



# The TAVY 7

11 am, Sunday 27th October 2019

## YOUR RACE DAY INSTRUCTIONS

Dear Runner

Thank you for entering the **TAVY 7**.

Below you will find directions to the race together with a few other pieces of crucial information. We are starting and finishing this event at the same venue as last year and we have only been able to do this with the generous co-operation and permission of local landowners. So, your co-operation is crucial to us!

So, with this in mind, here are our top 7 'Tavy 7' very strict instructions:

- **NOTE THAT THE RACE STARTS AT 11 am**
- **RESPECT THE BEAUTIFUL LOCATION**
- **DRIVE CAREFULLY AND FOLLOW OUR MARSHALS' INSTRUCTIONS**
- **ONLY PARK IN THE OFFICIAL CAR PARKS – arrive early. Parking hold ups delayed last years start. We won't start late this year!**
- **FILL IN THE MEDICAL DETAILS ON THE BACK OF YOUR NUMBER**
- **READ ALL OF THESE INSTRUCTIONS and**
- **ENJOY THE RACE !**

### GETTING TO THE RACE

These instructions are based on the assumption that you can find your way to Tavistock.

- **FROM PLYMOUTH** : come into the town on the A386 passing Lidl & Morrisons on your left. You will pass a Texaco Garage on the right and 150 metres past this turn right at a mini-roundabout into Pixon Lane.
- **Please do not attempt to use any short cuts though Horrbridge or Whitchurch as this will cause congestion in the narrow lanes. Devon Highways have agreed to the race on the basis that it is accessed from Tavistock.**
- **FROM CALLINGTON & LAUNCESTON** : follow the signs to the Town Centre until you reach Drake's Statue : here go straight on and turn left at the next mini-roundabout into Pixon Lane
- Follow Pixon Lane over 2 humps and up the hill to a T junction. Turn left here and immediately right which brings you to the bottom of Down Road. The route to the race will be signed from here.
- **FROM PRINCETOWN & OKEHAMPTON** : come into the town and follow the A386 until a roundabout is reached where the A386 turns right over a bridge. Go straight on, signed Whitchurch, and take the 2<sup>nd</sup> on the left which brings you to the bottom of Down Road. The route to the race will be signed from here.  
**If you want to use Sat Nav to get to the bottom of Down Road, the Postcode is PL19 9AD. The race hq is about 10 minutes drive from here. There is not a Postcode for Race HQ.**

### PARKING

This is very important.

- Park only where our parking marshals direct you in the designated parking area.
- Do not park on the open moor. This part of Dartmoor is owned by Dartmoor National Park: we have their permission to stage this event as long as we only use designated parking. So only park where a marshal tells you..
- The piece of land where we are asking you to park is moorland , please respect the terrain and park carefully.
- The road leading to the parking area is quiet but it is narrow. Drive slowly and carefully and show some respect for any other road users who are not attending the event. Try to avoid the grass verges if possible.
- **As the road leading to the field and the Finish is narrow, drivers will not be allowed to leave the Car Park until 12.15: this allows for the runners to finish without competing for road space with cars.**

### COLLECTING YOUR RACE NUMBERS

- Arrive to give plenty of time to pick up your race number from Race HQ which is in the field adjoining the parking area: **take care exiting the car park and entering the field as the entrances are adjacent.**
- You can find out what number you have been allocated by checking <http://www.tavistockathletics.co.uk/events/tavy-7/>
- Come armed with this knowledge as this will help us to distribute the numbers.
- Bring pins with you although we will have a supply.
- Pin your number on the front of your race shirt/vest and ensure that it can be clearly seen both during and at the end of the race.

#### REGISTRATION & RACE NUMBER EXCHANGES

- **Collect your number from the registration tent. Don't forget your t-shirt if you ordered one.**
- **We closed race number exchanges on the 20<sup>th</sup> Oct since the race sold out.**
- **Please do not just pass your number on as this can seriously affect the race results and if there are medical issues we won't know who to contact. Fill in the medical & emergency contact details on the back.**

#### ABOUT OUR RACE HQ

- Race HQ is a marquee in a field adjacent to the parking area, and this will house Registration and Baggage. A map of the course, also available on the website, the Race Licence, Measurement Certificate and Risk Assessment will be available to view here.
- Gazebos will house Male & Female Changing and Refreshments
- The toilets will be located just inside the field entrance.
- The start/finish line is about 150m inside the field and beyond the Race HQ.
- It is also essential that you keep the field tidy and don't drop any litter. Bins will be provided.
- **If you are bringing a dog with you we must insist that it is on a lead at ALL times.**

#### BAGGAGE DROP

- **It would help if you could label any bag you wish to deposit in our baggage area before you come. All we need you to do is apply a label clearly marked with your race number. Race numbers will be published at [www.tavy7.co.uk](http://www.tavy7.co.uk) so find your name which is listed in surname alphabetical order.**

#### USE THE OFFICIAL TOILETS

- There is no worse sight in the countryside than a line of fully hydrated runners relieving themselves along a hedgerow ! Certainly, it won't go down too well with the landowner.
- We sincerely hope that we have provided enough portaloos, and there will be a urinal, but, please, will you be patient and form an orderly queue in order to use the official toilets. Allow time for this as we would like to start the race promptly at 11.

#### FIRST AID

- First Aid cover is being provided by Dartmoor Search & Rescue who will be positioned by the start/finish line.
- Hopefully they can have an enjoyable day watching the runners come home but if there are any issues which require medical intervention then please approach them directly or, out on the course, contact one of our marshals who can contact the ambulance.

#### SHEEP AND OTHER LIVESTOCK

- There may be sheep sharing the field with us and, there will be other livestock on the open moor. Please treat all animals with respect and if you are coming with a dog, keep it under control and it must be on a lead in the start/finish field.

#### HEADPHONE DEVICES

- **MUST NOT BE WORN TO COMPLY WITH UKA RULES. The Tavy 7 is run on open roads and therefore runners need to comply with UKA rules and not wear headphones. Any runner wearing headphones will be disqualified. Marshals will be asking runners to remove them.**

#### THE COURSE, MILE MARKERS AND MARSHALS

- We hope that you will enjoy the scenery, smell the roses and hear the birds sing as you pass through our wonderful 7 miles of Dartmoor.
- Apart from the first and last 100m, you will be running on tarmac. It is a beautiful stretch of countryside taking in views of Dartmoor and the picturesque Pew Tor, and the sleepy but pretty village of Sampford Spiney
- The course has been officially measured and mile markers will be positioned as accurately as possible around the course. Mile marker 6 is at the same position as mile marker 1.
- Our marshals have been handpicked and have received special training in the art of pointing, directing, cheering, smiling, being ever so polite and encouraging.
- Please do follow their instructions at all times.

#### WATER STATIONS

- There is, in fact, only one water station although it will serve you twice should you wish to use it!
- It is positioned about 600 meters before the mile 2 point and about 600 metres after the 5 mile marker.
- Water will be dispensed in paper cups, and water will also be available at the end of the race.

## REFRESHMENTS

- We hope to be able to provide bacon baps and the usual wide selection of home-made cake plus tea, coffee and squash. You will also get a banana at the end of your run.

## RESULTS AND PRESENTATIONS

- Our plan is get the results loaded and printed so that we can do the presentations at around 13.30.
- The prizes are listed on the entry form and we do hope you can stay for the ceremony which will take place at Race HQ.

## FUN RUN

- If you or your children are coming for this, please read these instructions.
- Registration is in Race HQ.
- The entry fee is £3. Please bring the correct money.
- Fun run race starts at 11.05am just after the main race. Registration for the fun run closes at 10.45am.
- The Start and Finish uses the main race Start/Finish in the field and the course is fairly flat around the parking area on grassy tracks but there will be some tight corners. Please treat the course area with respect.
- All finishers will receive a medal as they finish.

## DRAGGING YOURSELF AWAY

- You will have to leave at some time but we do hope that the weather is kind and that you have a wonderful experience. If the weather is good stay and explore the area: your children will love clambering over Pew Tor.
- When leaving, please ensure you have all of your belongings and do not leave any litter.
- Drive carefully out of the car park following the marshal's instructions and retrace your route back to Tavistock.
- We will be delighted to receive your feedback – good or bad. We are anxious to make the race a good experience for you and welcome any suggestions so we can make improvements next year.
- Go to the website to leave comments, thank you..

<http://www.tavistockathletics.co.uk/events/tavy-7/>

## CONTACTS

- If you need to contact someone from the event then call me on 07779100727 or email me at [martin@exley-deane.co.uk](mailto:martin@exley-deane.co.uk)

## TAVY13

- **If you enjoyed the race why not come and join us for the Tavy13. Entries for our beautiful half marathon are now open and cost from just £11. Visit us at :**

<http://www.tavistockathletics.co.uk/events/tavy-13/>

Martin Exley-Deane

**TAVY 7** Race Director for Tavistock Athletic Club