Winding Paths

Welcome to the Event Information for the Dart Deliverance Half Marathon 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

Half Marathon timings: RACE START IS 10am

Race HQ at Steamer Quay Car Park Totnes opens at 8.45am
Race Briefing by start at 9.50am
Half Marathon starts at 10am
Main Cut off is at 4pm

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.**

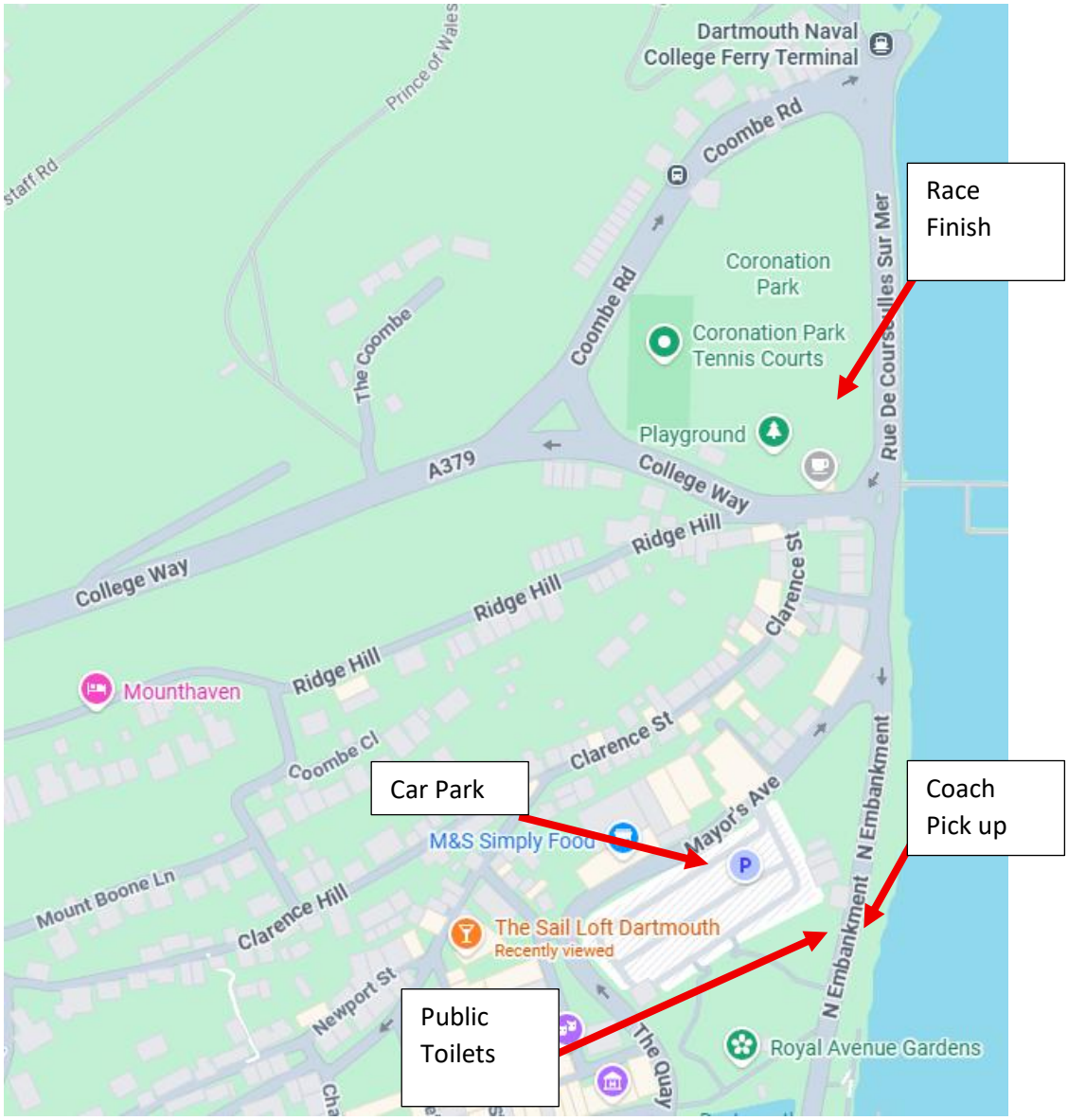
For those on Coach Pick up (for those not on coach see lower down):

Car Parking in Dartmouth, 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.

The Coach will leave from the Bus Laybys on North Embankment at 8.45am, nearly opposite the Public Toilets on Royal Avenue Gardens, see map below, the coach will leave at 8.45am, so please be there in plenty of time, be aware that the Marathon will be starting in that area at 8.45am, so **don't start** with the Marathon runners, as you will have to run a lot further than planned, lol, look for the Race HQ team in Hi Viz bibs who will see you onto the coach and check you are booked onto it.

See Map Below

Map below shows where the Race Finish is, where the Coach is picking up from, toilets if needed and where the main car park is.



The Coach will arrive approx. 9.20am at the Start location for the Half, there are free public toilets at this location.

END OF COACH SECTION

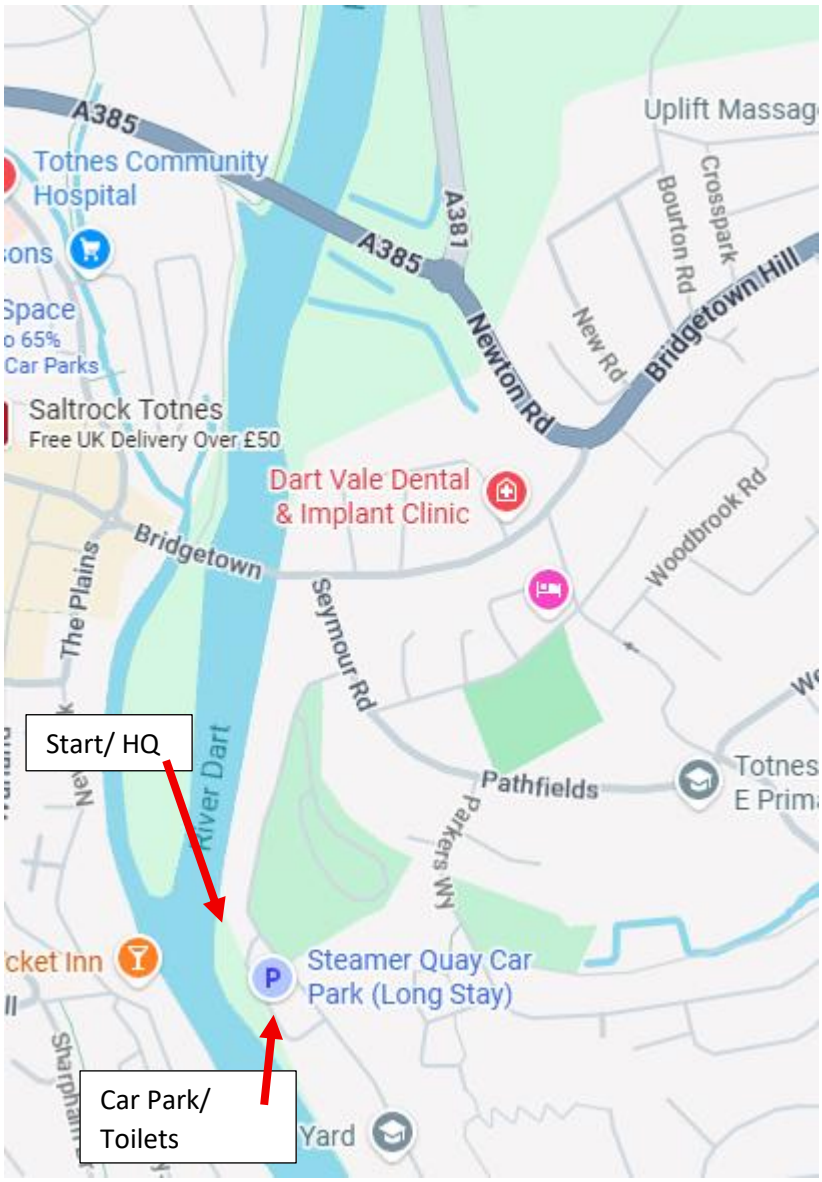
SEE NEXT PAGE FOR START LOCATION DETAILS AND MAPS

Map of Totnes –

Race HQ for Race Number Pick Up is at Steamer Quay Car Park, Steamer Quay Road, Totnes, TQ9 5AL

There are free to use Public Toilets also here

The Coach if you are on it will drop you at this Car Park.



Race Number Pick Up will be here from 8.45am, 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.

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

Cut Off Times!

Dittisham Aid Station - Mile 8.6 – **2pm**

Finish – Mile 13.4 – **4pm**

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The Route & Navigation

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.

Please note that the Marathon and 50k runners will be running in the reverse direction when you first encounter them, so don't get confused if you see runners coming in the other direction, Race Numbers will have different colours for each event and state what distance on the number.

You will head over Vire Bridge, marshals will send you to your left after the bridge, you are now on the South Hams Way to the finish, you will head up a hill just passed the Steam Packet Inn, then a quick left and you follow this path to the first of the trail sections, after approx. 2.2 miles you will turn sharp right over a style and up a steep field, at the top over a style and turn left, after another small climb you will start the long drop down straight through Ashprington and to the Watermans Arms, at the far end of the car park on the left is your first Aid Station, you follow the road through Tuckenhay and then across the bridge and a sharp left over a stone style back onto some trails which drop down to the rivers edge, follow this until the tree with a tyre swing, you now head up the field all the way through the farm yard, closing all gates, into Cornworthy, then a drop down on some trails, taking care as it is technical trail, towards East Cornworthy then onto Dittisham, at Dittisham you will drop down the "The Ham" Car Park where your last Aid Station is, now you climb up out of Dittihsham onto some trails, across some fields before dropping down to Old Mill Creek, now the stinger in the tail, you climb up the winding road until you get to the main road down to Dartmouth which heads down to Coronation Park and the finish. Phew.

To get the GPX file, if you go to https://www.plotaroute.com/route/3411668

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.

Please also be aware of other path users that are using the paths and trails.

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.

Watermans Arms Aid Station - Mile 16.5 –Cut off is **1.45pm**

Dittisham Aid Station - Mile 21.6 – Cut off is **3.15pm**

Finish – Mile 26.2 – **4.30pm**

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.

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