



Duver Dash

Sunday 29th May 2022



Welcome to the Duver Dash - a Charity Fun Run event and part of the Isle of Wight Festival of Running, organised by the West Wight Sports & Community Centre Trust. There's a 5km run (over 16s) and a Junior run of 1km with a 2nd lap option (under 16, min age 5 years). The Festival also includes the Needles Half Marathon, Freshwater 5k and Junior Fun Run which take place on Sunday 5th June. For more info on the Festival: www.iwfor.co.uk

The **Duver Dash 5km** will start at **1000**. This is a FUN RUN rather than a race and it will not be timed by the organisers.

The **Junior Duver Dash fun run** will commence once the 5k has finished (approx. 1100). There will be one start and runners can do either 1 lap or continue past the start/finish line and complete two laps.

All runners will receive a Duver Dash Medal made from sustainable wood from the Island, which can be collected at the Finish.

GENERAL INFORMATION

EVENT CENTRE:

The Event Centre is the Duver Marina, Bembridge Harbour, The Duver, St Helens, IoW PO33

DIRECTIONS BY ROAD:

From the west, go through the village of St Helens on Upper Green Road - past St Helens Green on your right. The road becomes Eddington Road and as it bends to the left there's a right turn into Duver Road. From the direction of Ryde, Eddington Road takes you past Nodes Point Holiday Park (left) - at the bottom of the hill turn sharp left into Duver Road. The road bends to the right to take you across The Duver (going straight on at the bottom of the hill takes you to St Helens Beach).

PARKING:

There is no parking available at the Duver Marina (other than Blue Badge parking with advance notification: mail@bembridgeharbour.co.uk). There is a National Trust Car Park (PO33 1XY) on the left as you drive across the Duver - their standard charges apply ((NT members free): £2 up to 1 hour, £4.00 for 1-4 hours, £8 for 4 hours). Parking is not permitted on the Duver Road itself, or on the grass. Alternative parking can be found adjacent to St Helens Beach (Council charges apply).

WATER TAXI:

The Harbour Water Taxi service operates from the main Duver Marina pontoon, and picks up at Bembridge Point Beach, Bembridge Marina and Fishermans' Pontoon. Maximum of 9 passengers. Fares (single): 15 years and over £2.50, 14 and under £1, infants free of charge.

REGISTRATION:

Registration will be from 0900 on the Duver near to the start/finish line. Please register and collect your runner number, which must be worn throughout your run. There will be several Registration Stations to avoid congestion - alphabetical by surname.



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PERSONAL BELONGINGS:

We're sorry that we cannot offer a bag drop and ask that you please take responsibility for your personal belongings.

REFRESHMENTS:

The Duver Cafe at the Duver Marina will be open from 8.15am serving fresh coffee, teas and soft drinks, freshly made breakfast rolls, sandwiches and cakes.

Steve's Bar will be open from 1030 serving soft drinks, and cold beer if that takes anyone's fancy!

There's no indoor seating at the Marina, but plenty of outside seating, with views right across the Harbour, and a large marquee for shelter if needed.

TOILETS:

Toilet facilities are available at the Duver Marina. They are an inclusive mixture of combined toilet and shower cubicles as well as separate toilet and shower units. Disabled facilities are available on request.

WATER:

Water will be available at the Finish (there are no water stations on the Course).

1st AID:

A 1st Aid Station (gazebo) will be available in the vicinity of the start/finish line. 1st Aid is also available at the Berthing Office. The majority of Harbour staff are 1st Aid trained.

DOGS:

We welcome responsible owners who keep their dogs on a lead and under control whilst on Harbour property. Dogs are not allowed in the toilets but "parking" facilities are provided for them outside. There is a wash-off area at the top of the slipway for getting rid of mud and sand off paws. There is dog waste bin just outside the marina entrance.

COVID-19:

A number of safety measures remain in place at the Marina including hand washing and sanitiser stations.

Volunteer Marshals and Harbour staff are here to help and keep everyone safe, so do please ask if you have any queries. Thank you for coming to the event and supporting the Sophie Rolf Trust, KissyPuppy, and the West Wight Sports & Community Centre Trust - two fantastic Island charities.

And lastly but most importantly - ENJOY!

Fiona Thorpe
Duver Dash Co-Ordinator