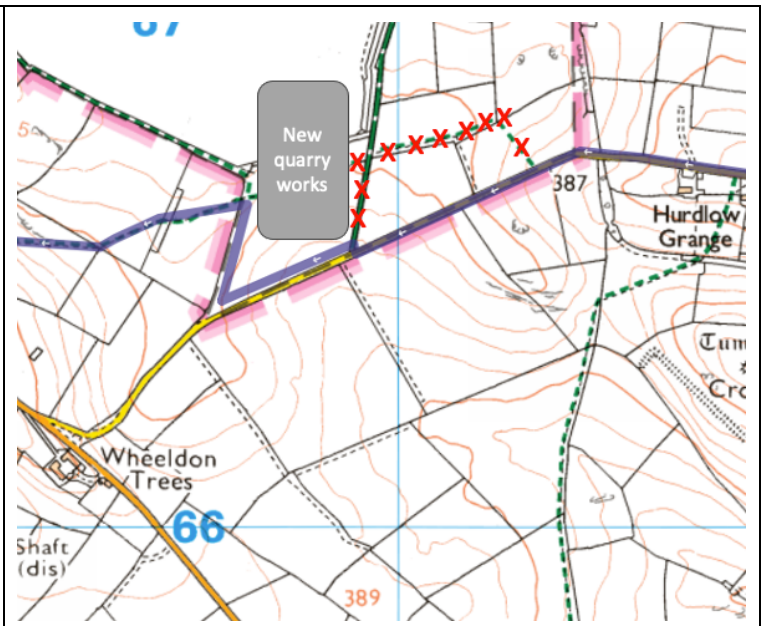
Where: Section 2 - CP1 (Sparklow) to CP2 (Longnor), 1.5-miles / 2.5km after CP1.

Route: 26-mile only

What: After Hurdlow Grange continue on the road until you see the bridleway on your right. Turn immediately left off the bridleway to follow new footpath around the new quarry works and rejoin the old route on the western side of the quarry.

X X X X X = old route, do not use

————— = new route



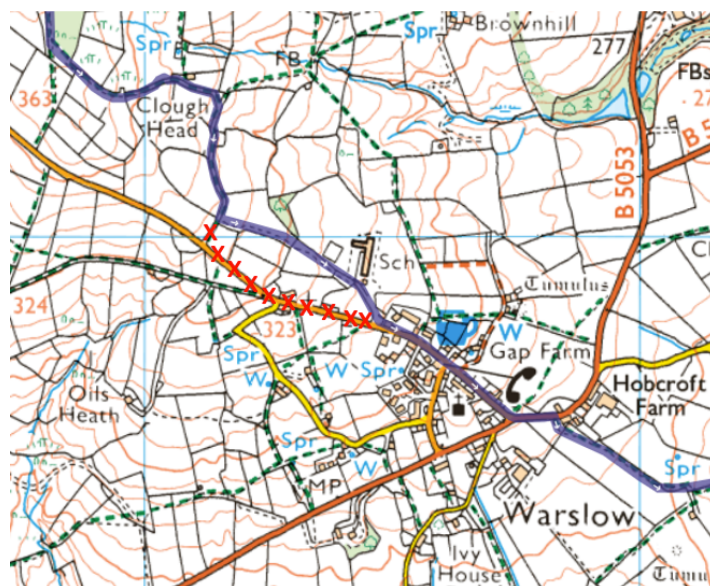
Where: Section 4 – CP3 (Revidge) to CP4 (Wetton), 1.1-miles / 1.8km after CP3.

Route: 15-mile and 26-mile routes

What: Turn left 50m BEFORE reaching the road to take footpath across the fields towards school. Note: This is the route taken in the past, prior to the 2022 edition.

X X X X X = old route, do not use

————— = new route



10. Checkpoint Details and Provisions

Below are details on the checkpoints on the routes, with a summary of the facilities available and what will be provided.

Checkpoints 2 (Longnor) and 5 (Castern) are provided to monitor participant **progress and welfare only**.

Other checkpoints will have water and other refreshments available for participants.

Please note: to minimise plastic waste, **NO drinking vessels will be provided** – you must carry your own.

All checkpoints are outdoors.

#	Name & Location	26m	15m	Water	Hot Drinks	Cold Food	Hot Food	Other Info
Start	Hartington: Village Hall Grid Ref: SK129605	Y	Y	Y	*	*	*	* Hartington Village Stores open from 7am selling hot/cold drinks and food.
1	Sparklow: Site of former railway station Grid Ref: SK127660	Y		Y		Y		Pay and display car park available for supporters
2	Longnor: Just prior to village Grid Ref: SK091651	Y						CP for timing and monitoring purposes only. Access on foot only for supporters.
3	Revidge: Side of track Grid Ref: SK079605	Y	Y	Y		Y		Access on foot only for supporters. No parking in the vicinity.
4	Wetton: In village Grid Ref: SK110552	Y	Y	Y		Y		
5	Castern: Next to Castern Hall Grid Ref: SK124524	Y						CP for timing and monitoring purposes only. Access on foot only for supporters. No parking in the vicinity.

#	Name & Location	26m	15m	Water	Hot Drinks	Cold Food	Hot Food	Other Info
6	Milldale: Side of river after leaving road Grid Ref: SK146551	Y	Y	Y		Y		Access on foot only for supporters. No parking in the vicinity.
Finish	Hartington: Village Hall Grid Ref: SK129605	Y	Y	Y	Y	Y	Y	Hot meal provided at finish

11. Participation Requirements

11.1 Safety

We have assessed the health and safety risks associated with the event and have put in place measures to manage these so far as reasonably practicable. However, the nature of long-distance trail running and walking, means that participants have a higher level of responsibility for their own personal safety and that of others, than they would in a more controlled environment.

In the most part this simply means applying common sense and good judgement. However, when fatigued, extra care must be taken to ensure you do not inadvertently put yourself in danger. As well as adhering to the specific requirements set out elsewhere in this document, you should always be mindful of the following:

- **All roads are open to traffic as normal** so **be vigilant for traffic and cross safely** as you would do at any other time as a pedestrian.
- All paths are open to the general public and you do not have any priority over other users, be they on foot, cycle or horseback; slow down and give way where necessary, particularly on narrow sections.
- Farm animals may sometimes be inquisitive but will not generally harm you unless you startle or intimidate them. Slow to a walking pace and/or go around them if appropriate.
- Underfoot conditions will be challenging at times, with steep gradients, uneven and slippery surfaces. Adjust your pace to suit and take extra care when you encounter these and remember that much of the rock in the area (Limestone) is particularly slippery when wet.
- The weather may be extreme, and it may change quickly; don't wait until it has changed before acting (e.g. carry extra water if it is hot, put your waterproof on before you're soaking wet, double check your position if visibility is becoming poor)
- If you get hopelessly lost it will not necessarily be easy to find you; always pay attention to your current location and know how to communicate it in an emergency (**OS Maps** is a great app to have on your phone even if you are an expert navigator, as it has a 'locate me' facility that will instantly provide your current grid reference).
- Ensure you have our emergency contact numbers in your phone before the race (see **Section 17 or the rear of your race number**) to use in the case of genuine emergency.

Noteworthy significant hazards at specific locations are highlighted in the relevant section of the route instructions, which are available for download from the route section of the race website <https://www.peakrunning.co.uk/dovedaledipper>

11.2 Dogs

Participants are **NOT permitted** to run/walk with a dog.

This has always been a rule at the Dipper both for safety and insurance purposes. With the event now operating under UK Athletics Rules it is incumbent on us to ensure it is complied with.

11.2 Kit Requirements

Weather conditions can be harsh and unpredictable in the Peak District at any time of year, and poor conditions will affect you more when you are tired. The mandatory kit requirements should therefore be considered to be the minimum that you should carry, not the maximum. They are not to keep you comfortable when running/hiking, they are to help you survive if you have to stop in a remote or exposed location for a prolonged period.

Each individual participant must be in possession of all mandatory kit items (i.e. you cannot carry 1 item between 2 or more people). You will not be permitted to start if you are missing any mandatory items and will be withdrawn from the event if you are found to be missing any items during the event or any items have failed. We reserve the right to carry out kit checks at any time, including at the finish.

Mandatory requirements are:

- Whistle
- Emergency bivvy bag or 'space' blanket
- Magnetic compass
- Map(s) covering the whole area of the route (1:50k is the minimum requirement). We recommend the OL24; <https://shop.ordnancesurvey.co.uk/map-of-the-peak-district-white-peak-area/>
- Appropriate clothing for the challenge and weather conditions
- Appropriate footwear (trail shoes recommended, or walking boots for walkers)
- Waterproof jacket, with hood and taped seams
- Emergency food (at least 400 calories)
- Drinks bottles and/or hydration pack to carry a minimum of 0.5 litre of fluid (1 litre recommended)
- Fully charged mobile phone (waterproof or with waterproof cover or bag)

Highly Recommended (*Items marked * may become mandatory if the weather dictates, so please bring with you in case*)

- Basic first aid kit, including foot care items
- Hat and gloves *
- Waterproof trousers *
- GPS device for backup navigation
- Route description (*can be printed from the Dipper webpage*)
- Mobile charger/power-pack
- Buff / tube-scarf or sun hat *
- Sun cream

11.3 Navigation

The courses are relatively straight forward to follow, using well-used paths so far as possible. However, other than signs provided by the authorities to highlight rights of way, there will be no way-marking on the course. **You are therefore responsible for your own route finding around the course.**

Detailed route instructions are available to download from the 'Route' section of the race website: <https://www.peakrunning.co.uk/dovedaledipper>. These will help you find your way but bear in mind they will be of no use if you are off the designated route. You are, therefore, strongly encouraged to keep track of your location at all times, using your map, rather than simply relying on following other participants.

The use of a GPS device, or GPS functionality on your smartphone is permitted, and GPX files of the route are available to download from the webpage;

<https://www.peakrunning.co.uk/dovedaledipper>.

IMPORTANT: There is always a possibility of minor adjustments to the route due to circumstances that arise on the ground. If this is the case, details will be provided as part of the race briefing that will be issued shortly before the event.

Whether you use a printed map (*which you must carry in any case*) or an electronic device as your primary means of keeping track of your location, is up to you. But bear in mind that the batteries will not go flat on a paper map, and it's unlikely to break if you drop it.

Also, be aware that the use of the 'follow' mode in smartphone apps, such as OS Maps, will drain batteries relatively quickly, even if the screen is off. Kit checks may include a check that your phone is charged and functional.

**** YOU MUST CARRY A PAPER MAP REGARDLESS OF WHETHER YOU'LL BE USING AN ELECTRONIC NAVIGATION DEVICE OR NOT ****

You can print a map from the OS website or purchase a map. We recommend the OL24; <https://shop.ordnancesurvey.co.uk/map-of-the-peak-district-white-peak-area/>

11.4 Designated Route

Permission for the event from the National Park Authority and landowners is based on participants using a designated route, which minimises the impact on the delicate landscapes in the area.

You must therefore follow the designated route for your event, as detailed in the route description and gpx file, throughout the event. Deliberate deviations from the route will result in disqualification and will also put the future editions of the event in jeopardy. The exception to this is if you feel in danger from cattle or other large animals in any fields that you pass through. In this case you are permitted to take a reasonable diversion and re-join the route as soon as possible, but you must inform the next Checkpoint crew of the diversion.

If you leave the designated route in error, you should return to the point that you left it and continue from there. Taking of short cuts to re-join the route is not permitted. Time penalties or disqualification may be applied, at the discretion of the organisers, if it is felt that you gained an advantage from taking a different route, even if in error.

11.5 Checkpoints

You must report to the event crew at each checkpoint and ensure that your number and arrival time is recorded, even if you are not planning to use the checkpoint facilities. Please ensure your race number is clearly visible as you arrive at each point and hold your timing band against the timing device until you hear a beep.

11.6 Retiring

Voluntary retirement: If you decide to retire of your own accord, you must do so at a checkpoint and inform the event crew of your decision. Please **DO NOT** leave the event without informing us, as this may result in the Police and Mountain Rescue being notified unnecessarily and delays to them responding to genuine emergencies.

Enforced retirement: If our medical team or a race official feels that it is not appropriate for you to continue for your own safety or that of others, we reserve the right to retire you from the event at any time. This could be on medical grounds, inability to navigate, falling behind cut-off times, failure/loss of mandatory kit items or unsafe behaviour.

11.7 Time Limits

The time limits for completing the event are as follows but please also **remember** that there are interim **cut-off times at each of the checkpoints** as detailed in Section 6.

Route	Time Limits
26-mile route	Walkers - up to 11.5 hours depending on starting time Early Start Runners – up to 11 hours depending on starting time Mass Start Runners – 10 hours (but take careful note of checkpoint cut-times)
15-mile route	Walkers/Early Start Runners – up to 9hrs 45min depending on starting time Mass Start Runners – 9 hours (but take careful note of checkpoint cut-times)

Cut-off times are based on the time of day and will be strictly applied.

If you have not departed a checkpoint prior to the cut-off time, or reached the finish within the overall time limit, you will be deemed to have 'timed-out' and will not be permitted to continue in the event.

Also, you are permitted a maximum of a 30-minute dwell time at checkpoints. Therefore, notwithstanding the cut-off times, if you have not departed a checkpoint within 30 minutes after arrival you will be deemed to have 'timed-out'.

11.8 Switching Distance

Once participants have started the event they will not be permitted to switch between the two courses/distances.

11.9 Personal Support Crew and Supporters

While there is nothing to prevent you having friends and family supporting you at points around the course, we ask that the number of supporters is kept low, and that they do not enter event HQ (except for a short period if necessary to collect you at the finish).

It is also important that they:

- Do not obstruct or hinder the event crews at checkpoints
- Park legally and considerately
- Do not enter non-public areas
- Adhere to the environmental consideration below

Any actions by supporters that compromise the safety, smooth running or reputation of the event, will result in sanctions against the participants(s) they are associated with.

11.10 Support Runners

You are NOT permitted to have anyone who is not a fellow participant run/walk with you during the event to provide any form of support.

11.11 Respecting the Surroundings

Please ensure you follow the country code at all times and be respectful of the environment you are in. In particular:

- Ensure gates are closed behind you, but do not let them slam shut as this may cause damage
- Cross boundaries at the gates or stiles provide - **DO NOT** climb over fences, walls or closed gates
- Be careful not to drop any litter inadvertently (we assume you wouldn't do it on purpose!)
- Keep noise down in sensitive areas
- If answering a call of nature, do this out of view and leave no trace

Non-compliance with the above, or other unreasonable behaviour not in keeping with the event ethos, will result in disqualification and a potential ban from future events.

11.12 Cup Free Event

We are committed to minimising waste, particularly single use plastic. The event will therefore be 'cup free'. This means that, with the exception of reusable ones at event HQ, we will not provide any drinking vessels. You must therefore bring your own, i.e. bottles or a hydration pack to top up at checkpoints, and another cup for additional drinks if required.

12 Refreshments

12.1 Hartington Village Stores

We are delighted that **Hartington Village Stores** will be opening their doors early again this year.

Their store - which is just around the corner from event HQ at the Village Hall - will be **open from 07:00am on Saturday** with hot / cold drinks and food available, including a Dipper participant special!



12.2 Drinks and Food during the event

Cold water, squash and fizzy pop will be provided at checkpoints 1, 3, 4 and 6 and the finish.

Snack food consisting of a mixture of sweet and savoury items will be provided at the above checkpoints.

A hot meal with hot or cold drink will be provided at the finish.

Although we cannot guarantee availability of all items on the day, below is a summary of what we expect to be available, which includes vegetarian and vegan items. The list is typical, but some food items may differ from those listed in type.

If in doubt regarding ingredients or allergens, ask the CP staff to show you the packaging before consuming something you may be allergic to or adverse to eating.

If you have any special dietary requirements not met by the below, ensure you satisfy those needs in your carried kit and drop bag, as not all checkpoint food may be suitable for your consumption.

Item	Notes
Drinks	
Water	
Squash	
Fizzy pop	May include Cola, Lemonade or alternative
Cold Food – Sweet:	
Fruit	Various, e.g. bananas, oranges, apples, watermelon
Biscuits (chocolate and plain)	Ingredients will vary, check pack or ask if in doubt. Vegan items will be separate from others for clarity.
Sweets and chews	Ingredients will vary, check pack or ask if in doubt. Vegan items will be separate from others for clarity.
Cakes (various)	Individually packaged where possible. May also be some home-made items – ask if in doubt about ingredients.
Cold Food – Savoury:	
Crisps	
Mini pork pies / sausage rolls	Vegan alternatives will be available where possible
Bitesize cheese & onion rolls	Vegan alternatives will be available where possible
Hot food will be available at the finish	Together with tea, coffee and squash for participants.

13 Transport to the Finish

If you retire or are timed-out we can transport you back to the event HQ in Hartington. This will be considered a lower priority than the operation of the checkpoint to support those still participating, so may not be until the checkpoint closes.

You can, of course, make your own arrangement for transport back to Hartington or elsewhere. However, as per section 11 above, it is essential that you inform an event official and return your timing wrist band before leaving the event.

14 Medical Support

Challenge First Aid (<https://www.challenge-firstaid.co.uk>) will be providing medical support throughout the event. Their professional team, who have a significant amount of experience in events of this nature, will be available throughout the event and able to respond to any point on the course if required.

Their role will be to provide advice and deal with the more significant issues. Minor issues, such as general footcare, dealing with blisters etc., will be your own responsibility, utilising your own first aid kit.

If you or a fellow participant require medical support, please tell a race official via the quickest means, giving the name and race number of the person involved and their location (preferable a Grid Reference). Use one of the emergency numbers (see section 17) if you are not in the vicinity of a checkpoint.

In the event of a serious medical emergency, you should contact the emergency services in the first instance by contacting 999, and then advise a race official as quickly as possible.

In events of this nature it is expected that participants will look out for one another and offer help/support when a fellow participant is in need. Therefore, where a participant is delayed due to helping another in distress, we will, where appropriate, adjust the race time of the good Samaritan to take this into account.

As mobile network coverage is poor in some parts of the Peak District, we recommend that you register your phone for **emergency SMS** prior to the event, as often a text message will get through even where a voice call is not possible. Information on how to do this can be found here: <http://www.emergencysms.net>

15 Race Timing

The event will be timed using RaceTek equipment and software (<https://www.racetek-live.co.uk/>) All participants will be issued with a timing wrist band at registration, which must be worn around your wrist throughout the event and handed back at the finish line.

As well as the start and finish, interim times will be recorded at each checkpoint and displayed on a live 'leader board' during the event, which can be accessed via the results page at <https://www.racetek-live.co.uk>



To check-in to the start area, at each Checkpoint and at the finish, you will be required to place your wrist band against one of the timing devices. This works similar to a 'chip & pin' payment card, so **it is essential that you hold your band still against the device until you hear a bleep to confirm you have been recorded. This is really important from a safety perspective** because, as well as recording your times, it helps us keep track of your progress around the route.

16 Photographs

Our official photographer at the event will be Mehul Vaitha. Photos will be shared on Mehul's and our website and social media channels following the event and will be free to download.

Plus, if you take any photographs yourself on the day, we'd love it if you shared them on social media. This can be done by posting them in the Peak Running Community Facebook Group (<https://www.facebook.com/groups/PeakRunningCommunity>), by tagging us in posts in your own social media accounts or using the hashtag **#dovedaledipper**

17 Event Directors & Emergency Contacts

The Event Directors for the event are below. We can be contacted in the case of a serious issue during the event, so please ensure these numbers are stored in your phone.

However, we would ask that you consider the following guidance:

- If in the vicinity of a checkpoint, advise a member of the event crew there in the first instance.
- In the event on a **medical emergency**, do not delay in contacting the **emergency services** via **999** or **112** first, then advise us.

If contacting the Race Directors or other race officials, please ensure you state your race number and name, and those of any other person(s) you are calling about.

Also, bear in mind that mobile coverage is very limited/non-existent in some parts of the Peak District.

As per section 14 above, ensure your phone is registered for **emergency SMS** beforehand.

The Emergency Numbers for the Event Director's are as follows (these will also be on the back of your race numbers issued at registration).

Name	Phone Number
Andy Brooks	07802 835475
Darren Graham	07876 631490

18 Supporting Good Causes

A proportion of the profits from the event will be donated to **Derby Mountain Rescue** and we're very grateful to those who made donations to this cause whilst entering the Dovedale Dipper.

In addition, as we do with all our events within the Peak District National Park, we will be supporting the **Peak District Foundation** <https://www.peakdistrictfoundation.org.uk>

19 Thank You

Many thanks to the following who are supporting the event and the wonderful people who have volunteered to be part of the event team.

Peak District National Park

www.peakdistrict.gov.uk/



National Trust

www.nationaltrust.org.uk



Hartington Village Hall

<https://hartingtonvillagehall.co.uk>

Hartington Village Store

www.thevillagestoreshartington.com



Hartington Parish Council

Challenge First Aid

<https://www.challenge-firstaid.co.uk>



Just Wood

<https://www.justwood.com>



20 Copyright Statements



1. The **Peak Running logo and artwork** used on the cover of this document, event merchandise and prizes, regardless of sizes or colour variations, are copyright of Peak Running CIC. These may not be used without express written permission from the relevant company.
2. **Requests for permission** to reproduce or display logos or artwork associated with the event should be directed to info@peakrunning.co.uk as applicable. **Permission must be obtained** if the intended use is for a print publication, on-line as part of a website, or as an imprint on any item to be offered for sale.
3. **"Dovedale Dipper"** concept and website is owned/copyright of Peak Running CIC. No text or images within this document, or supporting documents including route descriptions, may be copied, reproduced or distributed except for the use by official participants and their supporters during the event.