

DCRO Dash notes

The start is obviously not on a path or access land - it just goes straight uphill to meet the track from Castleton to Cow Low, but, although we ask for permission from the Duchy to do this for the actual race, this ground is always open to the public and there are no restrictions. The finish is the reverse of the start, except the race swerves left onto an obvious, slanting track half way down the steep part of the hill, to finish at the foot of Cowlow Nick.

Once over the stile by the locked 5-barred gate at Cowlow (CP1), the outward route leaves the path to head SW over rough ground to CP2 at Titan (manhole entrance to a pothole) and then (again pathless) over rough ground to CP3 on the Limestone Way - all this land is farmed by Joe Dalton and, again, although the race seeks permission, it is generally open and unrestricted.

From CP3 to CP5 at Watts Plantation, you follow tracks and paths which are all PROWs. At Watts Plantation, the route leaves the track to cut just south of west, to the north of Watts Grove Mine (hummocks and a gridded engine shaft) to our renovated stile which takes you through to CROW land. The route here is mostly pathless, but any fences which are crossed do so using existing gates and stiles and, eventually the track which is the continuation of Eldon Lane is met which leads to CP8 on Slitherstones Lane.

Rough ground across old mine workings (take care!) between CP9 and CP10 but there is a very thin path which can usually be seen throughout (except in snow obviously!) and this is a PROW. Only one wall is crossed, and that is by means of a stile.

From CP10 back to CP11 at Cowlow, the route follows the path (PROW) shown on the map except for the section south of Rowter Farm going east past "shafts disused" (James Hall Over Engine Shaft) where the path on the ground does NOT follow the ROW on the map, and hasn't done as long as I can remember. Just follow the obvious path on the ground, crossing several walls/fences using the stiles.

Remember that this route is flagged throughout when it is run as a race. You will thus be at a slight disadvantage running it unflagged. You must be alert and careful as much of the route crosses over ground holding old mine workings and, while most of the shafts are capped, fenced or lidded, many have been part-filled and earthed over. We have had to deal with several shafts suddenly opening up in recent years. You'll see a good example (now fenced off) on your way up to Eldon Summit - this opened up a few months before the 2019 race. The calf rescue which Lee and I were called to after the Man v Bike event last year was a shaft that had recently opened just north of Slitherstones Lane, not far from the race course. So you do need to take care when running or walking this route.