

Piddle Dash

The Piddle Dash is our own event, and was devised and first held in Piddlehinton in October 2007 by Donna Russell.

We have called the event the Piddle Dash for 2 reasons:

The name of it's birthplace is Piddlehinton, Dorset

One of the symptoms of prostate cancer can be needing to dash to the loo

Since the first Piddle Dash was held in 2007 it has become a special PCRF flagship event.

How it works

You can organise the event as either a run or a walk, at a distance of your choice - most popular choices so far seem to be either 5 or 10k

You will first need to decide your route, do this by considering who will attend, for example a shorter less hilly route would perhaps suit some of your older walkers or people with children.

When you have chosen your location and route you must ensure that you have permission from whoever owns the land, or if you have chosen a public space, the local parks authority.

We recommend you take our public liability insurance (this is likely to be a necessity if you use a public space). Please email us for recommendations of charity specific providers.

Talk to us about sending all your participants Piddle Dash t-shirts and sponsorship forms.

For more information email Chris in the office or call her on 020 7330 0993. Download our fundraising pack [here](#).