Winding Paths

Welcome to the Event Information for the Dart Deliverance 50k on Saturday 7th November 2026.

Please take a moment to read through this Event Information in full, we hope it will answer any questions you have, if you do need to contact us please email brian@windingpaths.uk

IMPORTANT!

The Defer deadline has passed however Race Transfers and change of distance are still allowed but must be **completed** by 9am Wednesday 4th November, to transfer email brian@windingpaths.uk the name and email of the person taking your place. I send them an email and only when they reply and send their details to me is the transfer complete. **So get any requests in by 3pm Tuesday 3rd November at the latest.**

Event Information

50k timings: RACE START IS 8.30am

Race HQ at Dartmouth opens at 7.30am
Race Briefing by start at 8.20am
50k starts at 8.30am
Main Cut off is at 5pm

Cupless event – Remember all Winding Paths events are **cupless**, you will need to bring your own bottle/cup which you can refill at the Aid Stations. **Please see Mandatory Kit List.**

Map of Dartmouth is on the next page:

Race HQ is at Coronation Park, Dartmouth, TQ6 9PQ

Race Number pick up is at Race HQ from 7.30am to 8.20am

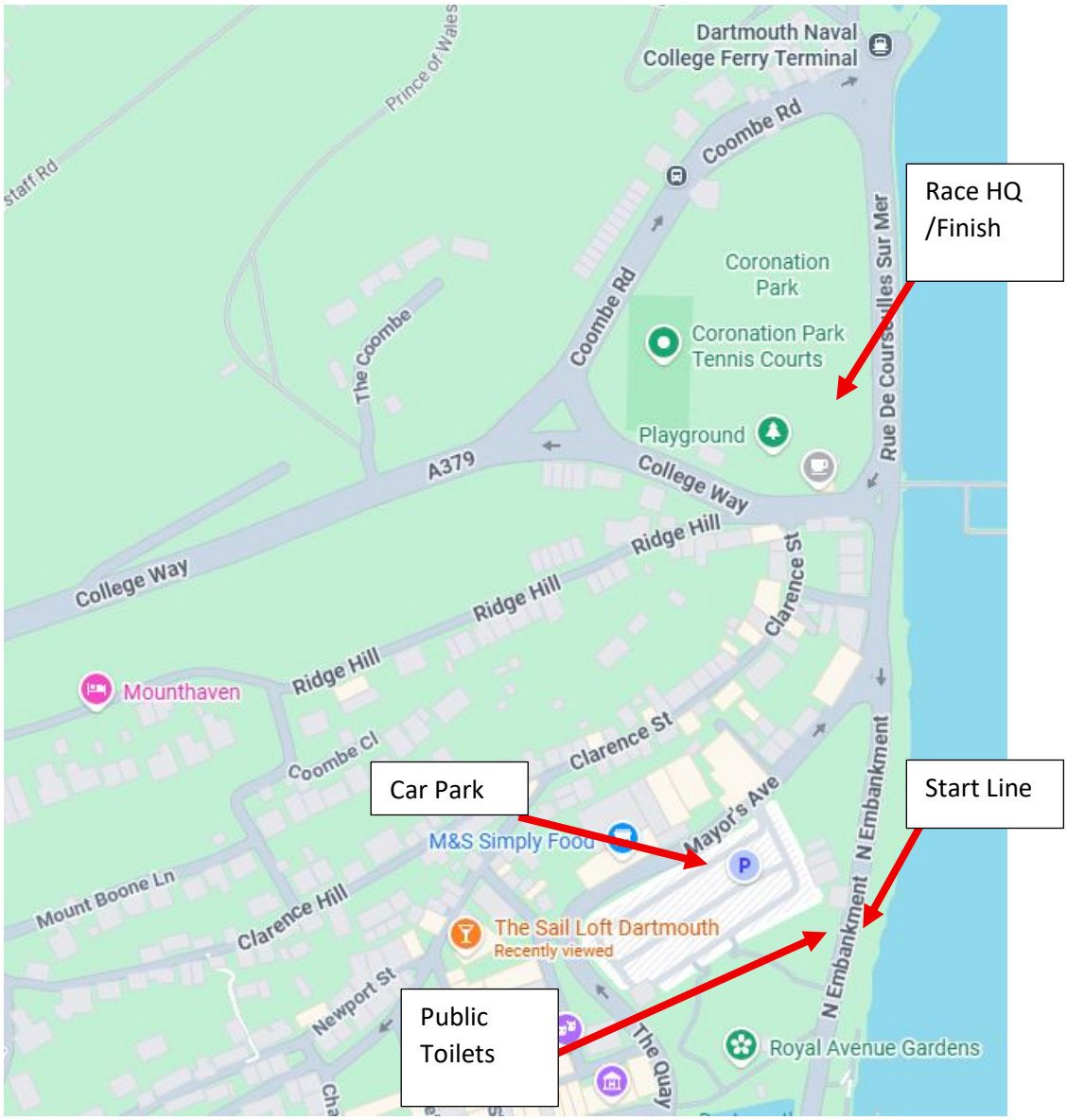
Finish line is at Race HQ in Coronation Park

Start Line is opposite the Public Toilets which are located at Royal Avenue Gardens

Car Parking the main car park is a pay and display at Mayors Avenue, TQ6 9YY, however there are also some on street parking around Coronation park and wider area, but please see the restrictions for each location when parking. Please be aware there are one way systems in Dartmouth so you have to go around the Harbour to get to Mayors Avenue Car Park.

Main Toilets are located at Royal Avenue Gardens, they are **Card Payment only**

Map of Dartmouth and Race HQ / Start Line / Car Parking / Toilets



Race Number Pick Up will be at our gazebos, safety pins are also provided, we will do kit checks, so make sure you bring your mandatory kit, when coming to pick up your number**.**

Race numbers must be worn at all times on your front and be visible to marshals, please make sure your race number is visible on the finish line for timing. If you want to put it on a leg, please put it on your left leg. **Do not put it on your back or under clothing.**

What Shoes? Trail shoes are highly recommended for this event, it is a multi-terrain route, some of which is technical, rocky, tree roots etc. If it has been wet in the days leading to or on the day itself there will be mud and some of the rocky sections could be slippy, so personally I would definitely wear trail shoes if that is the case.

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Results - The event will be timed by 32Run and results will be published on our website and on our Facebook page as soon as possible after the event, we are aiming for Saturday evening around 8pm.

Prizes - We have awards for the 1st, 2nd and 3rd Male and Female runners.

Mandatory Kit – Spot checks will take place before, during and at the finish line, kit must be carried at all times! If you are not carrying the kit you will be disqualified and no medal given.

Please carry a mobile phone with the event day Race Director phone number in it, the phone number is **07990 757395** this is for event day only and is for any emergencies. Please also put the Medical Teams (Peninsula Medics) mobile number in your phone **07841 366656 you can call this number direct for any serious medical issues.**

Water Bottles or Hydration pack **filled** to start at least 500ml capacity. If you want to have some squash or coke at aid stations you may also want to carry a spare cup.

Showerproof Jacket

£20 Cash or Credit/Debit card for emergencies

Route Map on your watch or phone – see the GPX section on how to get the route GPX.

Race Nutrition/Fuel – While there will be Aid Stations along the route, carrying some food/gels yourself is a good idea.

Foil Blanket or Extra Layer in a sealed bag for emergencies.

Recommended Kit

Trail shoes

Head Torch if you are going to be finishing after 4pm, we strongly advise carrying a head torch as sunset is 4.40pm and the section before the finish is in woods.

Baggage - Sorry but there is no bag drop at the event as your cars are a minutes' walk from the finish.

Cut Off Times!

Totnes Aid Station Outward - Mile 13.1 - **Midday**

Totnes Aid Station Return- Mile 18.3 **– 1.30pm**

Watermans Arms Aid Station - Mile 21.5 – **2.20pm**

Dittisham Aid Station - Mile 26.5 – **3.45pm**

Finish – Mile 31.3 – **5pm**

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The Route & Navigation

The Route is an out and back from Dartmouth to Totnes, however your turn point is NOT the aid station at Totnes, you will go passed that and keep following the river to the turn marshal who will be at approx. Mile 15.7 – they will tell you turn and go back the way you came.

The route is on the "South Hams Way" and there are markers for this along the route, we will also be adding some yellow and black arrow signs, red and white tape and most importantly "Yellow Chalk Spray" Arrows on pavements / tarmac, there will be some marshals as well. But you need to keep your eyes open for the above signage and marking, part of the mandatory kit is having the route on your watch or phone. GPX link is below.

We start on North Embankment and you will go around Coronation Park and then up College Way, until you get to a marshal opposite Old Mill Lane, they will send you across the road and down Old Mill Lane. After the big up you have just done, you now get a big down all the way to Old Mill Creek, it is after the bridge you hit the first of the trails, which wind through woods, across fields and drops down to Dittisham, it is important you do the drop down all the way to "The Ham" at Dittisham as your first aid station is here, this will also be your last aid station as well on the way back.

You climb out of Dittisham and turn off the road just passed the creek and will get to Cornworthy after a tasty climb on the trails, here you will go through the farm yard just after the Church, making sure all gates are closed behind you and you drop all the way down to the rivers edge, follow the river's edge left until the path heads onto more trails and into Tuckenhay and then just before the Watermans arms is your second aid station, now you cross the bridge and head right up and up through Ashprington (just remember on the way back you come down this hill) towards Sharpham, now you will rejoin the trails to Totnes, where your Third Aid Station is, you carry on past here (the Marathon runners will turn here, but you carry on) marshals will send you down some steps at Vire Bridge, here you simply keep the river on your right and follow the markings until you get to a field with the turn marshal, waiting for you, now retrace your steps, back past Totnes Aid Station, Watermans Arms Aid Station and Dittisham Aid Station before getting to the finish in Coronation Park. Phew

Please note that as you get close to Totnes, you may encounter runners coming in the opposite direction, as it's an out and back and also the Half Marathon starts in Totnes at 10am.

To get the GPX file, if you go to https://www.plotaroute.com/route/3473437

Select Menu, the you will see the download option. When given the options for GPX type select "TRACK", if you select "route" some devices create the shortest route between the start and finish, so select "TRACK" as this will be the full correct route.

Route Terrain & Etiquette

In the wooded areas take care as there can be tree roots and rocks/ stones underfoot, so please take care. Some of the steps are stone please take extra care on these ones.

Please look out for your fellow runners on the event, if someone falls please take time to check they are ok and back on their feet and let a marshal, Race HQ or medical team know of any issues.

Please no littering on the event, we are lucky to be able to run around this gorgeous area and any littering would compromise future events in this area, littering will lead to disqualification. There will be bins at the Aid Stations.

The roads are not closed on this event, so please take care on the sections where you are running on roads, where there is no pavement, these are quiet lanes and traffic is usually minimal, but please be aware of your surroundings.

Headphones - Headphones are NOT allowed at the event due to our insurance. However, Bone conduction head phones are allowed but you must keep the volume low enough to hear marshals, other path users and traffic.

Weather – Being the UK it could be any weather, so be prepared.

CUPLESS EVENT – Remember all Winding Paths events are cupless, you will need to bring your own filled bottle/s or hydration pack, which you can refill at the Aid Stations.

Aid Stations

If you are using the aid stations, you must have your own cup or bottle, you can fill your cup or bottle using the water containers, there will be snacks the aid station, there will be squash and coke at the aid stations. Some of the snacks available will be Haribo , crisps, flapjack, crisps, pretzels, salted peanuts etc.

Dittisham (The Ham) – Mile 4.3

Watermans Arms Car Park – Mile 9.8

Totnes Aid Station Outward - Mile 13.1 – Cut off **Midday**

Totnes Aid Station Return- Mile 18.3 **–** Cut off **1.30pm**

Watermans Arms Aid Station - Mile 21.5 – Cut off **2.20pm**

Dittisham Aid Station - Mile 26.5 – Cut Off **3.45pm**

First Aid - We have a professional Medical Team from Peninsula Medical in attendance at the event, please ask them for any assistance required. They will be based at Race HQ and at points along the route, if anyone needs medical assistance and cannot make their way to a marshal then phone the Race HQ or Medical team, the numbers are in the Mandatory kit section of this PDF. If the medical emergency is life threatening then call 999 first.

Retiring

If you need to retire from the event, please let a marshal know or phone Race HQ to let them know, we keep track of the number of runners out on the route and if we aren't informed of a retirement then we could be out searching for them needlessly. There are sweepers on the event.

Finish Line

When you cross the finish line **with your race number clearly visible on your front**, you will be given your well-deserved medal, at the Race HQ Gazebo. There will be a table with water and some snacks and a cup cake each, ask if you need Vegan or Gluten Free and the First Aid tent will also be here.

Photos

We have photographers on the route and photos will be uploaded to Facebook and be free to tag, download and share for personal use after the event.

Other

If there are any questions after reading all the above email me brian@windingpaths.uk but please be aware that from Wednesday 4th November, I will be extremely busy and out most of the days, so any emails will take longer to reply to and any sent from 5pm on Friday evening will not be answered until after the event. If you cannot make the event, then you do **not** need to email to tell me, as we track the runners present by the race numbers that are picked up.

I look forward to seeing you on the day
Best Wishes
Brian
brian@windingpaths.uk