



PARTICIPANT GUIDE

28-29th September 2024

Saturday 28th September

Dig Deep 30 - start time 9am

Dig Deep 50 - start time 8am

Sunday 29th September

Dig Deep 1/2 - start time 10am

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1. Introduction

Welcome to the 2024 edition of Dig Deep, which incorporates the Dig Deep ½ Marathon, Dig Deep 30 and Dig Deep 50. The whole of the Dig Deep team are delighted to have you onboard, and we hope you have a fabulous race.

Please take time to read through all the information in this Participant Guide as some of it is VERY important and all of it will ensure a smooth and safe event for all involved.

About Dig Deep

Dig Deep is a trail running weekend based in the glorious Peak District right on the doorstep of the city of Sheffield. Dig Deep in one format or another has been in existence for the best part of a decade. Originally starting from Whirlow Farm and organised by Eight Point two events before being passed onto the lovely Jon & Laura of Rivelin Running Events and now us at Beta Outdoor Sports. Our first year at the helm was in 2023 and this coincided with the new race HQ at Clarks Farm with easier access into the beautiful Burbage Valley and Peak District National Park.

The races show case some of the very best Peak District trails and offer's something for all runners, from the novice to the experienced and everyone in between. The team at Beta are all outdoor enthusiasts and are assisted by an amazing team of volunteers so remember to thank them when you run past and be very nice to them at all times.

2. Location

Dig Deep HQ is located at Clarks Farm, a stone's throw away from Sheffield City Centre but also a 5 minute walk to the purple heather of the Peak District. The farm is located just off Ringinglow Road and can be found using the address below.

Clarks Farm,
Hangram Lane,
Sheffield,
Yorkshire,
S11 7QT

3. Parking & Camping

There will be free parking all weekend at Dig Deep HQ which will be clearly signposted as you arrive at the farm. Please do not park in the farmyard itself or along any of the grass verges on Hangram Lane or Ringinglow Road. There will be marshals on hand to help you get parked.

There are camping spots available both on Friday and Saturday nights at a cost of £5 per night per tent/campervan (**THIS SHOULD HAVE BEEN BOOKED AT THE SAME TIME AS YOU ENTERED THE RACE** - if you would like a camping spot please email info@digdeepce.com).

There are toilets, fresh water, and cold showers on site but no cooking facilities or warm water provisions.

If you are camping, please report to race registration when you arrive, BEFORE pitching up for the night!

4. Race Registration & Race Briefings - **please note you will need to show photographic ID at registration for the 30/50 mile events only**

4.1 Opening Hours

Race registration will be open as follows:

- Friday 27th September: 16:00-18:00 30 & 50 mile races
- Saturday 28th September: 06:00-07:30 50 mile race
- Saturday 28th September: 06.00-08.30 30 mile race
- Sunday 29th September: 07:30-09.30 1/2 marathon race

Race Start times are as follows:

- Dig Deep 50 - 08:00 Saturday 28th September
- Dig Deep 30 – 09:00 Saturday 28th September
- Dig Deep ½ - 10:00 Sunday 29th September

All race briefings will take place 15 minutes before the corresponding race start time. It is **mandatory to attend the briefing** of your specific event as it will include important safety information and details of any last-minute changes.

4.2 Registration Process

To register, you will have to report to race registration on arrival to Dig Deep HQ.

At race registration you will be issued with:

- Your bib/race number
- Timing chip

Your timing chip will only be issued once you have passed the relevant kit check for your race distance. See section 11 for full mandatory kit for all race distances.

4.3 Mandatory Kit

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 be the minimum that you should carry, not the maximum. They are not to keep you comfortable when running, they are to help you survive if you must stop in a remote or exposed location for a prolonged period.

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 race. We reserve the right to carry out kit checks at any time, including at the finish.

All runners will be required to pass kit check BEFORE being given their timing chip at race registration on the 30 and 50 mile races.

Random spot checks will take place for the 1/2 marathon race.

MyRaceKit will have a shop at Dig Deep HQ all weekend, so if you are lacking any mandatory kit, there is provision to purchase missing items on site. They will endeavour to have enough stock to cater for potential demand but if you want to guarantee an item, please call them and arrange to collect your item/s on the day or pop into store in the leadup to the race.

Mandatory kit lists are below for each of the four Dig Deep races; please note the lists do differ.

Race	Mandatory Kit
Dig Deep 50	<ul style="list-style-type: none">• Full waterproof body cover with taped seams and integrated hood. This means separate waterproof trousers and Jacket.• Sufficient water and food to be self-reliant (minimum 500ml water and 200Kcal emergency food (not to be eaten unless in an emergency))• Whistle• Compass• Hat• Gloves• Mobile phone – fully charged with organisations emergency contact number stored

	<ul style="list-style-type: none"> Route map (Official Maps of the race route are available to pre-order at www.digdeeptrace.com and will also be available at race registration.) <p>RECOMMENDED</p> <ul style="list-style-type: none"> Survival bag (a foil blanket will NOT suffice) Fully charged torch/headtorch
Dig Deep 30	<ul style="list-style-type: none"> Full waterproof body cover with taped seams and integrated hood. This means separate waterproof trousers and Jacket. Sufficient water and food to be self-reliant (minimum 500ml water and 200Kcal emergency food (not to be eaten unless in an emergency)) Whistle Compass Hat Gloves Mobile phone – fully charged with organisations emergency contact number stored Route map (Official Maps of the race route are available to pre-order at www.digdeeptrace.com and will also be available at race registration.) <p>RECOMMENDED</p> <ul style="list-style-type: none"> Survival bag (a foil blanket will NOT suffice)
Dig Deep ½	<ul style="list-style-type: none"> Full waterproof body cover with taped seams and integrated hood. This means separate waterproof trousers and Jacket. 200Kcal emergency food (not to be eaten unless in an emergency)) Whistle Compass Hat Gloves Route map (Official Maps of the race route are available to pre-order at www.digdeeptrace.com and will also be available at race registration.) <p>RECOMMENDED</p> <ul style="list-style-type: none"> Survival bag (a foil blanket will NOT suffice) Mobile phone – fully charged with organisations emergency contact number stored

*Please note you are able to print off a copy of the route map from our website to bring along with you as part of your mandatory kit here www.digdeeptrace.com

4.4 T-shirts

If you ordered a t-shirt, this will be available to collect once you have finished your race. If you didn't order a t-shirt when you entered, but now want one, please let one of the Dig Deep team know. We have tried to order enough t-shirts to cover some extra demand but when these have gone, they have gone.

4.5 Medals

If you have not opted out of receiving a medal, you will be given it once you have finished your race. If you did opt out when you entered, but now want one, please let one of the Dig Deep team know. Again, we have ordered a few extra to cover demand but we cannot guarantee there will be one for every runner who hadn't opted for a medal at the time of entry.

5. Dig Deep Timetable

Key timings for Dig Deep races are as follows:

Friday 27th September

16:00	Dig Deep 30/50 Race Registration Opens
18:00	Dig Deep 30/50 Race Registration Closes

Saturday 28th September

06:00	Race Registration Opens
07:45	Dig Deep 50 Race Briefing (mandatory)
08:00	Dig Deep 50 Race Start
08:30	Race Registration Closes
08:45	Dig Deep 30 Race Briefing (mandatory)
09:00	Dig Deep 30 Race Start
12:30	Earliest likely time for Dig Deep 30 finishers
18:00	Earliest likely time for Dig Deep 50 finishers
00:00	Cut off for both Dig Deep 30 & 50 runners

Sunday 29th September

07:30	½ Marathon Race Registration Opens
09:45	Dig Deep ½ Race Briefing (mandatory)
10:00	Dig Deep ½ Race Start
10:00	Race Registration Closes
11:45	Earliest likely time for Dig Deep ½ finishers
14:30	Cut off for Dig Deep ½ runners

6. Race Categories

The race categories are summarised below. All categories are dependent on participant numbers.

Race	Category	Award
Dig Deep 50	Male	Prizes for 1 st , 2 nd & 3 rd overall in each category
	Female	Prizes for 1 st Male and Female vet40, vet50 & vet60
	Open	
Dig Deep 30	Male	Prizes for 1 st , 2 nd & 3 rd overall in each category
	Female	Prizes for 1 st Male and Female vet40, vet50 & vet60
	Open	
Dig Deep ½	Male	Prizes for 1 st , 2 nd & 3 rd overall in each category
	Female	Prizes for 1 st Male and Female vet40, vet50 & vet60
	Open	

7. Prize Giving

The prize giving will take place at the race finish at approximately 6pm on the Saturday for the 30-mile racers, 7.30pm for the 50 mile racers.

On Sunday 2.30pm for the 1/2 marathon.

Please note these are approximate times depending upon the arrival of our various category winners. If you know you have something to collect but cannot stay for prizegiving please let us know and we will give you your prize to take away with you.

8. Lost Property

We do our best to reunite any lost property with its rightful owner, however we cannot guarantee this. At the race finish any found items will be put under a 'LOST PROPERTY' sign beside the kit bags. High value lost property items will be looked after by a member of the Dig Deep team - please come and ask at the race HQ tent.

Anything not claimed by the end of race day will be taken back to the Dig Deep offices. Please email Info@digdeep.com if you realise later that you have lost something at the race.

9. Charity Collection Information



Malawi Shoe Share

We are hosting a collection for Malawi Shoe Share, a charity which supports young athletes by sending second-hand shoes to runners and sports teams in Malawi. Shoe Share partners with Tafika Sports Academy, which works with over 200 schools to nurture sporting talent.

With a new pair of trainers costing the equivalent of two months average salary In Malawi, young athletes can't afford good shoes and often train in bare feet or flip flops.

Providing good quality footwear not only prevents Injury and improves performance but also fosters a sense of pride and team spirit. Plus it helps extend the life of shoes and reduces landfill.

What they need:

- Road or trail shoes, football boots, sports trainers (tied together)
- Shoe size 4 and up
- Men's and women's
- Reasonable condition, suitable for training and competing (Soles Intact, no large holes)
- Along with your shoes If you are able to donate £2 this will cover the cost of shipping your pair to their new owners.

We also encourage you to write a wee note to pop in the shoes, with your name and a message for the athletes.

10. Checkpoints & Aid Stations

All checkpoints will have water available for runners to refill their bottles. Some checkpoints will also be classed as "feed stations"; We do our best to have a selection of food to cover as many personal preferences as possible and medical conditions, but we do ask that if you have any specific dietary requirements, you provide your own nutrition on race day. We do have one checkpoint, CASTLETON, that a drop bag of personal nutrition can be delivered to, please contact us ahead of time if you want to do this (please note that this is ONLY for runners with specific dietary requirements running in the Dig Deep 30 & 50).

We also ask that you do your utmost to be as self-reliant as possible whilst out on course. All locations of checkpoints on your route are listed below for each race distance.

Dig Deep ½

Checkpoint 1:

Location- Burbage North Carpark (SK 2603 8299 // W3W exams.point.bounty)

Refreshments- Food and Drink

Distance into race- 4 miles

Checkpoint 1a:

Location - Stanage – (SK 24053 84288 // W3W torn.puddles.loser)

Refreshments – None

Distance into race – 5.3 miles

Checkpoint 1b:

Location – Burbage South Layby (SK 26282 80567 // W3W drank.round.robots)

Refreshments – Food and drink

Distance into race – 10 miles

Checkpoint 2:

Location- Houndkirk Road/Lady Cannings (SK 290 834 // W3W debit.remove.skinny)

Refreshments- Drink only

Distance into race- 12 miles

Dig Deep 30

Checkpoint 1:

Location- Burbage North Carpark (SK 2603 8299 // W3W exams.point.bounty)

Refreshments- Food and Drink

Distance into race- 4 miles

Checkpoint 2:

Location- Parkin Clough (SK 1979 8496 // W3W flop.grass.texts)

Refreshments- Food and Drink

Distance into race- 9.5 miles

Checkpoint 3:

Location- Castleton (SK 147 835 // W3W knees.strictly.mats)

Refreshments- Food and Drink

Distance into race- 15 miles

Checkpoint 4:

Location- Bradwell (SK 17167 81534 // W3W zealous.clockwork.meatball)

Refreshments- Food and Drink

Distance into race- 20 miles

Checkpoint 4a:

Location- Shatton Lane Layby. (SK 20328 82561 // W3W satellite.silly.performs)

Refreshments- Drink's only

Distance into race- 23 miles

Checkpoint 5:

Location- Whim Plantation (SK 244 808 // W3W newlyweds.pounding.revision)

Refreshments- Food and Drink

Distance into race- 26 miles

Checkpoint 6:

Location- Houndkirk Road/Lady Cannings (SK 290 834 // W3W debit.remove.skinny)

Refreshments- Drink only

Distance into race- 30 miles

Dig Deep 50

Checkpoint 1:

Location- Burbage North Carpark (SK 2603 8299 // W3W exams.point.bounty)

Refreshments- Food and Drink

Distance into race- 4 miles

Checkpoint 2:

Location- Parkin Clough (SK 1979 8496 // W3W flop.grass.texts)

Refreshments- Food and Drink

Distance into race- 9.5 miles

Checkpoint 3:

Location- Edale School (SK 123 859 // W3W golf.stolen.raking)

Refreshments- Food and Drink

Distance into race- 17 miles

Checkpoint 4:

Location- Chapel Gate Road (SK 093 825 // W3W equipping.joggers.normal)

Refreshments- Food and Drink

Distance into race- 24.5 miles

Checkpoint 5:

Location- Castleton (SK 147 835 // W3W knees.strictly.mats)

Refreshments- Food and Drink

Distance into race- 30 miles

Checkpoint 6:

Location- Bradwell (SK 17167 81534 // W3W zealous.clockwork.meatball)

Refreshments- Food and Drink

Distance into race- 36 miles

Checkpoint 6a:

Location- Shatton Lane layby. (SK 20328 82561 // W3W satellite.silly.performs)

Refreshments- Drink's only

Distance into race- 40 miles

Checkpoint 7:

Location- Whim Plantation (SK 244 808 // W3W newlyweds.pounding.revision)

Refreshments- Food and Drink

Distance into race- 43 miles

Checkpoint 8:

Location- Houndkirk Road/Lady Cannings (SK 290 834 // W3W debit.remove.skinny)

Refreshments- Drink only

Distance into race- 49 miles

10.1 Drop Bags

Runners on the 30 and 50 mile races can have a drop bag delivered to the checkpoint at Castleton. This is halfway on the 30 miler and 31 miles into the 50 miler. Please label them clearly with your name and race number. Drop bags should be small and must not contain shoes or full changes of clothing - JUST your required personal nutrition.

Please do not bring drop bags to Friday evening registration as we will not be accepting them then. Please just bring them to the race start on Saturday morning. The drop bags and their labels should be waterproof as they are placed on the ground at the checkpoint

11. Participation Requirements

11.1 Race Rules

- Please do what the marshals tell you! Especially at road crossings
- Race numbers must be worn on your FRONT and must be visible to the marshals at all times
- All runners must carry the listed mandatory kit at all times (please see list on following pages)
- No support crew assistance anywhere on the routes.
- No dogs accompanying runners.
- Absolutely NO LITTERING - carry your rubbish with you and deposit at the checkpoints.
- **The use of earphones** - may be used but MUST be taken out of your ears completely at certain points along the race route:
 - **when you are approaching a road crossing**
 - **when you are approaching a checkpoint**
 - **when you are running on any section of tarmac**
 - **If you see a marshal in hi-viz anywhere along the race route**

- on any section of trail narrow enough that you are In single file
We think these rules are very clear. hopefully you do too, because we will be enforcing them strictly. If you forget about your earphones and a marshal signals you to remove them you must do so Immediately. If you try to argue the point about your music being turned off your earphones may be confiscated from you until the race finish and you also risk being removed from the race for your own safety i.e. disqualified.
Also please do not use speakers that play music out loud as they tend to really annoy other people.

11.2 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 trail running, 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. Some road sections may be marshalled; however, the marshals DO NOT have the authority to stop traffic for you. You are responsible for your own safety.
- 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; so, walk and/or go around them if appropriate.
- Underfoot conditions will be challenging at times, with steep gradients, uneven and slippery surfaces; so, adjust your pace to suit and run in appropriate footwear to suit the conditions.
- As you'd expect in a trail event of this nature, there are many underfoot hazards to negotiate. However, some sections of the route, particularly in the Dark Peak section of the Dig Deep 30 & 50 courses, have exposed edges with significant drops next to narrow paths; take extra special care in these areas.

- 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 Locate is a great app to have on your phone, even if you are an expert navigator).
- Emergency contact numbers for Race HQ and the medical team are listed on the front of your race number.

Please note one more very important rule from our Dig Deep Medical Team:

The casual race day use of Ibuprofen, diclofenac, naproxen, or any other non-steroidal anti-inflammatory drug (NSAID) is strictly forbidden. you must not use any of these drugs as a race day painkiller. If we become aware that you are doing so you will be disqualified from the event.

Please note that if you have an ongoing prescription for any of these medications, you should continue to take your usual dose but you must inform us about it in advance via email (Info@digdeprace.com) and you must be able to produce an in date prescription packet if requested.

11.3 Navigation

The courses have been designed to make them relatively straight forward to follow, using well-trodden trails so far as possible. All routes are classed as partially marked; this means that there will be route markers at key points of the route i.e. trail junctions etc however there may be sections of over 1km without any kind of marking. You are responsible for your own route finding around the course.

As some of the race routes overlap, each route will be waymarked by different colour flags that will correspond to the colour of your race number. The colour for each race distance will be confirmed in each race briefing (section 4).

The use of a GPS device to navigate is permitted and GPX files for all race routes are available at www.digdeprace.com. All runners are strongly encouraged to always keep track of their location, using a map or GPX device rather than simply following other runners. Please be aware that if you are using your smartphone as a navigation device, your battery capacity will be drained rapidly; all runners in the Dig Deep 30 & 50 are required to carry a functional mobile phone for the entirety of the race.

11.4 Retiring

Voluntary retirement: If you decide to retire of your own accord, you must do so at a checkpoint and inform the Dig Deep 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 feel 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.

11.5 Time Limits

Time limits are put in place for the safety of both athletes and marshals. If you do not reach the finish before the time limit, you will be deemed to have “timed-out”. All time limits are listed below.

Overall Cut Off Times

Race	Time Limit
Dig Deep 50	16 hours
Dig Deep 30	15 hours
Dig Deep ½	4 ½ hours

Checkpoint Cut Off Times

Race	Checkpoint	Time
Dig Deep 50	Castleton - 30 miles into the race	9 Hours
Dig Deep 30	Castleton - 15 miles into the race	8 Hours
Dig Deep 50	Bradwell - 36 miles into the race	11.5 hours
Dig Deep 30	Bradwell - 20 miles into the race	10.5 hours
Dig Deep 50	Whim Plantation - 43 miles into the race	14 hours
Dig Deep 30	Whim Plantation - 26 miles into the race	13 hours

11.6 Respect the Peak District

Please ensure you always follow the country code 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)

- If answering a call of nature, do this out of view and leave no trace

11.7 Cup Free Event

We are committed to minimising waste, particularly single use plastic. The event will therefore be 'cup free'. This means that, except for reusable mugs at event HQ, we will not provide any drinking vessels. You must therefore bring your own, i.e., bottles, plastic cup/mug or a hydration pack to top up at checkpoints

11.8 Spectator Information

We have no objection to supporters being out on the courses cheering on their runners as long as they adhere to the following rules;

- No pacing their runner and acting as a support runner
- No mueling for your runner carrying and supplying food and drinks for them. Each runner is expected to be self sufficient between checkpoints and to have all the mandatory kit, food and equipment they need to be able to do this. Any runner found taking outside assistance will be disqualified unless of course this relates to an emergency.
- There are a number of pay and display car parks throughout the Peak District National Park where your family and friends can park and walk out onto the route to cheer you on. Please DO NOT park your vehicles on grass verges, in front of gateways and entrances, essentially the usual provisos about legal and sensible parking apply.

12. Medical Support

Event Safety Group (www.eventsafetygroup.co.uk) will be providing medical support across the whole of the Dig Deep weekend. There will be a medical station at Dig Deep HQ and roaming medical officers on the course. Their role will be to provide advice, and deal with more significant issues. Minor issues such as dealing with blisters will be your own responsibility. The phone number of Event Safety Group will be listed on the front of your race number.

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. Use one of the emergency numbers (listed on the front of your race number) 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.

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: www.emergencysms.net

IF ANYTHING ABOUT THESE RACE RULES IS NOT 100% CLEAR PLEASE CONTACT US BEFORE RACE DAY FOR FURTHER CLARIFICATION AS IT IS YOUR RESPONSIBILITY TO FAMILIARISE YOURSELF WITH THE RULES WELL IN ADVANCE OF THE EVENT.

PLEASE NOTE THE RACE DIRECTOR'S DECISION ON ANY MATTER REGARDING RUNNER SAFETY, UNSPORTING CONDUCT, AND/OR RACE RULES IS ABSOLUTELY FINAL.

Email address for all enquiries Is Info@digdeepace.com

15. Frequently Asked questions

Pre race

Will anything be sent out to me In the post?

No. All pre race communication Is via email. Race numbers are collected at registration. Medals and T-Shirts will be given out at the race finish. If you have ordered race maps or merchandise you will collect this at the race registration/finish.

What should I do If my details have changed since I entered?

If you need to change any details, this must be done online In Si Entries where you entered. please ensure we have all the correct medical Information, emergency contact details and dietary requirements.

Also please make sure that your mobile phone number you have given us Is definitely the mobile phone you will be carrying during the race!

I'm a newbie to Ultras, what are these drop bags all about?

Drop bags allow runners to take part in long races without the need of support crews and without having to carry supplies the whole way. Basically, a drop bag Is a SMALL secure parcel that you put some food and drink In and stick a label on with your name and race number.

At the start of the race there Is a table marked 'DROP BAGS' where you can leave your drop bag which will be transported to the checkpoint ready for you to collect when you arrive there.

As well as food and drink you might want to have stuff like blister plasters or a fresh pair of socks. In general drop bags aren't for anything of value, as sometimes (very rarely) they go missing, and also you will not get back anything you leave at checkpoints.

Race stuff

Can a friend register for me?

No. Runners MUST pick up their own race numbers. No exceptions. You require photo ID to register.

Can I pass my race number to someone else If I am not able to run any more?

No. Absolutely not. The swapping of race numbers is completely forbidden. Please do not even try it. You will almost certainly be rumbled (thanks to the intrusive power of social media) and you will be banned from all future events.

Should I wear road or trail shoes?

Personal preference. Most of the paths are good and unless it has been raining for the whole week before the race these are unlikely to be too wet underfoot. However, there are some sections which can get muddy and slippery if wet where trail shoes would be an advantage.

What should I do with my rubbish?

You absolutely MUST NOT drop any rubbish on the route. If you see a runner dropping rubbish please ask them to pick it up. If you see any race litter on the trail please pick it up and take it to the next checkpoint. There will be rubbish bins at all checkpoints.

Are there toilets on route?

At registration there will be portaloos available. There are public toilets in Castleton and Bradwell.

If you really need to go to the toilet on the route please step well off the trail and try to make sure no one can see you, especially members of the public or any local residents. Also please DO NOT drop your used tissues, either on the trail or in the bushes. Bag them up and take them with you.

14. Dig Deep Partners

Many thanks to all who have supported Dig Deep and of course a huge thank you to the Dig Deep volunteers, without whom, the race wouldn't happen!

